

TREATMENT LIST FOR LADIES PAMPER PACKAGE

Massage therapy promotes the health of the mind, body and spirit, Massage produces many beneficial effects on the body, both physical and psychological, helping the body to rebalance and function more effectively.

It can aid sleep and relaxation, boost immunity, calm, soothe and energize. Both skin tone and circulation are improved, while stress, anxiety and fatigue are reduced.

15 MINUTE TREATMENTS

Quick file and polish on fingers

Quick file and polish on toes

Hand treatment (hands in heated mitts with nourishing hand treatment cream)

Foot treatment (feet in heated booties with nourishing foot treatment cream)

Relaxing hand and arm massage

Soothing foot massage

Facial massage

Upper back, neck and shoulder massage

Scalp, upper back, neck and shoulder massage

30 MINUTE TREATMENTS

Mini manicure (file and polish)

Mini pedicure (foot spa, file and polish)

Mini facial (cleanse, tone, exfoliate and short face massage while applying moisturiser)

Hand treatment (exfoliate, hydrating hand mask, hands in heated mitts, finish with hand massage)

Foot treatment (foot spa soak, exfoliate, hydrating mask, foot in heated booties, finish with foot massage)

Back, neck and shoulder massage

Scalp, back, neck and shoulder massage

Mini Reflexology

Leg massage

45 MINUTE TREATMENTS

Manicure includes hand massage**

Pedicure includes foot massage**

Facial includes shiatsu facial massage

Essential Back Treatment

Back, neck and shoulder massage*

Back and leg massage*

Indian Head massage*

Reflexology*

OPI Gelcolor (quick file, prep and Gelcolor polish fingers or toes. **)

*it is recommended only one of these treatments is booked together

**nail art and French polish is extra and takes longer