

## **GENTS TREATMENT LIST**

Designed to ease tension and increase flexibility, the massage treatments will be personalized by the therapist to meet your specific needs while concentrating on the shoulders, upper back, neck and arms.

### **15 MINUTE TREATMENTS**

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**

Manicure (nail maintenance and hand massage)

Pedicure (foot spa, nail maintenance and foot massage)

Express Facial (cleanse, tone, exfoliate & short face massage while applying moisturiser)

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

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

Back, neck and shoulder massage

Scalp, upper back, neck and shoulder massage

Express Reflexology

### **45 MINUTE TREATMENTS**

Facial includes shiatsu face massage

Essential back treatment

Back, neck and shoulder massage\*

Back and leg massage\*

Indian Head massage\*

Reflexology\*

Golfers foot renewal (restore your feet after an exhilarating day of golf includes foot ritual and pedicure or leg massage)

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