



**Revive**

soothe treatment rooms

# Treatment List

## Seaweed Baths

Start off with a gentle steam in your steam cabinet followed by a soak in a lovely hot mineral rich seaweed bath. Finish off with a cool fresh water shower to close the pores.

	Duration	Price
Single Seaweed Bath (1 person, 1 bath) .....	1hr	£25.00
Shared Single Seaweed Bath (2 people, 1 bath) .....	1hr	£35.00
Double Deluxe Seaweed Bath (2 people, 2 baths) .....	1hr	£45.00

## Massages

### Indian Head Massage 30mins £30.00

Enjoy this relaxing pressure point scalp massage. Leaving you oozing with relaxation and wobbly knees!!

### Back, Neck and Scalp Massage 45mins £35.00

A great massage designed to energise and destress. Lose those knots.

### Relaxing Full Body Massage 1hr £40.00

Uses Swedish massage techniques along with aromatherapy oils to calm, relax and balance your body. Includes a scalp massage. Perfect to relieve stress!

### Sports Massage 1hr £50.00

This massage helps prevent and heal injuries to the muscles and tendons. Your therapist will concentrate on any specific problem areas you have. This one is not just for athletes. (Sore neck and shoulders anyone?)

### Back, Neck and Scalp Massage with Hot Stones 45mins £40.00

This fab massage concentrates on the back, neck, shoulders and scalp. You may want to try this treatment before booking for the full body to gauge if its for you (it will be).

### Holistic Body Care with Hot Stones 1.5hrs £60.00

Start with a deep cleansing full body exfoliation followed by a full body massage using hot stones along with essential oils. This is heat therapy at its best. Lie back and enjoy the sheer bliss this wonderful full body massage offers.

### Reflexology 1hr £40.00

Start with a cleansing peat and lemon foot scrub, followed by an extremely effective form of therapeutic foot massage which aims to create harmony in the body through applied pressure to the soles of your feet. Finish with a refreshing peat and peppermint foot moisturiser.

### Soothe Stress Reliever 1.5hrs £55.00

Experience pure indulgence with this deeply relaxing yet invigorating full body massage. Followed by an express facial treatment and foot massage. A true stress buster.

## Facials

### Mini Facial 30mins £30.00

A quick treat which leaves your skin refreshed and glowing.

### Natures Essence Facial 45mins £35.00

The facial aims to purify, refine, and hydrate your skin, restoring its natural beauty. Circulation is improved, and toxins are eliminated from the skin. A brilliant self indulgent treat!

### Anti-aging Facial 45mins £35.00

This regenerative facial uses moor rich peat products. The excellent moisture-retaining qualities improves skin elasticity which will leave you glowing.

### Soothe Luxury Facial with Neck and Scalp Treatment 1.25hrs £45.00

This facial uses the best from natures cupboard with rich peat infused products. Starting by cleansing, toning and exfoliating, followed by a nutrient rich face mask which feeds the skin. Finished off with a relaxing neck and scalp massage using hot and cold stone therapy. Bliss!

# More treatments...

## Body Scrubs

**Sweet orange, Patchouli and Seasalt Sparkle 30mins £30.00**  
Exfoliator With natural salt, Patchouli, Tea Tree, Orange and Irish seaweed extract

**Lemon, Grapefruit and Seaweed Glow 30mins £30.00**  
This all over refreshing body exfoliator really revives the skin. The detoxing mix of natural salt, Lemon, Grapefruit and Irish seaweed extract removes dull skin, refines and hydrates the skins texture, leaving you glowing.

**Soothe Scrub 1hr £45.00**  
Rejuvenate your skin with this all over body exfoliator using your choice of the above two scrubs. Finish with a warm shower followed by a light massage using aromatherapy oils.

## Wraps

**Detoxing Peat with Grapefruit Body Wrap 1hr £45.00**  
Start with a cleansing exfoliation before your body is enveloped in a marsh rich peat body mask infused with detoxing grapefruit. Your skin is left clean of toxins, glowing, tightened and toned.

**Nourishing Peat with Organic Honey Wrap 1hr £45.00**  
Start with a cleansing exfoliation before your body is enveloped in a marsh rich peat body mask infused with rich organic honey. Feeds your body delicious nutrients and leaves your skin velvety smooth with a natural warm glow.

## Packages

**Rub-a-dub-dub Package 2.5hrs £70.00**  
Start this relaxing experience with a short steam in an individual cabinet followed by an luxurious hot seaweed bath. Next a full body exfoliation and tension releasing massage. Rounded off with a lovely peat and lemon foot scrub. You will float home!

**Rub-a-dub-dub-two-in-a-tub Package 2.5hrs £130.00**  
As above but designed specially for couples. You will both float home. Whose driving!

**Rub-a-dub-dub-two-in-two-tubs Deluxe Package 2.5hrs £140.00**  
As the rub-a-dub-dub package but specially designed for two.

**Full Day Package 4hrs £120.00**  
Start this luxurious and relaxing experience with our award winning seaweed bath session. This begins with a short steam followed by a soak in a luxurious hot seaweed bath. Next you can enjoy pure indulgence with a cleansing full body exfoliation and deeply relaxing full body massage. Follow this with a foot massage and then round off your day nicely with a luxurious facial using the best from natures cupboard with rich peat infused products. Bliss.



Seaweed Baths



Treatment Rooms



Tea Rooms



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