



## BODY

Dissolve away any stress and tension with a massage ritual drawn from a fusion of different techniques. Cleanse your body, mind and spirit.

### AROMATHERAPY ASSOCIATES LONDON

We love world leading luxury wellbeing brand Aromatherapy Associates. Carefully hand-crafted essential oil blends that support specific wellbeing needs; whether your desire is to help you sleep better, reduce stress, lift energy, build confidence or cultivate optimism. Our aroma test will help us find the most suitable oil for you.

#### THE ULTIMATE AROMATHERAPY EXPERIENCE

We first discuss your wellbeing needs and carry out an aroma test to help us choose the oil most suitable for you. This treatment works from your head to your toes, it will dissolve away all your stress and tension - using Swedish and neuromuscular techniques to relieve muscular tension and lymphatic drainage to encourage healthy circulation. An intense massage ritual drawn from a fusion of eastern and western techniques where we work on your body, mind and spirit. This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.

SINGLE TREATMENT

£80

TREATMENT DURATION: 60 MINUTES



#### THE ULTIMATE PAMPERING EXPERIENCE

An extended treatment where extra attention is given to the face.

90 MINUTES / £110

#### INTENSIVE MUSCLE RELEASE

This deeply restorative treatment is specifically designed for tight, stressed, and aching muscles. Whether it is a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

SINGLE TREATMENT

£80

TREATMENT DURATION: 60 MINUTES

## THE ULTIMATE PREGNANCY MASSAGE

Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment. Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

SINGLE TREATMENT

£80

TREATMENT DURATION: 60 MINUTES

## INNER STRENGTH, RESILIENCE & WELLBEING TREATMENT

A truly nurturing treatment to fortify and strengthen the mind and body through difficult times. Focus the mind and breathe deeply whilst warm, rich products are applied soothingly during this emotionally strengthening treatment.

Body treatment includes: Inhalation with guided breathing, hot stone placement to solar plexus and back, scalp, arms, legs and feet massage.

Body and face treatment includes: Inhalation with guided breathing, hot stone placement to solar plexus, discovery facial (including cleanse, exfoliation, massage & mask), plus back, scalp, arms, legs and feet massage.

BODY

£80

TREATMENT DURATION: 60 MINUTES

BODY & FACE

£110

TREATMENT DURATION: 90 MINUTES

## AROMA POLISH

A relaxing all over exfoliation and layering of richly nourishing products to leave the skin looking radiant and feeling wonderfully smooth. This treatment leaves your skin radiant, soft and smooth and your spirits bright and uplifted.

SINGLE TREATMENT

£55

TREATMENT DURATION: 30 MINUTES

Self care starts with you, today.

BOOK ONLINE