

## Holistic treatments at Brompton Lakes by Sharon Fay

We offer a wide range of treatments, which can be carried out in the comfort of your own holiday home:

**File and Polish:** Fingers or toes £20

**Spa Manicure** £40 (1 hour)

**Spa Pedicure** £40 (1 hour)

All include polish of your choice. French polish additional £3.00

**Himalayan foot ritual** £60 (1 hour)

Enjoy a unique blend of therapy and beauty. Experience a foot spa treatment and pedicure work combined with a foot massage and reflexology. Treatment completed with an application of nourishing organic Himalayan foot balm and heated booties. This does not include polish.

### Massage

Because our health and emotions are ever changing, our routines are adapted to meet your requirements and chosen at the outset of each massage. Whether you need to just relax and de-stress or deeper pain relieving work is required, the treatment will always be 'yours'.

Full body (1 hour)	£60
Hot stones	£70
Back, Neck & Shoulder (40 mins)	£50
Back, Neck & Shoulder Hot Stone	£60



### Aromatherapy massage

Massage combined with pre-blended essential oils designed to reduce stress, relaxing both mind and body.

### Ayer Vedic massage

Using traditional Indian techniques, which are slow, sweeping and rhythmic to detoxify and cleanse.

### Swedish massage

Firm massage, excellent for relief of muscular aches and pains.

**Reflexology** £50 (1 hour)

A gentle, yet powerful tool in the promotion and maintenance of good health. It encourages the body's own healing abilities and helps relieve a range of disorders.

**Indian head massage** £50 (45 mins)

Massage and acupressure to relieve tired, tense shoulders, back and neck followed by deeply relaxing and soothing massage to scalp and face.

**Weary walkers package** £60 (1 hour)

Foot spa, followed by back, full leg and foot massage.

**Facials** – We use beautiful TEMPLESPA skin care in our facials. These products are anti-aging, expertly crafted, results driven and retail in Harrods.

**Prescriptive facial** £50 (1 hour)

We will analyse your skin and prepare you a wonderful treatment with products specifically for your skin type. You just relax and we will refresh, revive and invigorate your skin.

**The Ultimate hydration facial** £60 (1 hour)

This lavish facial is a must for mature, dehydrated or neglected skin. A winning combination of powerful anti-oxidants helps fight the aging process and nourishing ingredients to boost elasticity. This lovely treatment will help encourage deep hydration and eliminate fine lines.

**Aromatherapy Facial** £50 (1 hour)

A lovely indulgent treatment is infused with ingredients to soothe an irritated skin. Essential oils in our Repose Resting Cream will help calm a busy mind. Total relaxation.

**Male de-stress facial** £50 (1 hour)

A deep cleanse followed by a relaxing massage to the neck, upper shoulders & face.

**Facial Additions** £10 (15 minutes)

- Start your treatment with a calming back massage.
- Opt for a sedating scalp massage.
- Try a rebalancing foot relex massage.

**NB: A minimum of seven days notice must be given in the event of a cancellation or treatments must be charged for in full.**