

## **Holistic Treatments by Sharon Fay**

### **Himalayan foot ritual £70 (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) £70
- Hot stones £80
- Back, Neck & Shoulder (40 mins) £60
- Back, Neck & Shoulder Hot Stone £70

### **Aromatherapy massage**

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

### **Deep Tissue Massage**

Targeting deeper layers of muscle for relief from pain and stiffness

1 hour £80

40 minutes £70

### **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 £60 (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 £70 (60 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 £70 (1 hour)**

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

**Facials**

We use beautiful TEMPLESPA skincare in our facials. These products are anti-aging, expertly crafted, results driven and retail in Harrods.

**Prescriptive facial £60 (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 £70 (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 £60 (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 £60 (1 hour)**

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

**Facial Additions £20 (15 minutes)**

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