



THE COTTAGE GARDEN
HEALTH & BEAUTY - LONGUEVILLE MARINE

THE COTTAGE GARDEN PACKAGES

Indulge Me – Back exfoliation using Manomara Salt Scrub with hot towel removal, back massage and face and ear pressure point massage using the Manomara Signature Oil, finished with a Manomara Soul Butter foot massage *90 minutes - £130*

Relax Me – Back massage followed by REN's Express facial and finishing off with REN's Head in the Clouds scalp massage *90 minutes - £150*

Spoil Me Mother to Be – A treatment combining a back massage followed by a REN facial and a relaxing scalp massage to reduce common maternity stress, strain on the back and relaxing the whole being as well as that beautiful bump (suitable from 13 weeks gestation) *90 minutes - £130*

BODY TREATMENTS

REN Moroccan Rose Ritual – An exquisite experience incorporating an indulgent full body exfoliation that will leave the skin silky smooth followed by REN Bespoke body massage using a rose infused body oil, finished with a REN Bespoke facial. It is the ultimate treatment to relieve stress, uplift and soothe leaving you feeling balanced, grounded and relaxed *150 minutes - £200*

REN Body Rebalance – An invigorating mineral rich full body exfoliation followed by REN bespoke full body massage that will leave the skin moisturised, toned and renewed for a feeling of total wellbeing *90 minutes - £100*

REN Mamma Massage – A complete full body massage to reduce common maternity stress on the body by stimulating blood circulation, lightening legs, reducing lower body water retention and relieving stress. This massage uses safe but effective pre-natal techniques to relax the whole being as well as that beautiful bump. Suitable after 13 weeks gestation *60 minutes - £90*

REN Head in the Clouds – Melt every bit of tension away with this truly amazing Indian head inspired scalp, neck, shoulder and face massage, leaving you with your head in the clouds *30 minutes - £50*

Back To Balance – A 'facial' for the back area. Hot steamed towels are used throughout this treatment and will help ease away every day muscular tension. A cleansing treatment combining exfoliation with massage techniques will leave you feeling relaxed and revitalised *45 minutes - £75*

Manomara Body massage – Indulge yourself in this deeply relaxing treatment whilst the therapist gently works away the stresses and strains of daily life *60 min - £90.00/30 min - £60*

Foot Ritual – A luxurious foot treatment using the REN Atlantic Kelp and Magnesium range to energise and de-stress. Combining exfoliation and massage, it will relax the entire body by stimulating the pressure points *45 minutes - £70*



FACIALS

REN Bespoke – An energising facial designed to enhance naturally happy, healthy skin 60 minutes - £80

REN Express – A purifying, hydrating facial for maximum results in minimum time 30 minutes - £55

REN Renew - An anti-aging facial to renew the complexion, improve the tone and reduce the appearance of fine lines, leaving the skin radiant and glowing 75 minutes - £90

REN Radiance - A facial to suit all skin types, especially dull, sallow, hyper-pigmented, formulated to uplift the skin tone, and leave the skin looking energised and illuminated 75 minutes - £90

HOPI EAR CANDLING – An ancient therapy to improve general health and wellbeing, to include a face and ear pressure points massage 45 minutes - £45.00

WAXING

Half leg - £25/Full leg - £40

Full leg & Bikini - £55

Bikini - £20

Underarm - £20

Eyebrows - £15

Lip or chin - £15

TINTING

Eyelashes - £20

Eyebrows - £15

Lash & Brow - £30

MANICURE/PEDICURE

Regular 60 minutes - £50.00 – *Deluxe* 75 minutes - £60.00

SHAPE & POLISH

30 minutes - £25.00

GEL MANICURE/PEDICURE

60 minutes - £55.00

Add **removal** +30 minutes/£15.00

SOAK OFF, SHAPE & TIDY

30 minutes - £25.00