

BODY TREATMENTS

(please arrive 10 min before your appointment for a full consultation)

Gua Sha Intensive Massage – Gua Sha tools release and break down tension within sore, stiff, tired muscles. It helps stimulate blood flow to the area, thus promoting cellular repair, regeneration and healing. Gua Sha also helps with the elimination of toxins and water retention. This is a slow but deep treatment that combines Swedish massage and rose quartz tools, to work on individual and specific areas of the body. The treatment will include a full consultation with the therapist at the beginning of the appointment to help identify and address specific needs, tailoring the treatment to the individual

1 hour - £100

Add additional 30 minutes - £50

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

Jersey Skin - Full Body Swedish massage – Indulge yourself in this relaxing treatment whilst the therapist gently works away the stresses and strains of daily life using a blend of **Jersey Skin** oils (this treatment can also be performed on pregnant ladies from 13 weeks gestation)

60 min - £90

30 min - £60

Jersey Skin - Full Body Exfoliation – Experience a body treatment to smooth, soften and to encourage the regeneration of new skin cells. A customised full body exfoliation, using the **Jersey Skin** product range, is followed by the application of body moisturiser, leaving your skin soft and supple

45 minutes - £70

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 - £130

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

Jersey Skin - Foot Ritual – A luxurious foot treatment using the **Jersey Skin** product range. Combining lavender foot wash and exfoliation, followed by a deep pressure point foot massage which will relax the entire body and mind, finished with a soothing lavender moisturiser

45 minutes - £70

FACIALS

Gua Sha Facial – A stimulating and relaxing facial using Gua Sha tools. This treatment will help to release tight facial muscles and tension and decrease puffiness. Blood circulation and cell renewal are increased leaving the complexion bright and revitalized. Includes an energizing scalp massage

60 Minutes - £90

Jersey Skin facial – A unique facial, using products with locally sourced ingredients, it will leave the skin soothed, deeply cleansed and uplifted

60 minutes - £80

30 minutes - £50

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

THE COTTAGE GARDEN PACKAGES

Jersey Skin Indulge Me – An indulgent treatment which will relax you from head to toe. Using the **Jersey Skin** range, it combines a back exfoliation and massage, along with a face, scalp and ear pressure point massage, finishing off with a foot massage

90 minutes - £130

Relax Me – Back massage followed by REN's Express facial and Head in the Clouds scalp massage

90 minutes - £150

Spoil Me Mother to Be – A treatment combining a back massage with 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 - £150

MANICURE/PEDICURE

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

GEL MANICURE/PEDICURE

60 minutes - £55

Add **removal** +30 minutes - £15

EXPRESS MANICURE

30 minutes - £30

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