

## Your Retreat 2024 Treatments Price List

### Why not make your Retreat extra relaxing and add on a bit of pampering?

As well as being a Level 3 practicing Pilates Instructor, Hayley has a wealth of over 17 years' experience within the beauty industry. She started out working on cruise ships then went on to be the co-owner of a beauty salon. She specialises in a variety of massage and facial techniques, nails, brow, and lash enhancements.

#### Retreat Treatments

Lava Shell Full Body Massage	60 minutes	£70.00
Lava Shell Back Massage	30 minutes	£42.00
Swedish Full Body Massage	60 minutes	£60.00
Swedish Back Massage	30 minutes	£38.00

#### Add on only, to any of the above massages:

Face and Scalp Massage	30 minutes	£26.00
Hand and Arm Massage	30 minutes	£26.00
Feet and Lower Leg Massage	30 minutes	£26.00

#### What is a Lava Shell Massage:

Massage oil is applied to the skin and Tiger Clam Lava Shells are used over the body. These are naturally heated, and nonporous. This really is indulgent. A truly pampering massage offering an idyllic treatment that combines the warmth of the shells with deep relaxing massage techniques.

#### Benefits of Massage:

- Reduces muscle tension
- Improves circulation
- Stimulates the lymphatic system
- Reduces stress hormones
- Helps relaxation
- Increases joint mobility and flexibility
- Improves skin tone
- Improves recovery of soft tissue injuries



### TO BOOK

Available slots will be limited so do book early to avoid disappointment!

Please contact Hayley:

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