

Portugal 2025 - Treatment 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

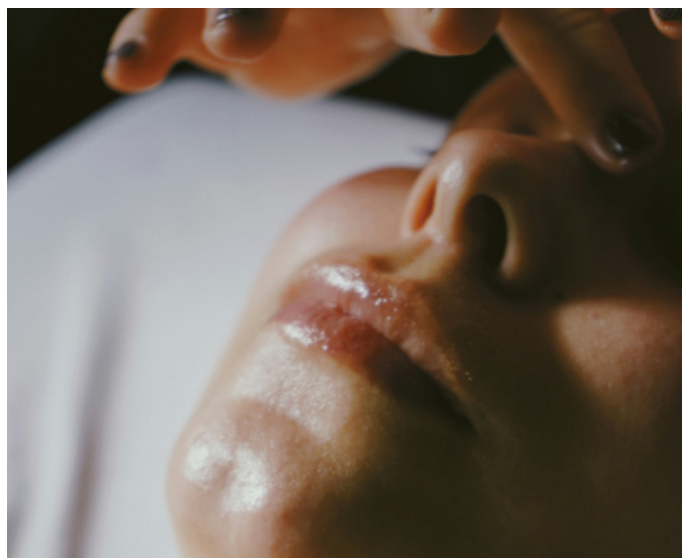
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| Swedish Full Body Massage | 60 minutes | £82.00 |
| Full Body Deep Tissue Massage | 60 minutes | £82.00 |
| Full Facial | 60 minutes | £94.00 |
| Half & Half Facial & Massage Combination | 60 minutes | £88.00 |

Fancy Both?

Why not book a full facial and a massage for a two-hour indulgence. The perfect way to unwind.

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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or Tel: 07986 573 630

