



INNER

BEAUTY

MASSAGE

SWEDISH MASSAGE

The classic massage to promote relaxation and improve overall health and well being. You take control, we use a combination of your chosen pressure to release muscle tension, eliminate toxins, boost the immune system, promote sleep and improve circulation, flexibility and energy flow.

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| Back, neck & shoulder | £26 |
| Half body | £35 |
| Full body - 50 mins | £40 |
| Full body - 75 mins | £55 |

AROMATHERAPY MASSAGE

Add on £5

The therapeutic use of essential oils to enhance the massage experience brings a deeper relaxation. Choose one of our Signature Aromatherapy Oils for the ultimate relaxation experience to bring the mind and body back into balance.

WARM BAMBOO MASSAGE

Add on £5

A unique way to stretch and relax tight muscles. The warm bamboo sticks are used to knead and stretch muscle and fascia in all directions to dissolve knots with its firm pressure. We combine elements of Shiatsu and Thai massage to promote circulation, sensory nerve perception and lymphatic drainage. It's a great benefit to anyone suffering from postural imbalances.

HOT STONE MASSAGE

Add on £5

Heated Irish basalt stones penetrates deeper, relaxing tense muscles, melting away tension, easing stiffness and increasing circulation and metabolism. Sheer bliss!

CUPPING THERAPY

Add on £10

The cups create negative pressure that manually moves blocked energy, tension and toxins from the body in a way acupuncture, massage and other therapies can't. Cupping can speed recovery of injuries. It draws toxins from the subcutaneous layers to the surface, leaving marks varying in colour indicative of the amount of tension removed.

INNER BEAUTY SIGNATURE FUSION MASSAGE

£65

Our Fusion Massage combines Swedish, Hot Stones, traditional Thai and Lomi techniques using a choice of our Aromatherapy Oils to make this a truly unique 1.5hr head to toe experience.

PREGNANCY MASSAGE

An essential need for every "Mum to Be" to help your body adjust to dramatic changes & prepare for child birth. Massage will regulate hormones which will lead to fewer complications during birth. It can reduce stress, anxiety, nerve, joint and back pain. Not only will this massage relax your whole body, it will significantly reduce any swelling you may have later in pregnancy and promote sleep. (Available after 14 weeks)

Half body

£42

Full body

£50

INDIAN HEAD MASSAGE

£35

Intense head, neck, shoulder and facial massage using a combination of pressure point manipulation and deep kneading & sweeping strokes with our signature blend of oils to combat stress, loosen and melt knots and give ease to long term ailments such as headaches, insomnia and shoulder pain. The facial massage includes Marma point stimulation and Ayurvedic techniques that will loosen every tense jaw and brow leaving you feeling relaxed and energised.

TRADITIONAL THAI FOOT & LEG MASSAGE

£35

An intense foot and leg massage using a combination of hand, thumb, finger and wooden sticks to stimulate pressure points that will impact the whole body. An ancient form of therapeutic healing that will release blocked energy to bring emotional and physical ease. Benefits include improved circulation, lymphatic drainage to reduce swelling and eliminate toxins, an increase in oxygen to the body, improved flexibility, reduced stress and promotes sleep.



FACIAL REJUVENATION MASSAGE

£35

This massage is a must for anyone who wears their stress on their face! A combination of Ayurvedic techniques, facial reflexology and Marma point stimulation, you will see increased flexibility in the facial muscles, more defined features such as cheekbones and jaw line, improved muscle tone, reduced sagginess, a reduction of tension induced sinus problems, increased alertness, relief of tension headaches and eye strain as well as improved complexion and relaxation finished with a mini facial.

EVE TAYLOR AROMATHERAPY FACIALS

All facials include massage around shoulders, head, face, neck, hands, arms and décolletage, with exception of essential skin booster & teen targeted facials.

ESSENTIAL SKIN 30 MINUTE BOOSTER FACIAL £26

All the essentials packed in to instantly hydrate, soften and brighten the skin to help you look fresh and radiant. Includes double cleanse with cleansing brushes, exfoliating scrub, mask, tone & moisturise.

MICRO-THERAPY STEAM CLEANSING FACIAL £40

The steam will open pores and give a deeper cleanse, the ultrasonic micro-therapy device will help break down sebum and loosen blackheads & congestion for a clearer complexion. Includes double cleanse with cleansing brushes, exfoliating scrub, micro-therapy, mask, tone, crystal rollers and moisturise.

ULTRA SOOTHING SKIN RESCUE FACIAL £36

Perfect for sensitive, reactive, eczema prone skin. Gives relief and instantly soothes and calms irritation. Includes double cleanse with cleansing brushes, exfoliating scrub, mask, tone, crystal rollers and moisturise.

SOOTHING FACIAL £36

Perfect for dry, dehydrated or mature skin needing to get the glow back while plumping and firming the skin. Includes double cleanse with cleansing brushes, gentle exfoliating scrub, mask, crystal rollers, tone and moisturise.

CLEANSE, CLEAR & PURIFY FACIAL

£36

Oily or acne prone skin will never look so good with our purifying products that deeply cleanse impurities, help to prevent further breakouts and balance the PH level of the skin. Includes double cleanse with cleansing brushes, exfoliating scrub, mask, crystal rollers, tone, spot gel and moisturise.

BALANCING FACIAL

£36

Need to bring back some balance? Normal or combination skin will benefit from this facial, it cleanses without stripping natural oils. Includes double cleanse with cleansing brushes, exfoliating scrub, mask, crystal rollers, tone and moisturise.

AGE RESIST SKIN BRIGHTENING WITH LED LIGHT THERAPY FACIAL

£40

Fight the signs of ageing with specifically formulated products that resurface the skin giving you a smooth soft complexion. Includes double cleanse with cleansing brushes, exfoliating scrub, mask, tone, crystal rollers, moisturiser with SPF.

TEEN TARGETED FACIAL

£22

Targets dry, dehydrated & acne prone skin with specifically formulated balance to treat teenage skin. Includes cleanse with cleansing brushes, exfoliate, mask, spot treatment gel, tone and moisturise.



DERMAPLANING

Get a silky smooth flawless complexion with the ultimate exfoliation. Fine peachy villus hairs and the top layer of dull dead skin from the face is removed with a surgical scalpel helping unclog pores, reducing the appearance of fine lines and evening skin tone. Suitable for all skin types even those with sun damaged, very dry or acne scarred skin. Includes double cleanse with cleansing brushes, collagen infused mask, tone, moisturise with SPF, crystal rollers.

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| Dermaplaning Luxury Facial with Collagen Infused Mask | £40 |
| Dermaplaning Express - 30 mins | £28 |
| Add on Steam | £5 |
| Add on LED Light Therapy | £5 |
| Add on Glycolic Peel | £8 |

SKIN POLISHING GLYCOLIC PEEL FACIAL £36

The Holy Grail of exfoliation! Shrinks pores, improves acne skin, reduces the effects of sun damage and the appearance of fine lines, evens skin tone, reduces breakouts and increases collagen production giving the skin a healthy glow. Includes double cleanse with cleansing brushes, glycolic peel, mask, tone and moisturise with SPF.

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| Add on LED Light Therapy | £5 |
| Add on Dermaplaning | £12 |

MICRONEEDLING

Microneedling, also known as collagen induction therapy is a procedure that uses small needles to prick the skin. "Micro-wounds" are created which trigger your body to generate new collagen and skin tissue for a smoother, firmer, more toned complexion. On a short term basis, it plumps the skin and makes it look more radiant from inflammation and superficial swelling. True results are not visible for 4/6 weeks after treatment and tests have shown that skin treated with four sessions spaced one month apart produced up to a 400% increase in collagen and elastin. Microneedling can be used to treat scars, wrinkles and reduce large pores. (It's recommended that no make-up be applied or any heat treatments used within 72hrs of treatment)

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| Microneedling | £65 |
| Course of 4 | £240 |
| Add on LED Light Therapy | £5 |
| Add on Dermaplaning | £12 |

HOLISTICS

REFLEXOLOGY

By working the reflex points on the soles, tops and sides of the feet with specialised techniques to release tension, remove energy blocks, eliminate toxins and boost energy levels. It stimulates nerve function, improves circulation and promotes healing by stimulating the body's natural abilities to improve the well being of the whole body. It is a relaxing and nurturing treatment that brings physical and emotional ease. Includes heated foot cleanse.

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| Standard & Women's Health | £40 |
| Maternity & Post Natal with Reiki | £45 |
| Cancer & Palliative Care with Reiki | £45 |
| RLD Lymphatic Drainage | £45 |
| Fertility with Reiki Men & Women | £50 |

REIKI & SEICHEM HEALING

£40

A profound and powerful energy healing which helps restore and balance energy flow bringing harmony to the mind and body on all levels. Combining Reiki and Seichem energies gives a better holistic scope of benefits, working on Anxiety & Stress, Pain, Relaxation, Improved Intuition, Spiritual Growth, release of trauma and aids reactivation of healthy energy and cell communication.

ACCESS BARS WITH FACIAL REJUV MASSAGE

£40

A gentle touch energy balancing and healing therapy, working the 32 bars of energy that run in and around the head, lifting a weight you didn't realise you were carrying. It's like a computer de-frag, giving you a lighter, more relaxed feeling enabling you to function easier. An incredibly relaxing and nurturing treatment that breaks patterns and brings physical & emotional ease finished with a facial rejuvenation massage.

HOPi EAR CANDLING WITH MINI FACIAL

£35

The rising warm air gently massages the ear drum and helps to regulate ear pressure, drawing out impurities, improving symptoms of Tinnitus, Sinusitis, Glue Ear, Hayfever, Rhinitis, Excessive Ear Wax, general hearing loss, colds, allergies and tension headaches. The soothing Aromatherapy face and head massage using our signature blend of oils will stimulate Marma points relieving tension and stress finished with a mini Facial.

KIDS HOLISTIC TREATMENTS

Helps to calm emotions and improve symptoms of stress, anxiety, poor concentration, poor sleep patterns and anger. Has been helpful with ADHD, ADD and autism.

Access Bars
Reiki
Reflexology

£25
£25
£25

A woman with long, light brown hair is lying on her back on a white surface, possibly a massage table. Her arms are raised above her head. Her back is the central focus, and two hands are placed on her lower back, suggesting a massage. The text "RELAXATION PACKAGES" is written in white, sans-serif capital letters across the middle of her back. There are some small dark spots (moles) on her back. In the bottom left and right corners, there are white flowers with green stems and leaves.

RELAXATION
PACKAGES

SOUL REVIVAL

£120

Our head to toe revival package with full body signature fusion massage with blend of aromatherapy oils, an Eve Taylor aromatherapy holistic facial with energy point stimulation, mini Indian head massage finished off with reflexology. 3 hrs of pure blissful treatments then chill and relax with Prosecco, fresh baked breads, ice cream shot and cordial refreshments.

HOLISTIC HEALING PACKAGE

£59

Heated foot cleanse, back, neck and shoulder tension massage, hand, arm and décolletage massage, mini holistic crystal facial with face and scalp massage.

(Upgrade to Full Body £10 / Upgrade to Hot Stones £5)

BODY BEAUTIFUL PACKAGE

£75

Full body Swedish massage with our signature blend of oils, Dermaplaning Facial treatment, face and scalp massage and a Prescriptive Eve Taylor Facial with Collagen infused Mask. (Upgrade to Hot Stones £5)

CHAKRA BALANCE PACKAGE

£59

Full body Swedish massage including reflex points on the feet and Marma points on the head and face stimulated for relaxation, crystal chakra balance plus 15 mins of LED light Therapy on healing setting finished with a Mini Facial.

UNWIND YOUR MIND PACKAGE

£65

Lift The Stress and heaviness with this unique combination package, starting with upper back, neck and shoulder massage, Ayurvedic head massage, facial reflexology and energy balancing Access Bars finished with a cleanse, tone and moisturise.

ADD REFRESHMENTS per person

£15

Make the occasion special by adding on Prosecco, fresh baked breads, ice cream shot and cordial refreshments to any of our packages.



WAXING

A fast and effective way to remove unwanted hair. All products and direct sunlight/sunbeds should be avoided for 24 hours after treatment.

DEFINE YOUR EYES PACKAGE

£17

Eyebrow wax, tint & lash tint

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| Eyebrow | £6 |
| Lip | £5 |
| Chin | £5 |
| Lip & chin | £9 |
| Sides of face | £9 |
| Underarm | £9 |
| Half leg lower | £17 |
| Half leg upper | £20 |
| Full leg | £25 |
| Full leg & bikini tidy | £30 |

INTIMATE WAXING

A fast and effective way to remove unwanted hair. All products and direct sunlight/sunbeds should be avoided for 24 hours after treatment.

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| Bermuda Triangle | £15 |
| Brazilian Babe | £20 |
| Hollywood Starlet | £25 |

THREADING

The latest hair removal technique can be used on all skin types, there is no chemicals in direct contact to the skin. This treatment is only used on facial hair and will last longer than waxing.

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| Eyebrow | £10 |
| Lip | £7 |
| Chin | £7 |
| Sides of face | £10 |
| Full face | £30 |

TINTING

This is a great way to define your face. A patch test should be carried out 48 hours prior to treatment if you have never had the treatment done before. Lasts approx 4/6 weeks.

Eyebrow

£6

Eyelash

£8



BROW LAMINATION

£35

If you have thin, sparse brows, this is an absolute must have! Create the ultimate full and fluffy brows that everyone longs for. A patch test is required 48hrs before treatment.

NATURAL LASH LIFT

£35

A great alternative to semi permanent lashes but still getting the lashes you have always wanted adding lift, volume and length which lasts up to 6 weeks. Includes complimentary lash tint. A patch test is required 48hrs before treatment.

BROW LAMINATION & NATURAL LASH LIFT COMBO

£59

Save money and look fabulous for up to 6 weeks by getting both done at the same time.

HAND TREATMENTS

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| Shape & gel polish | £20 |
| Shape & French polish | £22 |
| Gel Removal | £5 |

LUXURY GEL MANICURE £35

An indulgent treat for tired dry hands. Includes aromatherapy soak, mulberry & pomegranate exfoliating scrub, nails filed and shaped, cuticles tidied then a luxury hand & arm massage stimulating reflex points. Finished with a choice of gel polish.

NAIL EXTENSIONS

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| Full set of extensions with block colour gel polish | £35 |
| Infills with block colour gel polish | £28 |
| Acrylic overlays on natural nail with block colour gel polish | £25 |
| Builder gel overlays on natural nail with block colour gel polish | £25 |
| Nail art from | £1.50 |
| Add French polish | £2 |
| Single nail replacement | £3 |
| Removal full set | £15 |

FOOT TREATMENTS

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| Shape & gel polish | £18 |
| Shape & French gel polish | £20 |
| Gel polish removal | £5 |

LUXURY GEL PEDICURE £35

Spa foot soak, file & shape, cuticles and hard skin removal with our amazing footlogix file, with moisturising foot and leg massage using Ayurvedic and reflex point techniques finished with a gel polish.

CANCELLATION & BOOKING POLICY

A deposit will be required to confirm an appointment. Cancellations deprive other customers of treatments. Appointments not cancelled with at least 24hrs notice will incur a 50% charge.

Treatments over 2hrs require 48hrs notice. Late cancellation of appointments for gift vouchers will be reduced in value by 50% and no shows for gift vouchers will be deemed void.

Prices are subject to change without prior notice.



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Opening Hours:

Tuesday-Friday 10am-5pm

Wednesday 10am-8pm

Saturday 10am-3pm