

FACIALS

■ THE SPA SIGNATURE FACIAL (FOR MEN AND WOMEN) 75 minutes

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques after steam/extractions and a triple exfoliation, to restore and recondition the skin, leaving the complexion smooth and luminous.

Not only will you see instant results, but experience the ultimate in relaxation from a pampering, therapeutic scalp, hand and foot massage using aromatherapy oils to renew your mind and body.

■ AGE REPAIR FACIAL ^{AA} 75 minutes

This is natural, highly effective skincare to reduce the signs of ageing without using harsh chemicals.

This repairing and anti-ageing facial works with natural oils of inca inchi and larch extract which stimulate collagen formation to deliver firm and tightened skin, while the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin.

True to Aromatherapy Associates' skincare philosophy, your skin is prepared by cleansing and exfoliating with jojoba beads or corncob granules, enzymes and rotating brush. It is then massaged using apple seed extract, raspberry seed oil and date palm oil which are renowned for their cell renewal and anti-oxidant effects. Two masks are applied, a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump. While the masks take effect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity.

For ultimate luxury, your scalp, hands and feet are massaged to release stress and tension.

■ TEEN DEEP CLEANSE FACIAL ^{AA} 60 minutes

A purifying treatment for oily and combination skin. Powerful essential oils of lavender, ylang ylang and tea tree are at the heart of this facial. With natural antibacterial properties, they penetrate deep into the skin, helping to regulate sebum production.

Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. A facial massage follows using drainage techniques to improve circulation and help eliminate toxins while special pressure points ease tension and stress. A freshwater mud mask is then applied to draw out dirt and harmful impurities. As relaxing as it is cleansing, this treatment also includes a scalp massage. Because healthy skin starts from within, recommendations on diet are included as well as an at home skin care regimen.

This treatment refreshes and balances, leaving the complexion super clean and fresh.

■ PERFECT BACK ^{AA} 30 minutes

Offered as an add on treatment to any of our full length massages or body treatments...Prepare to show off your back with this skin-refining treatment.

Orange Flower water calms inflamed or irritated skin, while gently toning and regulating the production of natural oils. The renowned healing properties of lavender promote healthy cell renewal, and tea tree has an anti-bacterial effect.

This thoroughly cleansing back treatment works deeply into the skin to encourage the effective elimination of toxins and balance the production of the skins own natural oils. A smoothing corn cob and jojoba scrub is followed by a freshwater mud mask to help draw out impurities and soften the skin. Then while the mask goes to work, your therapist will work on detoxifying your entire system with a foot pressure point massage.

The result is glowing, polished skin.

EXPRESS SPA FACIAL

30 minutes

Offered as an add on treatment to any of our full length massages or body treatments, the express spa facial provides a deep cleanse, exfoliation and hydration using products customized to your skin condition. It leaves your skin soft and bright.

■ INSTANT EYE REPAIR ^{AA}

15 minutes

Refresh and brighten your eyes with this revitalizing eye treatment, the perfect addition to any facial. The delicate eye area is the first place to show tiredness and ageing and it really benefits from some special care and attention. This treatment uses specialized massage techniques to improve micro-circulation and drainage, helping reduce puffiness.

Herbal extracts of toning black tea, cranberry and strawberry delicately firm the skin while working on dark circles and fine lines. Rich in powerful antioxidants, they protect against free radicals and environmental damage. Protective rose wax and shea butter nourish the skin and help it stay hydrated and soft. Gentle shoulder release techniques and a scalp massage free the circulation and improve blood supply to the eyes.

Feel rejuvenated with eyes looking fresh, bright and youthful.

■ INTENSELY NOURISHING HAIR TREATMENT ^{AA}

15 minutes

Restore health and shine to dull, lifeless hair-the perfect add on to any facial.

This enriching treatment is based on pure essential oils of rosemary, geranium, ylang ylang and patchouli combined with coconut oil. Known for their beneficial effect on the scalp and hair, these richly scented oils encourage circulation and balance sebaceous activity, helping to promote healthy, conditioned hair.

A nourishing hair oil is massaged into the hair and scalp as part of an Ayurvedic head massage. Working on the muscles and pressure points of the head, tension is released - a deep state of relaxation follows.

Still a busy mind while simultaneously conditioning the scalp and hair.

HAND & FOOT TREATMENT

15 minutes

For the ultimate pampering experience, upgrade your 75 minute facial to 90 minutes and experience your softest, smoothest, most hydrated hands and feet from a complete hand and foot treatment. With this

upgrade, you will receive a full exfoliation of the lower arms and legs, hands and feet followed by the application of nutrient rich, hydrating serum to feed the skin and prepare it for the application of shea butter rich lotion and therapeutic aromatherapy oils.