**MASSAGE & BEAUTY TREATMENTS**

**in the comfort of your hotel room**

**by appointment**

**call Penny Groom on 07775537404**

While you are enjoying your holiday why not completely unwind with a relaxing beauty treatment in the comfort of your hotel room Enhance that lovely fresh sea air glow with an indulgent **massage,** **facial**, or, choose from a range of other treatments including manicure or **pedicure**.

**MASSAGE**

Enjoy a luxurious massage from one of our independent therapists. An excellent way to release tension or stress and bring back radiance to tired looking skin. Your therapist will work with you to pin point areas that need attention, from head to toe. We offer a relaxing or firm therapeutic massage, leaving you feeling relaxed and rejuvenated.

We make it simple and let you decide how long you want to relax for -

**30 Minutes £30**

**45 Minutes £45**

**60 Minutes £60**

**75 Minutes £75**

**90 Minutes £90**

**105 Minutes £105**

**120 Minutes £120**

Your preferred massage type, strength and time will be discussed with you at time of booking.

**FACIALS**

Facials are a great way to take care of your skin on - face, neck and chest. Regular facials can keep your skin clean, clear and looking beautiful, promoting healthy and hydrated skin. Each treatment includes cleansing, toning, exfoliation, massage, mask, scalp massage and moisturising.

**Express Facial – 30 minutes £30**

The express facial is one that incorporates all the elements of a full facial but cuts the time down to **30 minutes** a great quick fix.

**Prescription Facial - 45 minutes £45, 60 minutes £60 or 75 minutes £75**

A prescription facial is where the products used on your skin are selected specifically for your skin type. The products selected will suit your skin and target any problems your skin may suffer.

**Deep Cleansing Facial - 45 minutes £45, 60 minutes £60 or 75 minutes £75**

A deep cleansing facial is where the use specific products that cleanse deep into your skin helping to balance out excess oil. This will also release grease and dirt, not only from the skin’s surface but also from the deeper layers.

**Age Defying Facial - 45 minutes £45, 60 minutes £60 or 75 minutes £75**

An Age Defying Facial uses specific products and techniques to uplift and firm the skin, reducing fine lines and help encourage radiant looking skin.

**MANICURES & PEDICURES**

**Express Manicure – 30 Minutes £30**

Nail shape/file, cuticle work and nail polish.

**Standard Manicure - 45 minutes £45**

Nail shape/file, cuticle work & soak, massage and nail polish.

**Luxury Manicure – 60 Minutes £60**

Nail shape/file, cuticle work & soak, massage, mask & mitts or nail polish/gel

**Gel Nails Hands – 45 Minutes £45**

Gels & mini massage only

**Express Pedicure – 30 Minutes £30**

Nail shape/file, cuticle work and nail polish.

**Standard Pedicure - 45 minutes £45**

Nail shape/file, cuticle work & soak, massage and nail polish.

**Luxury Pedicure – 60 Minutes £60**

Nail shape/file, cuticle work & soak, massage, mask & socks, nail polish/gel

**Gel Nails Feet– 45 Minutes £45**

Gels & Mini Massage only

**OTHER OPTIONS**

If you have specific requirement for example a **wedding party** please let us know we can cater for all your needs. Here are some options -

Reflexology

Yoga

Nutrition

Eyelash extensions

Waxing

Hair styling

Make up