

BEAUTY TREATMENTS

MONU FACE AND BODY TREATMENTS

The Monu range of products provides an effective, pampering and soothing skincare. They contain natural botanical plant and herbal extracts, and essential oils that help to condition, balance and repair the skin. Your therapist will give a consultation to determine your skin type and needs and then recommend the products that will be of most benefit to you, your skin and lifestyle.

FACE

MONU PETITE FACIAL

This 30 minute facial gives the perfect introduction to Monu skin care. A deep cleanse and tone, exfoliate, mask and finishing with a beautiful light moisturiser to tempt your senses, all with the wonderful aromas of essential oils. £35

AROMATIC FACIAL – The signature facial of Monu. A lovely 50 minute treatment which includes a soothing face & neck massage. Feel and experience the full benefit of this beautiful facial. Let your skin enjoy the conditioning and balancing affect of the Monu products whilst you relax and unwind. Your therapist will design your facial around your skin needs, leaving you with a lovely cleansed and glowing skin. £45

SOOTHING OAT FACIAL – ideal for dry or stressed skin types. This luxurious 50 minute facial treatment is based around a warming oat mask pack with 100% natural ingredients proteins with soothing anti-inflammatory ingredients. Pampering and soothing whilst it deeply nourishes, combats dryness and restores elasticity to the skin £55

SMOOTHING ALGAE FACIAL – for fine lines and dull skin types. This 50 minute line smoothing facial treatment with a seaweed compress containing Marine Magnesium, that smoothes, lifts and energises the skin. The active ingredients combined to impart skin radiance, freshness and tone whilst giving an uplifting experience. £55

COLLAGEN-BIO FACIAL – for aging skin, dehydrated or sun damaged skin. An intensive 50 minute repair treatment with the application of a Collagen veil which delivers a burst of moisture, whilst plumping fine lines and wrinkles. The facial hydrates, replenishes vital moisture levels to rediscover a youthful look. £60

BODY

AROMATIC WARM OIL SALT SCRUB

A lovely 50 minute treatment using Papaya & Ginger or Aribica Almond & Vanilla Salt Scrub that will polish and refresh to leave your skin soft, revitalised and hydrated. Perfect for pre or post holiday skin pick me up. FB £45

SLIM GEL BODY WRAP

Superb body contouring treatment that will detoxify and help improve the appearance of cellulite. This inch loss wrap uses fennel, seaweed & herb extracts and compression bandages to act as a diuretic & skin firming effect. PB 1 hour £35 FB 1.5 hours £45

HOLISTIC THERAPY

INDIAN HEAD MASSAGE

Based on an Ayurvedic healing system practised in India for over 5000 years. It combines the healing therapies encompassing the body, mind and spirit. Massage techniques to the shoulders, arms, neck, scalp and face plus Upper Chakra balancing. The 25 minute treatment is given seated in a chair. Please wear light clothing, like a T-shirt. Ideal for those who suffer headaches, insomnia, anxiety, stress, neck & shoulder tension. £22

REFLEXOLOGY

References have been found in ancient Egyptian hieroglyphs and in Chinese texts depicting massage of the feet and hands. It focuses on the pressure points on the feet which correspond to areas within the body. Stimulates the circulation and lymphatic systems to encourage release of toxins. It also allows the therapist to help pin point and alleviate imbalances that can cause stress and ill health. The 50 minute therapy is given on bare feet but the client fully clothed. This therapy can bring relief to a wide range of conditions and ideal for those who are in need of relaxation or who are convalescing. £36

REIKI

A healing system over 2500 years old that was hidden for thousands of years brought back to life in the 19th century by a budhist monk Dr Mikao Usui. This therapy focuses on the body's energy flows, believing that when the body's energy centres are in line and fulfilled it will stimulate the body's natural ability to heal. Reiki is a deeply relaxing therapy bringing a peace to the body, mind and spirit. The 50 minute therapy is given fully clothed using hand positions above and lightly placed on the body. Ideal for those feeling run down, emotionally drained, grieving, suffer from stress, tiredness or bad sleep patterns and physical problem areas. £35

HOPI EAR CANDLING

The origins of this treatment have been found in ancient North American Indian rock painting in the Grand Canyon where ear candles were part of ritual and healing ceremonies. A relaxing treatment for the ears and sinuses. The calming 40 minute treatment is given fully clothed and consists of a special candle that is burnt in each ear and a lymphatic facial massage. Helps to balance pressure in the ears, to soften and draw ear wax, clear pressure from sinuses and headaches. £30

SHIATSU

This is a form of massage that concentrates on the pressure points and energy lines within the body. Gentle manipulation of the limbs and joints, together with a pressure point massage helps to release energy blockages and so induce well being and enhance the body's natural healing system. This 50 minute treatment is given through light loose clothing. Ideal for stress and tension, muscular tensions and pain. £50

THAI FOOT MASSAGE

A therapeutic and relaxing treatment, combines massage techniques to the lower leg and feet to open energy lines and promote a sense of balance and well being. £38

MASSAGE

BNS = 25 minute Back neck & shoulder massage; FB = 50 minute Full body massage;

B/B = 50 minute Back of body massage; PB = 40 minute Part body massage.

SWEDISH MASSAGE

Massage has been an accepted and favourite treatment for thousands of years. It helps to relax the mind whilst manipulating the muscle tissue to help alleviate muscle fatigue and traumas. A relaxing yet muscle stimulating massage which involves massage techniques of medium to firm pressured movements. Ideal for muscular aches and pains, stiffness and rehabilitation of muscle traumas.

RELAXING - light to medium pressure massage BNS £27 FB £37

FIRM - medium to firm pressure massage BNS £30 FB £40

DEEP TISSUE MASSAGE

This is a penetrative, slow deeply relaxing massage, good for cleansing the system and deep muscle therapy, using a essential oil blend to ease muscle fatigue. Ideal for those that like a deep pressurised massage. This is not a sports massage.

BNS £35 FB £45

AROMATHERAPY MASSAGE

A relaxing slow massage that uses a blend of essentials oils, individually blended by your therapist to your needs. To help relax and rejuvenate mental and physical stresses. Fragrant and relaxing therapeutic massage.

BNS £35 FB £45

SPORTS MASSAGE

This is a specialised massage that aims to enhance muscular performance. It will also help with the rehabilitation of muscular injuries. It is a pressurised massage that penetrates the depths of the muscle fibres which can be adapted for post event and pre event muscle manipulation. Sports massage is ideal for those who like a hard pressurised massage with concentration on areas of need, which may give some discomfort.

PB £37 FB £50

MANUAL LYMPHATIC DRAINAGE - a specialised treatment that combines light

specific massage movements working with the lymphatic system to aid drainage. Helps move excess water retention and boosts lymphatic circulation and the elimination of toxins.

PB £37 FB £50

HOT STONE MASSAGE - The feeling of smooth hot stones relaxes the senses whilst the muscular stresses soothe away with this slow muscle warming massage.

BNS £37 FB £45

TREATMENT PRICE LIST

BEAUTY

EYELASH TINT

Skin test required 24hrs prior to treatment £10

EYEBROW TINT

Skin test required 24hrs prior to treatment £8

WAXING

Eye brow £8

Facial top lip and chin £10

Underarm £8

Forearm £10

Half leg £14

Half leg & bikini £22

Full leg £22

Full leg & bikini £30

Bikini £10

MANICURE

File and tidy (no varnish) £17

Deluxe with varnish £25

French £25

Hot Wax conditioning with varnish £30

PEDICURE

File and tidy (no varnish) £19

Deluxe with varnish £27

TAHITIAN SCALP MASSAGE

This 25 minute blissful treatment can relax the mind whilst stimulating the circulation of the scalp and the lovely Tahitian monio (coconut oil and gardenia flower) is used to condition the scalp and hair. £25