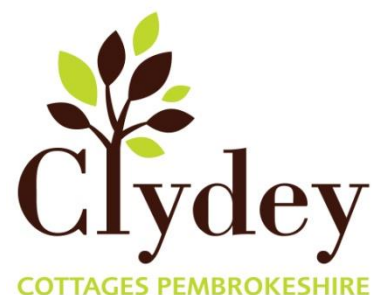


# Clydey Spa Treatment List



Our therapists are in demand and appointments become booked up very quickly, so please contact us as soon as possible to arrange your treatment, email [admin@clydeycottages.co.uk](mailto:admin@clydeycottages.co.uk) or call 01239 698619.

**\*\*Please note: If you are pregnant or have certain medical conditions, some treatments may not be suitable. Please inform us and our therapist before booking\*\***

**Aromatherapy Massages** – *A treatment ideal for relaxation whilst also aiding any ailments you may have. The massage technique is flowing with medium pressure. Your therapist will choose an essential oil blend to suit your requirements.*

**Back, Neck and Shoulder Massage £55.00 (45mins)**

**Back of Body Massage £60.00 (1hr)**

**Foot Bath and Massage, Ideal for Expectant Mothers £70.00 (1hr 15mins)**

**Full Body Massage £80.00 (1hr 30mins)**

**3 in 1 Massages** – *These massages combine 3 massage techniques - Deep Tissue Massage, Hot-Stone Therapy and Aromatherapy to stimulate, rejuvenate, soothe and relax. Treatments are tailored to your specific needs.*

**Back, Neck and Shoulder £70.00 (45mins)**

**Back of Body Massage £80.00 (1hr)**

**Full Body Massage £100.00 (1hr 30mins)**

**Hot Stone Massages** – *This massage includes the use of hot stones, ideal for any aches and pains. The heat therapy penetrates into the muscle fiber freeing up any tension without having to use deep pressure.*

**Back, Neck and Shoulder £80.00 (1hr)**

**Full Body Massage £100.00 (1hr 30mins)**

**Swedish Massage** – *A medium style massage. Helping with muscular tension and lymphatic drainage.*

**Full Body Massage £70.00 (1hr)**

**Deep Tissue Massage** – *A firm and stimulating massage most suited to those who do a lot of fitness. The massage technique will increase blood flow to the muscles and stretch out muscle fibers.*

**Full Body Massage £85.00 (1hr)**

**Head Massage** – *An Ayurvedic treatment concentrating not only on the head but on the face and back too. A specific massage routine that targets many pressure points making this treatment exceedingly relaxing. Ideal for tens shoulders, headaches & migraines.*

**£60.00 (1hr)**

**Reflexology** – *This is an ancient treatment practiced by Egyptians to heal and aid any medical conditions. The reflex points in the foot area relate to areas of the body both internally and externally. Your therapist will explain any areas that showed up during the treatment to see if they relate to you in any way.*

**£70.00 (1hr)**

**Pregnancy Massage** – *After 16 weeks you may treat yourself to a gentle pregnancy massage which will help relax the whole body. Lots of cushions are used to make your treatment as cozy and comfortable as possible. You can choose to have gentle and safe essential oils for that extra bit of relaxation or you can have a grapeseed oil base.*

**£65.00 (1hr)**

## **Treatment Packages**

**Relax and Unwind** – *The perfect pick-me-up, this 3 hour session includes a facial and 2 of the following treatments: luxury manicure, luxury pedicure or back, neck & shoulder massage.*

**£150.00 (3hrs)**

**Out Of This World** – *This treatment includes a head massage, an aromatherapy massage, mini facial and reflexology.*

**£140.00 (2hrs 30mins)**

**Relax and Enliven** – *Includes foot bath with foot massage, aromatherapy facial and finishes with a Swedish back of body massage.*

**£120.00 (2hrs)**

**Full Body Exfoliation and Light Moisturizing Body Massage** – *You will start with a full body exfoliation, followed by a massage and moisturiser.*

**£75.00 (1hr)**

**Full Body Exfoliation, Massage and Facial** – *You will start with a full body exfoliation, followed by a massage and finishing with a mini facial.*

**£95.00 (2hrs)**

## **Hand and Nail Treatments**

*Nail treatment times may vary depending on nail condition and polish application drying times.*

**Nail Shape and Polish £25.00 (30mins)**

**Luxury Manicure or Luxury Pedicure £45.00 (Up to 1hr)**

**Mini Manicure or Mini Pedicure £35.00 (Up to 45mins)**

**Non-Chip Gel Manicure (Shellac) £50.00 (Up to 1hr)**

**Non-Chip Gel Pedicure (Shellac) £50.00 (Up to 1hr)**

**Minx Pedicure £50.00 (Up to 1hr)**

**Gel Removal £20.00 (30mins)**

**Gel in Fills £30.00 (Up to 1hr)**

**Men's Foot Treatment £35 (30mins)**

## **Eye Treatments**

*Some treatment times may vary due to time needed for testing allergens prior to application.*

**Eyelash Tint £20.00 (30mins)**

**Eyebrow Tint £15.00 (15mins)**

**Eyelash and Eyebrow Tint £30.00 (30mins)**

**Eyebrow Shape £15.00 (15mins)**

**Hollywood Lashes – Semi Permanent Lash Extensions £100.00 (Up to 2hrs)**

**Eyelash Perm £75.00 (1hr)**

**Semi-Permanent Mascara £85.00 (Up to 2hrs)**

## **Waxing**

**Full Leg £30.00 (1hr)**

**Full Leg and Bikini £40.00 (1hr 15mins)**

**Hollywood £40.00 (1hr)**

**½ Leg £20.00 (30mins)**

**¾ Leg £25.00 (45mins)**

**Bikini Line £20.00 (15mins)**

**Underarm £15.00 (15mins)**

**Lip £15.00 (15mins)**

**Chin £15.00 (15mins)**

**Lip and Chin £20.00 (30mins)**

**Eyebrows £15.00 (15mins)**

## **Facials**

**Aromatherapy Facial** – *Using handmade, local and organic products that are tailor made to suit your individual skin requirements.*

**£65.00 (1hr)**

**Aromatherapy Facial Plus** – *Facials are available with an additional 20 minute soothing massage of the face and head.*

**£80.00 (1hr 20mins)**

**Extra Relaxing Facial Package** – *This includes a 1 hour facial, a back, neck and shoulder massage plus additional head massage.*

**£100.00 (2hrs)**