

Clydey Spa Treatment List

Relax and unwind at the Clydey Spa



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 or call 01239 698619.

****Please note: If you are pregnant or have certain medical conditions, some treatments may not be suitable. Please inform us before booking.
Maximum weight for Spa Bed is 19stone/120kg****

Massages

Aromatherapy Massages – *A gentle 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 Shoulders Massage £65.00 (45mins)

Back of Body Massage £70.00 (1hr)

Back, Neck, Shoulders, Face and Head Massage £85 (1hr 15mins)

Full Body Massage £90.00 (1hr 30mins)

Foot Bath with Foot Massage and 1 hour Facial £145 (1hr 45 mins)

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 Shoulders £80.00 (45mins)

Back of Body Massage £90.00 (1hr)

Full Body Massage £120.00 (1hr 30mins)

Hot Stone Massages – *Choose between hot stone massage or our new bamboo massage treatment – A massage introducing heat to the muscles, ideal for aches and pains. The heat therapy penetrates into the muscle fibres freeing up any tension.*

Back, Neck and Shoulders £80.00 (45mins)

Back of Body £95 (1hr)

Full Body Massage £110.00 (1hr 30mins)

Deep Tissue or Sports 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 fibres.*

Back Massage £75 (45mins)

Back of Body £85 (1hr)

Full Body Massage £90.00 (1hr 15mins)

Swedish Massage – *A medium style pressure, helping with muscular tension and lymphatic drainage.*

Back, Neck and Shoulders £65 (45mins)

Full Body Massage £70.00 (1hr)

Indian Head Massage – *An Ayurvedic treatment concentrating not only on the head but on the face and back as well. A specific massage routine that targets many pressure points making this treatment exceedingly relaxing.*

£70.00 (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.*

£80.00 (1hr)

Pregnancy Treatments

Treatments for expectant mothers, after 16weeks

Foot Bath and Foot Massage - Ideal for Expectant Mothers

£80.00 (1hr 15mins)

Foot Soak, Foot and Nail Treatment - includes dry skin removal, foot exfoliation and foot and leg massage

£95 (1hr 30mins)

Foot Soak, Foot Treatment, Body and Foot Massage – *as above with a body massage included. After 20 weeks.*

£160 (1hr 45mins)

Pregnancy Massage – *After 20 weeks you may treat yourself to a gentle pregnancy massage which will help relax the whole body. Lots of cushions and pillows are used to make your treatment as cozy and comfortable as possible.*

£70.00 (1hr)

Facials

Facials using Neals Yard Products – All facials include a head massage

Prescription Facial

£80.00 (1hr)

Relaxation Facial – *Includes a back massage*

£110.00 (1hr 30mins)

Luxury Facial Package – *Includes a full body massage*

£130.00 (2hrs)

Pamper Me Quick Treatments

Choose one of the following -
Back Massage, Facial or Reflexology
£55 (30mins)

Treatment Packages

Relax and Unwind – *The perfect pick-me-up, this 3 hour session includes a facial, full body massage and either a manicure or pedicure*
£175.00 (3hrs)

Out Of This World – *This treatment includes a head massage, an aromatherapy massage, mini facial and reflexology.*
£180.00 (2hrs 30mins)

Relax and Enliven – *Includes foot bath with foot massage, aromatherapy facial and finishes with a Swedish back of body massage.*
£140.00 (2hrs)

Full Body Exfoliation and Light Moisturizing Body Massage – *You will start with a full body exfoliation, followed by a massage and moisturiser.*
£85.00 (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.*
£125.00 (2hrs)

Hand and Foot Treatments

All previous nail work must be removed prior to your treatment, we are unable to remove another salon's work.

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

Luxury Manicure £45 (45mins)
Luxury Manicure with Gel £55 (1hr)

Luxury Pedicure £55.00 (1hr)
Luxury Pedicure with Gel £65 (1hr 15mins)