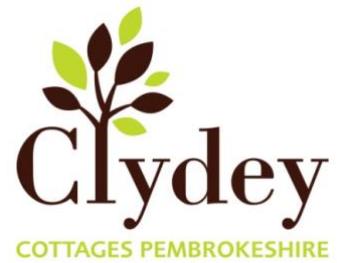


# Clydey Spa Treatment List

*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)**

**Full Body Massage £95.00 (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 Shoulders £80.00 (45mins)**

**Back of Body Massage £90.00 (1hr)**

**Full Body Massage £120.00 (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, Neck and Shoulders 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 £75.00 (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.*

**£65.00 (45mins)**

**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 (55mins)**

**Reflexology with Foot Spa £90 (1hr 10mins)**

## **Pregnancy Treatments**

*Treatments for expectant mothers, after 22weeks*

**Pregnancy Massage** – 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)**

**Pregnancy Package - Foot Soak, Foot Massage, Nail Treatment and Body Massage**

**£145 (2hrs)**

## **Facials**

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

**Facial £85.00 (55mins)**

**Facial with Extra Scalp Massage**  
**£90.00 (1hr 10mins)**

**Relaxation Facial – Includes a back massage**  
**£115.00 (1hr 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  
**£185.00 (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.  
**£150.00 (2hrs)**

**Full Body Exfoliation, Massage and Facial** – You will start with a full body exfoliation, followed by a massage and finishing with a mini facial.  
**£130.00 (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 (40mins)**

**Luxury Manicure with Gel £55 (1hr 5mins)**

**Luxury Pedicure £50.00 (50mins)**

**Luxury Pedicure with Gel £60 (1hr 20mins)**

## **Men's Treatments**

*Give yourself some time to relax by choosing one of the following luxury treatments most suited to your self care needs.*

**Back, Neck and Shoulders Massage £65.00 (45mins)**

**Back of Body Massage £70 (1hr)**

**Full Body Massage £90 (1hr 30mins)**

**Facial with ManCave Products £75 (50mins)**

**Facial and Beard Care £85 (65mins)**

**Back Massage and Facial Package £110 (1hr 30mins)**

**Back Exfoliation, Massage and Facial Package £140 (2hrs)**