

AROMATHERAPY ASSOCIATES BODY TREATMENTS

THE ULTIMATE AROMATHERAPY EXPERIENCE ^{AA}

Time 60min £55

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation. Stresses and strains are dissolved away.

■ RELAX ■ DE-STRESS ■ REVIVE ■ SUPPORT ■ INNER STRENGTH ■
RENEWING ■ NOURISHING

CLEAR YOUR MIND ^{AA}

Time 90 min £90

Perfect for times of stress and over-activity, this treatment helps the mind unwind and refocus, getting you back on track.

IMMUNE RECOVERY ^{AA}

Time 60 min £60

Cleansing, clearing and decongesting, this upper body treatment helps clear the mind and support the immune system.

ROSE HYDRATOR ^{AA}

Time 60 min £60

This intensely hydrating treatment includes the layering of rich rose serum, oil and cream, leaving your body radiant, soft and smooth and your spirits bright and uplifted.

BESPOKE SKIN POLISH ^{AA}

Time 30 min £30

A relaxing all over exfoliation and layering of richly nourishing products, to leave the skin looking radiant and feeling wonderfully smooth.

BACK, NECK & SHOULDER MASSAGE

Time 25 mins £25

A relaxing massage concentrated on the specific area to relieve aches & pains and muscle tension.

BACK, NECK, SHOULDER & SCALP MASSAGE

Time 40 mins £40

A beautiful massage to relax the muscles and to relieve muscle tension, complemented by a scalp massage to ease tension and reduce stress levels.

ULTIMATE ROSE PREGNANCY MASSAGE ^{AA}

Time 60 min £60

Relieve stresses and strains, heavy legs and an aching back with this all over body treatment. Includes a relaxing and rejuvenating full scalp and facial massage.

ULTIMATE ROSE POST PREGNANCY SKIN NOURISHER ^{AA}

Time 60 min £65

This deeply restorative, pampering, all-over body treatment incorporates exfoliation and the layering of rose based products, to immediately restore the skin's quality and appearance.