



[breathe]

an aromatic journey to open the mind & calm the senses

120 mins

£85

This journey features elements to relax and reduce stress...here we breathe deeply to restore harmony and open the mind.

- tranquillity ritual treatment
- lushly hand ritual

[release]

a refining journey to balance the body & regain equilibrium of the senses

180 mins

£157

This journey features elements to purify and detoxify...here we release excess energy and stress.

- monticelli mud wrap
- comfort touch full body massage
- active pureness rebalancing facial

[replenish]

a warming, energising journey to restore your strongest self

110 mins

£95

This journey features elements to stimulate and revitalise...here we increase vitality and balance the mind and body.

- comfort touch back massage
- recover touch facial
- lushly foot ritual

[embrace]

a grounding journey to empower your senses of well being

150 mins

£145

This journey features elements to renew and protect...here we increase our strength of mind, body and spirit.

- body strategist + nutritional
- comfort touch full body massage
- chrono reverser facial

[express package]

a complete sense of indulgence creating peace of mind

80 mins

£80

This journey features elements to pamper and relax...here we completely unwind and indulge in minimal time.

- express face care
- comfort touch back massage
- lushly hand ritual



[express face care]

specially tailor made facial

20 mins

£30

A facial treatment created to suit all skin conditions. Specific supplements are chosen by your therapist to suit your needs. It is an excellent remedy to cleanse and keep your skin protected, thanks to antioxidant and age-defying active ingredients.

[chrono reverser]

advanced anti-oxidant & exfoliation treatment

30 mins

£35

This treatment offers exceptional results by delicately and effectively renewing the skin due to an innovative synergy of new-generation active ingredients. Effectively improves the appearance of lines and wrinkles, pigmentation and superficial acne scars, leaving your skin with a new found texture.

[comfort touch massage]

deeply relaxing back, neck & shoulder massage

30 mins

£30

Using specially selected oils for a tailor made treatment to suit your needs. Designed to relax and rebalance energy levels while alleviating muscular tension and stress.

[lushly]

polynesian rituals for hands & feet

hands

30 mins

£20

feet

35 mins

£25

An exotic treatment inspired by an ancient Polynesian ritual for bestowing wellbeing for hands and feet. This exfoliating, hydrating and refreshing action restores suppleness and hydration to tired hands and feet, leaving the skin soft and beautifully fragranced with tiare flower extract.