



## TREATMENT MENU

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For more than 30 years Aromatherapy Associates, a truly British brand, has been specialising in harnessing the natural healing powers of the finest natural ingredients, purest extracts and essential oils to include in their products and treatments.

Combined with their many years of experience as therapists they have seen first hand how essential oils have effectively enhanced the state of people's physical, mental and emotional wellbeing. Their renowned and award-winning products and treatments have transformed the aromatherapy experience into something highly effective yet luxurious and exceptional.

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### BODY MASSAGES

#### **THE ULTIMATE AROMATHERAPY EXPERIENCE <sup>AA</sup>**

Time 60 or 90 min

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

■ **INTENSIVE MUSCLE RELEASE <sup>AA</sup>**

Time 60 min

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension

■ **JET LAG CURE <sup>AA</sup>**

Time 90 min

A treatment for weary travellers to get you back on track when you're feeling fuzzy, tired and sluggish.

■ **SLEEP DEEPLY <sup>AA</sup>**

Time 120 min

This head-to-toe massage uses carefully applied pressures to induce a serious state of relaxation, leaving you prepared for a sound night's sleep.

■ **ULTIMATE ROSE PREGNANCY MASSAGE <sup>AA</sup>**

Time 60 min

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

## SCRUB & WRAP TREATMENTS

### ■ THE ULTIMATE DETOX REVIVER <sup>AA</sup>

Time 60 min

This invigorating treatment is specifically designed for those looking for an intensive body detox. The perfect therapy when you are dieting, feeling sluggish and lacking energy

### ■ ROSE HYDRATOR <sup>AA</sup>

Time 60 min

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.

### ■ BODY REFINER <sup>AA</sup>

Time 60 min

A toning and slimming treatment to refine the body contours and eliminate excess fluids, leaving a slimmer silhouette and smoother skin.

### ■ BESPOKE SKIN POLISH <sup>AA</sup>

Time 30 min

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

- Renew Body Polish: Using blends of rose and sandalwood to soften dry skin, whilst uplifting spirits. Ideal after sun exposure.
- Revive Body Polish: Using blend of pink grapefruit and juniper to detoxify the body and reducing fluid retention.
- Destress Body Polish' Using warming blends of ginger and black pepper to ease tension and stress, while the lavender eases pain and discomfort.

## FACIAL TREATMENTS

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■ HYDRATING ■ MATTIFYING ■ SOOTHING ■ ANTI-AGEING ■ REFINERY

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■ **AGE REPAIR FACIAL** <sup>AA</sup>  
Time 90 min

An intensive treatment for ageing skin, including a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. Delivers instantly visible results.

■ **ESSENTIAL ROSE FACIAL** <sup>AA</sup>  
Time 60 or 90 min

Luxurious rose oils help condition the skin and deeply nourish. The result is a smooth, radiant complexion and a relaxed state of mind.

■ **SKIN SOLUTIONS FACIAL** <sup>AA</sup>  
Time 60 or 90 min

This treatment regulates problem skin, leaving the complexion instantly bright and radiant.

■ **INNER STRENGTH SOOTHING FACIAL** <sup>AA</sup>  
Time 60 min or 90 min with back massage

A truly soothing and calming facial suitable for irritated or inflamed skin, helping to reduce redness, nourish, soothe, and restore the skin's natural radiance.

■ **INSTANT EYE REPAIR** <sup>AA</sup>  
Time 30 min

Specialised massage techniques improve micro-circulation and drainage, helping to reduce puffiness, whilst the natural plant extracts and oils work to leave the eyes fresh, bright and youthful.

■ **EXPRESS AND GLOW FACIAL**

Time 30 min

This cleanse, tone, facial peel and face mask will add vitality and radiance to your complexion.

## HAND TREATMENTS

■ **AGE REPAIR HANDS <sup>AA</sup>**

Time 30 min

A combination of deeply restorative and nourishing essential oils are combined to leave hands and arms looking perfectly conditioned and feeling deeply moisturised.

## FOOT TREATMENTS

■ **ROSE HYDRATING FOOT TREATMENT <sup>AA</sup>**

Time 30 min

A combination of rose, geranium and lavender work to help leave rough, dry feet and heels intensely nourished and smooth.

TIMINGS LISTED ARE RECOMMENDED BOOKING TIME.

### TRAINING:

IT IS IMPERATIVE THAT ALL THERAPISTS ATTEND AROMATHERAPY ASSOCIATES TRAINING  
IN ANY TREATMENT LISTED IN THIS TREATMENT MENU.