



## Massage Treatments

<b>Luxury Full Body Massage</b> – Swedish full body massage with a CLINICARE facial treatment included	£65	90 Minutes
<b>Hot Stones Full Body Massage</b> – Swedish massage using Hot Stone Therapy to enhance relaxation, relieve tension and discomfort	£65	90 Minutes
<b>Full Body Swedish Massage</b> - Full body relaxing therapeutic massage	£45	1 Hour
<b>Targeted Massage</b> – Predominantly back and neck but can be tailored to your requirements	£30	30 Minutes

## Facial Treatments

<b>Express Facial Treatment</b> A CLINICARE beautifying facial treatment to cleanse, exfoliate and moisturise. Boosting the immediate appearance and overall health of the skin	£30	30 Minutes
<b>CLINICARE Cinderella Facial</b> – Cleanse, non chemical painless peel, tailored hydration mask. Facial massage plus neck and shoulder massage finished off with a Sun protection cream	£45	60 Minutes

## Aesthetics

<b>CLINICARE CarboxyTherapy Facial Treatment</b> Using a mask and activating gel, Carbon Dioxide is pushed into the skin to induce the flow of oxygen, increasing capillary activity  <b>Benefits</b> <ul style="list-style-type: none"> <li>• Non invasive with instant results and no soreness</li> <li>• Improves circulation and Cell regeneration</li> <li>• Reduces fine lines and wrinkles</li> <li>• Boosts Collagen</li> </ul> <b>Costs</b> 1 Treatment Course of 4 (Paid in advance) Course of 6 (Paid in advance)	£55 £200 £290	45 mins
---	---------------------	---------

<b>Dual Injector Pro+</b> Electroporation and RF treatments (Radio Frequency) work together to temporarily disrupt the intercellular process and heat the face and neck so that the applied products are absorbed much deeper into the skin.  <b>Benefits</b> <ul style="list-style-type: none"> <li>• No Needles - non invasive with instant results, no soreness</li> <li>• Activates metabolism</li> <li>• Stimulates Collagen, Elastin and Hyaluronic acid formation</li> <li>• Improves sagging skin, fine lines and wrinkles</li> <li>• Treats Hyperpigmentation</li> </ul> <b>Costs</b> 1 Treatment Course of 4 (Paid in advance) Course of 6 (Paid in advance)	£65 £240 £350	30 minute sessions
---	---------------------	--------------------

### Holistic / Other Treatments

<b>Holistic Massage</b> Full body Massage using Reiki healing techniques throughout to provide a holistic treatment which includes energy healing	£45	60 Minutes
<b>Grounding Massage</b> Full body Massage using a grounding sheet to provide a holistic treatment to help promote sleep and reduce inflammation and stress	£50	60 Minutes
<b>Reiki Energy Healing</b> A hands on or off treatment to facilitate the flow of energy and remove any blockages, promoting relaxation, reducing stress, and enhancing the body's natural healing abilities.	£35	45 Minutes
<b>Tarot Reading</b> A Tarot card led session of self-discovery, tapping into your subconscious to self-reflect and support your personal growth both now and in the future	£20	30 to 45 minutes

