

### Swedish Massage

Traditional Swedish body massage soothes tired aching muscles, reduces muscle tension and fatigue. Swedish massage can be both relaxing and energising.

**Full body | 1hour 10 minutes | £45**

**Back | 30-45 minutes | £35**

**Legs & feet | 30 minutes| £30**

**Face, neck & shoulders| 30 minutes | £32**

### Aromatherapy

Using a chosen blend or aromatic oils to suit your individual needs, the wonderful treatment activates the circulation and lymphatic system to flush away toxins, whilst relaxing you to reduce stress and fatigue.

**Full body | 1 hour 15 minutes | £49**

**Back | 30 minutes | £32**

**Legs & feet | 30 minutes | £32**

**Face, neck & shoulders | 30 minutes | £34**



### Reflexology | 1 hour £30

Reflexology is a complimentary therapy that uses gentle pressure on specific points along your feet to bring about a state of relaxation and help rebalance the body's systems. Reflexology can help promote relaxation, relieve stress, anxiety and depression, reduce pain and promote a feeling of well-being both physically and mentally.

### Waxing

Using Outback Organics wax

**½ leg £16**

**Full leg £24**

**Bikini £10**

**Under arms £9**

**Brows £9**

**Lip or chin £7**

**Lip & chin £12**

**Back or chest £22**

**Forearms £13**

**Full arm £20**

### Eye Treatments

Patch test required at least 24 hours prior to any tint treatment

**Eyelash tint | £12**

**Eyebrow tint | £8**



## PRICE GUIDE

Relax

Energise

Soothe

Transform

Optomise

Rehydrate

Enrich

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## Let the sea empower your beauty

*The sea has always been a source of vital energy and can regenerate you both physically and mentally. THALGO has taken inspiration from this for more than 50 years combining efficacy and well-being. We infuse this marine energy through products and treatment protocols that revitalise body and mind for luminous and radiant beauty.*

### Facials

Thalgo has a facial to treat virtually any concern. All Thalgo facials begin with the "Discovery of the Sea" welcome massage to ease tensions and immerse you in a relaxing aquatic cocoon. For best results, Thalgo recommends a course of 6 facials, in conjunction with the accompanying homecare range to continue effectiveness.

The Thalgo Four steps: Immerse, Energise, Correct, Reveal

### Discovery Facial

**30 minutes | £30**

The perfect express facial if you're on the go, tailored to your skin type. Featuring Thalgo's signature Discovery of the Sea welcome massage, unique brush cleanse and exfoliation, skin-specific mask and moisturiser, you will feel refreshed and relaxed with beautifully glowing skin.

## HEART OF THE OCEAN RITUALS

Personalised according to skin type:

**60 minutes | £50**

### SOURCE MARINE MOISTURISING TREATMENT – Normal/dehydrated

Bathe your skin in moisture with Sève Bleue des Oceans. Skin is intensely hydrated

### COLD CREAM MARINE COMFORTING TREATMENT – Sensitive & dry/very dry

Delicate skin is soothed and hydrated with this comforting break for dry and fragile skin, a true lipid "bandage" rich in marine oils.

### PURETE MARINE TREATMENT – Oily/combo

Put a stop to shine! Your skin is purified and instantly clearer thanks to the duo of regulating algae.

*These personalised Thalgo signature facials begin with the Discovery of the Sea welcome massage, skin specific cleanse and exfoliation. The Heart of the Ocean massage recreates the rhythmic motions of the sea to relax the facial muscles and relieve tension in the arms, shoulders and neck. A skin-specific mask and moisturiser correct any skin concerns, leaving the complexion restored to its natural beauty.*



## ANTI-AGEING

*Thalgo is an anti-ageing specialist and offer facials for different ages and anti-ageing concerns, all renowned for their incredible results.*

### ANTI-AGEING 25+

Spiruline Boost Smoothing Detoxifying Treatment 60 minutes | £55

### The marine shot for urban skin!

A four-step facial to relieve the first signs of ageing and fatigue on the skin. Featuring energising Spirulina algae, Marine Magnesium and anti-oxidant ingredients, a stimulating and reviving Dermastim+ massage is coupled with a second skin marine mask to revive and smooth the complexion and reveal radiance.

### ANTI-AGEING 35+

Hyalu-Procollagène Wrinkle Correcting Treatment. 60 minutes | £60

### Bursting with Hyaluronic acid!

The first four-step wrinkle by wrinkle treatment combining three hyaluronic acids, marine pro-collagen and 3 unique roller booster tools. After immersion in a marine bubble of relaxing cleansing and energising acupressure, the concentrated active ingredients of the wrinkle correcting serum is applied using gentle Dermastim+ stretching movements. The marine mask is then applied and wrinkles are worked on in succession using the unique roller booster tools to amplify the smoothing, filling and plumping effect. Skin feels plumped and even established wrinkles see visible results.