



FOREST HOLIDAYS TREATMENT MENU

HEALTH & BEAUTY EXPERTS SINCE 2006



Forest Holidays

0207 096 0385

INFO@GLO-PAMPER.CO.UK

WWW.GLO-PAMPER.CO.UK

Relax & Unwind Treatments

Fill your package with our mix and match treatment options that last a total of x hours depending on the package booked.

(K) Suitable for kids

(P) Suitable for pregnancy

Body

Classic Full Body Massage - 60 | 90 minutes

Benefit: Relaxing - Refreshing - Restoring

Escape to tranquillity with a full-body Swedish massage. Using light to medium pressure, your therapist can focus on the areas of the body that need the most attention. Combined with the use of luxurious aromatic pre-blended massage oils, any stress and tension will quickly melt away.

Tranquility Back, Neck & Shoulder Massage - 20 | 30 | 40 minutes

Benefit: Relaxing - Soothing - Recharging

Unwind with a relaxing back, neck and shoulder massage. Using fragrant pre-blended massage oils, your therapist will use light to medium pressure to help relieve tension and aching muscles.

Detoxifying Deep Pressure Massage - 40 | 60 | 90 minutes

Benefit: Relaxing - Tension-releasing - Detoxifying

Using a delightful blend of fragrant oils, immerse into relaxation with a deep pressure Swedish massage. Dedicated to relieving tight, tense muscles, your therapist will use medium to firm pressure to help increase circulation, soften and relax the tissues and help you completely unwind.

Relaxing Head, Neck & Shoulder Massage (seated) - 20 | 30 | 40 minutes (K)

Benefit: Clarity - Tension-releasing - Rejuvenating

Sit down and relax with a fully clothed oil-free massage. Using medium pressure, this treatment increases circulation to the head, shoulders, neck and scalp, alleviates tension and brings clarity to the mind.

Soothing Hot Stone Massage - 30 | 40 | 60 minutes

Benefit: Relaxing - Detoxifying - Stimulating

Indulge in this restorative body treatment. Warm volcanic stones coated in fragrant oil are placed gently on to the skin's pressure points or moved over the body to melt away the deepest of tensions and induce deep relaxation. **Please note** this treatment may not be available in the summer months.

Terms & Conditions

- Please note that occasionally we may not be able to provide your first choice of package or treatment. If this is the case, we will endeavour to let you know as soon as possible so that you and/or your guest(s) can choose an alternative.
- Treatment times are slightly shorter than stated and allow for changeover between guests.
- If you have any questions, please do not hesitate to get in touch, or check out our FAQs page for more info: <https://www.glo-pamper.co.uk/spa-to-you/frequently-asked-questions>
- For reference, please see our client info sheet here:



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Face

Express Facial – 20 minutes (K, P)

Benefit: Cleansing – Moisturising – Glowing

A mini facial for every skin type that includes a cleanse, tone, exfoliation and moisturise.

Sublime Facial – 30 | 40 | 60 minutes (P)

Benefit: Cleansing – Hydrating – Calming

A relaxing facial for every skin type that includes cleansing, exfoliation and a mask. All topped off with moisturiser for a healthy glow. Longer duration facials will also incorporate toning and massage as part of the treatment.

Calming Holistic Facial & Head Massage – 30 | 40 minutes (P)

Benefit: Relaxing – Detoxifying – Tension-releasing

Indulge in this relaxing treatment using aromatic oils to massage the face, head and shoulders. Using light pressure on your face and a deeper pressure around the head and shoulders, any tension will drift away, leaving a calm mind and relaxed state.

Express Holistic Facial – 20 minutes (K, P)

Experience deep relaxation and reduce tension with a face, head and shoulder massage using aromatic oils. The perfect treatment to calm the mind and reduce stress.

Hands & Feet

Reflexology – 30 | 40 | 60 minutes (P)

Benefit: Detoxifying – Improves Circulation – Relaxing

Experience this holistic pressure therapy treatment to restore equilibrium to your mind and body. Specific pressure points on your feet are stimulated to benefit the major organs of the body, which are mapped out on the feet, helping to improve hormonal issues, and soothe back pain, migraine and digestive disorders.

Hands & Feet continued

Nail Polish – 20 minutes (K, P)

A file, tidy and polish of the hands or feet. For children under the age of 8, both hands and feet can be painted in 20 minutes.

Classic Manicure or Pedicure – 30 | 40 | 60 minutes (P)

A relaxing and pampering nail treat that includes cuticle tidy, a file and polish. French polish or massage also included in 40 and 60 minute treatments.

Gel Manicure or Pedicure – 40 minutes (P)

A fantastic file of the nails and application of gel varnish. Existing gel varnish will need to be removed to experience this treatment.

Gel Varnish Removal – 20 minutes (P)

Professional removal of existing gel varnish.

Nourishing Hand Massage – 20 minutes (K, P)

Benefit: Relaxing – Improves Circulation

Enjoy a relaxing hand massage. Using creams or oils, this treatment relieves dryness, promotes circulation and will make your hands feel soft and supple.

Refreshing Foot Massage – 20 | 30 minutes (K, P)

Benefit: Relaxing – Improves Circulation

Relax and recline with a foot massage. Using creams or oils, this treatment relieves dryness, promotes circulation and will make your feet feel soft and supple. Perfect after a forest walk or for any expectant mums with puffy, swollen ankles and feet.