

# Spa

MILK WOOD HOUSE SPA  
TREATMENT MENU

ishga

Organic Seaweed Skincare

I S H G A



## B O D Y M A S S A G E

### SALT AND OIL SCRUB 30MINUTE £45 PER PERSON

Gently exfoliates the body, sweeping away dull dry skin, stimulates circulation, eliminates toxins and leaves skin nourish and glowing.

### EXPRESS MASSAGE 30MINUTE £45 PER PERSON

Back, neck and shoulder massage to benefit general aches and pains, muscle tension and fatigue.

### SEAWEED BODY WRAP 60MINUTE £90 PER PERSON

A gentle exfoliator followed by a seaweed body wrap. Combines detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. Eliminates toxins, reduces cellulite, boosts energy and improves skin tone.

### INVIGORATING MASSAGE 60MINUTE £90 PER PERSON

Medium pressure massage which incorporates elements of Swedish and deep tissue massage with a therapeutic benefit with relaxing aromatherapy perks. Ideal for muscle tension, aches and pains and general fatigue. Modified to suit everyone back, legs, arms, neck and shoulders.

### PREGNANCY/PRENATAL MASSAGE 60MINUTE £90 PER PERSON

A full body massage designed specifically to help relieve aches and pains and calm mind and soul with an oil with beneficial properties to help smooth skin both inside and out. Massage contains back, legs, arms, shoulder neck and scalp.

### TOP TO TOE 60MINUTE £90 PER PERSON

Treatment to fit everyone's main concerns starting with a back massage with an oil to help calm the mind and soul, followed by an express facial including an exfoliating mask, tailored massage and scalp massage for total relaxation.

### TOP TO TOE RITUAL 120MINUTE £150 PER PERSON

This treatment is the full experience with a full body massage followed by a full facial all designed specifically to suit your needs.

### LUXURIOUS SEAWEED FOOT EXPERIENCE

(NO POLISH 30MINUTE £45 PER PERSON / WITH POLISH 60MINUTE £60 PER PERSON)

A detoxifying seaweed treatment to help tired feet and leave skin silky smooth. Includes a foot scrub and a lower leg and foot massage followed by a detoxifying seaweed gel mask with the option to be finished off with a nail shape, cuticles conditioned and finished with a polish (or shiny buff).

### LUXURIOUS SEAWEED HAND EXPERIENCE

(NO POLISH 30MINUTE £45 PER PERSON / WITH POLISH 60MINUTE £60 PER PERSON)

A detoxifying seaweed treatment to help tired and aching hands. Includes a hand and arm scrub, hand and arm massage followed with a seaweed gel mask with the choice to finish off with a nail file, cuticle condition and a choice of nail polish (or a shiny buff).

# Damper

## F A C I A L S

### EXPRESS FACIAL 30MIN £45 PER PERSON

Cleanses, tones and moisturises the skin and includes an exfoliating mask with a scalp massage to complete the experience.

### FACIAL 60MINUTE £90 PER PERSON

A tailored rejuvenating facial designed to fit your needs. Useful for toning, firming and nourishing but can also repair and protect skin from natural environmental damage. Treatment includes a cleanse, tone and moisturise then a tailored mask, exfoliator and face, scalp and hand and arm massage suitable for every skin type.

## N A I L S

### SIGNATURE MANICURE 60MINUTE £60 PER PERSON

The absolute signature manicure service. You will experience a relaxing massage and acupressure. Feel absolutely fabulous with gel finish!

### SIGNATURE PEDICURE 60MINUTE £65 PER PERSON

The ultimate signature pedicure. Includes a soak, exfoliation to smooth callused feet. Our experienced therapists will use a combination of massage and acupressure techniques to reduce stress and relieve tension.

### FILE & POLISH HANDS OR FEET 25MINUTE £25 PER PERSON

Nail Shape and application of chosen polish.

### GENTS MANICURE OR PEDICURE 25MINUTE £25 PER PERSON

Soothe those hardworking hands OR fast paced feet. This gents treatment includes cuticle clean-up and a nail buff to finish.

