



HOLISTIC TREATMENTS AT FLOWERY DELL LODGES

The ultimate pampering to suit your needs in your own lodge, with our friendly, fully qualified, freelance mobile therapist. These treatments are subject to availability and not always on demand.

MASSAGE

Full body (1 hour)	£60
Hot Stones	£70
Back, neck & shoulder (40 mins)	£50
Hot Stones	£60

Because our health and emotions are ever changing, our routines are adapted to meet your requirements & chosen at the outset of each massage. Whether you need just to relax and de-stress or deeper pain relieving work is required, the treatment will always be "yours".

AROMATHERAPY MASSAGE

Massage combined with pre-blended essential oils designed to reduce stress, relaxing both mind and body.

AYURVEDIC MASSAGE

Using traditional Indian techniques which are slow, sweeping and rhythmic to detoxify and cleanse.

SWEDISH MASSAGE

Firm massage, excellent for relief of muscular aches and pains.

REFLEXOLOGY (1hour) £50

A gentle, yet powerful tool in the promotion and maintenance of good health. It encourages the body's own healing abilities & helps relieve a range of disorders.

INDIAN HEAD MASSAGE (40 mins) £50

Massage and acupressure to relieve tired, tense shoulders, back and neck followed by a deeply relaxing, soothing massage to scalp and face.

WEARY WALKERS PACKAGE (1 hour) £60

Foot spa, full leg, feet and back massage.

HIMALAYAN FOOT RITUAL (1 hour) £50

Enjoy a unique blend of therapy and beauty. Experience a foot spa treatment and pedicure work combined with a foot massage and reflexology. Treatment completed with an application of nourishing organic Himalayan foot balm and heated booties. Polish not included.



FACIALS

We use beautiful TEMPLESPA skin care in our facials. These products are anti-aging, expertly crafted, results driven and retail in Harrods.

AROMATHERAPY FACIAL (1 hour) £50

A lovely indulgent treatment is infused with ingredients to soothe an irritated skin. Essential oils in our **Repose Resting Cream** will help calm a busy mind. Total relaxation.

PRESCRIPTIVE FACIAL (1 hour) £50

We will analyse your skin and prepare you a wonderful treatment with products specifically for your skin type. You just relax and we will refresh, revive and invigorate your skin.

THE ULTIMATE HYDRATION FACIAL (1 hour) £60

The lavish facial is a must for mature, dehydrated or neglected skin. A winning combination of powerful anti-oxidants help fight the aging process and nourishing ingredients to boost elasticity. This lovely treatment will help encourage deep hydration and eliminate fine lines.

FACIAL ADDITIONS (15 mins) £10

- Start your treatment with a calming back massage
- Opt for a sedating scalp massage
- Try a rebalancing foot reflex massage

MALE DE-STRESS FACIAL (1 hour) £50

This facial is perfect to refresh, invigorate and revive your skin. Enjoy a deep cleanse followed by a relaxing massage to the neck, upper shoulders and face.

BEAUTY TREATMENTS

FILE AND POLISH

Fingers or Toes £20

SPA MANICURE (1 hour) £40

This exotic treatment renews and hydrates your hands using TEMPLESPA products which help nourish, detoxify and rebalance the skin. Mediterranean inspired treatments wrap the skin in a velvet blanket of hydration therapy. Includes heated mitts. Hands are left supple and feathery soft.

SPA PEDICURE (1 hour) £40

A luxurious citrus soak with antioxidant benefits, Mediterranean sugar scrub to exfoliate feet and lower leg area followed by nail shape, cuticle work and hydrating vitamin rich foot mask. Includes heated booties. Sheer Blish.

All include polish of your choice.

French polish additional £2.50

**PLEASE CONTACT RECEPTION ON 01748 822406 FOR MORE DETAILS
OR TO MAKE A BOOKING – THIS IS SUBJECT TO AVAILABILITY**