



## **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**

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| Full body (1 hour)              | £60 |
| <b>Hot Stones</b>               | £70 |
| Back, neck & shoulder (40 mins) | £50 |
| <b>Hot Stones</b>               | £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.

### **AYERVEDIC 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.

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| <b><u>REFLEXOLOGY</u></b> (1hour) | £60 |
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A gentle, yet powerful treatment in the promotion and maintenance of good health. It encourages the body’s own healing abilities & helps relieve a range of disorders.

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| <b><u>INDIAN HEAD MASSAGE</u></b> (60 mins) | £60 |
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Massage and acupressure to relieve tired, tense shoulders, back and neck followed by a deeply relaxing, soothing massage to scalp and face.

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| <b><u>WEARY WALKERS PACKAGE</u></b> (1 hour) | £60 |
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Foot spa, full leg, feet and back massage.

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| <b><u>HIMALAYAN FOOT RITUAL</u></b> (1 hour) | £60 |
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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 sooth 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-oxidents 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.

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