

AVEDA MASSAGE

Swedish

classic massage techniques to manipulate soft tissue for relaxation and holistic therapeutic purposes

Deep Tissue

Suitable for those looking for a firmer massage

Sports Massage

mainly used to treat musculoskeletal issues, such as strains and sports injuries

Aromatherapy

incorporates the use of scented essential oils into your massage

30 mins	£25
60 mins	£45



Pregnancy Massage

60 mins	£45
90 mins	£65

Indian Head Massage

30 mins	£25
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Sky Spa Hopi Ear Candle Treatment

30 mins	£25
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Reflexology

30 mins	£25
60 mins	£45

Hot Stone Massage

Our warm stones are used to penetrate tense muscles and deeply relax your body

60mins	£45
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AVEDA Chakra Balancing Massage

Helps to ease tension, soothe the mind and bring balance to the Chakra system. Consists of 3 steps; Deep tissue massage, Reflex Foot Massage & Scalp Massage.

60 mins	£50
90 mins	£70

Intuitive Healing Massage

Perfect for treating imbalances in the mind, body and spirit.

60 mins	£45
90mins	£65



HEALING

Healing with Hollie

Intuitive healing with Hollie Sky

75mins **£50**

Yoga and Healing Massage

Realign and awaken your body with our bespoke yoga & massage package

60mins **£50**

90mins **£70**



AVEDA FACIALS

AVEDA Customised Facial

Achieve immediate, visible results with a facial specifically customised to your skin's key concerns. Packed with powerful plant-based ingredients, Aveda signature aromas and high-touch techniques, this facial will help to rebalance your skin – whatever your main concern.

30 mins	£35
60 mins	£45
90 mins	£65

FITNESS MEMBERSHIPS

Class Membership **£39**

Access to all classes

Bronze Membership **£69**

Classes, monthly PT & Massage

Silver Membership **£89**

Classes, x2 monthly PT

Gold Membership **£120**

Classes x 4 monthly PT

Platinum Membership **£240**

Classes x 8 monthly PT

Class PAYG **from £5**

Personal Training PAYG **£35**

Personal Training x 10 **£270**

FREE WELLNESS CONSULTATION

30mins **FREE**





Ultimate Sky Spa Package

120mins

£85

Relax, unwind and escape from your responsibilities and everyday stresses with our blissful 2 hour blend of all your favourite Aveda Sky Spa treatments

- **AVEDA Full Body Massage (Swedish or Deep Tissue)**
- **AVEDA Chakra Sensory Journey**
- **AVEDA Facial**
- **Indian Head Massage**
- **Reflex Foot Massage**
- **Robe & Slippers**
- **Choice of beverages: Lemon Water, Fresh Mint Tea or Coffee**

PACKAGES

Spa Package

from £45

Need some self care or celebrating a special occasion? Our Spa Package is perfect for bridal or hen parties, birthday parties, pamper parties or just a well deserved pamper with your bestie or loved ones. Dressing gown, slippers, music, candles, relaxation area, and herbal tea or coffee included. Choose one or a combination from the following options:

- Aveda Elemental Nature Facial
- Aveda Aroma Body Polish
- Aveda Back Treatment
- Sky Spa Signature Massage
- Indian Head Massage
- Foot and Leg Massage

Select your time frame and after your consultation your therapist will customise your spa package.

60mins

£45 per person

90mins

£65 per person

120mins

£85 per person

AVEDA Hand & Feet

Aveda Luxury Manicure

60 mins

£40

Hand scrub, hot towel cleanse, nail file, cuticle work, hand & arm massage, natural shine or polish

Aveda Luxury Pedicure

60 mins

£40

Foot scrub, hot towel foot cleanse, nail file, cuticle work, foot & leg massage, natural shine or polish

