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

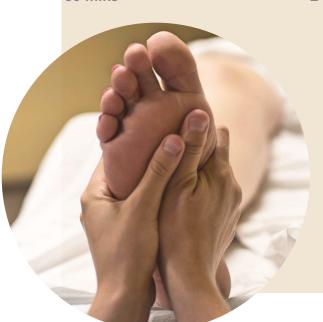
Sports Massage

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
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60	mins	£45
90	mins	£65

Indian Head Massage

30 mins £25

Sky Spa Hopi Ear Candle Treatment

30 mins £25

Reflexology

30 mi	ns	£	25
60 mi	ns	£	45

Hot Stone Massage

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

60mins £45

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



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

- Aveda Elemental Nature Facial
- Aveda Aroma Body Polish
- Aveda Back Treatment

following options:

- 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

