

BEAUTY AT THE SPA

TEMPORARY TREATMENT MENU

We are delighted to be able to open our Spa to our owners. Due to the guidelines recommended and applying all the necessary safety for both client and staff we are currently offering a varied and specific treatment menu. In order to increase and aid ventilation we are having to keep our doors open during treatments however, measures have been put in place to respect client's privacy. **We look forward to welcoming you back.**

MASSAGE

BACK NECK & SHOULDER

AROMATHERAPY MASSAGE £35

This therapeutic quartz spa pre-blended aromatherapy back ritual, is designed to ease tension, encourage relaxation, release stress and completely soothe and harmonise the mind.

Treatment Time: 30 mins

BACK, NECK & SHOULDER DEEP

TISSUE MASSAGE £35

A back, neck & shoulder massage to relieve tension built up in the back, neck and shoulder area and encourage relaxation. This massage will help you to unwind, ease stress, improve circulation and lift your mood.

Treatment Time: 30 mins

HOT STONE THERAPY BACK

MASSAGE £45

A highly relaxing ritual, using warm volcanic stones to relieve muscular tension, ease stress, unwind the mind and promote a sense of wellbeing.

Treatment Time: 1 hour

REFLEXOLOGY £30/£40

Reflexology is a non-invasive complementary treatment performed on the feet. It works on the basis that there are zones on the feet which link energy pathways to corresponding parts of the body. These pathways can become blocked. Reflexology practitioners seek to free these pathways to encourage free flowing energy, thus relaxing and balancing the body and mind.

Treatment Time: 30 mins/ 1 hour

REIKI £30

Reiki is a Japanese technique that is a natural and safe method of spiritual healing and self-improvement. It uses energy which animates us all and is found all around us. This energy is channelled through the Reiki practitioner to the recipient to help harmonise the body, mind and spirit.

Treatment Time: 1 hour

BESPOKE REFLEXOLOGY & REIKI £45

A treatment of reflexology and reiki which complement each other beautifully. Reflexology to help find blocked pathways and encourage free flowing energy and Reiki to enhance spiritual healing of the body, mind and spirit.

Treatment Time: 1 hour 15 mins

MANICURES & PEDICURES

CND SHELLAC MANICURE OR PEDICURE £25

A 14+ day wear, chip free, zero damage polish. Perfect for special occasions, holidays or just and everyday look.

Treatment Time: 45 mins

CND DELUXE MANICURE £35

A perfect manicure to soothe tired hands, leaving them feeling baby-soft. Using the sweet almond scrub & masque to gently polish and deeply condition the hands. Finished with a CND Vinylux polish of your choice. (Shellac application additional £5)

Treatment Time: 1 hour 15mins

CND DELUXE PEDICURE £40

A relaxing pedicure to soothe tired soles, with an ocean-inspired bliss for feet. Using the marine bath, scrub & masque to deodorize, gently polish and condition the skin. Finished with a CND Vinylux polish of your choice. (Shellac application additional £5)

Treatment Time: 1 hour 15mins

CND VINYLUX FILE & POLISH £15

A 7-day chip resistant polish infused with Vitamin E, Keratin & Jojoba oil.

Treatment Time: 30 mins

CND SHELLAC REMOVAL £10

Removal of CND shellac polish with an almond oil to soothe the cuticles.

Treatment Time: 30 mins



MEET KATY, YOUR THERAPIST.

We are pleased to welcome back Katy Paterson our Spa treatment therapist. Katy returns after working as a Pharmacy dispenser for many years to fund her love of travelling.

After seeing her favourite parts of the world, in particular, the Far East and Australia, she decided to retrain as a Massage Therapist and Reflexologist.

During her 3-year College training Katy worked at Silverbay on weekends to gain experience where her commitment and passion for the role during her college training gained her the student of the year award at Graduation.

As well as studying to offer holistic therapies to adult special needs clients Katy has since attended the specialist Elemis training academy and is over the moon to be back at Silver Bay where she feels her happiest.

We are now able to offer our new and wonderful Crystal-Clear Quartz Spa products and Katy is really looking forward to welcoming you at the Spa and ready to pamper you with a luxurious treatment of your choice.

Please telephone the Spa directly to arrange your appointment with Katy.

SPA OPENING TIMES:

Mon 9.30am-7.30pm Tues 9.30am-6.00pm Wed 9.30am-7.30pm

Thurs 9.30am-6.00pm Fri 9.30am-7.30pm Sat 9.30am-6pm Sun 9.30am-4pm



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