

SPA OPENING TIMES:

Monday 9.30am-7.30pm

Tuesday 9.30am-6pm

Wednesday 9.30am-7.30pm

Thursday 9.30am-6pm

Friday 9.30am-7.30pm

Saturday 9.30am-6pm

Sunday 9.30am-4pm

Telephone: 01407 862049

email: [spa@silverbay.co.uk](mailto:spa@silverbay.co.uk)



# MASSAGE

## TRADITIONAL SWEDISH MASSAGE

BACK, NECK AND SHOULDER **£35** | FULL BODY **£55**

This classic style of massage will help to increase blood flow and Lymphatic drainage. As well as a feeling of wellbeing and relaxation, this treatment can also help improve muscle tone and skin texture.

**Time: 30mins/60 minutes including consultation**

## AROMATHERAPY MASSAGE

BACK NECK AND SHOULDER **£40** | FULL BODY **£60**

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/60 minutes including consultation**

## HIMALAYAN SALT STONE MASSAGE

BACK NECK AND SHOULDER **£45** | FULL BODY **£65**

Himalayan salt stones are naturally antibacterial and renowned for their health and wellbeing benefits. Having 84 minerals and trace elements offering a great alternative to traditional hot stone massage, the salt stones are gently warmed to offer a relaxing massage with a mild exfoliation.

**Treatment time: 40mins/75 mins including consultation**



MASSAGE AT THE SPA

## HOT STONE THERAPY MASSAGE BACK, NECK AND SHOULDER £50 | FULL BODY £70

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:** 40 mins/75 mins including consultation

## QUARTZ SPA BODY TREATMENT

### QUARTZ SPA AROMA BACK RITUAL £60

Quartz spa's powerful back ritual will remove stagnant energy, tension and toxins from the back and by association the whole body. This indulgent ritual includes a scrub, massage and a wrap to detoxify and nourish the skin.

**Time** 1 hr including consultation

### QUARTZ SPA CRYSTAL MASSAGE BACK, NECK AND SHOULDERS £45 | FULL BODY £65

Designed to rebalance, oxygenate, detoxify, hydrate and smooth the skin. Your chosen oil is warmed and massage into the body using rose palm stones to restore joy harmony energy hope and total happiness to the mind body and spirit.

**Time:** 30 minutes including consultation / 60 minutes including consultation



QUARTZ AT THE SPA

## CRYSTAL CLEAR FACIALS

### QUARTZ SPA BESPOKE FACIAL £55

Every person's skin is unique so why should your facial be any different. A facial tailored to your personal skin needs. Using our Crystal Clear Quartz Spa products to target things like pigmentation, lines and wrinkles, acne and dehydrated skin.

**Time: 1hr Including consultation**

### QUARTZ SPA CRYSTAL FACIAL £60

A relaxing face neck and décolletage experience using rose quartz palm stones and our beautiful calming massage oil. Incorporating pressure points to release tension and circulation in the face is boosted and lymphatic drainage is improved.

**Time: 1 hr including consultation**

### CHOPSTICK FACIAL £65

No needles, no surgery, no machines, just great looking skin. Crystal Clear's new easy lift chopstick facial is the latest skin-transforming treatment that immediately lifts, firms and smooths the skin minus any intervention other than that of the therapists healing touch, a potent hyaluronic serum and two highly effective massaging wands.

**Time: 1 hr including consultation**



FACIALS AT THE SPA

## HOLISTIC THERAPY'S

### HOPI EAR CANDLING £25

Also known as thermo-auricular therapy this is a highly relaxing, non-invasive treatment of the ears. Using a controlled fire-smoke system that creates a vacuum drawing out the wax and debris that has not yet entered the ear canal. The treatment is completed with a gentle massage which helps to simulate the acupoints and drain the sinuses.

We use Biosun ear candles which are the only medically certified candles available.

**30 minutes including consultation**

### 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: 45 mins with consultation**

### INDIAN HEAD MASSAGE £35

Indian head massage is a Hindu massage technique, tracing back to the ancient ways of Ayurvedic Indian health care. Used for over 4,000 years to improve overall health. Our therapist uses pure coconut oil and a range of different massage pressures and rhythms to stimulate the head, neck, face and shoulders relieving tension and sending you into a state relaxation.

**30 minutes including consultation**



HOLISTIC AT THE SPA

## REFLEXOLOGY £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:** 1 hour including pre and post treatment consultation

## BESPOKE REFLEXOLOGY & REIKI £50

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 including pre and post treatment consultation

## MANICURES & PEDICURES

### CND SHELLAC MANICURE OR PEDICURE £30

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

**Treatment Time:** 1 hour including consultation

### CND VINYLUX FILE & POLISH £20

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

**Treatment Time:** 45 mins including consultation

## CND SHELLAC REMOVAL £10

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

**Treatment Time:** 30 mins including consultation

## TINTING & WAXING

Using honey wax to remove hair & Aloe Vera to gently soothe and calm skin after waxing.

### EYEBROW WAX £10

### EYEBROW TINT\* £12

### EYEBROW WAX & TINT\* £20

### EYELASH TINT\* £15

### EYEBROW WAX & EYEBROW & EYELASH TINT\* £30

### UPPER LIP WAX £8

### CHIN WAX £10

\*Tint test required 24 hours before treatment.



MANICURES AT THE SPA