

# EPSA Massage

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Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed, and you emerge energised with renewed focus and lasting positivity.

## EPSA Inner Calm Massage

£53.00

**60 minutes**

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse, or energise, while advanced massage alleviates muscular pressure, soothes anxiety, and invokes profound relaxation. Mind and body feel balanced, energy renewed, and inner calm beautifully restored.

**Includes:** Breathwork | full body aromatherapy massage | scalp massage

## EPSA Back, Neck & Shoulder Massage

£32.00

**With Hot Stones**

**30 minutes**

Ease tension where you need it most with this fast-acting, de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

**Includes:** Massage to the back, neck & shoulders

## EPSA Hot Stone Massage

£64.00

**75 minutes**

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

**Includes:** Full body aromatherapy massage with hot stones | scalp massage

## EPSA Muscle Reviver

£53.00

**60 minutes**

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored.

**Includes:** Back massage | facial massage | scalp massage

## Mind, Body & Soles

£48.00

**60 minutes**

A much-loved treatment here in the salon for clients. With an extra 15 minutes added a full back massage is now included.

**Includes:** Foot scrub and massage | Oriental Scalp Massage | deeply relaxing back, neck and shoulder massage



**Look out for our Hero treatments.**

These are our most popular treatments and a real indulgence

# EPSA Body Treatments

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Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced, and skin's natural beauty is restored.

**ESPA Back, Face & Scalp Treatment** £75.00  
**With Hot Stones** £85.00  
**90 minutes**

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

**Includes:** Back exfoliation | back massage with or without hot stones | Inner beauty facial | scalp massage

**ESPA Pre-Natal Relax & Restore**  
**60 minutes** £55.00  
**90 minutes** £75.00

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation

**Includes:** Back exfoliation | focused body massage | scalp massage

**Lighter Legs** £32.00  
**25 minutes**

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. Cleanse and smooth hard-working feet and lower legs, then treat them to a rejuvenating and intensely reviving massage – restoring cool comfort and leaving you ready for another active day

**Includes:** Foot Ritual | lower leg and foot exfoliation & massage

**ESPA Body Wrap** £64.00  
**60 minutes**

Purify your body and deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

**Includes:** Skin brush | body exfoliation | algae or mud wrap | scalp massage

**ESPA Salt & Oil Scrub** £30.00  
**45 minutes**

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy

**Includes:** Skin brush | salt & oil full body exfoliation