

Spa Treatments



Relax... Unwind... Indulge

- Treatment rooms are located in the Indoor Activity Hub.
- Clients are requested to arrive 5 minutes before their appointment and wait in the upstairs lounge and have filled out the consultation form
- Therapists are to be paid directly on the day of treatment by cash or bank transfer.
- Charges will apply for any late cancellations.

Treatments

MASSAGE THERAPIES

- AROMATHERAPY
- AROMA-SWEDE
- SWEDISH FULL BODY MASSAGE
- BACK, NECK AND SHOULDER MASSAGE
- BACK, NECK AND SHOULDER MASSAGE WITH MINI FACIAL
- INDIAN HEAD MASSAGE
- *BAMBOO MASSAGE (COMING SOON, *CONTACT OFFICE FOR MORE DETAILS)
- MUM-TO-BE TLC PACKAGE
- GOLFER'S MASSAGE
- DEEP TISSUE SPORTS MASSAGE
- REMEDIAL AND SPORTS MASSAGE THERAPY

HAND AND FOOT TREATMENTS

- PREMIER GEL MANICURE/PEDICURE
- ESSENTIAL HAND AND FOOT TREATMENT
- REFLEXOLOGY
- TIBETAN HAND AND ARM MASSAGE
- THAI FOOT MASSAGE

FACIAL TREATMENTS

- TROPIC DELUX FACIALS

OTHER THERAPIES

- HOPI EAR CANDLES
- ESSENTIAL BACK TREATMENT
- ESSENTIAL BODY TREATMENT
- REIKI

TEEN PAMPER TREATMENTS, AGES 12-16

- TEEN ANGEL FACIAL
- TEEN BOY'S FACIAL
- BACK, NECK, SHOULDER AND HEAD MASSAGE
- TOTALLY TEENS PACKAGE

Massage Therapies

AROMATHERAPY

A combination of relaxing massage and essential oils.

Full Body	1 hour	£54.00
Luxury Full Body (includes head and face)	1 ¼ hour	£59.00

AROMA-SWEDE

A cross between an Aromatherapy Massage and a Swedish, with the deeper pressure of a Swedish but with the slightly slower relaxing speed of Aromatherapy and the amazing therapeutic aromatherapy oils.

Full Body	1 hour	£54.00
Luxury Full Body (includes head and face)	1 ¼ hour	£59.00
Back and Legs	1 hour	£54.00

SWEDISH MASSAGE

Full Body	1 hour	£47.00
Luxury Full Body (includes head and face)	1 ¼ hour	£52.00
Back and Legs	1 hour	£47.00

BACK, NECK AND SHOULDER MASSAGE

A seated massage. Finishing with a steaming hot towel, the treatment can include face, hand or foot massage	1 hour	£47.00
As above, with mini Tropic facial	1 hour	£48.00

INDIAN HEAD MASSAGE

A strong but gentle massage which works on the upper back, neck, shoulders, arms, head, face and ears to relieve stress and tension. Soothing hand and arm or foot massage to finish.	1 hour	£47.00
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MUM-TO-BE T.L.C. PACKAGE

Designed to pamper mums-to-be and suitable after the first three months of pregnancy.

Seated back, neck, shoulder and head massage followed by mini Tropic facial and hand/arm or foot/leg massage	1 hour	£48.00
As above with foot soak and heated boots	1 hr 20 mins	£56.00

GOLFER'S MASSAGE

Personalised to meet specific needs and designed to ease tension and increase flexibility.

Massage of back, neck, shoulders, forearms and feet, tailored to individual needs.	1 hour	£47.00
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DEEP TISSUE SPORTS MASSAGE

Great for those of you who are active, injury prone or just looking to get your body ironed out!

Tailored to individual needs	1 hour	£55.00
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REMEDIAL AND SPORTS MASSAGE THERAPY

A form of deep tissue massage. Using a variety of soft tissue techniques, tension can be released in areas of tightness or "knotting" of fibres (adhesions). Suitable for anyone (sporting or non-sporting) suffering with pain or discomfort.

Tailored to individual needs	1 hour	£55.00
	30 mins	£35.00

Hand and Foot Treatments

PREMIER GEL MANICURE

Nails will be filed, cuticles tidied, hands massaged and gel applied, Gel cures in 30 seconds and lasts up to two weeks.

Standard manicure	1 hour	£49.00
with French polish OR nail art	1 hour+	Minimum £54.00
Luxury Manicure with heated mitts	1 hr 20 mins	£55.00
Removal of existing gel polish		£15.00

PREMIER GEL PEDICURE

Nails will be filed and prepped, gel will be applied and treatment finishes with a soothing foot massage and can last over 4 weeks

Standard pedicure	1 hour	£49.00
with French polish OR nail art	1 hour+	Minimum £54.00
Luxury pedicure with heated boots	1 hr 20 mins	£55.00
Removal of existing gel polish		£15.00

ESSENTIAL HAND AND FOOT TREATMENT

Hand and foot luxury! Ideal for dry skin and arthritic conditions. Hands and feet will be soaked, exfoliated, buffed and covered with a mask. They will then be placed in heated mitts/booties and finally massaged.

Standard treatment	1 hour	£47.00
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REFLEXOLOGY

Working on reflexes in the hands and feet which correspond to all organs, glands and body parts, this treatment stimulates the circulatory and lymphatic systems and helps flush away toxins. Can relieve stress, muscular tension, revitalise energy and provides total relaxation.

Standard treatment	1 hour	£47.00
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TIBETAN HAND AND ARM MASSAGE

A hands-on massage with oil to treat hands, arms and shoulders. Includes hands in heated mitts. Especially suitable for those who use their hands often for repetitive tasks, manual sports and keyboard work or more heavy usage such as mechanical or physical labour.

Standard treatment	1 hour	£47.00
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THAI FOOT MASSAGE

An ancient holistic treatment. All parts of the feet are included as well as lower legs. Massage involves stretches and stimulation of reflex points. Please wear loose fitting trousers that can be rolled up.

Standard treatment	1 hour	£47.00
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After Care Advice for Massage & Reflexology

To aid the healing process and to get the maximum benefit from your treatment you are advised to:

- Drink plenty of water as this helps the body flush away excess toxins and waste released by the massage
- Avoid eating a heavy meal for up to 2 hours after massage as blood will be diverted to digestion rather than carrying oxygen and nutrients to other parts of the body and getting rid of waste. Light snack is fine.
- Avoid stimulants such as coffee, tea and cola. If this can't be avoided, please compensate by having an extra glass of water.
- Avoid alcohol and smoking for up to 24 hours.
- Rest and relax after treatment.
- If oils have been used in your hair apply shampoo to hair before wetting it, this will help dissolve the oil easier.

Facial Treatments

TROPIC DELUX FACIALS

Tropic Skincare is a multi-award winning range of products, freshly made in the UK. Every product is 100% naturally derived, organic, vegan and cruelty-free. Packed with the most innovative ingredients that nature can offer. Skin will be deep cleansed, toned and gently exfoliated. You will then enjoy a shoulder and neck massage with the appropriate oil or serum and shiatsu facial massage before a mask is applied to the face. All facials include Rose Quartz facial roller massage which relieves tension, boosts blood circulation and encourages lymphatic drainage to reduce puffiness which tones, brightens and firms the skin. During the mask treatment enjoy a hand or foot massage or upgrade to a hand or foot treatment with mask and heated mitts or boots. The face mask will be removed with hot cloths and finally moisturiser and eye serum will be applied.

Super Green Detox Facial	1 hour	£47.00
Pure Lagoon Blemish Control Facial	1 hour	£47.00
Hydra Boost Facial	1 hour	£47.00
Age Defying Luxury Facial	1 hour	£47.00
Upgrade to heated mitts or boots		Add £8



Other Therapies

HOPI EAR CANDLES

Quite different from conventional wax candles, a Hopi ear candle is actually a cotton tube, impregnated with beeswax, honey and therapeutic oils. This is painlessly inserted into the ear to draw out impurities, help relieve congestion and relieve pressure in the ears, throat, nose, head and sinus area and can aid hearing problems. During the candle burn you will enjoy a head massage then after this you will love the amazing facial massage which enhances the effects of the candle treatment.

Hopi candles can be used to help many conditions including deafness caused by excess wax, congested sinuses, irritation in the ears, ringing or noises in the ears, tinnitus, rhinitis, glue ear, colds, flu, headaches and migraines. It is a deeply relaxing, calming and soothing experience and is particularly beneficial before and after a flight, or after frequent flying and sports such as diving. It is also suitable for children. It is important to note that the candle does not suck wax out of the ear; it stimulates the ear to eliminate the wax naturally, ensuring maximum safety.

Hopi Ear Candle Treatment	1 hour	£48.00
Hopi Ear Candle Treatment with mini Tropic Facial	1¼ hour	£55.00

ESSENTIAL BACK TREATMENT

Back and upper arms will be cleansed, exfoliated and mask applied then back and arms will receive a relaxing massage. Upper arms are often neglected, this treatment can help get rid of bumpy, rough skin that often accumulates here. Exfoliation helps get rid of dry, dead skin cells that leave the skin dull allowing new skin cells to replenish. Massage eases the stress and tension held in the upper back area. Perfect treatment for getting your back and upper arms ready for the summer or that special event!

Essential Back Treatment	1 hour	£47.00
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ESSENTIAL BODY TREATMENT

This full body exfoliation and massage help gets rid of dull, rough skin and allow your skin to glow and replenish.

Essential Body Treatment	1 ½ hours	£70.00
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REIKI

Reiki is a wonderful, relaxing treatment that promotes the body's natural healing process to restore balance and harmony in all areas. It can be used to reduce stress, improve energy levels and to bring about positive feelings of contentment and inner peace.

Treatment	1 hour	£45.00
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Packages and Treatment Lists for Ladies

<p>EXPRESS PACKAGE (minimum of 2 people) This package is perfect for larger groups or those short on time. Treatment includes consultation time. <u>CHOOSE</u> either <u>TWO</u> 15 minute treatments or <u>ONE</u> 30 minute treatment from the treatment list.</p>	30 mins	£27.00 per person
<p>BLISS PACKAGE This package is ideal if you intend spending more time relaxing and being pampered. Each lucky person will enjoy an hour of pampering. <u>CHOOSE</u> either <u>TWO</u> 30 minute treatments or <u>ONE</u> 45 minute treatment and <u>ONE</u> 15 minute treatment each.</p>	1 hour	£47.00 per person
<p>INDULGENCE EXPERIENCE This package is ideal for those in need of quality YOU time and desperate for some well-deserved pampering. <u>CHOOSE</u> either <u>THREE</u> 30 minute treatments or <u>TWO</u> 45 minute treatments from the treatment list.</p>	1 hour 30 mins	£70.00 per person

15 MINUTE TREATMENTS

Hand treatment (hands in heated mitts with nourishing mask)
Foot treatment (feet in heated booties with nourishing mask)
Relaxing hand and arm massage
Soothing foot massage
Facial massage
Upper back, neck and shoulder massage
Scalp, upper back, neck and shoulder massage
File with gentle shine buff

30 MINUTE TREATMENTS

Mini Tropic facial (cleanse, tone, exfoliate, mask and massage)
Hand treatment (exfoliate, hydrating hand mask, hands in heated mitts, hand massage)
Foot treatment (foot spa soak, exfoliate, hydrating mask, feet in heated booties, foot massage)
Mini manicure (nail maintenance, hand massage)
Mini pedicure (nail maintenance, foot massage)
Back, neck and shoulder massage
Scalp, back, neck and shoulder massage
Mini Reflexology/ Thai Foot Massage
Tibetan Hand Massage
Leg massage

45 MINUTE TREATMENTS

Facial including Shiatsu facial massage
Essential Back Treatment
Back, neck and shoulder massage
Back and leg massage
Indian Head massage
Reflexology/ Thai Foot Massage,
Tibetan Hand Massage
Hopi Ear Candling
Premier Gel, shape and gel can be added or extra £10

Packages and Treatment Lists for Gents

<p>EXPRESS PACKAGE (minimum of 2 people) This package is more suitable for larger groups or those short on time. Treatment includes consultation time. <u>CHOOSE</u> either <u>TWO</u> 15 minute treatments or <u>ONE</u> 30 minute treatment from the treatment list.</p>	30 mins	£27.00 per person
<p>REBALANCING PACKAGE This package is ideal if you intend spending more time relaxing and being pampered. <u>CHOOSE</u> either <u>TWO</u> 30 minute treatments or <u>ONE</u> 45 minute treatment and <u>ONE</u> 15 minute treatment each.</p>	1 hour	£47.00 per person
<p>GENTS "MOT" PACKAGE This package is ideal for those in need of quality YOU time and desperate for some well-deserved pampering. <u>CHOOSE</u> either <u>THREE</u> 30 minute treatments or <u>TWO</u> 45 minute treatments from the treatment list.</p>	1 hour 30 mins	£70.00 per person

15 MINUTE TREATMENTS

Hand treatment (hands in heated mitts with nourishing mask)

Foot treatment (feet in heated booties with nourishing mask)

Relaxing hand and arm massage

Soothing foot massage

Facial massage

Upper back, neck and shoulder massage

Scalp, upper back, neck and shoulder massage

30 MINUTE TREATMENTS

Mini manicure (nail maintenance hand massage)

Mini pedicure (foot spa, nail maintenance, foot massage)

Express facial (cleanse, tone, exfoliate, mask and massage)

Hand ritual (exfoliate, hydrating hand mask, hands in heated mitts, hand massage)

Foot ritual (foot spa soak, exfoliate, hydrating mask, feet in heated booties, foot massage)

Back, neck and shoulder massage

Scalp, back, neck and shoulder massage

Express Reflexology/Thai Foot Massage/Tibetan Hand Massage

45 MINUTE TREATMENTS

Facial including Shiatsu face massage

Essential Back Treatment

Back, neck and shoulder massage

Back and leg massage

Indian Head massage

Reflexology/Thai Foot Massage/Tibetan Hand Massage

Hopi Ear Candling

Golfer's foot renewal (includes foot ritual and pedicure or leg massage)

Teens Pamper Treatments

These treatments are suitable for ages 12-16. An adult will need to be in attendance at all times.

TEEN ANGEL TROPIC FACIAL Deep cleanse, tone, exfoliation to remove dead skin cells, mask and light facial massage, moisturiser and skin care advice	30 mins	£25.00
TEEN BOY'S FACIAL (as above)	30 mins	£25.00
BACK, NECK SHOULDER & HEAD MASSAGE	30 mins	£25.00
TOTALLY TEENS Mini facial and upper back, neck and shoulder massage,	1 hour	£45.00

Any 30-minute treatment must be booked alongside an adult treatment or more than one teen.

Contra-indications

Contra-indications are conditions that may prevent treatment from taking place or mean extra care would be taken during your treatment.

Total or Partial Contra-indications High temperature or fever. Drunk or under the influence of other drugs. NO treatment can take place.

- Athletes Foot, fungal nail infections. NO TREATMENT FOR ANY FOOT OR HAND TREATMENTS.
- Infections, skin disorders like weeping eczema on the area to be worked on.
- Contagious illness such as Conjunctivitis, cold sores (facial treatments).
- Verruca, warts (area will be avoided) depending on severity.
- Recent surgery, depending on the severity of surgery it can be 3 to 6 months after the operation before treatment can take place. If minor, area can be avoided.
- Broken bones or recent breaks or fractures.
- Procedures such as Botox if in the previous 3 weeks (for facial treatments).
- Pregnancy – NO massage of any kind in the first 3 months or if there is a history of miscarriage or other complications.
- Heart conditions.
- High/low blood pressure.
- Known blood clots.
- Osteoporosis.
- Varicose veins.
- Allergies.
- Bruising.

Meet our Therapist

Eileen started as the main therapist at Morton of Pitmilley when our treatment rooms first opened in 2011. She has been in the beauty industry since 1988, specialising in bridal makeup as well as the many treatments offered here. She is fully insured member of The Guild of Beauty Therapists which is a leading professional association for therapists



theguild | of Beauty
Therapists

Eileen looks forward to meeting you when you book one or more of our fantastic treatments.

Remember, if you don't have much time to fit in a longer treatment, perfect for hen celebrations too, take a look at the **Express 30-minute Treatments. (minimum of 2 bookings for express treatments)**