

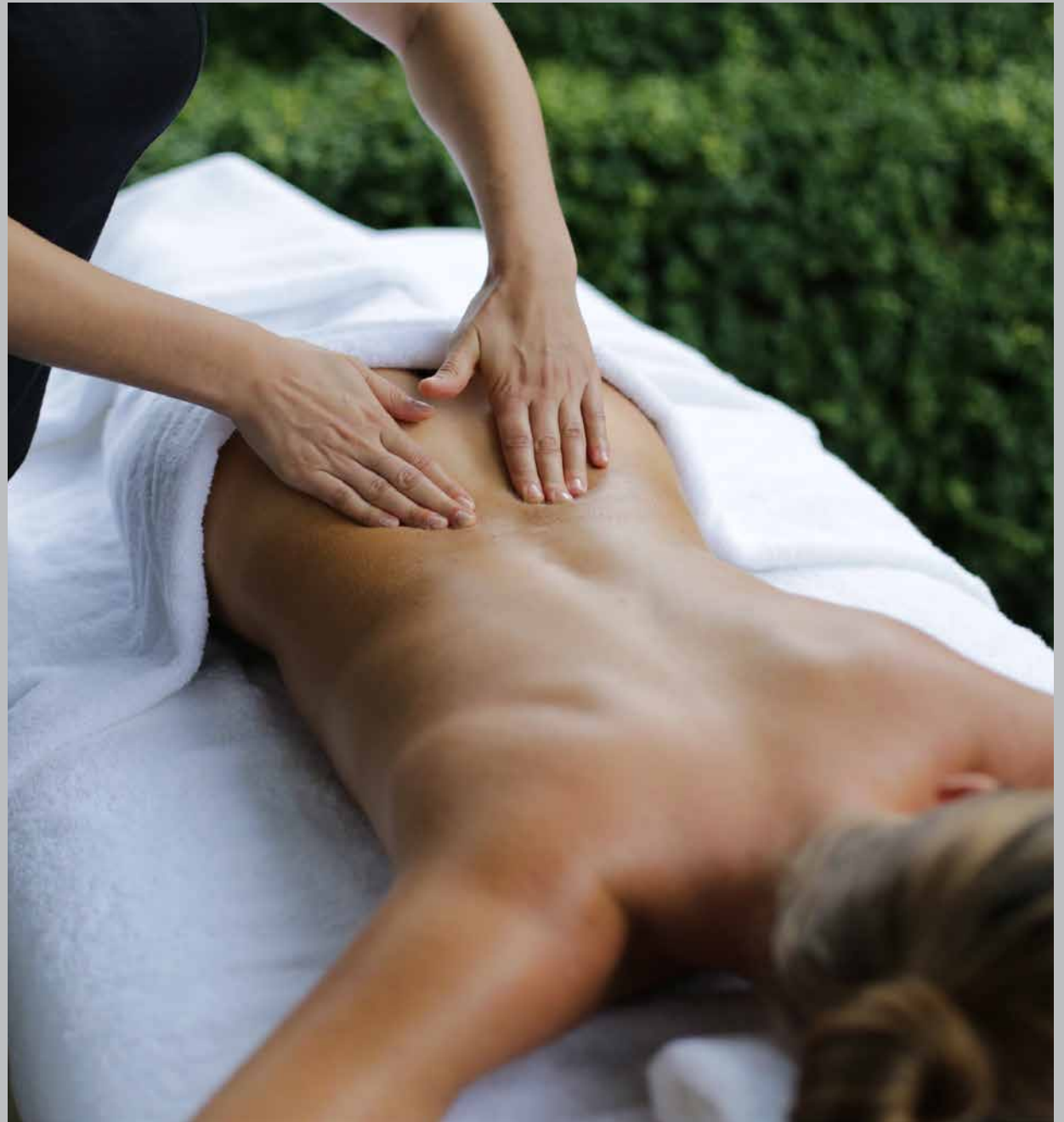
## LUXURY IS AN EMOTION

### REGENT SIGNATURE

This beautiful treatment starts with a consultation to find out your emotional and physical needs, followed by an aroma test to choose the oil most suitable for you. There are twelve signature oils formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes and dissolve all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

Price: 60min: 80€   90min: 110€



*\*Prices are inclusive of VAT and exclusive of 10 % service charge.*

## WELLBEING TREATMENTS

### INTENSIVE MUSCLE RELEASE

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build-up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

Price: 60min: 75€   90min: 100€

### BODY REFINER

Your treatment starts with body brushing to wake up your skin. Then you relax into a specially designed deep tissue detox massage targeting stubborn areas of cellulite. You'll be wrapped in freshwater mud to firm and tone the skin, while a foot reflex pressure massage encourages the release and elimination of toxins.

The cleansing, stimulating effect of the massage is complemented by the therapeutic and detoxifying properties of a combination of essential oils. Zesty pink grapefruit, sweet orange and mandarin to lift your mood and gently stimulate the body's energy flow; fresh green rosemary sharpens the senses, and purifying juniper and pine help to release negative emotions and eliminate excess body fluid due to their diuretic properties.

Price: 60min: 75€   90min: 100€

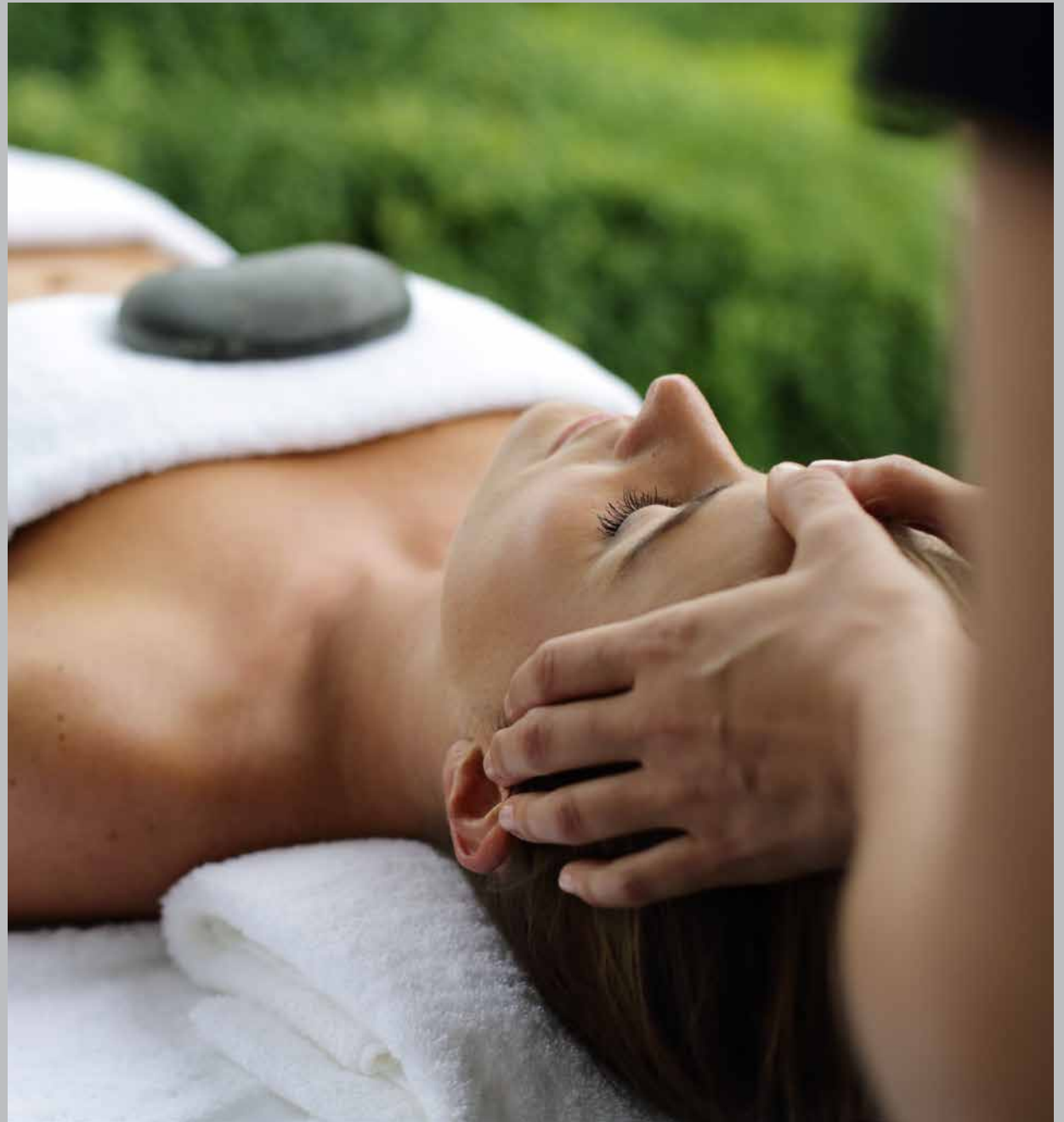
### IMMUNE RECOVERY

Keep your respiratory tract and sinuses clear and your immune system strong with this purifying, fortifying upper body treatment. Perfect for those recovering from seasonal allergies or chest complaints, or anyone who spends too much time in polluted or stuffy environments.

An Ayurvedic scalp massage lightens a heavy head, while drainage movements help unblock sinuses and ease headaches. With the scent of fresh green leaves, essential oils of eucalyptus, tea tree and pine have a decongesting, purifying effect and, alongside lavender, they boost your natural immunity with their anti-bacterial, anti-viral properties.

Price: 60min: 75€   90min: 100€

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## PREGNANCY TREATMENTS

### ULTIMATE ROSE PREGNANCY MASSAGE

Feel nurtured and supported in a time of constant change.

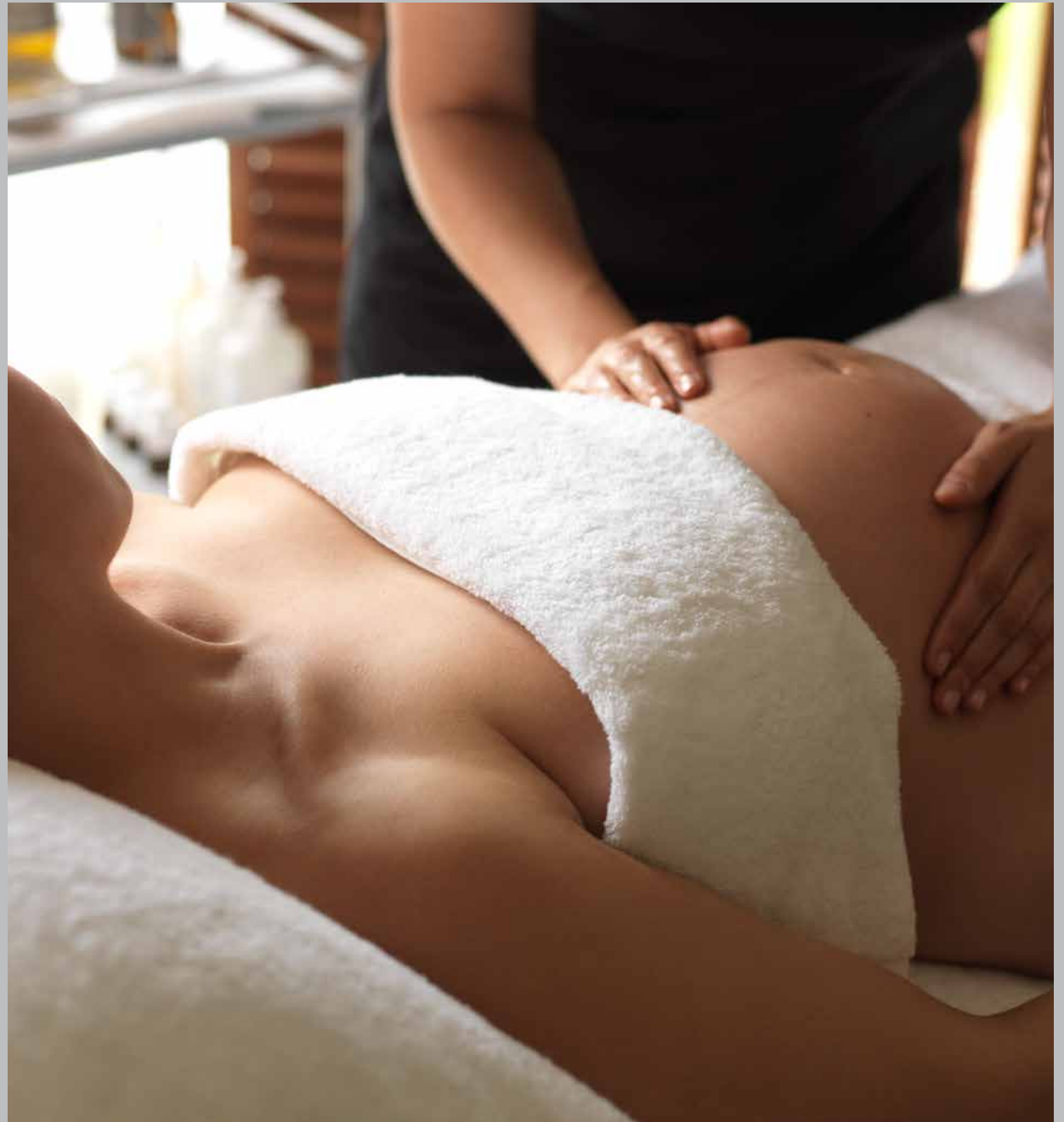
Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top-to-toe treatment.

Price: 60min: 70€

### ULTIMATE ROSE POST PREGNANCY SKIN NOURISHER

Take a moment to nourish your body and soul with a deeply comforting, restorative treatment. The precious essential oil of damask rose enhances the loving emotions in mothers-to-be while contributing its skin cell renewing properties to expanding skin. Richly moisturising oils and creams are layered onto freshly exfoliated skin before being gently wrapped and left to deeply penetrate with the body's own heat. The essential oils work simultaneously on the physical, mental and emotional aspects of wellbeing.

Price: 60min: 70€



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## SCRUB & WRAP TREATMENTS

### ROSE HYDRATOR

Precious essential oil of damask rose works on capillary circulation renewing the skin whilst the aroma has an expansive quality that soothes the emotions and nurtures the heart. The treatment begins with a gentle olive grain exfoliation. Nourishing oils are applied to cuticles and heels and then the body is layered in a hydrating and regenerating rose gel. A moisturising and softening mix of oil and cream with evening primrose oil and shea butter is smoothed on before being left to penetrate with the body's own heat under a wrap.

**Price:** 30min: 45€

### SUMMER SKIN COOLER

The treatment combines the famous skin-healing properties of lavender with cooling peppermint and regenerative rose to rescue distressed skin. Gentle exfoliation (optional if skin is sunburnt) prepares the body for an intensive layering of hydrating rose gel, soothing lavender oil and nourishing body cream rich in shea butter.

**Price:** 30min: 45€

### DETOX & REVIVE

The perfect pick-me-up for when you're feeling sluggish or lethargic with out-of-condition skin, this treatment combines sweet zesty pink grapefruit, fresh green rosemary and rich, woody juniper berry for a strengthening, detoxifying effect. Exfoliation with finely ground olive grains refines the pores and reveals fresh.

**Price:** 30min: 45€

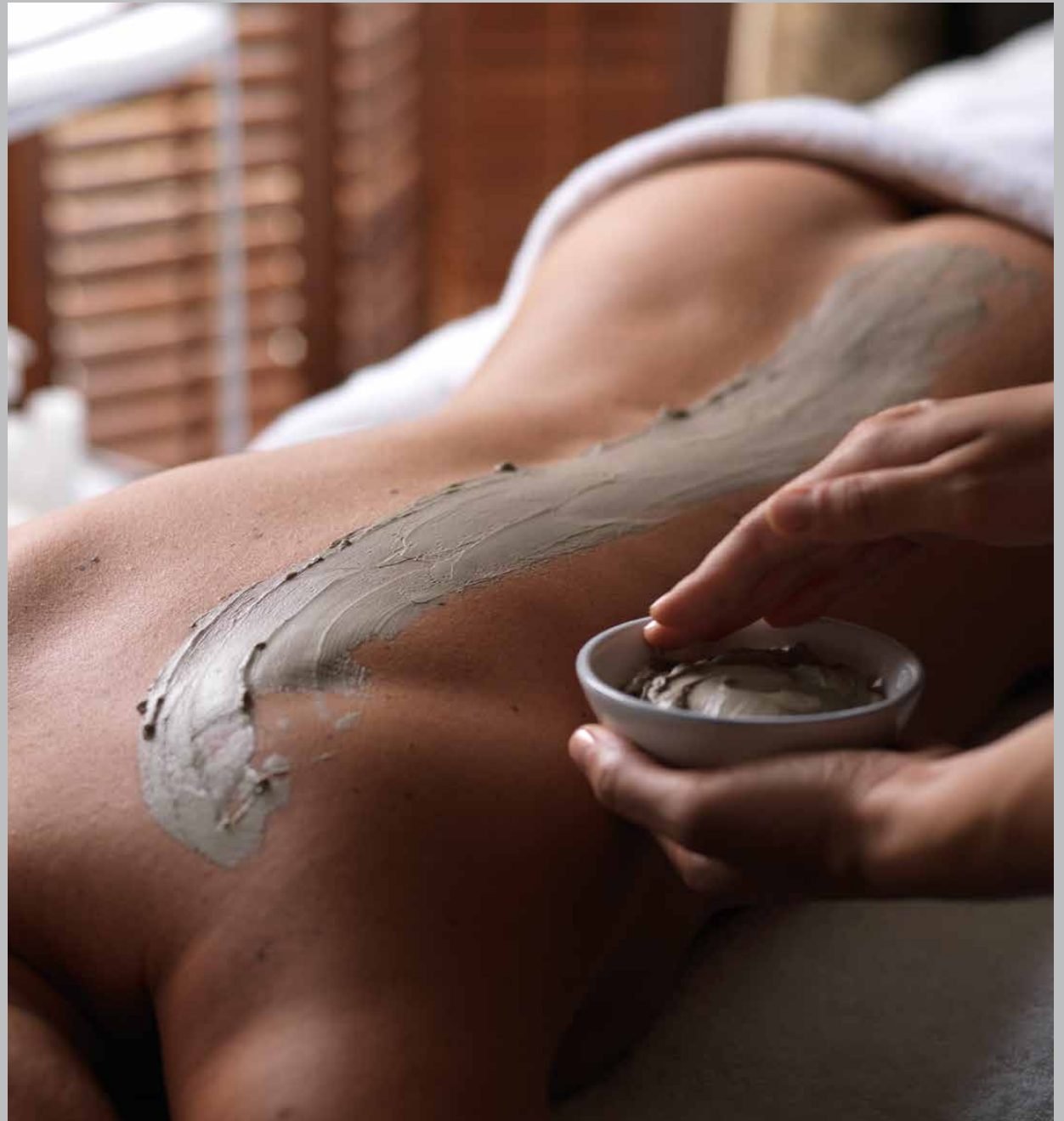
### PERFECT BACK

Orange flower water calms inflamed or irritated skin, whilst gently toning and regulating the production of natural oils. The renowned healing properties of lavender promote healthy cell renewal, and tea tree has an anti-bacterial effect.

This thoroughly cleansing back treatment works deeply into the skin to encourage the effective elimination of toxins and balance the production of the skin's own natural oils. Smoothing corn cob and jojoba scrub is followed by a freshwater mud mask to help draw out impurities and soften the skin. Then while the mask goes to work, your therapist will work on detoxifying your entire system with a foot pressure point massage.

**Price:** 30min: 50€

*\*Prices are inclusive of VAT and exclusive of 10 % service charge.*



## FACIAL TREATMENTS

### DEEP CLEANSE FACIAL *(with steaming, extraction & hot towel compresses)*

A purifying treatment for oily and combination skin. Powerful essential oils of lavender, ylang ylang and tea tree are at the heart of this facial. With natural antibacterial properties, they penetrate deep into the skin, helping to regulate sebum production.

Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. A facial massage follows using drainage techniques to improve circulation and help eliminate toxins whilst special pressure points ease tension and stress. A freshwater mud mask is then applied to draw out dirt and harmful impurities. This treatment also includes a scalp massage and hand and arm massage for complete care.

Price: 60min: 80€ 90min: 110€

### ESSENTIAL ROSE FACIAL

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry and delicate complexions. This treatment helps boost circulation and promote cell renewal and regeneration, leaving skin radiant, dewy and delicately scented.

A calming frankincense inhalation helps let go of the day's stresses. A scalp massage releases muscular tension and prepares you for your facial. Your skin is thoroughly cleansed, exfoliated and toned using our rose preparations, rich in pure regenerating damask rose, skin balancing geranium, and nourishing jojoba oil. A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion. Then while a hydrating facial mask goes to work, your arms and hands are massaged and your skin is treated with a deeply moisturising facial oil and moisturiser.

Price: 60min: 70€ 90min: 100€

### SOOTHING FACIAL

A truly soothing and calming facial suitable for irritated or inflamed skin, helps to reduce redness, nourish, soothe, and restore the skin's natural balance and radiance. The 90 minute treatment will also include a 30 minute relaxing back massage.

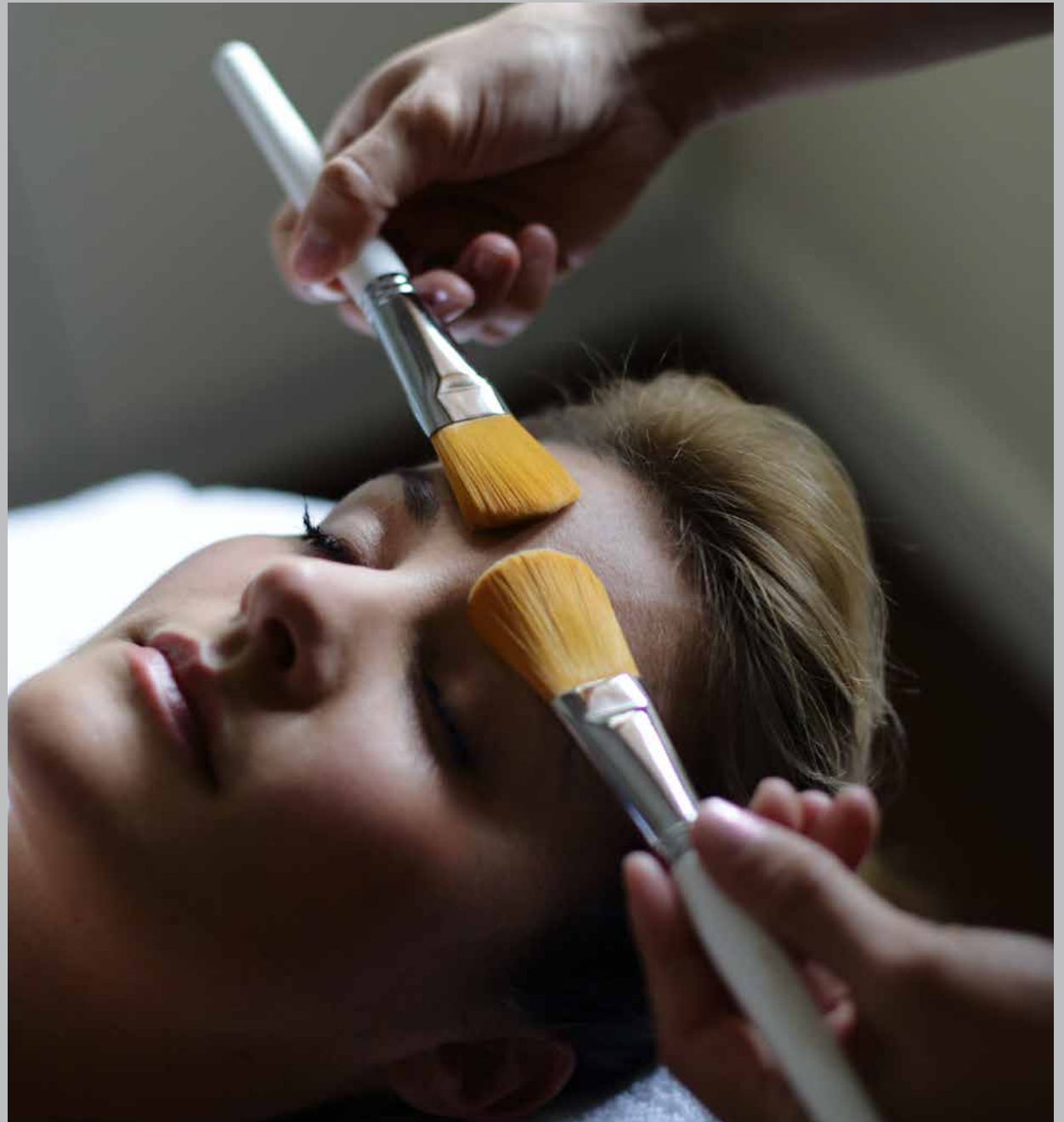
Price: 60min: 75€ 90min: 100€

### AGE REPAIR FACIAL

This natural anti-ageing facial works with natural oils of inca inchi and larch extract which stimulate collagen formation to deliver firm and tightened skin, whilst the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin.

True to Aromatherapy Associates' skincare philosophy, your skin is prepared by cleansing and exfoliating with jojoba beads or corncob granules. It is then massaged using apple seed extract, raspberry seed oil and date palm oil which are renowned for their cell renewal and anti-oxidant effects. Two masks are applied, a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump. Whilst the masks take effect, the eye area is given a lymphatic massage to improve skin suppleness and elasticity. Your scalp is massaged to release stress and tension.

Price: 60min: 80€ 90min: 110€



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## RITUALS

### SLEEP DEEPLY

Working on all aspects of physical, mental and emotional stress, the treatment begins with a warming foot ritual followed by a head to toe massage using carefully applied pressures and neuromuscular and Swedish techniques to balance the nervous system and ease an overactive mind. This deeply sedating full body massage harnesses rich earthy essential oils of vetivert, camomile and sandalwood, renowned for their intense calming and grounding effects. A must-have treatment for those who suffer with insomnia or who are longing for a deep sense of tranquillity.

**Price:** 120min: 150€

### CLEAR YOUR MIND

Calm a stressed head with this refreshing yet soothing experience.

A camomile and olive grain scrub refreshes legs and feet before you are treated to a spiritually uplifting inhalation of frankincense and a traditional aromatherapy massage to target symptoms of stress. A blend of camomile, petitgrain and rosemary helps to calm and cleanse your thoughts, whilst an Ayurvedic scalp and facial massage works on your complete wellbeing to relieve anxiety and emotional exhaustion. Perfect for a troubled mind, this is an effective treatment any time of day to get your brain back on track.

**Price:** 120min: 175€

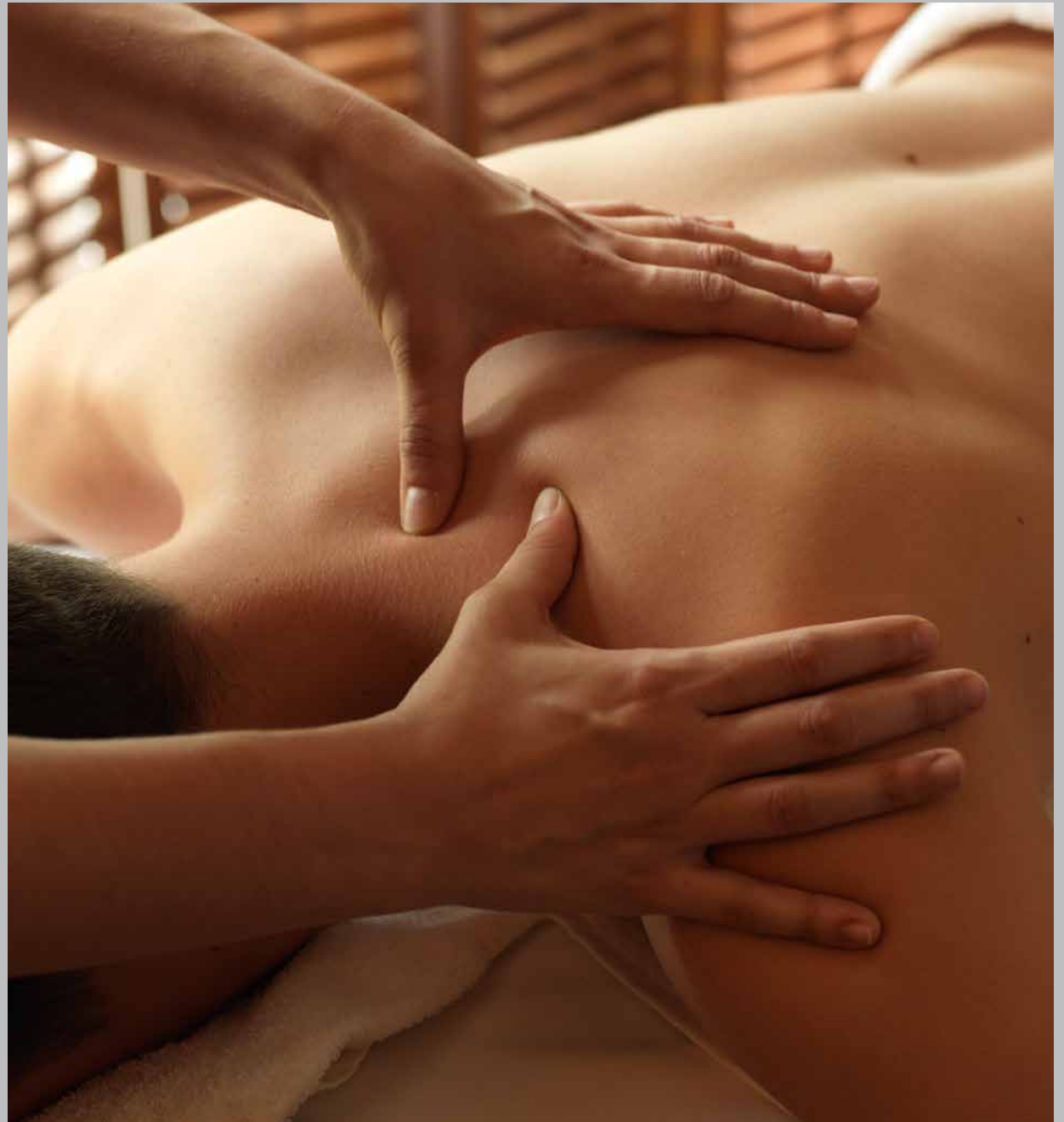
### UPLIFT YOUR MOOD

A truly indulgent and emotionally pampering ritual to harmonise and rejuvenate.

This is a complete experience that works on all the senses to boost your emotional wellbeing, whilst treating the body to some nurturing hands-on therapy. This treatment begins with a gentle olive grain exfoliation to legs and feet, followed by an application of vitamin rich wheatgerm oil to cuticles and dry skin. A pressure point massage with uplifting oils of geranium, frankincense and rose encourage feelings of inner harmony, whilst a warm freshwater mud mask to the face works on your outer radiance. Combined with a relaxing scalp massage using a rich, conditioning hair oil infused with pure essential oils, body and soul are simultaneously nourished and uplifted.

**Price:** 120min: 150€

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## ADD ON TREATMENTS

### INSTANT EYE REPAIR

Refresh and brighten your eyes with this revitalising eye treatment, the perfect addition to any facial. The delicate eye area is the first place to show tiredness and ageing. This treatment uses specialised massage techniques to improve micro-circulation and drainage, helping reduce puffiness.

Herbal extracts of toning black tea, cranberry and strawberry delicately firm the skin while working on dark circles and fine lines. Rich in powerful antioxidants, they protect against free radicals and environmental damage. Protective rose wax and shea butter nourish the skin and help it stay hydrated and soft. Gentle shoulder release techniques and a scalp massage free the circulation and improve blood supply to the eyes.

**Price: 30min: 40€**

### INTENSELY NOURISHING HAIR TREATMENT

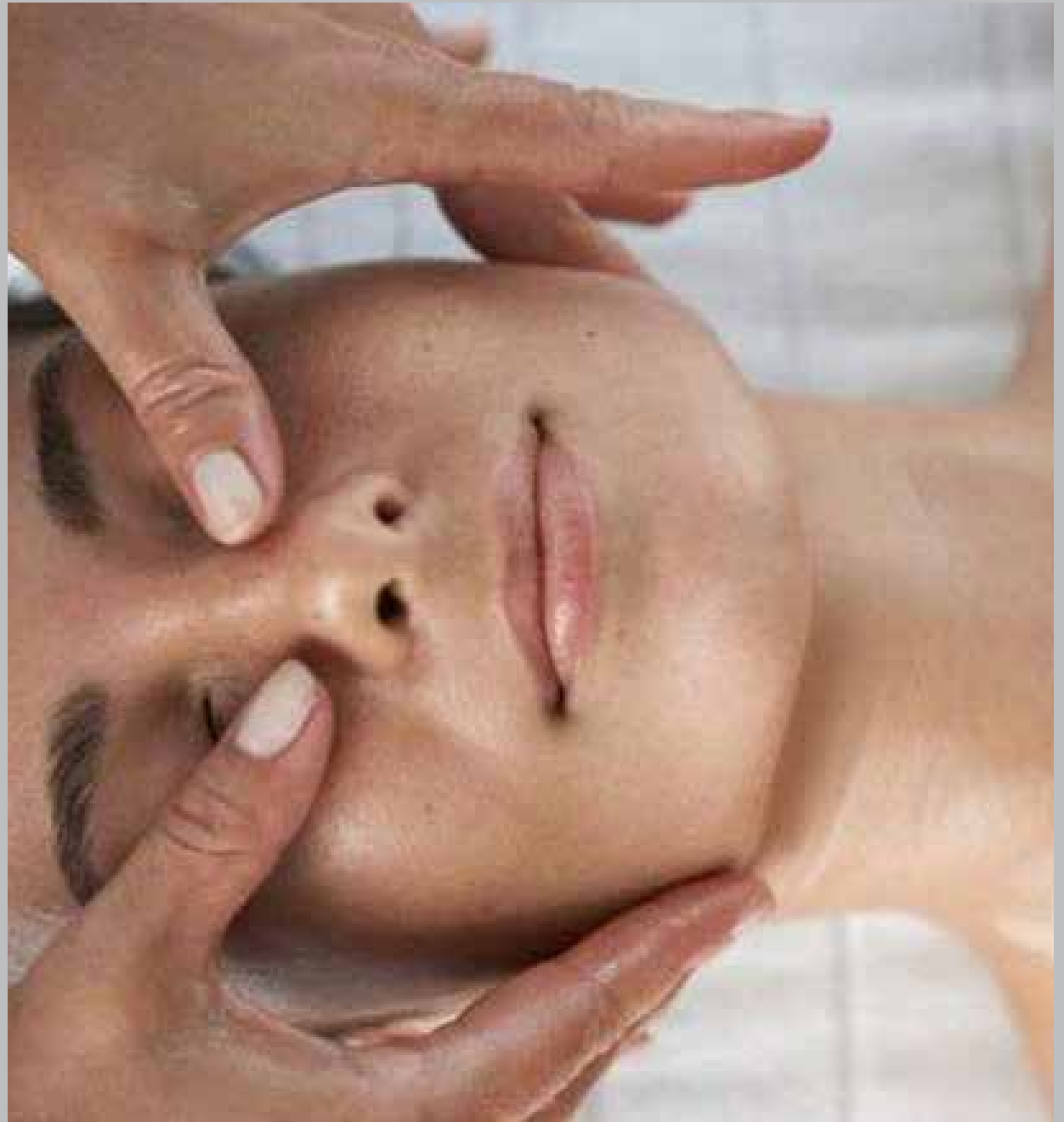
Restore health and shine to dull, lifeless hair.

This enriching treatment is based on pure essential oils of rosemary, geranium, ylang ylang and patchouli combined with coconut oil. Known for their beneficial effect on the scalp and hair, these richly scented oils encourage circulation and balance sebaceous activity, helping to promote healthy, conditioned hair.

A nourishing oil is massaged into the hair and scalp as part of an Ayurvedic head massage. Working on the muscles and pressure points of the head, tension is released and a deep state of relaxation follows.

**Price: 30min: 25€**

*\*Prices are inclusive of VAT and exclusive of 10 % service charge.*





## HAND TREATMENTS

### AGE REPAIR HANDS

A carefully selected combination of restorative oils deeply nourishes rough, dry hands leaving them soft, smooth and comfortable.

Your hands are immersed in a warm, aromatic soak of fragrant aromatic essential oils chosen to ease stress and refresh the mind. A refining olive grain scrub then prepares the hands. Cuticles are given special attention with an application of rich vitamin E oil. Lower arms are layered in hydrating rose gel and deeply nourishing oils and creams, with evening primrose oil and shea butter, then wrapped to allow the regenerative natural actives to work.

Price: 30min:45€

### TIRED HANDS

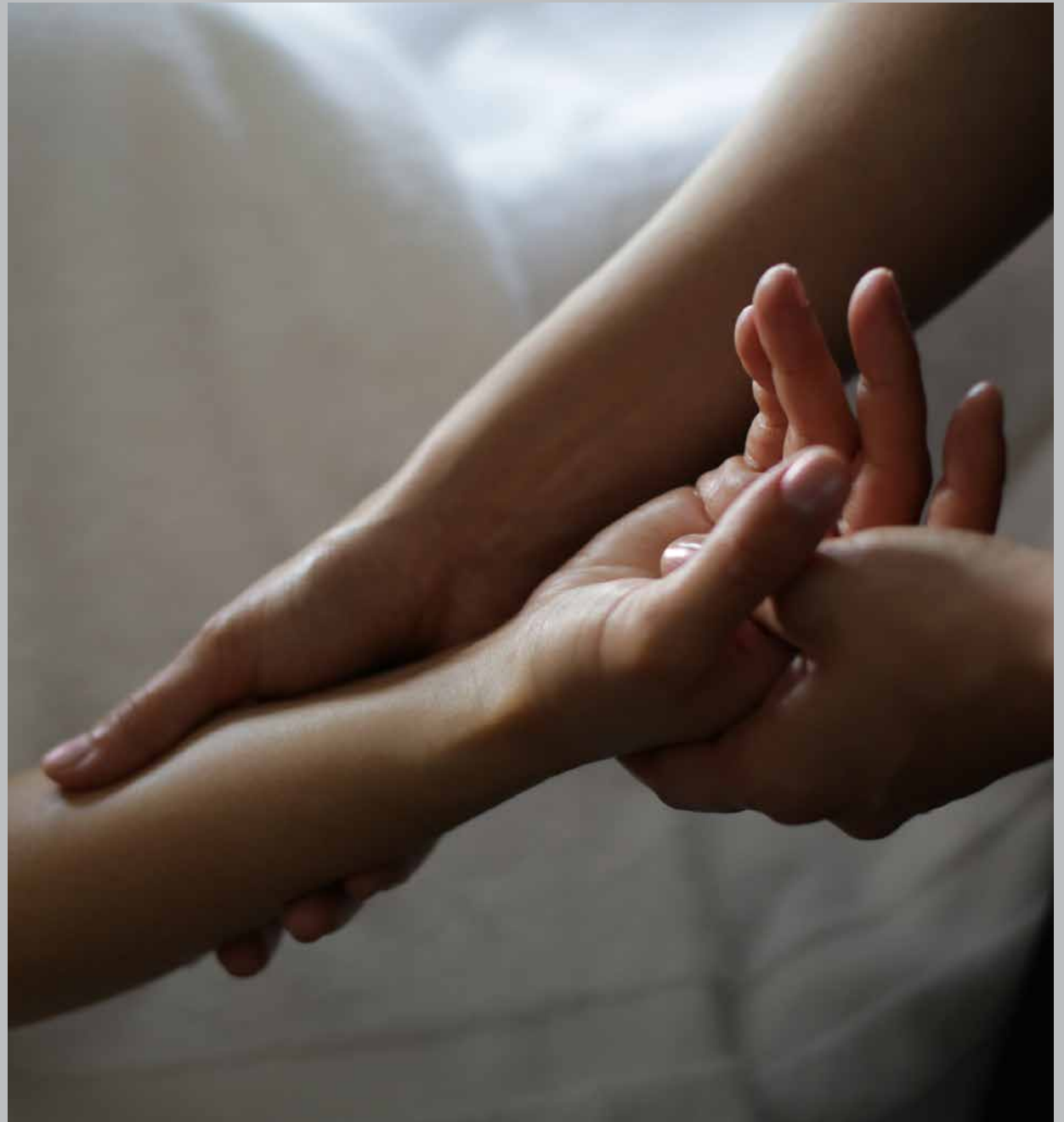
Refresh and support aching, fatigued hands and arms after a long day at work with this specially selected combination of essential oils to stimulate and invigorate. Spicy, rich black pepper and fresh, green rosemary stimulates circulation while warming ginger lends an energising effect. Your hands and lower arms are immersed in a warm, aromatic soak then prepared with a refining olive grain scrub. A tension relieving gel is applied to each hand and arm then wrapped to allow penetration of oils. The treatment is completed with a massage of specially nourishing oil and lotion. Especially suitable for men to de-stress tired hands

Price: 30min: 45€

### INTENSELY NOURISHING HAND TREATMENT

An indulgent yet deeply restorative treatment for dry, hardworking and out of condition hands. A salt and coffee exfoliation smooths and removes dead cells to prepare skin for a rich application of vitamin E oil, giving special attention to cuticles, and a marshmallow and calendula mask to soothe and condition. Relax while your hands and lower arms are wrapped to allow the moisturising natural actives to work. They are then treated to enriching layers of exotic serum, oil and velvety butter to hydrate, nourish and protect. Skin is left looking and feeling extremely supple, smooth and revitalised.

Price: 30min: 45€



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## FOOT TREATMENTS

### ROSE HYDRATING FOOT TREATMENT

A carefully selected combination of restorative oils deeply nourishes rough, dry feet to leave them feeling soft, smooth and comfortable. Rose supports cellular renewal and evening primrose oil helps soften dry cracked skin. Feet and lower legs are gently body brushed before soaking. A scrub of ground olive pits exfoliates dead skin cells and prepares the skin for the treat to follow. Heels are softened with rich natural oils. A hydrating rose gel is applied and the feet are wrapped to allow deep penetration of the oils. Layers of oils and creams are then massaged into the skin to deeply nourish. **Price: 30min: 45€**

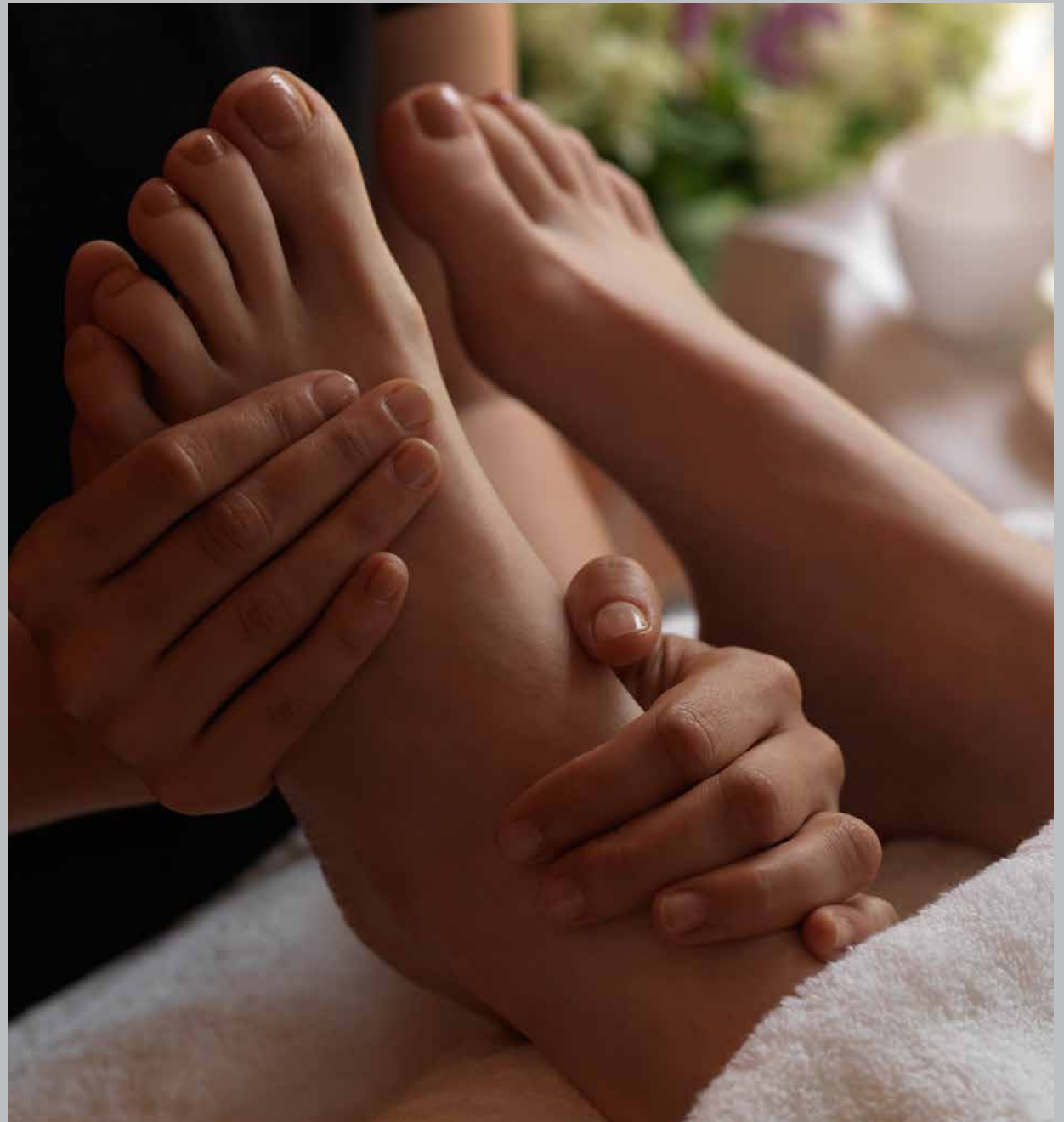
### ACHING FOOT RELAXER

Refresh and support tired, aching feet after a long day on the go with this specially selected combination of essential oils to stimulate and invigorate. Spicy, rich black pepper and fresh, green rosemary stimulates circulation while warming ginger lends an energising effect. Feet and lower legs are brushed, soaked, exfoliated and refreshed with hot towels before gel and oil are massaged into the skin to de-stress your feet. Cuticles and heels are deeply nourished with natural plant oils. **Price: 30min: 45€**

### INTENSELY NOURISHING FOOT TREATMENT

Your treatment begins with gentle body brushing to feet and lower legs to wake up your skin before being immersed in warm aromatic water, infused with moisturising and sensual essential oils of geranium, sandalwood and patchouli. An invigorating salt and coffee exfoliation smooths and removes dead cells to prepare skin for a rich application of vitamin E oil and a sweet almond oil and calendula mask to soothe and condition. Special attention is given to cuticles, sore and cracked heels. Skin is then treated to enriching layers of exotic serum, oil and moisturising butter to hydrate, nourish and protect. Skin is left looking and feeling supple, smooth and refreshed. **Price: 30min: 45€**

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## NAIL SALON SERVICES MENU:

### FILE AND O.P.I POLISH MANICURE

A fabulous treat for your hands which includes buffing, shaping, base-and-top coating and polishing.

Price: 10€

### MINI MANICURE BY O.P.I

The perfect hand service designed for you when time efficiency is important. We'll exfoliate and clean hands, softening any damaged cuticles then tidy up nails and polish to perfection, including base and topcoat.

Price: 15€

### STANDARD MANICURE BY O.P.I

This treatment includes cleaning, buffing, exfoliating, trimming, shaping, base-and-top coating and polishing.

During your manicure, we will soften the cuticle and gently push it back, trimming only when needed or requested. A massage for hands and arms is performed, finished with either a colour or clear polish to complete this gorgeous treat.

Price: 20€

### LUXURY HOT PARAFFIN MANICURE BY O.P.I

A paraffin manicure will soothe and rejuvenate your hands. After you receive a manicure, we will apply hot paraffin to hydrate your hands and increase moisture. The paraffin manicure will improve circulation and leave your hands feeling as soft as can be.

Price: 30€

### O.P.I GEL & SHELLAC

Can last up to 2 weeks. GEL & Shellac protects and helps strengthen natural nails. A true innovation in chip free, extended wear colour. GEL & Shellac is UV cured, so there is zero dry time. It's thin and flexible like polish, so leaving a natural look with a glossy shine.

### FILE AND O.P.I POLISH PEDICURE

Fabulous treat for your feet which includes buffing, shaping, base-and-top coating and polishing.

Price: 10€

### MINI PEDICURE BY O.P.I

The perfect service designed for you when time efficiency is important. We'll exfoliate and clean your feet, softening any damaged cuticles then tidy up nails and polish to perfection, including base and topcoat.

Price: 15€

### STANDARD PEDICURE BY O.P.I

This is an ideal service designed for you when time efficiency is important. We will massage your feet then exfoliate and clean them, removing hard skin with a foot file. We will then tidy up nails and polish to perfection, including base and topcoat.

Price: 20€

### LUXURY PEDICURE WITH HEATED BOOTIES BY O.P.I

With a luxury foot pedicure, your feet will be treated with heated booties to improve circulation. A luxury foot pedicure will nourish, heal, and soothe your feet.

Price: 30€

GEL OR Shellac Manicure (includes cuticle work)

Colour Price: 30€

French Price: 35€

GEL OR Shellac Pedicure (includes cuticle work)

Colour Price: 30€

French Price: 35€

Additional

Single Shellac repair Price: 3€

Removal Price: 10€ (Removal is free of charge if getting GEL OR Shellac renewed)

*\*Prices are inclusive of VAT and exclusive of 10 % service charge.*







