



### In – room Beauty Treatments at the Green House

Please note that due to space needed for massage beds, beauty treatments are available in Large or Master Double Rooms. These treatments are available to both female guests & couples. If you have booked a Beauty Package with us then two of the following treatments are included in your package

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#### **FULL BODY MASSAGE - £60 (60 minutes)**

Sensual & relaxing full body massage – feel fully soothed with this traditional full body massage. Flush out toxins & improve appearance of skin. Rejuvenate afterward with your choice of naturally infused waters

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#### **LUXURY FACIAL - £65 (60 minutes)**

Cleanse, double cleanse, tone, exfoliation, steam facial, neck & shoulders, choice of mask, soothing eye gel & hand and foot massage

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#### **NEW MUM INDULGENCE TREAT - £90 (1 hour & 40 minutes just for Mum!)**

Post natal treatment that takes acre of you from top to toe. Deep tissue massage to restore your well being, a divine draining massage soothes tired legs. An illuminating facial to help re-energise and a pure indulgence foot spa including foot exfoliations, foot and leg massage. (This is the equivalent of 2 treatments in our Beauty Package)

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#### **De-Stress Package - £50 (60 minutes)**

The alchemy begins specific essential oils are selected to work in synergy with ailments, emotion or a desired outcome. This is a great way to relieve tension and get rid of any build up stress which has accumulated in the body leaving you feeling refreshed and free from any strains

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#### **EXPRESS FACIAL - £60 (60 minutes)**

This facial is ideal for all skin types, an intensive treatment to help promote healthier, more vibrant looking skin. The tissues are warmed through the increased blood circulation and it induces relaxation. The lymphatic system is stimulated, which speeds up the removal of waste products and toxins as well as reducing appearance of puffy eyes and skin

Neighbouring Beauty Salon  
(5 minutes walk from the Green House)

#### **SPA MANICURE - £35 (55 minutes)**

A totally relaxing manicure that combines gorgeous nails with a full pampering session for the hands. Hands will be gently exfoliated with an OPI Skin Renewal Scrub before being bathed in an effervescent soak. A serum will be applied to hands to rejuvenate skin and cuticles will be attended to. Hands will be coated in OPI finishing butter and wrapped in heated mitts before a relaxing hand and arm massage. Your Spa Manicure experience will be finished with a nail file and application of an OPI Lacquer of your choice

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#### **SPA PEDICURE - £40 (55 minutes)**

A heavenly experience for feet – this indulgent spa pedicure starts with a decadent foot soak before cuticles get full attention. Feet are then smothered in an OPI hydrating foot mask and warmed before a moisturising foot lotion is applied ready for an indulgent massage. We finish off by polishing the nails with an OPI lacquer of your choice

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#### **ELEMIS DEEP TISSUE MASSAGE - £60 (full body 60 minutes)**

Using a dynamic blend of Elemis oil, this deeply powerful massage alleviates stress and revives senses by encouraging optimum circulation. Customised to focus on areas needing extra attention, your therapist will provide a personalised experience to target your massage needs

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#### **ELEMIS ANTI AGING FACIAL - £65 (75 minutes)**

When a scuba diver discovered a ship wreck with a perfectly preserved hull, and incredible powerful secret ingredient was discovered – and its been added to this facial to dramatically combat lines and wrinkles. Through carefully developed massage, skin is re-energised and rejuvenated and an age defying peel off mask is applied to encourage cellular renewal, improved firmness and reveal beautiful, plump, younger looking skin

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#### **ELEMIS BODY NECTAR NOURISHING WRAP - £65 (60 MINUTES)**

This lusciously indulgent treatment has been created to superbly hydrate thirsty skin. From the shores of Tahiti, this delicious combination of flowers creates an infused perfume oil called monoi oil which is drizzled all over the body with soothing hands before you are cocooned in a foil wrap. Influenced by the Polynesians, this oil is traditionally used to protect skin and condition hair. Whilst cocooned, your therapist will deliver a beautiful scalp massage. During the treatment, the face is cleansed, toned, massaged and a skin and eye treatment us applied. This exotic experience will leave skin radiant and glowing