



AKASHA

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SPA AND FITNESS

**HOLISTIC WELLBEING**

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## EXPERIENCES

### Opulent Seclusion

*90 minutes £225*

Experience Akasha's luxury suite for one. Begin in its own marble whirlpool bath with champagne and the finest seasonal fruit platter, followed by a 60 minute Ultimate Aromatherapy Associates massage or Aromatherapy Associates facial.

### Reiki

*60 minutes £150*

Reiki is the perfect healing tool to calm the most stressed and fatigued minds. Guests will learn to control their emotions and manage the constant changes in their lives that lead to stress. Reiki releases mental blocks, and emotional barriers, giving a profound feeling of release and wellbeing. This is a gentle treatment recommended for those feeling fragile or any life event that has made you feel out of balance.

### Reflexology

*60 minutes £150*

Pressure is applied to key reflex points of your soles, followed by a relaxing massage to stimulate energy flow and restore balance to encourage the process of self-healing.

## WELLNESS EXPERT TREATMENTS

### WE De-Stress

*60 minutes £155*

Designed with deeply releasing massage techniques that focus on your back, legs, scalp, neck and shoulders, this treatment will clear an overactive mind and relieve physical aches according to the blend you choose: De-Stress Mind or De-Stress Muscle. Your therapist will guide you in maintaining a stress-free mind-set as you return to everyday life.

### WE Revive

*60 minutes £155*

Feel your physical and emotional energy returning with this revitalising treatment, choosing from Revive Morning or Evening blends. Back, legs, neck and shoulders benefit from an energising massage, while gentle, nurturing face and abdomen techniques will regulate digestive and hormonal fluctuations. Your therapist will encourage you in mindfully building your day to day vitality.

### WE Strengthen

*60 minutes £155*

Choose this treatment using the Inner Strength blend for when you need to rebuild the healing and rebalancing powers of your body and spirit. With supportive techniques used on the back, neck and shoulders; movements to open the foot reflexes, you will feel physically soothed and emotionally more resilient. Your therapist will help you become mindful of your ability to access your own inner strength whenever you wish.

## FACIAL TREATMENT

### The Ultimate Aromatherapy Facial

*60 minutes or 90 minutes £150 / £195*

A bespoke facial designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques to restore and recondition the skin, leaving the complexion smooth and luminous.



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## BODY TREATMENTS

### **The Ultimate Aromatherapy Experience**

*60 minutes or 90 minutes £150 / £190*

This hero treatment starts with a consultation to find out what your emotional and physical needs are. With your chosen oil, your therapist will perform from a light to medium pressure to releases body & mind tension leaving you feeling deeply relaxed and recharged.

### **Hot Stones Massage**

*60 minutes or 90 minutes £155 / £195*

A deeply grounding, soothing and calming massage using hot basalt stones to release and soothe muscular tension and pain. The warmth of the stones promotes deep relaxation which leaves you feeling recharged, uplifted and re-energised.

### **Herbal Infused Massage**

*90 minutes £195*

This massage treatment uses a combination of stretching, acupressure and herbal compresses to enhance the therapeutic benefits of kaffir lime, lemongrass and turmeric. The warm herbal compresses alleviate sore muscles, relieve emotional stresses, uplift the mind and stimulate circulation.

### **Deep Tissue Massage**

*60 minutes or 90 minutes £170 / £210*

This massage technique is mainly used to treat musculoskeletal issues, such as strains and sports injuries. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues.

### **Ultimate Pre Natal Massage**

*60 minutes or 90 minutes £150 / £190*

Choose from a selection of three oils, each safely formulated to be used during pregnancy to nourish and care for your skin. Using the traditional aromatherapy pressure point massage for the upper back and tight shoulders to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy followed by a full scalp massage.

*(Not suitable within the first 12 weeks of pregnancy)*

### **Body Scrub**

*30 minutes £75*

This add-on treatment is an exceptional skin softening body exfoliation uses a combination of mineral salts and essential oils to gently sweep away rough, dry skin, leaving the body nourished and hydrated. Perfect for good preparation for a personalised massage.

### **Valmont Fit and Tone – Peaks of Slimness**

*60 minutes £180/ course of 8 £1,260*

This is a full body sculpting treatment recommended for slimming down, firming program after pregnancy, a loss of weight, or for anyone wanting to control the effects of time on their body. The invigorating massage techniques helps the body become toned and slender by breaking up stubborn cellulite. Circulation is stimulated and lymphatic drainage is encouraged. For optimum results a course of 8 is recommended.

### **The Ultimate Back reviver**

*90 minutes £190*

This luxurious treatment begins with a deep cleansing of the back, followed by an exfoliation and a soothing back massage to ease away stress and tension.

Whilst a purifying mud mask is applied, legs, arms and scalp will receive a therapeutic massage leaving you in a deep state of relaxation. The treatment will finish with an application of Revive Body Gel and stretches to recharge and re-energised your body.

