



# BODY TREATMENT

## AROMATHERAPY MASSAGE

**PRICE: N28,000**  
**TIME: 75 MINS**

Aromatherapy is the use of essential oils for certain benefits. The aromas are plant-based derivatives from herbs, tree extracts and flowers, diluted with carrier oils, such as Jojoba, Avocado, Sweet Almond and Coconut. This massage techniques is a very gentle pressured massage, with continuous long strokes and movement of the hands.

**WITH COMPLIMENTARY STEAM BATH.**

## DEEP TISSUE MASSAGE

**PRICE: N30,800**  
**TIME: 75 MINS**

Deep tissue massage centres on realigning the deeper layers of the connective & muscle tissue. It aims to release the patterns of tension in the body through slow strokes and deep finger on the tense areas, either following or going across the fibres' of the muscles, tendons and fascia. Massage can help relieve pain and stiffness, improve circulation to reduce swelling or build up of fluid around injuries, speed up healing of muscles strains and sprains and restore range or motions.

**WITH COMPLIMENTARY STEAM BATH.**

## BACK MASSAGE

**PRICE: N21,000**  
**TIME: 30 MINS**

Massage therapy can provide substantial healing and pain relief for many lower back problems. Specifically, for pain caused by a back strain, when the correct muscle is targeted, the pain can be controlled as its a source for quicker and lasting relief.





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## BODY SCRUB

**PRICE: N47,600**  
**TIME: 90 MINS**

Body Scrub is a body treatment like a facial for your whole body. The basic idea is to cleanse, exfoliate and hydrate all of you, not just the skin that's on your face. By doing this, your whole body will feel softer, smoother, and much more relaxed than before. This treatment involves a full body scrub, with specific flavoured exfoliants, hydro therapy steam bath and a 45mins full body massage.

## REFLEXOLOGY (HALF LEG MASSAGE)

**PRICE: N16,800**  
**TIME: 30 MINS**

Reflexology is generally relaxing and helps alleviate stress. The theory behind reflexology is that areas of the foot correspond to organs and systems of the body. Pressure applied to the is believed to bring relaxation and healing to the corresponding area of the body.

## HOT STONE MASSAGE

**PRICE: N34,000**  
**TIME: 90 MINS**

A hot stone massage is a type of massage therapy that uses smooth, heated stones to relax and soothe your muscles. The heat from the stones penetrates deep into your tissues, helping to relieve muscle tension, reduce stress, and improve circulation.





# FACIAL TREATMENT

## DEEP CLEANSING FACIAL

**PRICE: N50,400**  
**TIME: 75 MINS**

A deep pore cleansing facial is a medical facial treatment removing dirt and debris that accumulates in your pores, then applications of serums in circulative blood flow exercise and sealing of the skin's pores with a facial mask. Immediately after the treatment, your skin will look fresh, moisturised and will have a beautiful lush finish.

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## FACIAL REJUVENATION

**PRICE: N75,600**  
**TIME: 75 MINS**

Facial rejuvenation is a technique done by first cleansing the skin, gentle scrub to stimulate the skin pores, steam and then a 35 mins facial massage with lymphatic movements, effleurage, and tapping vibrations. The facial treatment is known to reverse ageing reduce inflammation and leave your skin youthful, novelly and re-wild the skin's ecosystem

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## BRIGHTENING INFUSION

**PRICE: N50,400**  
**TIME: 30 MINS**

The facial aims to increase cell renewal whilst improving your skin's tone, clarity and overall health. The elimination of impurities and excess oils as well as gentle exfoliation. This treatment helps in the transformation of scars pigmentation and in wile dullness leaving the skin looking flawless and radiant.





# FACIAL TREATMENT

## TREATMENT SESSIONS

The Spa advises the client to achieve a more targeted result, by commencing a programme with our treatment box once a week. This weekly session will exclude all invasive facial extractions, and will be pre-booked once a week for four weeks.

- Deep Cleansing Facial - Biome +
- Deep Cleansing Facial - Clarify
- Facial Rejuvenation - Plus
- Facial Rejuvenation - Intense
- Brightening Infusion Facial - Bright

**Prices on request at the SPA**

