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Philosophy



In the year 380BC Hippocrates wrote: ‘A physician must be experienced in many things but assuredly so in rubbing – for the things that have the same names have not always the same effect, for rubbing can bind a joint that is too loose and loosen a joint that is too tight; rubbing can bind and loosen; can make flesh or cause parts to waste; hard rubbing binds; soft rubbing loosens’.

Be relaxed revitalised and refreshed a philosophy for life

Reflexology, Massage and Reiki are holistic complementary therapies. These therapies have been known to have been practiced by various ancient civilizations like the Chinese, the Egyptians, the Japanese and the Native American Indians, as far back as 10000 BC.

Unlike conventional medicine, the holistic approach seeks to treat the person as a whole looking at all aspects of their lives, lifestyle, diet, occupation and emotions, rather than just looking at and treating the symptoms of the current illness. A great number of today’s illnesses come about as a result of the stress and tension in the lives we lead these days. Following illnesses, stress, injury or disease, the body will very often be left in a state of imbalance, with the vital energy pathways blocked and this prevents the body and all its individual systems from functioning effectively.

The Benefits of Complementary Therapy

Complementary therapies can help to restore the body’s natural equilibrium and balance and when the body is relaxed and in balance it can cope with the everyday stresses and strains of life much more effectively.

Complementary therapies can; boost the immune system, help eliminate toxins, help relieve pain, improve circulation, improve sleep patterns, increase energy levels, induce deep relaxation, reduce stress and tension, restore balance to body systems.

Complementary therapies can be used to target a specific physical, mental, emotional or spiritual problem, or as a preventative measure or purely for relaxation so whether you have a specific health problem or you just want to increase your feeling of well-being or simply relax more, why not try one of these beneficial therapies and see what it can do for you.

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Complementary Therapies



Unwinding Massage £40.00

A stimulating massage based on the classic Swedish routine which relieves muscle tension, increases circulation, and aids stress relief. Oils used are specific to the client to gain maximum benefit.

Relaxing £45.00

A wonderful soothing massage based on the aromatherapy routine using aromatic Essential oils to enhance the feeling of well being, whilst easing away tired and aching Muscles leaving you relaxed to enjoy the day.

Thai Style £50.00

Using warm oils and aromatic warm compresses containing up to 14 herbs this stimulating massage incorporates modern and traditional methods, to work over the Sen channels of the body. The compresses help to soften, nourish and moisturize the skin.

Hot Stone £50.00

This deluxe treatment incorporates the use of hot stones in the massage getting deep into the muscles to boost circulation and ease muscle tension with the warmth of the stones helping to achieve a sense of well being.

Back Polish £38.00

An ideal way to exfoliate, detoxify and nourish the skin, beginning with an exfoliating scrub, followed by a mineral mud mask and finishing with a short back massage.

Reflexology 1 hr £36.00

Using reflex points on the feet the entire body is treated holistically, this ancient ritual can have a profound effect on you.

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Beauty & Revitalization



Body Treats 3 hrs £130.00

Indulge in a full body treat to ease stress and tension, starting with an exfoliating body scrub, followed by a full body mask and warm relaxing body wrap, full body massage and facial and finishing with a body tone and moisturise. All designed to leave your skin smooth and supple.

Manicures and Pedicures

We use the Spa Ritual range of products including nail polishes, which are suitable for vegans and vegetarians in our Manicures and Pedicures.

Classic Manicure £20.00

A nail shape, cuticle condition, nourishing soak, and delightful hand massage concluding with a nail polish of your choice.

Manicure Plus £25.00

Indulge your hands with this manicure which incorporates an arm massage, mask, tone and moisturise.

Quick tidy up £12.00

Choose from a file and paint OR cuticle tidy and pain

Facials

Targeting skin care problems; premature aging, acne, dehydration etc our facials are aimed at providing the perfect skin maintenance using a cleanse, exfoliate, massage, mask, tone and moisturise routine whilst incorporating individual requirements to gain optimum benefits for our clients. All facials use salon only available aromatherapy based products within the treatments and all, except for the Express Facial, take approximately 60 minutes.

Continental Facial £27.00

This delightful and relaxing facial sequence covers the face, neck and shoulders.

Specialised Facials £39.00

These facials incorporate the use of galvanic or high frequency usage to maximize on results and are applied following consultation with the Therapist to determine the most appropriate for your skin type.

Express Facial £22.00

In a hurry? 30 minute facial .

Eyes

Eyebrow or Eyelash Tint £8.00 • Eyebrow Shape £6.50

Waxing

Full £21.00 • Leg £15.00 • Upper Lip/chin/eyebrows £7.00

Wedding Combinations

We are always delighted to help make your day special and we work closely with you to provide the ideal beauty packages. Prices are dependent upon the treatments.

