

<b>Turkish bath</b>	<b>£ 45.00</b>
<b>Foot detox</b>	<b>£ 20.00</b>
<b>Reflexology</b>	<b>from £ 15.00</b>
<b>Holistic Massage</b>	
<i>Promotes a sense of wellbeing by increasing your blood circulation and lymphatic flow. Improves muscle tone, skin texture and creates total relaxation.</i>	
<b>1 hr massage (includes steam / sauna)</b>	<b>£ 60.00</b>
<b>Face and Scalp / Foot Massage ( 15 mins)</b>	<b>£ 10.00</b>
<b>Deep Power Massage - G5 (30min)</b>	<b>£ 40.00</b>
<i>This deep 'vibrational' massage uses a range of applicators, promotes increase in the blood and lymphatic circulation, stimulates and tones muscles, breaks down fat and helps cellulite affected areas.</i>	
<b>Thai Massage</b>	
<b>Include Steam and Sauna (1 hr)</b>	<b>£ 50.00</b>
<b>Reflexology</b>	<b>(30 min) From £ 15.00</b>
<i>Reflexology is a form of Chinese foot and hand massage, by stimulating 'nerve endings' it promotes overall relaxation, encouraging our body to work more efficiently, and creates a feeling of wellbeing.</i>	
<b>Tanning - St. Tropez with Exfoliation</b>	<b>£ 40.00</b>
<b>Sunbed (Stand-up)</b>	<b>(Per min) £ 0.99</b>
<b>FLABeLOS (10min)</b>	<b>£ 10.00</b>
<i>FLABeLOS improves stamina and blood circulation, reduces overall body fat, thighs, calves and abdominals, etc. Complete workout of the muscles by shaking off the flab! The FLABeLOS unique balance training workout results in improvement posture, blood circulation, muscle strength and flexibility. The compact new FLABeLOS is the ultimate workout machine that shakes you to becoming slimmer, fitter and healthier. If you want to learn more about FLABeLOS please click <a href="#">here</a></i>	
<b>Detox with Foot Massage (30min)</b>	<b>£ 20.00</b>
<i>Enhances detoxification followed by body rebalancing increasing both physical and mental energy levels.</i>	
<b>Infrared Sauna / Steam Room</b>	<b>(30min) £ 15.00</b>
<i>Infrared therapy with colour, aroma and sound, relax and revitalise, ease back pain, detoxify, control weight and improvements in many conditions: Spinal disorders, Asthma, Bronchitis, Stress conditions and Immune deficiencies.</i>	
<b>Therapeutic Massage Chair NEW! 30 min</b>	<b>£ 20.00</b>
<i>So intelligent, it knows exactly what your body needs. Imagine a chair that grips and kneads like real hands. You won't believe it!. If you want to learn more about the Therapeutic Massage Chair please click <a href="#">here</a></i>	