



INCLUSIVES

LOUISE GALVIN

A **50 minutes** nourishing hair wash, conditioner and scalp massage followed a tousled dry.

iLA ENERGISING BODY SCRUB

A **50 minutes** body scrub with Himalayan salt crystals fused with a variety of mineral rich seaweeds and sea Lavender essential oil that make this body buffer more revitalizing and refining. Skin is flooded with essential minerals and nutrients – hydrating, cleansing and energizing body and soul.

REJUVINATING FACIAL

A **50 minutes** basic facial for men as well as women a combination of hands-on and result driven products, masks and a liquid exfoliator to remarkably rejuvenate, nourish and hydrate the skin. Complexion looks plumper, smoother and glows with health

MARGARET DABBS ANTI AGEING HAND TREATMENT A thorough hand treatment incorporating cuticle work to increase radiance and deeply hydrating the hands.

BODYISM ORIENTATION

Specialized in creating long, lean, athletic bodies, we do this by building health through our customized nutritional protocols and movement and exercise programs.

PURE MASSAGE JET LAG

An elongating and enlivening **50 minutes** massage for the whole body that begins with gentle but dynamic stretching and opening moves with the spa specialist gently putting you into specific stretches before the hands on oil and massage strokes. Helps lift sluggishness, tension, ease stiffness and help mobilise joints. It's also a great sleep inducer so helps reset your body clock. Especially great for unfolding the body and mind after travelling, also works as a wonderful daily treatment.

PURE FACE MASSAGE

A **50 minutes** face massage is a very special treatment that uses the power of touch with invigorating and relaxing strokes to release tension and stress held on your face. This treatment is incredibly calming and a fabulous natural anti-age making you look and feel refreshed.



