



# Spa

## **aromatherapy massage**

*aromatherapy is an holistic treatment using aromatic essential oils that improve the health of the body, mind and soul*

*back, neck and shoulders 30 minutes 380*  
*rejuvenating aromatherapy 60 minutes 650*

## **swedish massage**

*this five movement massage uses special patterns of flowing strokes that help to de-stress the body and improve circulation*

*classic five movement 60 minutes 500*

## **deep tissue massage**

*designed to relieve severe body tension, this massage uses pressure to access the deeper layers of muscles*

*the fernery deep tissue massage 60 minutes 750*

## **hot stone therapy**

*a double action massage, ending with a heated stones rub, known to relieve chronic pain; heal stressed muscles and promote deep relaxation*

*heat and treat back and neck 45 minutes 480*  
*full body hot stone 90 minutes 950*

## **the fernery foot pamper**

*loosens stressed feet muscle tissues and ensures proper circulation of blood and oxygen*

*foot and ankle rub 30 minutes 365*

## **deluxe pedi**

*indulgent foot-soak, nail shaping and clipping, relaxing foot massage and nail varnish of your choice*

*foot treatment and colour 60 minutes 580*

## **on-the-go pedi**

*the name says it all ... leave feeling confident and fresh*

*mini pedi cut, file, colour 30 minutes 200*