

Treatments Price List



- Massages
- Spa Packages
- Infrared Sauna
- IMAGE Skincare & I spa facials

MASSAGE TREATMENTS

TREATMENTS	Indicative Pressure	Duration	Price
Body Exfoliation		30 min	£49
Signature Head massage (30 min)	Light To Medium	30 min	£40
Helps to release tension & focus on your head, neck, & top shoulders.			
Thai Oil Signature Massage	Medium	60 min	£70
Based on individual needs, your therapist will design a personalised treatment plan that can promote relaxation, detoxification, or target specific areas of concern. This may include integrating gentle stretching and traditional techniques as needed.			
		90 min	£90
		120 min	£115
Deep Tissue Massage	Firm	60 min	£70
Deep tissue massages are effective in targeting both scar tissue and muscle adhesions. The latter refers to the "knots" we often experience in our muscles, which consist of rigid and painful tissue bands, adhesions not only restrict circulation, but also contribute to discomfort and swelling.			
		90 min	£90
		120 min	£115
Back, Neck, Shoulder & Head Massage	Light To Medium	30 min	£40
Experience a effective & personalised approach for relieving knots & tension in your back, neck, & shoulders. Our skilled therapists utilise their expertise to tailor each session to your specific needs, ensuring you receive individual care.			
		45 min	£50
		60 min	£70
Swedish Massage	Light To Medium	60 min	£70
Using the variety of massage techniques specifically designed to relax muscles & improve blood circulation by applying circular pressure applied by the hands & palms, firm kneading, percussion-like tapping, bending & stretching.			
		90 min	£90
		120 min	£115
Hot Stone Massage	Light To Medium	60 min	£75
Experience a soothing massage with the added benefits of smooth, heated stones to release tension in tight muscles. Our skilled therapist will incorporate warm stones & nourishing oils to restore balance for both your mind & body.			
		90 min	£95
		120 min	£120
Thai Foot Reflexology	Light To Medium	30 min	£40
The treatment uses an ancient technique, which invigorates the nervous system through the use of mild yet firm pressure on specific points on the feet. These points correspond to different glands, organs, and muscles within the body, thereby facilitating healing in those particular regions.			
		45 min	£50
		60 min	£70
Aromatherapy Massage	Light To Medium	60 min	£75
Aromatherapy massage is a beloved choice our clients. This treatment unites essential oils and massage therapy, yielding positive results for the mind and body. The process involves the use of essential oils, helps to release tightness and relax.			
		90 min	£95
		120 min	£120
Tradional Thai Massage - Thai Yoga	Medium	60 min	£75
Our signature treatment includes traditional techniques from Thai yoga that involve a combination of pushing, pulling, kneading, & stretching to alleviate tension, enhance blood flow, & induce relaxation throughout the body.			
		90 min	£95
		120 min	£120

TREATMENTS	Indicative Pressure	Duration	Price
Pregnancy Massage	Light	30 min	£45
One of the most effective ways to maintain & protect the body from aches, pains & injuries. It focuses on the soft tissues & is firmer & more targeted than the kind of massage you would get a deeply soothing treatment for tired mums-to-be. * Suitable from the second trimester		60 min	£75
		90 min	£100
Sport Massage	Medium To Firm	30 min	£45
Sports massage is focused and systematic, targeting muscles that are used in a specific sport. It uses various techniques to decrease muscle pain and improve recovery, as well as improve overall range of motion and flexibility to support safe and effective movement.		45 min	£60
		60 min	£75
		90 min	£95
Infrared Sauna		30 min	£35
Infrared saunas can have a positive impact on heart health and blood pressure. Incorporating regular use of infrared saunas, 3-4 times a week, can lead to various advantages such as improved skin tone, elimination of toxins, enhanced cardiovascular function, pain relief, and reduced symptoms of chronic fatigue.		60 min	£55
SPA PACKAGES			
Luxury Pamper Package		145 min	£179
Aromatherapy massage - 60 min Body exfoliation - 20 min I SPA - Ormedic Restoring Facial - 55 min			
Bespoke Body Therapy		120 min	£135
Swedish or Thai oil combination - 60 min Infrared Sauna - 30 mins & Body exfoliation - 20 min			
Body Revive		90 min	£95
Swedish or Thai oil Signature massage - 60 min or 90 min Infrared Sauna - 30 min		120 min	£120
Aromatherapy & Body Exfoliation		90 min	£115
Aromatherapy massage - 60 min Body exfoliation - 20 min			
Back & Toe		60 min	£70
Back, Neck, Shoulder - 30 min or 60 min Thai Foot Reflexology - 30 mins		90 min	£95
Heavenly Body & Feet		90 min	£95
Thai Oil Signature massage - 60 min Thai Foot Reflexology - 30 min			
Pamper Mum-to-be		60 min	£85
Pregnancy back massage - 30 min Relaxing facial - 30 min			
Urban Cleanse Body		50 min	£79
Infrared sauna - 30 min Body exfoliation - 20 min			

FACIAL

I SPA IMAGE SKINCARE® FACIAL TREATMENT MENU

I SPA - Ormedic Restoring Facial

55 min

£75

Concerns - Sensitive / Balancing / Comforting / Soothing

Healthy looking skin

Polish away impurities and restore natural resilience to brighten and nourish the skin.

with our product line infused with powerful super antioxidants and key organic ingredients. Free from anything synthetic, gentle and balancing facial is perfect for all skin types to age the natural way!

I SPA - Vital C Anti-Aging Facial

55 min

£70

Concerns - Brightening / Age Defying / Nourishing

Rejuvenates your skin

This comprehensive treatment combines our stable trio-vitamin C blend with correcting exfoliating agents, plant-derived stem cell technology and deeply hydrating ingredients to treat redness, inflamed and dry, dehydrated skin.

I SPA -The Max Stem Cell Facial

55 min

£80

Concerns - Anti Aging / Uneven skin Tone / Dehydrated

Fight the signs of aging

Our correction, prevention and nutrition system targets fine lines and wrinkles, loss of elasticity and dull, sallow skin.

I SPA - Quick Minute Express Facial

30 min

£45

Great for all skin types

Indulge in a rejuvenating facial that provides both exfoliation and hydration for every any occasion . Designed for all skin types, this treatment will leave you feeling refreshed and give your complexion the glow you desire.



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