

# On-Site Spa AND Treatment Menu

General prices for facials and massage - 30 minutes is 35 pounds (\$50 US) and 55 minute is 60 pounds (\$76 US)

## Relax

20 minute Facial followed by a 20 minute Back, Neck & Shoulder massage

Cost: £60.00

Duration: 40 minutes

## Renew

Shellac Deluxe Manicure and Pedicure 1hr 45 min

Cost: £90.00

Duration: 105 minutes

## Revive

55 minute Dermalogica Facial followed by a 25 minute Indian Head Massage

Cost: £85.00

Duration: 80 minutes

## **Swedish Full Body Massage**

Bespoke treatment to suit your needs. Your therapist will consult with you prior to your treatment to select the right mix of oils, pressure you would like and main area of concern to relax, renew and revive you.

Cost: £65

Duration: 55 minutes

## **Swedish Back, Neck & Shoulder Massage**

Concentrated on the back, neck and shoulder area, specific oils are used to release tension and helps soothe tight, sore muscles, which result from wear and tear or incorrect posture. This massage applies pressure to muscles in order to increase the oxygen flow in the blood and release toxins from stressed areas.

Cost: £35.00

Duration: 25 minutes

## **Indian Head Massage**

Wonderfully effective for easing the symptoms of stress, tension, headaches and fatigue. This revitalizing massage focuses on the scalp, neck, upper back and shoulders.

Cost: £35.00

Duration: 25 minutes

## **Dermalogica Facials**

Whether you need a quick pick-me-up or a more in-depth treatment, Dermalogica's professional skin services are completely tailored to your skin's needs

Pro30 £35.00

Pro60 £60.00

## **CND Shellac Manicures & Pedicures\***

CND Shellac – the original Power Polish™ combines the ease of polish with the performance of gels. A true innovation in chip-free, extended-wear nail colour.

14+ day wear

No Nail Damage

Vegan

## **Manicure**

Intensely nourish and revitalize with this luxurious treatment, including gentle exfoliation, nail shape and cuticle tidy with a relaxing hand and arm massage and CND Shellac finish.

Hands will look and feel years younger.

Cost: £48.00

Duration: 55 minutes

## **Pedicure**

Starting with a stimulating foot soak, we polish heels to perfection, attend to cuticles & finish with a wonderful massage & CND Shellac finish

Cost: £53.00

Duration: 55 minutes

\*Please note, we do not remove Shellac or Gel polish that has not been applied by a therapist At The Sedum Spa.

**Email Cat by August 25<sup>th</sup> with request for On-Site Treatment - she will schedule and communicate for final confirmation.**