



**REDUCED
TREATMENT
PRICE LIST
2020**

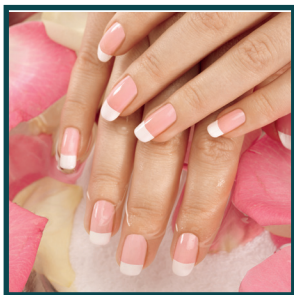




Botanical Feet

£50.00

Immerse your feet into the pampering world of O.P.I. Incorporating the botanical extracts and hydrating properties of O.P. I's pedicure range, feet are soothed, scrubbed and hydrated and a mask is applied for the ultimate treat. After a foot massage, we complete your service with your chosen shade of O.P.I nail polish to finish. French paint must be specified at the time of booking.



Indulgent Hands

£45.00

Enjoy a luxurious exfoliation and massage to nourish and relax hard-working hands and release those iPhone thumbs. Cuticles are tamed, pampered, and conditioned. To complete your service, nails are prepared, and nail polish is applied with a topcoat to finish for long lasting, high gloss shine. French paint must be specific at time of bookings.

O·P·I

The Botanical Works

£89.00

A fabulous combo of Indulgent hands and Botanical feet with a much-needed glass of bubbles ...you know after months of lockdown you deserve it! Allow time to relax and enjoy this luxurious treat.



Y Spa - Massage

£72.00

A traditional style massage of medium pressure designed to soothe away tension held within the muscles. Restriction to back of body only.

Back only: £45.00.



Y Spa - Deep Tissue

£82.00

Deep rhythmic pressure massage. Alleviate high-stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Dynamic blends of essential oils and level of pressure are customised to target individual needs. Helps relax, recharge and re-energise, whilst tension melts away.

Back only: £55.00



Y Spa - Hot Stones

£82.00

A medium pressure massage using warm basalt stones to melt away tension. Your therapist will work with the warmed stones and luxuriously warmed oils to deliver heat into the muscles offering maximum relaxation.

Back only: £55.00



Y Spa - Reflexology

£62.00

This treatment helps to reduce feelings of stress, anxiety, and nervousness. It can also help with digestive and sleep disorders and help balance hormones. The therapist gently works over the reflex zones of the feet using pressure on the base of the foot. Suitable for mothers to be after 1st trimester only.



Leg Less Light

£55.00

This soothing yet powerful treatment will help to stimulate circulation and refresh aching muscles in the legs and feet. This customised therapy can be gentle enough for mothers to be from the 2nd trimester or energising enough to give relief to overworked muscles.



Catch The Breath

£55.00

This nurturing gentle treatment for the head, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese massage techniques rebalance and calm the upper body. The ritual uses slow, soothing, and rhythmic techniques providing complete tranquillity and relaxation, and 100% certified Made for Life Organic products.



Neom Stress Less

£75.00

Throughout this dreamy treatment, we drizzle the Neom Intensive Skin Treatment Candle Oil over the skin and provide specialist massage to key stress relieving points of head, neck, back and legs. This treatment allows tension to drift away and for a calm new you to be uncovered.



Y Spa - Scalp and Back Therapy

£72.00

A relaxing massage using warmed oils designed to release pent up tension in the back, neck, and scalp. If you are hunched over a computer, tablet, or a smartphone all day then this is a recommended treatment for you.

For more information or to book your treatment
please visit: www.yspa.co.uk

