



BEAUTY AND WELLNESS

MENU

MASSAGES

Personalised Massage

60 mins £60 | 90 mins £90

This full body massage is completely tailored to your individual needs. Choose pressure, time, and focus zones.

Deep Tissue Massage

60 mins £65 | 90 mins £95

A therapeutic massage targeting areas of tension and helping to ease tight aching muscles.

Neck, Shoulders & Scalp Massage

45 mins £50

This relaxing massage focuses on areas that need it more, to de-stress tense muscles and calm the mind.

NAILS BY MII TREATMENTS

Tidy and Paint

25 mins normal polish £20 | gel polish £28

Refresh your nails with nail tidy and paint.

The Cooden Manicure

45 mins normal polish £35 | gel polish £43

This is a luxury hand and nail treatment. A hand soak to soften the skin and cleanse the nails. Traditional nail and cuticle work and a relaxing hand and arm massage to promote circulation and release tension.

The Cooden Pedicure

60 mins normal polish £40 | gel polish £48

A beautiful treatment for the feet. A foot soak and exfoliation to clean and remove dead skin cells. Traditional nail and cuticle work and a bespoke pressure point foot massage to release tension and stimulate circulation.

AROMATHERAPY ASSOCIATES

The Ultimate Aromatherapy Experience

60 mins £65 | 90 mins £95

This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.

This hero treatment starts with a consultation to find out your emotional and physical needs. An aroma test follows to allow you to choose the oil most suitable for you.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation.

This is an intense massage ritual drawn from fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

Ultimate Pregnancy Massage

60 mins £65

Feel nurtured and supported in a time of constant change.

Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin.

Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, it helps to relieve stress and tension.

The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment.

Essential Rose Facial

60 mins £65

This luxurious facial helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant and dewy.

A scalp massage releases muscular tension and prepares you for your facial. Your skin thoroughly cleansed, exfoliated and toned.

A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion.

Then while a hydrating mask goes to work, your arms and hands are massaged and your skin is finally treated with a deeply moisturising facial oil and moisturiser.

The result is a smooth, radiant complexion and relaxed state of mind.

APPOINTMENT TIME

Please arrive 5 minutes prior to your appointment to allow time to check-in. If you are late your appointment may have to be shortened out of consideration for the next guest.

CANCELLATIONS

If you need to change or cancel an appointment please kindly provide 24 hours notice to avoid a full treatment charge

HEALTH CONDITIONS

When making your booking, please advise us of any health conditions and any medication you are taking.

AMBIANCE

In order to receive the maximum benefit from your treatment, please kindly avoid using electronic devices such as phones during this time.

Please kindly complete our consultation form before your treatment.

Payments will be charged to the room prior to your appointment.

Before your appointment please shower thoroughly and sanitase your hands.

Enhanced cleaning procedures have been implemented and all equipment and products will be fully sanitised between treatments.

Our treatment menu is subject to change depending on government health guidelines.