



SPA

AT THE DAFFODIL

# TREATMENT MENU



# MASSAGE THERAPIES

Germaine de Capuccini World of Aroma, Sperience Massage. An aromatherapy massage designed to suit your needs and mood. Choose from one of our 5 pre-blended oils. Your therapist will then use specific movements to target your concerns.

**FIRE** - A warming, relaxing Massage blended with Lavender, Sandlewood and Ylang-Ylang to help calm and sooth and alleviate anxiety.

**EARTH** - An anti-cellulite massage working on the contours of the body and targeting stomach area to aid congestion, with essential oils of Cedarwood and Juniper.

**METAL** - A revitalizing Massage, with Lemon, Lime and Nutmeg, to uplift the mind and body.

**WOOD** - A stimulating Massage with essential oils of Mint, Sage and Cinnamon designed to help improve circulation.

**WATER** - A massage to help with rehydration, regeneration and sooth the mind and assist with fluid retention in the legs, with Geranium, Patchouli and Coriander.

## AROMA BACK & SCALP MASSAGE

Select your choice of preferred aroma blend from our range of oils, to suit your mood, relax with a back and neck Massage to ease tension, your treatment is complete with a nourishing scalp massage.

*Treatment time 40 minutes, £50*

## BACK MASSAGE

Select your choice of preferred aroma blend from our range of oils, to suit your mood, relax with a back, neck and shoulder massage tailored to your preffered pressure.

*Treatment time 25 minutes, £45*

## BODY NOURISHING BACK MASSAGE

A relaxing back massage using a warm candle, starting by drizzling the wax across the back before relaxing movements are used to deeper nourish the skin.

*Treatment time 25 minutes, £55*



### **HOT STONE BACK MASSAGE**

A relaxing back, neck and shoulder Massage complete using hot stones targeting deep into the muscles to relieve stress and melt away tension.

*Treatment time 25 minutes, £50*

### **PURIFYING BACK THERAPY**

Enjoy a deep cleansing and purifying back treatment which includes a Cleanse, Exfoliation and a Purifying mask and Back Massage.

*Treatment time 40 minutes, £50*

### **SOOTHING FOOT & LEG MASSAGE**

Soothing Massage to ease those aches and pains in the legs and feet. Helps with water retention and aids lymphatic drainage.

*Treatment time 25 minutes, £40*

### **DEEP HEAT BACK MASSAGE**

A massage designed to treat deep tension, with a luxurious self-heating oil combined with a massage medium, for those suffering with aches and pains – ideal for the shoulder and neck area.

*Treatment time 25 minutes, £50*



### **FULL BODY MASSAGE**

Includes a back, neck and shoulder massage. The back of the legs, front of the legs will be gently massaged before your treatment concludes with a hand and arm massage.

*Treatment time 55 minutes, £75*

### **GREEN TEA FULL BODY MASSAGE**

A 55 minute full body massage using warm Green Tea Jelly. A natural inflammatory and anti oxidant. A perfect treatment to leave your body free of aches and pains. Ending the treatment with a cup of green tea, allowing you to fully relax your mind and body.

*Treatment time 65 minutes, £80*

### **PURIFYING BACK THERAPY**

Enjoy a deep cleansing and purifying back treatment which includes a Cleanse, Exfoliation and a Purifying mask and Back Massage.

*Treatment time 40 minutes, £50*

### **PREGNANCY BACK MASSAGE**

Relaxing back massage using no essential oils. Performing the massage in 2 sections whilst lay on your side surrounded by pillows to make a comfy and relaxing treatment to sooth those extra aches and pains of carrying a baby. Once the back massage is complete your therapist will cocoon you and let you relax for 10 minutes. You must be 15 weeks+ for us to carry out this treatment.

*Treatment time 25 minutes + 10 minutes relaxing, £55*

### **PREGNANCY FULL BODY MASSAGE**

Starting with a back massage performed in 2 sections including legs, hand and arms and a scalp massage. Using a massage cream to reduce the appearance of stretch marks and smooth the skin, using light movements to relax and smooth away those aches and pains. Following by 10 minutes relaxation time.

*Treatment time 55 minutes + 10 minutes relaxing, £85*



# FACE & BODY THERAPIES

Each treatment will start with a consultation and our signature Daffodil welcome, and finish with aftercare advice provided by your therapist.

## **VITAMIN C BODY WRAP**

A full body wrap designed to leave your skin revitalised and glowing. The Vitamin C boosts collagen, helping the skin to stay firm. Includes an exfoliation, warm wrap application with a scalp massage while the wrap soaks into the skin.

*Treatment time 50 minutes, £65*

## **WALKERS LEG THERAPY**

A perfect treatment for tired, achy legs - our Baobab energizing leg treatment. This treatment commences with an Exfoliation, followed by a Massage to the legs and finishes with a touch of dreamy leg gel, leaving you radiant and walking on air!

*Treatment time 40 minutes, £50*

## **INDIAN HEAD MASSAGE**

A relaxing treatment aimed at easing the stress and tension in the head and shoulder area. Designed to relieve headaches and take you away from day to day life leaving you feeling uplifted and de-stressed.

*Treatment time 40 minutes, £55*

## **EXPRESS FACIAL & BACK MASSAGE**

Mini facial including an eye and lip cleanse, exfoliation, mask and scalp massage finishing with moisturiser, alongside a relaxing back, neck and shoulder massage.

*Treatment time 55 minutes, £85*

## **THE ULTIMATE GLOW (VITAMIN C)**

Including a Vitamin C Wrap and Vitamin C Facial, The Ultimate Glow is the perfect all over relaxation. The Vitamin C stimulates production of collagen leaving your skin firm and supple. You will feel completely refreshed; your skin glowing. The treatment then ends with a glass of fresh orange juice, whilst you relax.

*Treatment time 90 minutes, £115*



# FACIAL THERAPIES

Each treatment will start with a consultation and our signature Daffodil welcome. Please note that all of our facials are suitable during pregnancy.

## 55 MINUTE FACIALS | £65

All 55 minute facials include eye and lip cleanse, exfoliation, facial massage, mask with scalp or hand and arm massage and final moisturiser.

### CALMING ROSE FACIAL

Ideal for all skin types including delicate skin. Strengthens the skins natural barrier.

### ROYAL JELLY FACIAL

Ideal for all skin types except very sensitive skin. Builds skins strength and natural immunity. Good for tired, stressed skin and anyone going through cancer treatment.

### VITAMIN C+ A.G.E FACIAL

Ideal for all skin types, a facial packed with Vitamin C to give you a boost and glow.

## 70 MINUTE FACIALS | £75

### O2 FACIAL

A facial designed to target daily effects of pollution and environmental stresses. The O2 facial restores oxygen to strengthen the skins defences and prevent premature ageing. The skin will be left deeply hydrated, increased luminosity and an all-round healthier appearance.

### EYE LIFTING & FIRMING FACIAL

A facial designed to restore the skins firmness, lift the features and fade wrinkles. Also focusing on the eye area, a dedicated massage to target the effects of ageing. An entire facial dedicated to fighting the ageing process, providing the skin with volume, life and firmness.



# HANDS & FEET

## **SPA MANICURE**

Includes shaping of the nails, cuticle work, mini hand and arm massage and application of a colour of your choice.

*Treatment time 40 minutes, £40*

## **SPA PEDICURE**

Includes a foot soak, foot exfoliation, shaping of the nails, cuticle work, a foot and leg massage and an application of a colour of your choice.

*Treatment time 40 minutes, £40*

## **NOURISHING HAND TREATMENT**

Focusing solely on the condition of the hands, starting with a hand exfoliation, a luxury hand mask followed by a relaxing hand and arm massage, finishing an application of cuticle oil and moisturising hand cream. (please note this treatment does not include shaping of the nails or an application of colour).

*Treatment time 40 minutes, £45*

## **NOURISHING FOOT TREATMENT**

Focusing on the condition of your feet this treatment will leave your feet feeling soft and smooth. Starting with a foot soak and foot exfoliation, removal of hard dead skin a luxury foot mask followed by a relaxing foot and leg massage and finishing with a foot smoothing cream. (please note this treatment does not include shaping of the nails or a colour application).

*Treatment time 40 minutes, £45*



# EXPRESS TREATMENTS

**EYEBROW WAX & SHAPE | 15 MINUTES | £15**

**LIP OR CHIN WAX | 15 MINUTES | £15**

**EYEBROW WAX & TINT | 15 MINUTES | £20**

**EYELASH TINT | 15 MINUTES | £20**

**EYE PACKAGE: EYEBROW WAX & TINT, EYELASH TINT | £35**

**HALF LEG WAX | 30 MINUTES | £30**

**FULL LEG WAX | 30 MINUTES | £30**

**FILE & POLISH ON FINGERS | 25 MINUTES | £25**

*Shaping of the nails with a colour application of your choice*

