

BODYSGALLEN SPA

CURRENT TREATMENTS AVAILABLE

Full Body Massage 50mins £67

A traditional Swedish body massage helps to ease tension, relieve stress and alleviate muscular aches and pains.

Back, Neck & Shoulder Massage 25mins £38

This Swedish massage is tailored to your needs to ease the stresses and tension of everyday life.

The Ultimate Aromatherapy Experience Treatment 50mins £67

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 what your physical and emotional needs are.

Aching Foot Relaxer Treatment 25mins £38

Aches are eased and feet feel light.

Rose Pregnancy Massage (16 weeks plus) 50mins £67

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

Intensive Muscle Release 50mins £67

An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

Uplift Your Mood 50mins £67

For times when you need a little emotional pampering, this indulgent treatment helps to harmonise and rejuvenate the spirit.

Bioslimming Wrap Hourglass 1hr 30mins £74

Bioslimming Wrap Hourglass and Arms 1hr 30mins £83

The Bioslimming treatment is a paraben-free fat burning and slimming body wrap, enhancing weight loss and firms and tones the skin. Burns calories for two hours after application and continues working for 12 hours after treatment.

Jessica Manicure Treatment 50mins £38

Hands are exfoliated and encased in warm mittens before nails and cuticles are tidied and finished with Jessica Phenom long lasting nail polish

Jessica Pedicure Treatment 50mins £49

Includes foot soak, exfoliation, massage, hot booties, cuticle care and finished with Jessica Phenom long lasting nail polish.

GELeration Gel Manicure Treatment 55mins £49

Includes hand exfoliation, massage, cuticle care, nail shape and finished with Jessica GELeration gel polish

GELeration Gel Pedicure Treatment 55mins £55

Includes foot exfoliation, massage, cuticle care, nail shape and finished with Jessica GELeration Gel Polish.

Nail Shape & Polish Treatment 25mins £28

Nails are shaped and finished with Jessica Phenom long lasting nail polish.

GELeration Gel Nail Shape & Polish Treatment 30mins £38

Nails are filed, shaped and finished with Jessica GELeration gel polish.