



Treatment List

Lovely legs treatment

A great treat for those that are always on the go and suffer with aching legs and feet.

This treatment includes a smoothing body polish from toes to thighs, followed by an energising massage, a softening mask is then applied and finished off with a nourishing body balm to renew and re-balance those luscious legs. 60 minutes.

Deep Cleansing Back Treatment

This re-balancing exfoliation treatment combats areas of congestion to eliminate impurities leaving the skin looking clearer and brighter.

The treatment starts with a rejuvenating and toning body polish, followed by a soothing back massage and finishes with a super hydrating and nourishing body balm to leave skin feeling soft and supple. 30 and 60 minute appointments.

Express radiance Facial

A tailored facial treatment that incorporates organic products with a relaxing massage using acupressure points on the face, and combining lymphatic drainage to eliminate toxins and reduce tension. Leaving the skin feeling fresher and looking more radiant. 30 minutes.

Heavenly Hands

Great for hard working and sensitive hands. Especially good for arthritis sufferers and bad circulation.

Includes: A gentle exfoliator to nourish dry hands followed by a hand and arm massage, then a soothing mask is applied, and finished off with an intensely hydrating moisturiser. 30 minutes.



Treatment List

A treat for your feet

Banishes tired, aching feet. Especially good for bad circulation and arthritis sufferers. Leaves your feet feeling refreshed, smooth and nourished.

Includes: A softening foot scrub, followed by a relaxing foot and calf massage, then a soothing mask is applied and finished off with a revitalising foot balm. 30 minute.

Rejuvenating Signature Facial

A tailored anti ageing facial treatment that incorporates organic products with a relaxing massage using acupressure points on the face, and combining lymphatic drainage to eliminate toxins and reduce tension. Evening the skin tone and leaving a more youthful and brighter complexion. Also includes a complimentary hand or foot massage. 60 minutes.

Chest, Face and Scalp Massage

Focusing on the acupressure points of the face and scalp, combining lymphatic drainage to eliminate toxins, and reduce tension in the facial muscles. This technique can improve circulation to enhance the appearance of the skin. Especially beneficial if you suffer from headaches or migraines, and congested skin. 30 minutes.

Soh Body Buff

Whether you're off on holiday or just want the luxury of extra smooth, glowing skin this body exfoliation is the treatment for you. Combats dry and dull skin and areas of congestion.

The treatment starts with a rejuvenating and toning body polish, followed by a back massage and finishes with a super hydrating and nourishing body balm to leave skin feeling soft and supple. It includes full body with back massage. 60 minutes appointment.



Treatment List

Full Body Bliss

A therapeutic full body massage, aimed at relieving aches and pains throughout the body. Using a variety of techniques and the pressure of your choice, which will leave you feeling relaxed and refreshed. 60 minutes.

Back, Neck and Shoulders

A therapeutic massage personalised to your needs. Great for reducing tension and stress, or just for times when you need that total relaxation. Offering 30 and 60 minute appointments.

Pamper Packages

Time for Two

Treat you and your loved one to some precious pamper time and save 10% off your booking. Pick any treatment from the list, can be 2x 30 minute treatments or 1x 60 minute treatment per person. (10% off for bookings of 1 hour treatments per person).

Save even more when you want to add some extra treatments, to experience an exquisitely luxurious pamper session. Contact us to find out more.

Family and Friends Pamper Package

For 3 or more. Celebrate that special occasion with some fabulous pamper time. Great for, hen parties, birthday celebrations, family reunions, get togethers and more. Save 15% off your booking. Pick any treatments from the list.