

## *Pedicures or Foot Treatments*

Our feet are the most important part of the body as they carry us around every day and they deserve to be taking care off. Please have a look to our different kind of treatments available for the comfort of your feet.

### **Express Pedi**

This treatment consists of a nail cut, a file finished with a base coat, two coats of polishes and a top coat. This treatment is specially made for parties and events. A minimum of 2 hours of booking per therapist is required. (15 Minutes)

### **Basic Pedicure**

The treatment includes a soak in water with peppermint sea salt, followed with a eucalyptus and tea tree oil foot cleanse. The nails are then clipped and/or shaped and buffed followed by a peppermint oil deep cleansing foot scrub and a foot massage. The treatment finishes with an application of a base coat, two coats of polishes and a top coat. (30 minutes)

### **Deluxe Pedicure**

The Deluxe pedicure consists of a foot bath with a eucalyptus and peppermint sea salt, followed with a eucalyptus and tea tree oil foot cleanse. The nails are then cut, filed and the cuticles are pushed back. A callus peel is the applied on the hills of the foot to remove hard skin. A peppermint oil deep cleansing foot scrub is used to soften the skin and a peppermint + Aloe Vera rejuvenating mud is applied on the feet. The pedicure is then completed with a peppermint and jojoba lotion massage, cuticle oil is applied and massaged in, the nails are then buffed and prepared for a polish color. (60 minutes)

## *Manicures or Hand treatments*

Our hands and arms are the tools of our body. They are been used for many hours a day between typing, lifting, soaking and carrying. Indulge them with a nice and relaxing massage or for a more elaborated treatment.

## **Hand and Arm Massage**

A hand and arm massage as you wish it, soft and relaxing or deeper into tissues. We can use a moisturizer or massage oil combined with essential oils. (5-10 minutes)

## **Express Mani.**

This treatment consists of a nail cut, a file finished with a base coat, two coats of polishes and a top coat. This treatment is specially made for parties and events. A minimum of 2 hours of booking per therapist is required. (15 Minutes)

## **Basic Manicure**

The finger nails are soaked with a cuticle softener and cut. Cuticles are then gently pushed back and nails are filed and buffed with cuticle oil, followed with a hand and fore arm massage. This treatment finishes with a base coat, two coats of polishes and a top coat.

## **Deluxe Manicure**

The Deluxe manicure consist of a hand cleanse with a lime and witch-hazel soap, followed with soak in a lime and citrus salt. The nails are then cut and filed. The cuticles are pushed back and a lime + Aloe Vera exfoliate is used on the hands and wrists. A lime and Aloe Vera mud masque is then applied on the hands to cleanse the skin and infuse it with moisture. The manicure is then completed with a lime and jojoba moisturizer massage, cuticle oil is applied and massaged in, the nails are then buffed and prepared for a polish color. (60 minutes)

## *Facials*

### **Basic Facial**

The face is cleansed with a chamomile and camellia oil nourishing milk cleanser and exfoliated with a ginseng and ginko gel, which is recommended for even the most delicate skin types. The hydration of the skin will be enhanced with a rose essential oil hydrosol to help diminishing redness and irritation. A lymphatic drainage massage will be applied on the face with jojoba oil blended with a facial elixir rich in pure plant extracts and essential oils. The facial is then completed with a moisturizer blended with avocado oil and vitamin C, designed to give maximum hydration whilst repairing and balancing dry skin

## **Deluxe Facial**

This treatment starts with a foot bath rich in eucalyptus and tea tree oil for a deep cleanse, to help the client relax and rejuvenate. The face is then cleansed with a chamomile and camellia oil nourishing milk cleanser and exfoliated with a ginseng and ginko gel, which is recommended for even the most delicate skin types. The hydration of the skin will be enhanced with a rose essential oil hydrosol to help diminishing redness and irritation. A lymphatic drainage massage will be applied on the face with jojoba oil blended with a facial elixir rich in pure plant extracts and essential oils. A French provincial white clay masque will be applied on the face designed to gently detoxify, balance and hydrate the skin. During that time, the client will enjoy a nice foot massage. An Aloe Vera gel will be applied to attenuate the redness of the skin. The facial is then completed with a moisturizer blended with avocado oil and vitamin C, designed to give maximum hydration whilst repairing and balancing dry skin.

## *Corporate and Body Massages*

### **Corporate Massage**

Includes Neck and shoulder massage. (5-10 minutes)

This treatment is specially made for parties and events. A minimum of 2 hours of booking per therapist is required. (15 Minutes)

### **Body Massages**

There is a minimum of one hour of time required for a full body massage, 90 minutes and 120 minutes are available too.

For parties and event, there is a possibility to reduce the time frame per person, with a minimum of 2 hours of booking for your event or party.

See below the minimum time requirement for a "on table" massage with different oils.

Massages	Minimum of time required
Remedial Massage	20 minutes
Swedish Massage	20 minutes
Lymphatic drainage	30 minutes
Reflexology	20 minutes
Sport Massage	20 minutes

## Body treatments

### **Rejuvenating Body Mud Wrap**

Clays have been used as a healing method for thousands of years. The use of clay remineralises the body, while at the same time removes impurities and refine the skin via exfoliation.

This treatment require 1 hour of time frame, which starts with a Balinese body palming sequence, and follows with a body exfoliation. The Body Rejuvenator body mud is then applied on the client body, then wrapped into a muslin cloth and covered with towels and a blanket. A facial and a head massage will then be performed. (Client will be wrapped for about 20 to 25 minutes). The Body mud will be removed and client direct to the shower. A body moisturizer is then applied on the client's body. This treatment can be completed with a full body massage of your choice (2 Hours).

Please note that some oil residue will be left in the client's hair, let your therapist know if you like to keep your hair clear.

### **Coffee & Sea Kelp Body Contour Treatment**

A specific treatment, designed to target the most troublesome contours. This treatment involves a specific body massage which assists to improve the unsightly appearance of particularly localized "orange Peel" skin.

A stimulating body scrub, that has anti cellulites properties. The combination of coffee and sea kelp has a detoxifying effect, the coffee beans are also stimulating for blood circulation and lymph nodes, while the sea kelp helps breakdown fatty tissue. This treatment is invigorating to the senses, leaves the skin feeling totally polished, soft and smooth. A beautiful sensory journey.

This treatment requires 1 hour of time frame, and has the same sequences as "the Rejuvenating Body Mud Wrap". This treatment can be completed with a full body massage such as a lymphatic drainage massage to increase the properties of the coffee & sea kelp body contour (2 Hours).

Please note that some oil residue will be left in the client's hair, let your therapist know if you like to keep your hair clear.