



# Spa Upgrade Menu



**Lava shells Massage** £10

**Deep Tissue Massage** £10

**Hot stones Massage** £10

**Aromatherapy Massage** £10

**Reflexology** £10

**Have more time to relax?**

**Add an Extra 25-minute treatment** £25

**Add an extra 15-Minute treatment** £15

**Why not upgrade the products used in your treatment today to ESPA or Jessica Geleration for your nails?**

**Upgrade** £10

