

# OUR 55 MINUTE TREATMENTS

## OUR FACIAL RITUALS

### BIOME Bespoke 55mins

*Bespoke facial ritual designed upon consultation.*

Designed to support each and every skin using a tailored combination of therapeutic massage techniques, lymphatic drainage and bio identical ingredients. All with the aim to work on the skin and gut microbiome connection, relaxing both the mind and the skin. This facial treatment is customised based on thorough consultation making it especially beneficial for those with challenging skin conditions.

### BIOME Awaken 55mins

*Energising and deep cleansing.*

Restore energy flow and vitality to the skin with this invigorating facial that combines the power of probiotic-rich botanicals with detoxifying techniques to trigger the skin's natural cell-renewal process. Gua Sha massage techniques encourage circulation and lymphatic flow, stimulating the natural exfoliation process to leave the skin feeling purified and renewed.

### BIOME Repair 55mins

*Restoring and supporting skin barrier.*

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. This BIOME facial works to soothe and repair the skin's natural barrier, helping to reduce inflammation and increase the natural skin function.

### BIOME Calm 55mins

*Soothing and cooling for sensitive, hormonal skin.*

Support your skin's natural ability to soothe and heal with this deeply relaxing facial that will comfort the skin and calm the mind. Designed to nourish the skin blending bio-identical ingredients, plant lipids, calming massage and face reflexology techniques to restore, replenish and soothe the skin.

## OUR PREGNANCY RITUALS

### Blissful Face Ritual (13+ Weeks) 55mins

*Easetension in the face, neck, head and scalp.*

Combining nurturing facial massage with soothing Gua Sha techniques this slow, flowing massage treatments works to reconnect mind and body. The focus within the treatment is on the face, neck, décolleté and scalp.

### Soul to Sole Connection (16+Weeks) 55mins

*Soothing inflammation, reduce fluid retention.*

This deeply relaxing ritual commences with an aromatherapy foot bath and mindful breath work followed by a rich botanical exfoliation of the lower legs and feet. Tap into your body's ability to self-repair and realign with this restorative, reflexology inspired massage ritual created to release tension and restore balance. Ideal to ease tired, heavy, aching legs.

## OUR MASSAGE RITUALS

### Full Body Massage Tóg go Bog É 55mins

*AGROUND approach to traditional massage.*

This full body massage treatment incorporates aromatherapy and breath-work alongside slow and rhythmical techniques helping to alleviate muscular tension whilst having a meditative, deeply relaxing effect.

### The Grounding Ritual 55mins

*Soothing mental anxiety and stress.*

This specialist massage treatment will provide you with the space and time to tap into your body's ability to self-repair and realign and will leave you feeling replenished and grounded in your body.

### The Muscle Recovery Ritual 55mins

*Repair and recovery.*

Flowing, rhythmical and firm; this back of body massage was created to assist in releasing overworked muscles of the body from their tense and tightened position. Helping to alleviate aches and stiffness whilst also improving circulation.

### The Cleansing Ritual 55mins

*To encourage gut harmony.*

With the intention of moving the system into a state of rest and digest, this abdominal massage treatment helps encourage our gut to connect deeply with the body. The aim is to gently stimulate the circulation of energy, lymph and fresh blood flow to the digestive organs.

### The Restorative Ritual 55mins

*Easetension in the face, neck, head, scalp and feet.*

Combining nurturing facial massage with soothing Gua Sha techniques, this slow, flowing massage treatment works to reconnect mind and body. The focus of the ritual is on releasing tension in the face, neck, décolleté, feet and scalp.

## OUR WELLBEING RITUAL

### Reflexology 55mins

*Restorative foot therapy to rebalance body and mind*

Reflexology is a holistic treatment focused on specific points of the feet that correspond to different areas of the body. Through skilled manipulation and pressure techniques, it encourages circulation, promotes relaxation and supports overall balance. Deeply calming, this ritual also enhances the body's natural ability to heal itself

