

LAYLA ADAMS

botanical beauty

Body & Massage Treatments

Coffee & Walnut Body Scrub & Massage

A full body scrub followed by a light full body massage. A complete treatment to eliminate dead skin cells, leaving the body soft and hydrated and the mind stimulated. **60min | £45**

Full Body Massage

An invigorating full body massage focusing on relieving tension from top to toe. A choice between a warming, uplifting and stimulating treatment with essential oils of Ginger and Pepper or a soothing treatment balancing the body and mind with essential oils of Lavender and Peppermint.

90min | £60 *including face and scalp*

60min | £45

Back, Neck and Shoulder Massage

An invigorating back, neck and shoulder massage, focusing on relieving tension. A choice between a warming, uplifting and stimulating treatment with essential oils of Ginger and Pepper or a soothing treatment balancing the body and mind with essential oils of Lavender and Peppermint.

30min | £25

Scalp Massage

A massage focusing on the head and scalp to target tension and release stress. The perfect way to unwind and relax. **30min | £25**

Indian Head Massage

A treatment based on old Ayurvedic techniques, working on the upper back, shoulders, neck, décolletage, face and scalp. This treatment reduces stress, fatigue and eyestrain, while increasing mental clarity and relaxing your body and mind. **40min | £35**

Rosemary & Lemongrass Dead Sea Salt Body Scrub & Massage

A full body scrub followed by a light full body massage. A complete treatment to eliminate dead skin cells, leaving the body soft and hydrated and the mind stimulated.

60min | £45

Rosemary & Lemongrass Body Wrap

An envelopment starting with a full body exfoliation, followed by the application of a body mask. Whilst you enjoy the benefits of the Rosemary improving your circulation and stimulating your mind, fighting mental fatigue and exhaustion and the Lemongrass soothing your nervous system and any stress, you will receive a scalp massage before showering off and having the finishing body oil to suit applied.

60min | £45

Coffee & Walnut Body Wrap

An envelopment starting with a full body exfoliation, followed by the application of a body mask. Whilst the Coffee is working on tightening and brightening your skin and reducing the appearance of cellulite and the Walnut is deeply nourishing the skin, you will receive a scalp massage before showering off and having the finishing body oil to suit applied.

60min | £45

Body Scrub

A full body exfoliation, showered off with a body oil to suit applied. Choose between a Rosemary and Lemongrass scrub or a Coffee and Walnut scrub. **30min | £30**

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Facials

Express Facial

Enjoy a facial designed for your individual skin needs. After a skin analysis, a range of Argyll Botany skincare products will be selected to suit your skin type, packed full of properties that will enhance the beauty of your skin. **30min | £25**

Full Facial

Enjoy a facial designed for your individual skin needs. After a skin analysis, a range of Argyll Botany skincare products will be selected to suit your skin type, packed full of properties that will enhance the beauty of your skin. **60min | £45**

Eye Treatments

Eyebrow Shape	£7
Eyebrow Tint	£7
Eyebrow Shape & Tint	£12
Eyelash Tint	£10
Eyebrow Shape & Tint + Lash Tint	£20

Waxing

Lip	£6	Chin	£6
Half Leg	£14	Full Leg	£20
Underarm	£8	Forearm	£10
Full Arm	£16	Back	£18
Chest	£18	Bikini	£10

Hand & Foot Treatments

Luxury Gel Manicure

Treat your hands to an exfoliation, cuticle work, massage, mask and heated mitts. Nails are beautifully shaped then treated with a basecoat before finishing with the perfect gel polish. **£35**

Luxury Gel Pedicure

Revive your feet with a foot soak and scrub, before feet and lower legs are massaged with conditioning creams, foot mask and heated boots. Cuticle work and toe nails are shaped before finishing with the perfect gel polish. **£35**

Gel File & Polish *hands or feet* **£20**

Gel Soak Off *hands or feet* **£10**

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