

A woman is lying face down on a massage table in a shower area. A therapist is performing a massage on her back. The shower has multiple showerheads spraying water. The scene is dimly lit with warm tones.

*Indulgent*  
**BODY**  
*treatments*

*The perfect indulgence for tired muscles.  
A regular massage has also been shown to  
improve stress levels and general well-being.  
Relax and enjoy.*

### LI'TYA KODO MASSAGE

60 mins

£50.00

This rhythmic body massage is inspired by traditional Australian Aboriginal techniques, which tone and realign energy flow, enhancing mind and body balance and wellness. A combination of pressure points and spiralling movements ground and uplift, leaving the body's energies flowing freely. Used as a preventative monthly maintenance therapy against the stresses of the modern world, massage enables the body to start healing itself, relieving physical and emotional tension.

### LI'TYA YANKO VICHY TREATMENT

45 mins

£50.00

An energising full body wet-room exfoliation therapy, where native aromatic oils are applied to the body, followed by Desert Salts to cleanse and purify. Finally, a warm water massage washes away the stresses of the outside world. This treatment stimulates circulation and soothes tired muscles, leaving the skin invigorated and the spirit revitalised.

### LI'TYA YANKO JINDALEE

Vichy & Facial Treatment

75 mins £80.00

This reharmonising full body and face wet-room therapy cleanses and smoothes the body with native aromatic oils and exfoliates with ancient sea salts. A warm water massage then washes away tension and awakens vitality. A hydrating facial treatment, soothing Paudi Scalp Massage and nourishing Quandong Hair Mask complete this experience.

## DEEP MASSAGE

30 mins **£30.00**

This penetrating and restorative therapy is individually tailored to focus on areas of particular concern to you. Natural ESPA aromatherapy oils are selected according to your physical and emotional needs on the day, ensuring that the session creates balance both within and without.

60 mins **£50.00**

## HYDROTHERM MASSAGE

60 mins

Lying totally supported on warm water pillows the body is relaxed by the heat as each muscle is massaged. Ideal for those with back or neck problems, this is the best invention since the couch replaced the floor:

Also suitable as a pregnancy massage.

**£55.00**

## REIKI

30 mins **£30.00**

Reiki, pronounced 'ray-key', is an ancient form of Japanese healing which cleanses the body of toxins and balances blocked energy.

60 mins **£50.00**

## BODY WRAPS

**Marine Mud Wrap**

Gently heals and hydrates the skin, calming superficial skin problems like eczema and psoriasis.

60 mins **£60.00**

**Algae Wrap**

Stimulates, detoxifies, firms and tones the skin, helping cellulite, fluid retention and bloating.

60 mins **£60.00**

**Oshadi Wrap**

Based on Ayurvedic principles, this deeply warming, hydrating body mud helps with aches and pains, stiff joints and tension.

60 mins **£60.00**

**L'ITYA Sapphire Sea Wrap**

90 mins **£75.00**

Unwind, relax and nourish your body with this complete anti-ageing rejuvenation experience. You will be energised and nourished with a complete Mother of Pearl body exfoliation, before being cocooned in warm, vitamin-packed Pearl and Kelp Body Mud while you enjoy an Aboriginal inspired scalp massage. You will then experience a full body massage to complete this truly holistic experience.

120 mins **£105.00**

**L'ITYA Mala Mayi**

90 mins **£75.00**

Unwind, invigorate and celebrate with this complete rejuvenation experience. First energise and nourish with a full body aromatic oil and Desert Salt exfoliation. Then calm and revitalise the spirit as you are cocooned in warm Mapi Body Mud, which cleanses and delivers essential nutrients to the skin whilst you experience Aboriginal massage techniques in the Paudi Scalp Massage. Refresh with water therapy, then surrender the body and soul to a rhythmic Kodo Massage.

120 mins **£105.00**

## HIP & THIGH TREATMENT

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60 mins

£52.00

This ESPA body treatment consists of specialised hands-on lymphatic drainage techniques, along with deep tissue massage to improve the areas that are prone to weakness and blockages often resulting in an uneven dimpled skin appearance, poor tone, texture, fluid retention and cellulite. These issues are improved by the stimulation given to the circulatory and lymphatic systems, boosting the natural elimination process of the body.

## ESPA PRE/POST NATAL TREATMENT

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90 mins

£75.00

A deeply relaxing and cherishing treatment which helps to improve tonicity and smoothness of the skin. Leaves the skin feeling nourished and moisturised, and the body calm and balanced.

