

Massage

BACK, NECK & SHOULDER MASSAGE

30 minutes

£48

Releasing muscle tension and stress leaving you feeling revived and refreshed.

HOLISTIC FULL BODY MASSAGE

60 minutes

£80

A pressure massage tailored to your needs incorporating acupressure and traditional 'Swedish' techniques, which soothe tired, strained muscles and stimulates both blood and lymphatic circulation. It is ideal for pre or post sporting activities, but also has excellent results as a blissfully relaxing massage.

ILĀ KUNDALINI BACK THERAPY

60 minutes

£85

Soothing. Restorative. Profound. Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems. Chakra and sound healing activate and channel the Kundalini – the dormant energy at the base of the spine: tension is lifted, negativity is released, and the body is brought back to a state of awareness and balance. Individuals with stress, insomnia and exhaustion, as well as muscular back tension, will greatly benefit.

ILĀ KU NYE FULL BODY MASSAGE

75 minutes

£90

Tension-releasing. Harmonising. Revitalising. This Tibetan body treatment balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs, while Tibetan techniques – cupping, kneading, and hot stone/poultice acupressure – help release physical and mental tension, harmonising from the tips of the toes to the crown of the head.



WHEN SHOULD I ARRIVE?

If you have booked a treatment we suggest you arrive at reception five minutes before your appointment.

WHAT SHOULD I WEAR?

When you enjoy your treatment we will protect your modesty and keep you wrapped up warm.

TREATMENT

Relax in the expert hands of our therapists who will be able to advise you on your treatment depending on your individual

need. All appointment times include a full consultation and aftercare advice. Please book all treatments in advance.

CANCELLATION POLICY

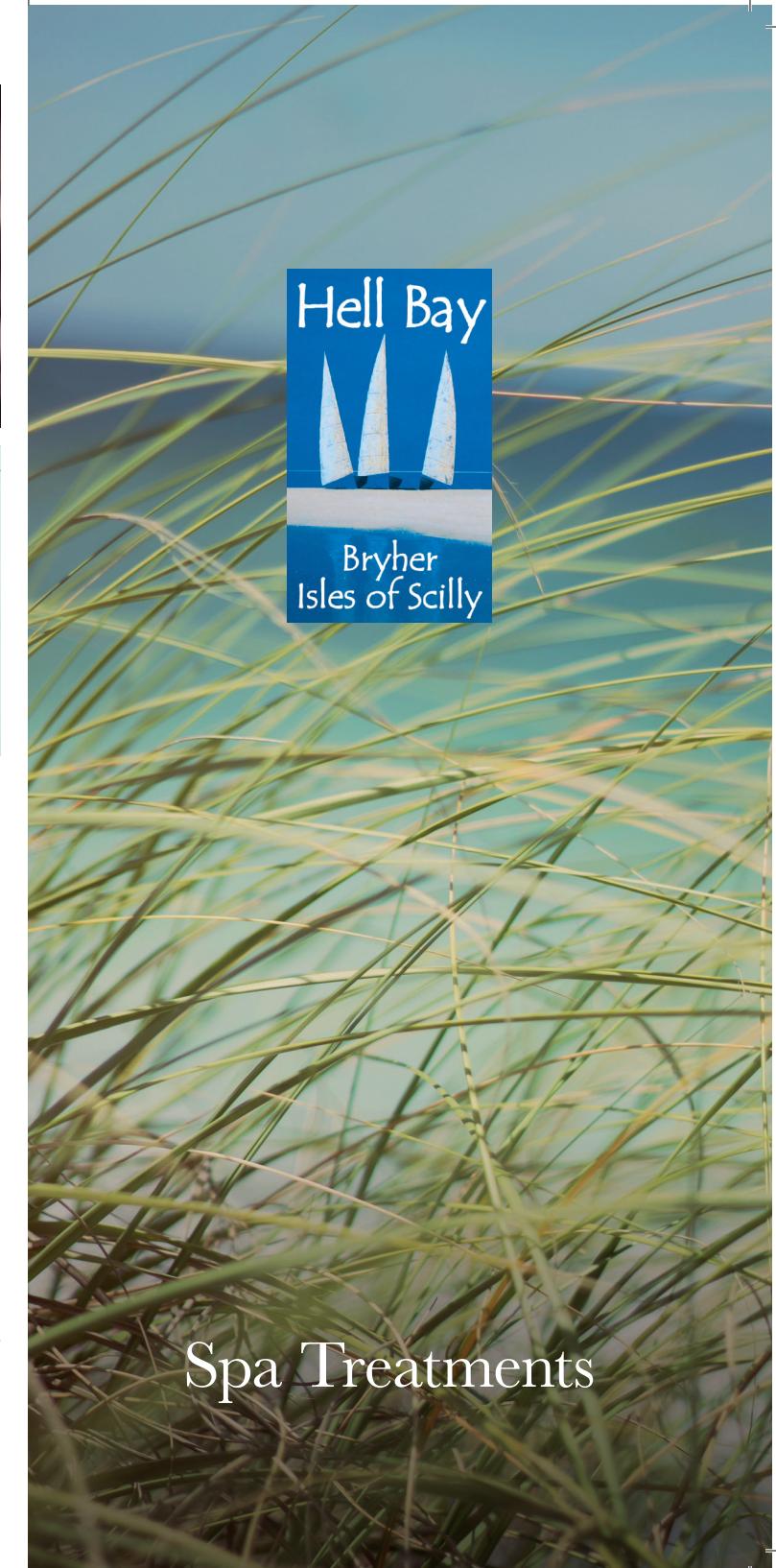
24 hour notice is required if you need to cancel an appointment. Failure to do so will mean we will charge the full cost of your treatment. Ensure you arrive in plenty of time; a late arrival may result in your treatment time being reduced or even cancelled with the full cost being charged.

Please avoid alcohol prior to any treatments. All information is correct at the time of going to press but is subject to variation without notice.

CONTACT

For more details, or to book, please visit www.hellbay.co.uk

If you have a query or you wish to make a booking, please call us on 01720 422947



Spa Treatments

Facial

ILĀ EXPRESS FACE TREATMENT

30 minutes £50

Gentle. Cleansing. Conditioning. This express face therapy comprises rose and gentle marma massage to improve blood circulation and address skin imbalances. Its wholly natural ingredients fight bacteria and gently condition skin, leaving you with a healthy glow within 30 minutes.

ILĀ ANANDA FACE THERAPY

60 minutes £85

Illuminating. Calming. Profound. Known as the blissful facial, this divine therapy restores natural luminance by increasing blood circulation and stimulating the free-flow of energy to facial cells. Specialised techniques combine with powerful damascena rose otto and sandalwood oils to reduce inflammation, address hormonal imbalance and open the energy centres of the face: skin glows with radiance and a sense of peace pervades the body.

ILĀ RAINFOREST REJUVENATION FACE THERAPY

60 minutes £85

Detoxifying. Regenerative. Anti-inflammatory. Known as the anti-ageing facial. This restorative facial draws on intensely healing rainforest extracts to rejuvenate facial skin. Warm herbs, lymphatic drainage techniques and an Amazonian mud mask encourage toxin release and reduce water retention, increase blood supply and boost collagen production at a cellular level. Skin tone is brightened and muscle contraction is inhibited, softening fine lines and wrinkles.

ILĀ MEN'S REVITALISING FACE THERAPY

60 minutes £85

Purifying. Anti-bacterial. Enlivening. This men's facial restores vitality to skin weakened by frequent shaving or exposure to the elements. A hydrating blackcurrant, honey and sandalwood exfoliator cleanses, tones and moisturises prior to a marma point massage with anti-bacterial vetivert and healing damascena rose otto. To end, a revitalising mask purifies and nourishes, leaving skin supple and strengthened.

Hand and Foot Therapy

LUXURY PEDICURE

70 minutes £55

A luxurious treatment for the feet and legs incorporating a scrub, mask then heated booties to soothe away tired feet providing ultimate hydration, finishing with a nail colour of your choice.

GENT'S PEDICURE

45 minutes £40

A deep cleansing treatment for the feet includes cuticles and nails trimmed, buffed and finish with a relaxing foot massage.



EXPRESS MANICURE

30 minutes £25

Perfect treat for young hands or an express file and polish.

MANICURE

45 minutes £40

Perfect for treating the nails and cuticles, relax with an arm and hand massage, file and polish, finishing with a nail colour of your choice.

LUXURY MANICURE

60 minutes £50

A luxurious and soothing treatment for the hands and arms, incorporating a scrub, mask then heated mittens to provide a deep intensive moisturising treatment, finishing with a nail colour of your choice.

GENT'S MANICURE

40 minutes £35

A deep cleansing treatment for the hands. Includes cuticles and nails trimmed, buffed and finish with a relaxing hand massage.

EXPRESS PEDICURE

35 minutes £30

Perfect treat for young feet, or as an express file and polish.

PEDICURE

50 minutes £45

A beautiful treatment for the feet, cuticles and nails. Relax with a foot soak and scrub, foot massage, file and polish, finishing with a nail colour of your choice.