

# ASHMIRA BOTANICA SPA RITUALS

Our Ashmira Botanica Spa Rituals are based on the Chinese Ancient methodology of the 5 Element theory to create wellbeing and a healthy balance between mind, body and spirit. Good health is known to require harmony between each of the Five Elements: Earth, Metal, Wood, Fire and Water.

When one of those elements is out of balance it can effect the way you look and feel.

Using your own personal biorhythm our therapists will determine which elemental products are best for your treatment and then use the purest natural ingredients to soothe away your anxiety and leave you feeling more energised, rejuvenated and alive.



## INNER ZEN

**Meridian Body Massage | 60 minutes | £59**

Evolve feeling positive and energised from this full body massage which helps balance mind, body and spirit. Experience our sound bowl and chimes whilst absorbing beautiful essential oils to deeply relax you.

## HEAVENS FLOWER

**Five Elements Facial | 60 minutes | £59**

Your skin will be deeply cleansed and exfoliated to help instantly brighten your appearance. Our lymphatic drainage and acupressure massage will help to deeply relax you, followed by one of our Five Elements masks, cream and elixir chosen especially for you.



## INNER BLISS

**Meridian Body Massage with Full Body Exfoliation, foot soak and cacao drink | 90 minutes | £82**

Your journey will begin with a foot soak and cup of Cacao to drink. You will then be exfoliated with a blend of rice powder and aloe to remove dead skin cells and leave your skin smooth, soft and renewed. Finishing the treatment with a meridian body massage.

## ELEMENTAL BODY EXFOLIATION

**Full Body Skin Softening | 30 minutes | £40**

Your skin softening experience begins with a foot soak and head massage. Your skin is then buffed away with a blend of rice powder, aloe and your chosen elixir to help stimulate blood and lymph flow and leave your skin silky, smooth and radiant.

## PURE ALCHEMY



**Youth Boosting Facial incorporating all 5 Elements,  
back exfoliation, acupressure and meridian massage**

**90 minutes | £82**

**120 minutes | £97 includes foot soak and cacao drink**

Unwind with this luxurious facial and meridian and acupressure massage which helps to stimulate and balance your emotions. Our lymphatic drainage massage and crystal rollers help to remove toxins and leave your skin radiant and glowing.



# FACIALS

## Mini Moo Facial | 45 minutes | £46

Using the very popular Moo Goo product range, this facial will give your skin a boost with a double deep cleanse with hot steamed towels and then a gentle exfoliating treatment with salicylic acid enzymes to help give the skin a renewed radiance.

## Magical Moisture Drench Facial | 60 minutes | £52

This therapy incorporates deep cleansing , gentle skin buffing, a luxurious and decadent facial and neck and shoulder massage, a deeply relaxing head massage and then your skin will be nourished and layered with skin treatments to revitalise and nourish the skin. We will use hot steamed towels throughout and you will be warmed on our heated couch . Just the perfect facial and head therapy for ultimate peace and immediate skin replenishment. 60 minutes of pure heaven.



## MASSAGE

### Therapeutic Massage

Our therapeutic massage is a Swedish style massage and can be tailored towards your needs using either a light or firm pressure, concentrating on a particular area if that needs focussing on or just general relaxation.

30 minutes | £30

45 minutes | £42

60 minutes | £50

### Pregnancy Massage

This is a fully supportive treatment and a gentle pressure is applied throughout so it is safe for Mum and Baby with our fully qualified Pregnancy Massage Therapist.

Mini Moo Back Massage | 30 minutes | £34

Mini Moo and Me Full Body Massage | 60 minutes | £55

Beautiful Baby Moo Full Body Massage & Magical Moisture Drench Facial | 120 minutes | £87

### Indian Head Massage | 30 minutes | £35

Indian head massage is a relaxing holistic treatment that uses acupressure massage to release stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders. It aims to rebalance your body energy. Deeply relaxing, this ancient massage technique calms, relieves tension and promotes wellbeing whilst restoring equilibrium.

