



## Hands and feet

### **CLASSIC PEDICURE**

**60 minutes**

A warm foot soak and foot-scrub, followed by clipping and shaping of the nails, cuticles being pushed back, a short foot and calf massage, moisturizer and nail polish (if desired).

### **CLASSIC MANICURE**

**45 minutes**

Nail shaping, cuticle care, a hand massage, lotion and polish.

### **SPA PEDICURE OR BEST FOOT FORWARD**

**75 minutes**

Take a load off with this foot-focussed tension releaser! Lower legs and feet are thoroughly exfoliated, bathed and massaged. Softens and smoothes to leave feet as supple and fragrant as a rose. Includes Clip and File Nails and dry File sole of foot, exfoliation, wrapping and relaxing foot massage.

### **SPA MANICURE OR GARDEN OF ENGLAND ROSE**

**Restore hand treatment**

**60 minutes**

Hand massages are incredibly relaxing and our treatment is the ultimate in conditioning, restorative, anti-ageing hand treatments. Targetting age spots and dryness, you'll float out with the softest hands and a look of pure bliss on your face. Treatment includes clip and file , exfoliation, wrapping with lavender mitts and a relaxing hand massage.

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