

# amaya



## FACIALS

### PAUSE

(25 minutes) - £45

This relaxing facial therapy includes a gentle cleanse and an aromatherapy cleanse followed by a face massage using an essential oil blend. A relaxing and re-energising experience and an express work out for your face boosting circulation.

### AMAYA SIGNATURE

(55 minutes) - £70

Allow yourself to relax, recharge and rejuvenate with the ultimate experience for your face, neck and décolletage. This facial therapy includes a double cleanse with exfoliation if required, followed by a face, chest, head and shoulder massage with a blend of essential oils prepared just for you. This therapy also includes a bottle of essential oil blended just for you to take home so that your face can continue to enjoy the benefits.

## MASSAGE

### PAUSE

(25 minutes) - £45

This relaxing / re-energising back massage is an effective pick me up for when you need a recharge!

### AMAYA SIGNATURE BACK

(45 minutes) - £65

This is more than just a recharge... this bespoke massage will help you to relax and unwind and you can specify which areas need more attention. Using a blend of essential or ayurvedic oils you will walk away feeling relaxed and re-energised.

### AMAYA SIGNATURE HEAD

(45 minutes) - £65

Melt away your stress and tension with this ultimate head massage which includes working on your neck and shoulders. Using a blend of essential oils you will walk away feeling rested, relaxed and re-energised. The use of hair oil for the head massage is optional and will enhance your experience.

### AMAYA SIGNATURE BODY

(75 minutes) - £100

This tailor made body massage uses a bespoke blend of essential or ayurvedic oils to relax, rejuvenate and recharge your mind and body. You can specify which areas need more attention.

## REFLEXOLOGY

### REFLEXOLOGY

(55 minutes) - £55

This effective, and often understated treatment aims to provide deep relaxation using thumb and finger pressure on the soles of your feet. An all over powerful relaxing experience which helps with stress, anxiety, sleep and so much more.

### AMAYA SIGNATURE REFLEX PLUS

(75 minutes) - £90

A full reflexology treatment followed by either a relaxing back and shoulder massage, head massage OR a facial massage.

\*Time stated includes consultation and aftercare advice

\*Cash and card payments are accepted

\*A £10 non-refundable deposit may be charged at the time of booking and will be deducted from your bill

\*A 48-hour cancellation policy applies



HITCHIN



07852 765 998



@AmayaHealing



@AmayaHolistic