

# Body Treatments

Choose from a selection of body scrubs and wraps that can be enjoyed separately or in conjunction with other body treatments or massage therapies. Our scrubs exfoliate and detoxify the skin, leaving it feeling smooth and revitalized. Our wraps promote circulation and hydration. All 80 minute body treatments include a full body massage.

## *The Spirit of Lavender*

*50 min or 80 min*

Lavender has been used for centuries for its healing and protective properties. Minerals are combined with lavender's healing properties in an invigorating deep cleansing body exfoliation to soften and refine the texture of the skin.

## *Chamomile Scrub*

*50 min or 80 min*

Chamomile is known for its soothing properties and its ability to calm dry or sensitive skin. New layers of smooth skin emerge as your body is gently exfoliated with a chamomile scrub to cleanse and polish. A chamomile cream application leaves you with soft, smooth and silky skin.

## *Hydrating Aloe Wrap*

*50 min or 80 min*

This perfect hydrating treatment for dry skin is based on the healing and moisturizing properties of aloe vera combined with the re-mineralizing and nourishing properties of essential oils. This fast absorbing therapy calms and soothes the skin. Enjoy a scalp and foot massage as you bask peacefully in your wrap.

## *Detox Wrap*

*50 min or 80 min*

This magnesium rich wrap helps to promote increased energy, ease of muscle tension, and stress reduction. Enjoy a scalp and foot massage as you bask peacefully in your wrap.

