



# dermalogica<sup>®</sup>

a skin care system researched and developed by The International Dermal Institute

**We are pleased to announce that we are now offering Lime Cross Spa Treatments in the ÖÖD house. With uninterrupted views across the lake the ÖÖD house offers a tranquil environment for a pampering session with Sandy, a qualified practitioner. Treatments will include Facials, Massages, Manicure and Pedicures.**

*Please e mail [helen@limecross.co.uk](mailto:helen@limecross.co.uk) to book, please state which treatment (s) you are interested in, your preferred date and time & your phone number.*

## **Classic Facial**

Unique to each client's skin type

Cleanse, ex-foliate, massage, masque & moisturise

(1 hr)

£45

## **Steam Facial**

A relaxing steam warms the skin and opens the pores in preparation for extraction, cleanse, ex-foliate, massage, masque & moisturise. 1 hour 15 mins.

(1 hr 15 mins)

£50

## **Japanese Facial Massage**

Japanese facial massage is a combination of 'Anma' techniques (the traditional Japanese massage) and acupressure techniques, which concentrates on specific acupressure points "Tsubos" on the face.

(1 hr)

£45

## **Holisite Body Massage**

Full body (with hot stones)

**(1 hr)**

**£60**

## **Back, Neck, Shoulders & Scalp**

**(30 mins) £35 (1 hr) £50**

## **Indian Head Massage**

Used for thousands of years to help improve circulation and relieve tension in the neck, scalp & shoulders.

**(45 mins)**

**£40.00**

## **Tsuboki Foot Massage**

“Aging begins in the feet” old Japanese proverb. Our feet can be neglected, by massaging the whole of the feet we affect the whole body. Indulgent massage to help relax and revitalise.

**(45 mins)**

**£35**

## **Relexology Treatment**

Reflexology is a relaxing holistic therapy which is believed to stimulate the body's own natural healing ability by helping to restore energy flow around the body, encouraging it to rebalance itself and achieve optimum health and well-being.

Benefits of relexology:

Relief from stress, anxiety & tension

Feeling of deep relaxation

Improved mood

Improved sleep

General sense of health and well-being

**(1 hr)**

**£50**

# O·P·I



## **Hand & Feet Moisturising Treatment OPI:**

### **OPI Luxury Spa Manicure**

File, soak, tidy cuticles, massage & polish

**£28**

### **Deluxe Spa Manicure**

As above

(includes hand mask & heated mitts)

**£33**

### **Luxury Spa Pedicure**

Soak, file, removal of hard skin, cuticle groom, exfoliate, massage & polish.

(1 hr)

**£30**

### **Deluxe Spa Pedicure**

As above

(Includes hand and heated booties)

**£35**