

MANA SPA

Taster Sessions

SPA EXPERIENCE TASTER SESSION - £25.00

SUBJECT TO AVAILABILITY

Journey into a stress-free life with our days of relaxation. Allow yourself to be immersed in the world of Wellbeing with our mini spa session, we can only guarantee that it will leave you wanting more!

INCLUDES

- A 2hour Spa Experience
- Provision of spa robes, towels, and footwear.
- Anytime between Monday-Friday.
- 10% of any pre-booked treatments.

OR WHY NOT TRY OUR TASTER TREATMENTS

These express treatments can act as a “taster” into what we offer here at The Mana Spa.



BACK MASSAGE - £20.00

An invigorating Back Massage that will target any deep aches and pains. Tailored entirely to your needs, whether it be stress relief, relaxation or emotional balance this massage will leave you feeling grounded and focused.



SHOULDER NECK & SCALP MASSAGE - £20.00

This treatment is designed to relax the mind, and encourage circulation. Warm oil is massaged throughout the scalp working to relax tight muscles in the temples and neck and also aid blood flow.



FOOT RITUAL TREATMENT - £15.00

For the ultimate pampering for those tired feet. The dual action sugar crystals exfoliates dull skin whilst our softening foot and heel treatment balm helps restores dry, callused soles to relieve dryness.



FILE & POLISH HANDS/FEET - £15.00

In a rush, but still a need a quick way to de-stress? The OPI ProSpa Express Manicure & Pedicures are perfect. Featuring essential OPI ProSpa products and techniques in a condensed service that doesn't sacrifice on a premiere experience.