



For more than 30 years Aromatherapy Associates, a truly British brand, has been specialising in harnessing the natural healing powers of the finest natural ingredients, purest extracts and essential oils to include in their products and treatments.

Combined with their many years of experience as therapists, they have seen first hand how essential oils have effectively enhanced the state of people's physical, mental and emotional wellbeing. Their renowned and award-winning products and treatments have transformed the aromatherapy experience into something highly effective yet luxurious and exceptional.



# FACIAL TREATMENTS

■ HYDRATING ■ MATTIFYING ■ SOOTHING ■ ANTI-AGEING ■ REFINERY

## ■ *Ultimate Aromatherapy Associates Facial* <sup>AA</sup>

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

1 hour 30 minutes

MAD 2200

## ■ *Age Repair Facial* <sup>AA</sup>

This is natural, highly effective skincare to reduce the signs of ageing without using harsh chemicals. This repairing and anti-ageing facial works with natural oils of Inca in chi and larch extract, which stimulate collagen formation to deliver firm and tightened skin, whilst the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin. True to Aromatherapy Associates' skincare philosophy, your skin is prepared by cleansing and exfoliating with jojoba beads or corncob granules. It is then massaged using apple seed extract, raspberry seed oil and date palm oil which are renowned for their cell renewal and anti-oxidant effects. Two masks are applied, a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump. Whilst the masks take affect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity. For ultimate luxury your scalp is massaged to release stress and tension.

1 hour 30 minutes

MAD 2200

## ■ *Essential Rose Facial* <sup>AA</sup>

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. This treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented. A calming frankincense inhalation helps you let go of the day's stresses, turning your focus inward as your treatment begins. A scalp massage releases muscular tension and prepares you for your facial. Your skin is thoroughly cleansed, exfoliated and toned using our rose preparations, rich in pure regenerating damask rose, skin balancing geranium, and nourishing jojoba oil. A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion. Then while a hydrating facial mask goes to work, your arms and hands are massaged and your skin is finally treated with a deeply moisturising facial oil and moisturiser.

1 hour

MAD 1300

1 hour 30 minutes

MAD 2200

### ■ *Deep Cleanse Facial*<sup>AA</sup>

A purifying treatment for oily and combination skin. Powerful essential oils of lavender, ylang ylang and tea tree are at the heart of this facial. With natural antibacterial properties, they penetrate deep into the skin, helping to regulate sebum production. Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. A facial massage follows using drainage techniques to improve circulation and help eliminate toxins whilst special pressure points ease tension and stress. A freshwater mud mask is then applied to draw out dirt and harmful impurities. As relaxing as it is cleansing, this treatment also includes a scalp massage and hand and arm massage for complete care.

1 hour

MAD 1600

### ■ *Soothing Facial*<sup>AA</sup>

This treatment is particularly for those suffering from redness or irritation. A truly soothing and calming facial suitable for irritated or inflamed skin, helping to reduce redness, nourish, soothe, and restore the skin's natural balance and radiance. The 90 minute treatment will also include a 30 minute relaxing back massage.

1 hour

MAD 1300

1 hour 30 minutes

MAD 2200

## ROSE INFINITY FACIAL TREATMENT

### ■ *Rose Infinity Bespoke Massage Facial*<sup>AA</sup>

Achieve instant, long lasting results that noticeably lift tone and firm the skin, leaving you with a flawless, healthy and younger looking complexion. The ground breaks Rose Infinity Collection; at the heart of the facial, uses Nobel Prize winning research that works at a cellular level to repair ageing DNA, radically increase moisture levels and stimulates collagen production. Wrinkles and lines are plumped out for visibly smoother, younger looking skin. A gentle, natural enzyme peel works to re-surface and illuminate while enabling other products to penetrate deeper into the skin. Our tailored bespoke massage will help to stimulate circulation and diminish puffiness. While our signature scalp, neck and shoulder massage will melt away any stress and tensions.

1 hour 30 minutes

MAD 2200

## MEN'S FACIAL TREATMENTS

### ■ *The Refinery Essential Facial* <sup>AA</sup>

A treatment suitable for all skin types, particularly dull skin looking for a deep cleanse. A deep cleansing and brightening facial that will leave skin looking clean, luminous and deeply hydrated with rich, invigorating essential oils and botanical extracts. To complement the relaxing properties of this treatment, a relaxing scalp massage is also performed, leaving you with a calm and comforted state of mind.

1 hour

MAD 1300

### ■ *The Refinery Ultimate Face and Body Treatment* <sup>AA</sup>

The ultimate, all-inclusive cleansing and rejuvenating treatment including a back exfoliation, cleanse and a stress relieving back and scalp massage, bringing relief to an overactive mind and tired or aching muscles. A deep cleansing facial using the finest essential oils is also performed to rebalance, clarify and hydrate the skin, leaving it bright, thoroughly clean and refreshed.

1 hour 30 minutes

MAD 2200

## ADD ON TREATMENTS

### ■ *Instant Eye Repair* <sup>AA</sup>

Refresh and brighten your eyes with this revitalising eye treatment, the perfect addition to any facial. The delicate eye area is the first place to show tiredness and ageing and it really benefits from some special care and attention. This treatment uses specialised massage techniques to improve microcirculation and drainage, helping reduce puffiness. Herbal extracts of toning black tea, cranberry and strawberry delicately firm the skin while working on dark circles and fine lines. Rich in powerful antioxidants, they protect against free radicals and environmental damage. Protective rose wax and shea butter nourish the skin and help it stay hydrated and soft. Gentle shoulder release techniques and a scalp massage free the circulation and improve blood supply to the eyes.

30 minutes

MAD 800

## ■ *Intensely Nourishing Hair Treatment* <sup>AA</sup>

Restore health and shine to dull, lifeless hair. This enriching treatment is based on pure essential oils of rosemary, geranium, ylang ylang and patchouli combined with coconut oil. Known for their beneficial effect on the scalp and hair, these richly scented oils encourage circulation and balance sebaceous activity, helping to promote healthy, conditioned hair. Nourishing hair oil is massaged into the hair and scalp as part of an Ayurvedic head massage. Working on the muscles and pressure points of the head, tension is released and a deep state of relaxation follows.

30 minutes

MAD 500

## WELLBEING TREATMENTS

### MASSAGES

## ■ *The Ultimate Aromatherapy Experience* <sup>AA</sup>

This hero treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aroma test to allow you to choose the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension.

1 hour

MAD 1400

1 hour 30 minutes

MAD 2000

■ RELAX ■ DE-STRESS ■ REVIVE ■ SUPPORT ■ INNER STRENGTH  
■ RENEWING ■ NOURISHING

## ■ *Intensive Muscle Release* <sup>AA</sup>

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful. Swedish and cross muscle fiber massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

1 hour

MAD 1400

## ■ *Jetlag Cure*<sup>AA</sup>

Long distance travel is physically and mentally exhausting and this treatment works on both levels to help you recover from the journey and adjust to your new environment. The treatment begins with an inhalation of eucalyptus to clear the airways. Body brushing gets the circulation going and stimulates the skin before a series of stretching and invigorating massage techniques re-align the body and get it moving again. Meanwhile spinal pressures works on the nervous system to reset the body clock, encouraging healthy circulation, digestion and elimination. Carefully selected essential oils work in combination with the massage techniques. To revive and keep you going, zesty pink grapefruit, juniper berry and rosemary bring mental clarity and stimulate the kidneys, liver and digestive system. To relax, vetivert, sandalwood and camomile calm and sedate both body and mind to enable you to get a good night's sleep.

1 hour 30 minutes

MAD 2000

## ■ *Body Refiner*<sup>AA</sup>

Your treatment starts with body brushing to wake up your skin. Then you relax into a specially designed deep tissue detox massage targeting stubborn areas of cellulite. You'll be wrapped in freshwater mud to firm and tone the skin, while foot reflex pressure massage encourages the release and elimination of toxins. The cleansing, stimulating effect of the massage is complemented by the therapeutic and detoxifying properties of a combination of essential oils. Zesty pink grapefruit, sweet orange and mandarin to lift your mood and gently stimulate the body's energy flow; fresh green rosemary sharpens the senses, and purifying juniper and pine help to release negative emotions and eliminate excess body fluid due to their diuretic properties.

1 hour

MAD 1200

## ■ *Immune Recovery*<sup>AA</sup>

Keep your respiratory tract and sinuses clear and your immune system strong with this purifying, fortifying upper body treatment. Perfect for those recovering from seasonal allergies or chest complaints or anyone who spends too much time in polluted or stuffy environments, this treatment uses inhalation and pressure point massage to open up airways and maximise effective breathing. An Ayurvedic scalp massage lightens a heavy head, while drainage movements help unblock sinuses and ease headaches. With the scent of fresh green leaves, essential oils of eucalyptus, tea tree and pine have a decongesting, purifying effect and, alongside lavender, they boost your natural immunity with their anti-bacterial, anti-viral properties. Used together, they help unblock a stuffy head and keep your airways clear.

1 hour

MAD 1200

## ■ *Sleep Deeply*<sup>AA</sup>

A powerful body and mind switch-off to induce a serious state of relaxation for a comforting, peaceful night's sleep. Working on all aspects of physical, mental and emotional stress, the treatment begins with a warming foot ritual followed by a head to toe massage using carefully applied pressures and neuromuscular and Swedish techniques to balance the nervous system and ease an overactive mind. This deeply sedating full body massage harnesses rich earthy essential oils of vetivert, camomile and sandalwood, renowned for their intense calming and grounding effects. A must-have treatment for those who suffer with insomnia or who are longing for a deep sense of tranquility.

2 hours

MAD 2400

## ■ *Clear Your Mind*<sup>AA</sup>

Calm a stressed and confused head with a refreshing yet soothing experience for body, mind and soul. A camomile and olive grain scrub refreshes legs and feet before you are treated to a spiritually uplifting inhalation of frankincense and a traditional aromatherapy massage to target symptoms of stress. A blend of camomile, petitgrain and rosemary helps to calm and cleanse your thoughts, whilst an Ayurvedic scalp and facial massage works on your complete wellbeing to relieve anxiety and emotional exhaustion. Perfect for a troubled mind, this is an effective treatment any time of day to refresh your memory and get your brain back on track.

2 hours

MAD 2800

## ■ *Uplift Your Mood*<sup>AA</sup>

A truly indulgent and emotionally pampering ritual to harmonise and rejuvenate. This is a complete experience that works on all the senses to boost your emotional wellbeing, whilst treating the body to some nurturing hands-on therapy. This treatment begins with a gentle olive grain exfoliation to legs and feet, followed by an application of vitamin rich wheat germ oil to cuticles and dry skin. A pressure point massage with uplifting oils of geranium, frankincense and rose encourage feelings of inner harmony, whilst a warm freshwater mud mask to the face works on your outer radiance. Combined with a relaxing scalp massage using a rich, conditioning hair oil infused with pure essential oils, body and soul are simultaneously nourished and uplifted.

2 hours

MAD 2400

# SCRUB & WRAP TREATMENTS

## ■ *Intense Nourishment* <sup>AA</sup>

Nourish body and soul with this luxurious treatment designed to rejuvenate dry, out-of-condition skin. The sensual fragrance of exotic flowers such as fresh tuberose, seductive ylang ylang and rich vanilla bring their calming, expansive properties to this treatment. An intensive salt and coffee body exfoliation stimulates the circulation and sloughs off dead cells to revive dull tired-looking skin. Hands and feet are given special attention with applications of rich vitamin E oil to cuticles and heels and a freshwater mud mask to truly soften and condition the skin. Your body is layered in hydrating and mineralising marine algae and then massaged, Swedish style, with a blend of four highly nourishing plant oils. Skin is then protected with velvety moisturising body butter. Finally a scalp massage dissolves tension and stress so that mind and body are nourished and rejuvenated.

1 hour 30 minutes

MAD 1600

## ■ *Rose Hydrator* <sup>AA</sup>

Bring back your radiance with this comforting, restorative treatment. Precious essential oil of damask rose works on capillary circulation renewing the skin whilst the aroma has an expansive quality that soothes the emotions and nurtures the heart. The treatment begins with a gentle olive grain exfoliation. Nourishing oils are applied to cuticles and heels and then the body is layered in a hydrating and regenerating rose gel. A moisturising and softening mix of oil and cream with evening primrose oil and shea butter is smoothed on before being left to penetrate with the body's own heat under a wrap. An Ayurvedic scalp massage with frankincense inhalation works simultaneously on the physical, mental and emotional aspects.

1 hour

MAD 1200

## ■ *Summer Skin Cooler* <sup>AA</sup>

Soothe and re-hydrate over-exposed skin with this cooling, refreshing treatment. The treatment combines the famous skin-healing properties of lavender with cooling peppermint and regenerative rose to rescue distressed skin. Gentle exfoliation (optional if skin is sunburnt) prepares the body for an intensive layering of hydrating rose gel, soothing lavender oil and nourishing body cream rich in shea butter. A hydrating mask is applied to the face and while the active extracts get to work an Ayurvedic scalp massage releases tension in the head for an all-over relaxing, restorative treatment.

1 hour

MAD 1200



### ■ *Detox and Revive* <sup>AA</sup>

Feel fresh and alive with this detoxifying treatment. The perfect pick-me-up for when you're feeling sluggish or lethargic with out-of-condition skin, this treatment combines sweet zesty pink grapefruit, fresh green rosemary and rich, woody juniper berry for a strengthening, detoxifying effect. Exfoliation with finely ground olive grains refines the pores and reveals fresh, new skin then while you are enveloped in layers of gels and oils a stimulating foot reflex pressure massage encourages the release and elimination of toxins.

1 hour

MAD 1400

### ■ *Perfect Back* <sup>AA</sup>

Prepare to show off your back with this skin-refining treatment. Orange flower water calms inflamed or irritated skin, while gently toning and regulating the production of natural oils. The renowned healing properties of lavender promote healthy cell renewal, and tea tree has an anti-bacterial effect. This thoroughly cleansing back treatment works deeply into the skin to encourage the effective elimination of toxins and balance the production of the skins own natural oils. Smoothing corn cob and jojoba scrub is followed by a freshwater mud mask to help draw out impurities and soften the skin. Then while the mask goes to work, your therapist will work on detoxifying your entire system with a foot pressure point massage.

30 minutes

MAD 700

1 hour

MAD 1300

## PREGNANCY TREATMENTS

### ■ *Ultimate Rose Pregnancy Massage* <sup>AA</sup>

Feel nurtured and supported in a time of constant change. Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension.

1 hour

MAD 1200

### ■ *Ultimate Rose Post Pregnancy Skin Nourisher* <sup>AA</sup>

Take a moment to nourish your body and soul with a deeply comforting, restorative treatment. Precious essential oil of damask rose enhances the loving emotions in mothers-to-be while contributing its skin cell renewing properties to expanding skin.

1 hour

MAD 1200