

White Orchid Therapies

MIND BODY SOUL

07539 394895 (Jackie) | whiteorchidtherapies@yahoo.com | Empire Hotel 01492 860555

Massage

MIND BODY BALANCE



Aromatherapy Full Body Massage

55 min
£70

Essential oils are selected to suit your needs, promoting relaxation, wellbeing and a renewed sense of balance.



Back Cleanse & Relax

55 min
£70

The back is cleansed and exfoliated, then treated to an aromatherapy massage and finished with tone and moisturiser.



Aromatherapy Back, Neck & Shoulder Massage

25 min
£40

A focused aromatherapy massage to release tension across the back, neck and shoulders.



Full Body Salt Scrub Exfoliation

30 min
£45

A perfect pre-holiday treatment. An oil and salt scrub removes dead skin cells from top to toe, leaving skin silky soft.



Deep Tissue Full Body Massage

55 min
£70

A traditional massage using firm pressure to ease and relax muscular tension.



Full Body, Face & Scalp Massage

85 min
£90

This signature treatment releases tension throughout the body, leaving you deeply relaxed and recharged.



Deep Tissue Back, Neck & Shoulder Massage

25 min
£40

Targeted firm pressure helps loosen tight and tired muscles.



Back, Face & Scalp Massage

45 min
£55

Targeting three key areas, this massage melts away daily stresses and tensions held deep within the muscles.



Hot Stones Full Body Massage

55 min
£80

Smooth, heated stones are used to massage the body and soothe tired, aching muscles.



Reiki

55 min
£70

A gentle hands-off or hands-on palm healing therapy using energy to encourage emotional and physical wellbeing.



Hot Stones Back, Neck & Shoulder Massage

25 min
£50

Warm stones and flowing massage techniques ease tension in the upper body.



Reflexology

55 min
£70

Gentle pressure is applied to specific points on the feet to release tension, calm the mind and encourage natural balance and wellbeing.

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Body Rituals & Facials

DETOX NOURISH RESTORE GLOW

Body Wraps



Detox Body Wrap

60 min
£75

Body brushing and exfoliation are followed by detoxifying body oil. You are cocooned in a warm wrap to improve circulation and aid the elimination of toxins, while a skin-freshening facial and scalp massage complete the treatment.



Nourishing Body Wrap

60 min
£75

Body brushing and exfoliation are followed by hydrating body oil. A warm cocoon encourages absorption of the nourishing oil while you enjoy a skin-freshening facial and scalp massage.

White Orchid Facials

Each White Orchid facial includes a cleanse, exfoliation, massage with pressure points and lymph drainage, mask, scalp massage, tone and moisturise.



Purifying Facial

55 min
£70

A deep-cleansing facial for problematic skin, encouraging a clearer and more balanced complexion.



De-sensitiser Facial

55 min
£70

A comforting facial designed to leave sensitive skin calmed, nourished and comforted.



Hydrating Facial

55 min
£70

A regenerating facial for dehydrated skin, leaving the complexion soft and smooth.



Radiance Anti-ageing Facial

55 min
£70

A revitalising treatment to refresh tired skin and leave it noticeably brighter and more radiant.



Personalised Booster Facial

25 min
£40

A personalised facial including cleanse and exfoliation, plus your choice of massage or mask, finished with tone and moisturiser.

Hands & Feet



Luxury Manicure

55 min
£40

Nail shaping, exfoliation and cuticle work are followed by a massage of the hands and forearms, finished with a polish of your choice.



Luxury Pedicure

55 min
£50

A foot soak, nail shaping, cuticle work and exfoliation are followed by massage and a polish of your choice.



Leg & Foot Soother

25 min
£40

A foot scrub softens the skin before a foot and lower-leg massage with essential oils to stimulate circulation. Hot or cold stones soothe and revive tired legs.



File & Polish

25 min
£25

Nails are shaped and finished with a polish of your choice, for fingers or toes.

Appointments: 07539 394895 (Jackie) | Empire Hotel Reception 01492 860555