

YMCA TRINITY GROUP

YMCA

Treatment Room Now Open

Offering massages, facials,
hopi ear candles & more!

To book contact Lisa Cuthbert
leigh41c@gmail.com or call
07746 398965

	30 mins	45 mins	60 mins	75 mins	90 mins
Massage and Holistic treatments					
Back, neck, shoulder massage	£25				
Back, neck, shoulder & scalp massage		£30			
Therapeutic massage	£25	£30	£35		£50
Hot stone massage	£30	£35	£40		
Swedish Massage	£25	£30	£35	£40	£50
Indian Head Massage	£20	£30			
Hopi ear candle treatment	£25				
Beauty Treatments					
Facials (Bronze, Silver, Gold)		£35	£40	£45	
Back Exfoliating Massage	£30				
Seaweed Body Wrap		£40			
Seaweed Tummy Wrap		£35			
Half Body Mud Bath			£45		
Indulgence Packages					
<u>Mum To Be Pamper Package</u> Full body massage, baby bump mask, helps soften the skin and lesson tightness, and full facial.					£50
<u>Mini Ritual Massage & Facial</u> Whole body massage followed by a relaxing facial.					£60
<u>De-stress Ritual</u> Half body Hot Stone massage, foot massage and one extra from the treatment selection: Hopi Ear Candle, Scalp Massage, Facial.			£50		
<u>Beat The Cold</u> Warming hot stone massage to heat and de-stress your body followed by a facial to leave your skin glowing and hydrated.			£50		
<u>Ritual Back, Legs, Arms Scrub Radiance</u> Relaxing massage, then exfoliating massage to revitalise and refresh your body.				£55	

Ask for details about our specialist wedding packages