



# CELTIC

## WELLBEING

Mind • Body • Soul

**It's the refresh menu! All treatments listed are available at both venues. We use gorgeous Neal's Yard organic products in all our treatments**

### WELCOME TO CELTIC

Our gift to you. Book any 30-minute massage within 48 hours of arrival for just **£25.00 (guests)** or for just **£22.00 (holiday home owners)**. Normally £30.00

#### SWEDISH MESSAGES

Release muscular tension, aches and pains with a deeply relaxing massage treatment, using organic ginger and juniper warming oil and essential oils bespoke to your treatment

<i>Full Body Massage (1 hour)</i>	<b>£55</b>
<i>Back, Neck and Shoulder and Back of Legs massage (45 mins)</i>	<b>£45</b>
<i>Back, Neck and Shoulder Massage (30 mins)</i>	<b>£30</b>

#### HOT STONE MASSAGE

This treatment has the additional benefit of volcanic basalt stones, which glide smoothly over your body and travel deep into your muscles

<i>Full Body Massage (1 hour)</i>	<b>£60</b>
<i>Back, Neck and Shoulder and Back of Legs massage (45 mins)</i>	<b>£50</b>
<i>Back, Neck and Shoulder Massage (30 mins)</i>	<b>£35</b>

#### BAMBOO MASSAGE

The warm bamboo sticks are a fantastic way to produce a much deeper penetrating massage getting into any tight and tense muscles, a great alternative to a sports massage

<i>Full Body Massage (1 hour)</i>	<b>£60</b>
<i>Back, Neck and Shoulder and Back of Legs massage (45 mins)</i>	<b>£50</b>
<i>Back, Neck and Shoulder Massage (30 mins)</i>	<b>£35</b>



#### FACIALS

Your treatment is as follows: A consultation to identify your skin type a deep cleanse removing all impurities, exfoliation to remove dull and dry skin leaving a fresh canvas to nourish with our follow on products. Hot mitts are used throughout the treatment.

*Pick Me Up - Organic Mini Facial (30 mins). This is perfect if you are short on time but still need the therapeutic uplift of a deeply nourishing facial. You will radiate from even 30 minutes of our indulgent therapies.*

**£30**

*Full Indulgent Organic Facial - An hour long facial indulgence which will leave you relaxed and rejuvenated. Your senses will be elevated with the wonderful aroma, textures and blissful massage movements from the work of our therapists.*

**£45**





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### EYE TREATMENTS

Please note: Eye treatments require a patch test 48 hours in advance of your treatment, please ask for more information.

<i>Eyebrow shape</i>	<b>£10</b>
<i>Eyebrow tint</i>	<b>£9</b>
<i>Package deal with eyebrow shape</i>	<b>£17</b>
<i>Eyelash tint</i>	<b>£10</b>
<i>Lash lift &amp; volume treatment (1 hour)</i>	<b>£30</b>

*Want longer more voluminous lashes? This treatment is perfect for emphasising your natural lashes! The treatment consists of lifting the lashes by the root, creating length and tinting the hairs to give more Depth and colour. No need for mascara! Results last between 6 - 8 weeks. Not suitable if pregnant*

### WAXING

Full Leg **£23** including bikini **£30**/Half Leg **£18**  
Underarms **£8**/Bikini **£12**

### SOMETHING FOR YOUR LITTLE ONES! MANICURE OR PEDICURE

Pampering is fun for all ages! Includes a tidy up and file of the nails with application of nail enamel colour. **£8**

### MANICURES AND PEDICURES

CND®  
VINYLUX

Our Beauty Therapy team love keeping your hands and feet in tip top condition, using top quality brands

<i>File and polish</i>	<b>£12</b>
<i>Full Manicure or Pedicure</i>	<b>£30</b>
<i>Deluxe Manicure or Pedicure</i>	<b>£35</b>

*A deeply nourishing treatment. Full luxurious pamper including a soak (pedicure) and cleanse, exfoliation of the skin to refresh and remove dead skin cells, hard skin removal (pedicure) with hydrating hand/foot mask, moisturise and massage. Nail work includes a normal manicure/pedicure with file, cuticle work, buff and choice of nail enamel colour finished with an application of cuticle oil.*

*Add Shellac for an additional **£10***

### SHELLAC MANICURE OR PEDICURE

CND®  
Shellac™

Using this revolutionary hybrid nail polish, bringing the best of gel and polish together, to give strong, durable, high-shine, fuss free and totally fabulous nails! Removal is included in the price **£22**

### MINI REFRESH

Enjoy a 30 minute treatment from our full menu above, or a Deluxe Manicure or Pedicure with an additional 30 minute treatment and a delicious Charlie's lunch\*

\*includes a lunch allowance of up to £15.00

**£40**

### MAXI REFRESH

Enjoy a one hour treatment from our full menu above, or a Deluxe Manicure or Pedicure with an additional 30 minute treatment and a delicious Charlie's lunch\*

\*includes a lunch allowance of up to £15.00

**£70**

