

Michelle Denham

WELLNESS TREATMENTS



FACE TREATMENTS

MICHELLE DENHAM'S SIGNATURE FACIAL 90 MINUTES £130

The ultimate facial experience. Sink into the heated bed, cocooned in a duvet and allow your mind and body to escape the waves of life.

Includes, Back massage, Deep cleanse, Exfoliation, Face, Scalp massage, Mask and Hot oil Foot massage.

RECONNECT FACIAL 60 MINUTES £90

Disconnect to reconnect! Customised from start to finish based on your skin type, key concerns and your skin needs.

Includes, Deep cleanse, Exfoliation, Face Massage, Mask , Hand and Arm massage





BODY MASSAGE

PERSONALISED SWEDISH MASSAGE

At MD Wellness treatments we believe it's important to provide a personalised journey for you and your bodies individual needs. Simply choose a time and let's discuss what areas you would like us to target. Wither pre / post surf or just to completely switch off and relax , we've got you!

Muscle tension-Relaxation-Energising

Choose from..

30 minute £50

60 minute £85

90 minutes £120

RELAXING LOUNGERS

Sink into our super comfy reclining lounge chairs. This dedicated area has been specifically designed as a sanctuary to work on your most used and under loved areas. Take advantage of our noise cancelling headphones and 100% blackout Manta sleep masks to completely escape from the world.

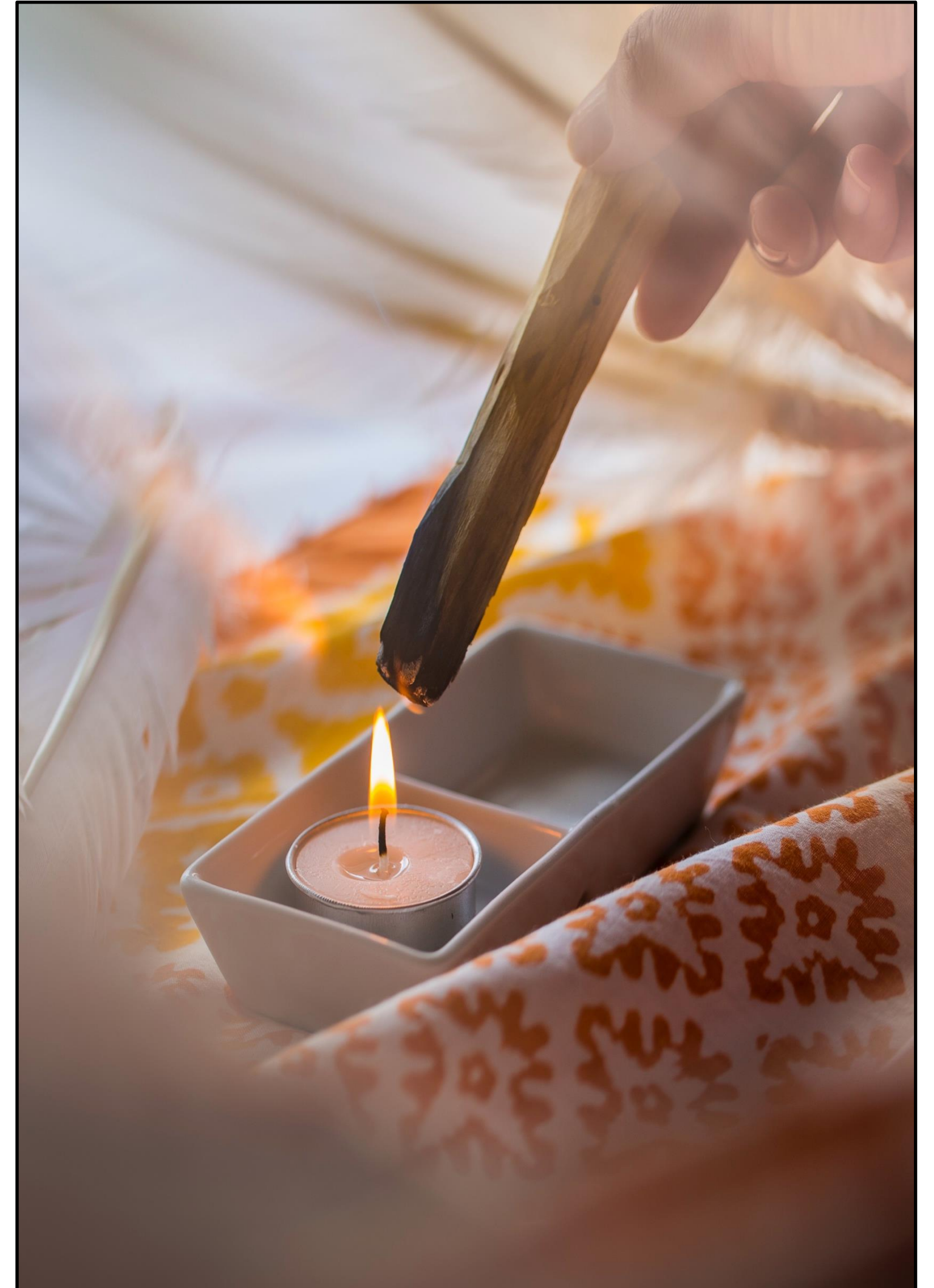
FOOT REVIVER 45 MINUTES £55

Reduce tension and improving the circulation and relaxation of weary feet and legs
Includes: Deep foot soak, Foot and lower leg exfoliation, Deep muscle melting massage, Finishing with a nourishing cream.

HAND REVIVER 45 MINUTES £55

Encourage circulation, promoting the relaxation and condition of wearied hands and arms.

Includes: Exfoliation, Intensive Massage, and lotion application.





BODY EXFOLIATIONS

ENERGISING & DETOXIFYING BODY RENEWAL 60 MINUTES £90

Using the ionizing properties of Himalayan Salt Crystals, this body rejuvenation treatment gently massages into the skin, resulting in rapid exfoliation and the removal of toxins and stress.

Rejuvenate-Enhances skins glow

PEARL & JASMINE SCRUB 60 MINUTES £90

Restore your vitality and energy levels with this incredible scrub made from pearl and jasmine Himalayan salt crystals. Experience mental clarity, wellbeing, and strength as you indulge in this rejuvenating treatment.

Nervous system restored-Reconnection of body & mind

PREGNANCY TREATMENTS

MAMMY TO BE 90 MINUTES £120

A peaceful and uplifting treatment that promotes relaxation and a sense of tranquillity while deeply hydrating and nourishing your skin.

Includes: Full body exfoliation, Body massage, face and scalp massage

BUMP AND ME 60 MINUTES £90

Bump and me treatment is tailored specially to Mum and her growing bump. This is the perfect uplifting treatment to support the wonderful journey to motherhood.

Includes: Bump exfoliation and mask, hand, arm and face massage.





WEE ADD ONS

FOOT RENEWAL 15 MINUTES £20

Ease tired, heavy legs and feet with a foot and lower leg exfoliation, removed with hot towels, finishing with a deeply nourishing foot and lower leg massage to leave you walking on air.

STRESS BUSTING SCALP MASSAGE 15 MINUTES £20

Stress and tension can be eased with a deeply relaxing scalp massage, working into the entire scalp area incorporating, kneading, pressure points and scalp stretches.

BACK STRETCH 15 MINUTES £20

Start your facial with a stretch out back massage. Long enveloping moments allow you to truly switch off and the perfect preparation for ultimate relaxation for your facial.

EYE RESCUE 15 MINUTES £20

A must have targeted eye treatment for brighter, fresher skin around the delicate eye area. Goodbye puffiness and dark circles.

HAND RENEWAL 15 MINUTES £20

Hand renewal can be added to all facials to give your hands that extra special care they deserve, fantastic treatment for special occasions.