

TREATMENT MENU

YU SPA HOT STONE MASSAGE

BACK, NECK, & SHOULDERS

Relieve muscle tension and pain as small stones are placed on key energy points of the body, evoking an aura of warmth. The deep penetrating heat from the stones is used to massage the body to ease muscles and deeply relax the mind and body.

MON - THURS (30MINS) - £46

FRI - SUN (30MINS) - £53

PERSONALISED MASSAGE

Relax and recharge with a deep rhythmic pressure massage that gives the whole body a vigorous workout. Combined with specially blended oils, this treatment is tailored to the individual's needs, focusing on relieving muscle aches and tension.

FULL BODY (60 MINUTES)

MON - THURS - £70

FRI - SUN - £78

BACK, NECK & SHOULDERS (P*)

MON - THURS - £43

FRI - SUN - £51

*not recommended during the first trimester

PEACEFUL PREGNANCY MASSAGE (P*)

Connecting with the mother through the power of touch and working with two heartbeats as one. Extra support is given with the pregnancy pillow to ensure the ultimate comfort and relaxation.

A full body massage with a facial and scalp massage

*Not recommended within first trimester

MON - THURS (60MINS) - £81

FRI - SAT (60MINS) - £86

TASTER FACIAL

This relaxing and unwinding facial will leave you wanting more. Your skin will be cleansed, toned and a hot flannel will be applied followed by facial oil. A relaxing and gentle décolleté massage will be performed while the exfoliator gets to work, followed by a moisturiser. Once removed the skin is left glowing and perfectly hydrated.

MON - THURS (30MINS) - £43

FRI - SUN (30MINS) - £48

YU SPA SIGNATURE FACIAL

This reviving facial is designed to suit your specific skin type. Your skin will be cleansed, toned, then a hot flannel will be applied followed by a relaxing facial and décolleté massage, the skin will also be exfoliated accompanied by a mask and moisturiser to finish with. Your skin will be left glowing and suitably moisturised.

MON - THURS (50MINS) - £66

FRI - SUN (50MINS) - £71

HOLISTIC THERAPY: REIKI (P)

This natural healing art originated in Japan and restores the natural balance in the body using the energy which is all around us. Hands are placed in a sequence of positions around the body to channel energy forces and promote a sense of wellbeing and calm.

MON - THURS (60 MINS) - £47

FRI - SUN (60 MINS) - £52

REFLEXOLOGY (P*)

Reflexology encourages the body to work naturally to restore its own healthy balance. Treatment involves applying pressure to the precise reflex points on your feet.

*Not recommended within first trimester

MON - THURS (60MINS) - £55

FRI - SUN (60MINS) - £60