

THE CURTAIN

TREATMENT MENU

TO MAKE AN APPOINTMENT PLEASE CALL
020 3146 4545, OR IF YOU'RE STAYING WITH US
PLEASE DIAL 0 FROM YOUR BEDROOM PHONE.

MASSAGE THERAPY

SPORTS MASSAGE

60 MINUTES: £65; 90 MINUTES: £85

PERFECT FOR ANYONE EXPERIENCING CHRONIC PAIN THROUGH REPETITIVE ACTIVITIES OR LONG PERIODS OF INACTIVITY. MUSCLE TESTING AND RANGE OF MOVEMENT ARE ASSESSED TO PRESCRIBE WHICH MASSAGE TECHNIQUES AND MUSCLE GROUPS WILL BE FOCUSED ON. IT WILL HELP ALLEVIATE INJURIES SUCH AS SCIATICA, FROZEN SHOULDER, ROTATOR CUFF, NECK STIFFNESS, ITB SYNDROME AND MORE.

DEEP-TISSUE MASSAGE

30 MINUTES: £35; 60 MINUTES: £65; 90 MINUTES: £85

DEEP-TISSUE MASSAGE IS BENEFICIAL FOR ANYONE EXPERIENCING TIGHT KNOTTED SHOULDERS FROM SITTING AT A DESK ALL DAY, OR IF IT'S BEEN A LONG TIME SINCE YOUR LAST MASSAGE. ELBOWS, THUMBS AND HANDS ARE USED TO WORK DEEP AND ALLEVIATE KNOTS AND TENSION, INCREASING CIRCULATION.

HAWAIIAN MASSAGE (LOMI LOMI)

60 MINUTES: £65; 90 MINUTES: £85

KA HUNA BODYWORK ORIGINATED IN THE SOUTH PACIFIC (HAWAII) AND WAS USED AS A TRANSFORMATIONAL MASSAGE AND HEALING SYSTEM. THERAPISTS USE HANDS, FOREARMS, AND ELBOWS, MOVING AROUND THE TABLE IN CHI STYLE MOVEMENTS, WORKING WITH ENERGY WHILE APPLYING SOFT AND DEEP TISSUE MASSAGE TECHNIQUES. MUSIC IS PLAYED AND THE AIM IS TO HARMONISE THE VARIOUS RHYTHMS OF BODY, MIND, AND SOUL.

ABHYANGA / RELAXATION MASSAGE

30 MINUTES: £30; 60 MINUTES: £60

THE AYURVEDIC OIL MASSAGE ACTS AS A POWERFUL RECHARGER AND REJUVENATOR OF MIND AND BODY. IDEAL IF YOU WANT TO BE PAMPERED, IT ALSO IMPROVES CIRCULATION, DISSOLVING SLUGGISHNESS FOR A GREAT SENSE OF WELLBEING. IT PROMOTES A DEEPER AND MORE RESTFUL SLEEP AND GIVES A GREATER AMOUNT OF ENERGY FOR THE DAY. THERAPEUTICS AYURVEDIC OILS ARE USED IN THIS TREATMENT.

AYURVEDIC YOGA MASSAGE

60 MINUTES: £60; 90 MINUTES: £85

THIS MASSAGE IS NORMALLY PERFORMED ON A MAT ON THE FLOOR IN INDIA USING OIL AND AN INDIAN POWDER FOR THERAPEUTIC BENEFITS. BUT AT THE CURTAIN WE HAVE TRANSFERRED THIS TREATMENT TO THE MASSAGE TABLE FOR ADDED COMFORT. THERE IS A COMBINATION OF YOGA AND DEEP-TISSUE TECHNIQUES, USING HANDS, AND ELBOWS. THIS MASSAGE IS GREAT FOR INCREASING CIRCULATION, LYMPHATIC FLOW AND MOBILITY, DETOXIFYING THE SKIN AND BODY, RELIEVING HEADACHES AND INCREASING VITAL ENERGY.

INDIAN HEAD MASSAGE

30 MINUTES: £35

INDIAN HEAD MASSAGE IS A TREATMENT BASED ON OLD AYURVEDIC TECHNIQUES, INVOLVING MASSAGE ON THE UPPER BACK, SHOULDERS, NECK, SCALP, AND FACE. A VARIETY OF MASSAGE MOVEMENTS ARE USED TO RELIEVE ACCUMULATED TENSION, CIRCULATION AND RESTORE JOINT MOVEMENT. IT CAN ALSO HELP REDUCE FATIGUE AND INCREASE MENTAL CLARITY, RELAXES AND REJUVENATES. THIS TREATMENT CAN BE DONE WITHOUT OIL OR WITH AN INDIAN OIL THAT HAS A COOLING SENSATION TO THE SCALP WHICH IS GREAT FOR RELIEVING HEADACHES AND MIGRAINES. THIS TREATMENT CAN BE DONE SEATED OR LAYING DOWN OR EVEN COMBINED WITH ANOTHER TREATMENT.

ADDITIONAL TREATMENTS

CUPPING

75 MINUTES: £75

TRADITIONAL CHINESE CUPPING DATES BACK AROUND 5,000 YEARS AND INVOLVES A CUP BEING APPLIED TO THE SKIN WHILE PRESSURE IS REDUCED BY SUCTION OR HEAT. THIS TREATMENT IS IDEAL FOR LOOSENING TIGHT MUSCLES OR SPASMS AND CAN HELP TO RELEASE TOXINS QUICKLY AS IT BRINGS THE BLOOD TO THE AREA CONCERNED. PLEASE NOTE THAT CUPPING IS COMBINED WITH ADDITIONAL REMEDIAL TREATMENT.

TRIGGER POINT THERAPY

60 MINUTES: £65; 90 MINUTES: £85

A TRIGGER POINT IS A TIGHT AREA OF MUSCLE TISSUE, THAT CAN CAUSE PAIN IN OTHER PARTS OF THE BODY. A TRIGGER POINT IN THE BACK MAY REDUCE PAIN IN THE NECK AND MIGHT BE SHARP OR AN INTENSE OR DULL ACHE. IN THIS TREATMENT, YOU ACTIVELY PARTICIPATE THROUGH DEEP BREATHING AS WELL AS IDENTIFYING THE EXACT LOCATION AND THE INTENSITY OF THE DISCOMFORT. YOU CAN EXPERIENCE A SIGNIFICANT DECREASE IN PAIN AND A GREAT INCREASE IN THE RANGE OF MOVEMENT AFTER JUST ONE TREATMENT. ESPECIALLY EFFECTIVE FOR SHOULDER STIFFNESS, NECK AND LOWER BACK PROBLEMS.

REFLEXOLOGY

30 MINUTES: £30; 60 MINUTES: £60

REFLEXOLOGY REDUCES STRESS, INCREASES ENERGY AND IMPROVES YOUR OVERALL WELLBEING. THUMB AND FINGER PRESSURE IS USED TO STIMULATE THE REFLEX AREAS THAT RELATE TO DIFFERENT PARTS OF THE BODY. WORKING ON THESE REFLEX POINTS CAN TRIGGER PHYSIOLOGICAL CHANGES THAT EMPOWER THE BODY TO HEAL ITSELF. THIS TREATMENT IS DEEPLY RELAXING AND ALSO STIMULATES THE CIRCULATORY AND LYMPHATIC SYSTEMS. IT CAN ALSO HELP RELEASE ANY BLOCKAGES IN THE FLOW OF ENERGY AROUND THE BODY ENABLING US TO STAY HEALTHY.

MASSAGES & TREATMENTS ARE AVAILABLE IN THE WELLNESS CENTRE, FROM 10AM-7PM, FROM TUESDAY TO SATURDAY

IMARNI NAILS

MANICURES & PEDICURES

MINI MANICURE

NAILS RESHAPED, CUTICLES PUSHED BACK, HANDS MOISTURIZED, POLISH APPLIED.

20 MINUTES: £18

CLASSIC MANICURE

NAILS ARE RESHAPED, CUTICLES SOAKED AND REMOVED, FOLLOWED BY DEEP RELAXING HAND MASSAGE AND APPLICATION OF POLISH.

30 MINUTES: £28

LUXURY MANICURE

NAILS RESHAPED, CUTICLES SOAKED AND REMOVED, HANDS EXFOLIATED WITH SUGAR AND OIL SCRUB, RENEWING MASK IS APPLIED. FINISHED BY A DEEP RELAXING HAND AND ARM MASSAGE AND APPLICATION OF POLISH. INCLUDES GLASS OF FIZZ.

45 MINUTES: £38

GEL NAIL ART

CHOOSE FROM OUR ON-TREND NAIL ART MENU. LASTS UP-TO THREE WEEKS.

45 MINUTES: FROM £40

GEL MANICURE

LONG-LASTING GEL POLISH - NAILS ARE RESHAPED AND CUTICLES REMOVED, THE COLOUR OF YOUR CHOICE IS APPLIED FINISHED WITH DEEP HAND AND ARM MASSAGE.

35 MINUTES: £35

GEL REMOVAL

NAILS WRAPPED AND LEFT TO SOAK IN ACETONE, GEL IS REMOVED WITH CARE, NAILS RESHAPED, BUFFED AND HYDRATED. FOLLOWED BY APPLICATION OF IMARNI'S CALCIUM AND IRON STRENGTHENING BASE COAT.

45 MINUTES: £15

ACRYLIC EXTENSIONS/INFILLS

ACRYLIC EXTENSIONS WITH TIP APPLICATION OR SCULPTED FOR NAIL ENHANCEMENT.

90 MINUTES: £40-60

MINI PEDICURE

NAILS ARE RESHAPED, CUTICLES REMOVED, FEET MOISTURIZED, POLISH APPLIED.

25 MINUTES: £20

REGULAR PEDICURE

REMOVAL OF HARD CALLOUSED SKIN. NAILS RESHAPED, CUTICLES REMOVED. FEET ARE MOISTURISED, FOLLOWED BY APPLICATION OF POLISH.

35 MINUTES: £35

CLASSIC PEDICURE

FEET ARE SOAKED IN OUR FOOT SPA AND NAILS RESHAPED, REMOVAL OF HARD AND CALLOUSED SKIN, FOLLOWED BY EXFOLIATION WITH A RELAXING FOOT MASSAGE AND A POLISH TO FINISH.

45 MINUTES: £40

LUXURY PEDICURE

FOR INDULGENT FOOT CARE - FEET ARE SOAKED IN OUR FOOT SPA AND NAILS RESHAPED, REMOVAL OF HARD SKIN AND EXFOLIATION USING SUGAR AND OIL SCRUB BEFORE FEET ARE WRAPPED IN A HYDRATING MASK. FOLLOWED BY FOOT MASSAGE AND POLISH TO FINISH. (INC COMPLIMENTARY BUBBLY)

65 MINUTES: £55

IMARNI NAILS CAN BE FOUND IN THE WELLNESS CENTRE, FROM 11AM-7PM MONDAY-WEDNESDAY, 11AM-8PM ON THURSDAY, 11AM-7PM FRIDAY-SATURDAY AND 1-6PM ON SUNDAY.