

Made For Your Wellbeing

Touch Therapy Spa Rituals are created to slow down the mind and relax, bringing harmony to the mind and body and a gentle feeling of having been nurtured and held. These rituals all use slow, soothing, and rhythmic massage techniques providing complete tranquillity and relaxation, promoting a sense of wellbeing. The treatments are adaptable and completely safe for everybody, even those with a compromised immune system.

HAND ON HEART™

Back, Face & Scalp Treatment - 90 mins

A mindful, gentle, and nurturing ritual for the head, face, back and shoulders - created to allow you to drift away into a meditative state of relaxation. A combination of deep breathing exercises and slow Tui Na Chinese massage techniques rebalance and calm the upper body. A facial pressure points massage eases tension and a slow and gentle head massage clears the mind.

CATCH THE BREATH™

Back and Head Treatment- 30 mins

This nurturing gentle treatment for the head, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow, rhythmic movements using 100% organic Made for Life Organics products

SOLE SENSATION

Foot and Leg Treatment - 30 mins

Refresh tired, aching feet (and soles) with a rosebud foot soak and exfoliation, followed by a soothing leg and foot massage with cooling peppermint, healing rosemary and Made for Life 100% organic oils.

TENDER TOUCH

Hand and Arm Treatment - 30 mins

Hand reflexes are soothed and nurtured with a caring touch using enriching and moisturising hand balms. Soft Touch Therapy for the Hands and Arms.

ROSE QUARTZ WELLNESS FACIAL

Organic Facial - 75 mins

This deeply calming and uplifting facial softens tension and stress lines by using deep, therapeutic massage techniques across the face, neck, and shoulders. Puffiness is dissolved and energy is infused into the complexion using cooling Rose Quartz "Gua Sha" Crystals. Eyes are refreshed and contours of the face are sharpened. The Made for Life Rose Quartz Facial begins with deep breathing for relaxation and includes a soothing scalp massage whilst the 100% organic products work their magic. This facial leaves you feeling renewed and aglow with health and vitality.

MADE FOR MUMMA TO BE

Body Treatment - 60 mins

A beautiful and nurturing massage created especially for Mumma To Be. 100% organic oils created to nourish and replenish are applied, using gentle and relaxing massage techniques to ease muscular tension and soothe. Almost like Tai Chi...in a massage. This is the perfect ritual to nurture Mumma and baby to be.

MADE FOR LIFE
ORGANICS
CORNWALL