

## ◁ MASSAGE

Get rid of any impending jitters with a soothing message designed to melt away muscular tension and boost physical and mental energy.

With massages ranging from gentle to vigorous, how deep you go depends on how well you're tuned into the idea of male pampering. If you dread the idea of a sudden assault of furious kneading, you can opt for a gentler treatment – in every case, the idea is to target the parts of the body that are most in need of attention. Using essential oils and a combination of techniques to create a controlled, rhythmic motion, it's an ideal treatment for men unaccustomed to letting themselves go.

The service provided is a bespoke one, which involves a prior consultation, taking your medical needs as well as lifestyle choices into careful consideration (it may not be such a treat if you're recovering from last night's stag do, for instance!). Every part of the procedure – from the petrosage (a kneading technique achieved through the movement of the hands) to the tapotement (a stimulating stroke administered with the edge of the palm) – is carefully explained, with its benefits such as invigoration, de-stress and increased circulation spelled out. Once the mind is put at ease, you can rest easy in the knowledge you're in safe hands...

• *Neck & shoulders* £28, *Head & back* £42, *Full body* £55



## MANICURE

**It's astonishing how much a man will spend on a watch and rings, yet do little to his hands than run a clipper over the nails.**

**As well as trimming them just right (they should neither be too long or too short), the most noticeable difference can be seen in the cuticles. The process of having them pushed back can be painful, but once you see the perfect half moons on your tips, you'll wonder how you managed to put up with them before! After exfoliating and moisturising, your hands will be left feeling soft, supple and rejuvenated – the best part is that you also leave with a better knowledge of how to look after your hands, products best suited to your skin, which means you can ensure you look finger lickin' good on the Big Day itself!**

• *Trim nails, treat cuticles & deep moisturise:* £27



## PEDICURE

Seeing as the traditional khussa isn't exactly built for comfort, you don't want to avoid slipping your shoes off because you didn't tend to your feet.

The 30-minute procedure begins with feet detailing – where your toe nails are trimmed, cleaned and filed. The cuticles are oiled and pushed back to appear uniform. The feet are then dampened and gently massaged. A granular scrub is used to exfoliate dead skin cells, after which an exfoliation cream is rubbed in to bring new skin cells to surface. A bit of buffing to pull off dead skin around the cuticle, followed by a foot file for extra scrubbing and your feet will look and feel like they've been sculpted by a goddess!

• *Trim nails, treat cuticles & deep moisturise:* £29