



# lifehouse

spa & hotel

## Recommended Treatments Preferential Rates

Must be booked prior to arrival in conjunction with a Wellness Retreat

### **Facial Acupuncture & Gua Sha**

55 minute £80 (Normally £85)

Available Tuesday & Friday

### **Food Intolerance Consultation**

90 minutes £135 (Normally £140)

Available all week

### **Holistic Facial**

40 minutes £55 (Normally £60)

Available Saturday, Sunday, Monday & Tuesday

### **Myotherapy**

55 minutes £50 (Normally £85)

Available Saturday & Sunday

### **Natural Health Consultation**

55 minutes £45 (Normally £50)

Available all week

### **Personal Meditation**

60 minutes £45 (Normally £50)

Available all week

### **Personal Training**

30 minutes £25 (Normally £30)

Available all week

### **Reflexology**

55 minutes £75 (Normally £80)

Available all week

### **Reiki**

55 minutes £75 (Normally £80)

Available all week

### **Ultimate Holistic Experience**

120 minutes £130 (Normally £135)

Available Saturday, Sunday, Monday & Wednesday

### **Soul Soother**

120 minutes £130 (Normally £135)

Available Saturday, Sunday, Monday & Tuesday