



EROS SPA

Enter a world of calm and harmony for body, mind and spirit, created for your pleasure and wellbeing. All our treatments meet your individual requirements offering you the ultimate pampering experience and will leave you feeling revitalised, restored and relaxed.

"Where peace comes dropping slow"

W B Yeates

SPA TREATMENTS

FACE

Facial treatments maintain and improve the quality of the skin. They include an analysis of the skin, aiding blood circulation, muscle relaxation and slowing the onset of wrinkles.

MASSAGE

Massage has profound effects on body and mind. Its healing process can reduce heart rate and blood pressure, increase joint mobility and flexibility, improve circulation and immune function and relieve anxiety and stress.

Massage can further help alleviate headaches, tension, insomnia, depression, aches and pains, and is one of the easiest ways of attaining and maintaining good health.

HOT STONE MASSAGE

Heated basalt stones combined with aroma oils placed on key energy points evoking an aura of warmth. The deep penetrating heat from the basalt stones is used to massage the body with traditional techniques to release muscular tension and balance the spirit.

SEAWEED BATH

A Seaweed Bath is nature's perfect body balancer and an excellent way to take in iodine therapy. Seaweeds purify and balance the ocean and they can do the same for your body. Noticeable rejuvenating effects occur when toxins are

released from your tissues. A hot seaweed bath is like a wet steam sauna only better because the sea greens balance body chemistry instead of dehydrating it.

HYDRO THERAPY BATH

Water is synonymous with healing and nurturing. Powerful jets in combination with aromatic oils can be selected with our state-of-the-art hydrotherapy bath to create a memorable and effective experience.

REIKI

This is the ancient art of hands on healing. Reiki is the coming together of two energies: reiki - universal life energy and ki - vital life force, so joining the universal and personal.

REFLEXOLOGY

The treatment acknowledges the theory that there is a reflex on the foot relative to every organ and gland in the body. This holistic healing works by using alternative pressure on the feet coinciding with specific hand and finger techniques.

