

## **Four Pillars Hotel Treatment Guide – Witney and Oxford Thames**

### **Facial Therapies**

For our facial and body therapies we work with The Green People Organic Lifestyle Products. We offer three luxury facial therapies ranging from 25 minutes to 90 minutes.

Our 25 minute treatment includes cleanse, tone, exfoliation, vitamin mask and moisturise. Our 55 minute treatment includes cleanse, tone, exfoliation, face, neck and shoulder massage, mask and moisturise.

Finally our 90 minute deluxe treatment includes a stimulating or soothing back exfoliation and massage followed by our luxury facial and scalp treatment.

<b>Revive and Refresh Facial</b>	<b>25 minutes</b>	<b>£29.00</b>
<b>Prescriptive Facial</b>	<b>55 minutes</b>	<b>£49.00</b>
<b>Luxury Back, Face and Scalp Treatment</b>	<b>85 minutes</b>	<b>£72.00</b>

### **Body Therapies**

#### **Special Soothing Body Booster Treatment**

We begin by using our natural organic soothing exfoliation formula – a unique combination of Raw cane sugar, Olive leaf extract and Calendula to smooth away dead and dry skin cells revealing blissfully soft skin. Relax with a Vitamin Shower and finally float away with an application of our specialist soothing, decadent deep-moisturising Body Butter.

**50 minutes** **£55.00**

#### **Stimulating and Invigorating Body Booster Treatment**

We begin by using our natural organic soothing exfoliation formula – a unique combination of Raw cane sugar, Olive leaf extract and Calendula to smooth away dead and dry skin cells revealing blissfully soft skin. Relax with a Rosemary and Pink Clay Shower and finally float away with an application of our specialist stimulating, decadent deep-moisturising Body Butter.

**50 minutes** **£55.00**

#### **Help at Hand**

We begin by using our natural organic soothing exfoliation formula – a unique combination of Raw cane sugar, Olive leaf extract and Calendula to smooth away dead and dry skin cells revealing blissfully soft hands followed by a relaxing rose, geranium and lavender hand and arm massage. Completed with a file and polish to the nails.

**25 minutes** **£24.00**

### **Fresh Feet**

We begin by using our natural organic smoothing exfoliation formula – a unique combination of Raw cane sugar, Olive leaf extract and Calendula to smooth away dead and dry skin cells revealing blissfully soft feet followed by a soothing leg and foot massage. Completed with a file and polish to the toes.

**25 minutes**

**£26.00**

### **Massage & Holistic Therapies**

#### **Swedish Massage**

Swedish Massage is the traditional method of massage using a combination of deep tissue and precise muscular movements to encourage relaxation whilst stimulating and loosening general tension, aches and pains.

**Back, Neck and Shoulder Massage**

**25 minutes    £29.00**

**Full Body Massage**

**55 minutes    £50.00**

#### **Indian Head Massage**

A non-invasive, relaxing treatment incorporating the upper back, neck, face and scalp. Indian Head is a dry massage performed over clothing leaving you feeling totally de-stressed and pampered. A great pick-me-up treatment.

**25 minutes    £35.00**

#### **Relax and Revive Massage**

Relax, unwind and enjoy 45 minutes of pure indulgence. An amazing combination of perfectly blended oils and deeply relaxing massage creates the ultimate treatment for those seeking relaxation whilst gently treating muscular aches and pains.

**45 minutes    £45.00**

### **Hands and Feet**

For the manicure and pedicure treatments we use the renowned Jessica Natural Nail range, specialists in prescriptive products for the hands and feet.

The luxury treatments include warm mitts and booties which are applied over additional nourishing and hydrating masks, creams and stimulating serums. This is a fantastic treatment for tired, dry skin in need of that little bit extra. With all manicure and pedicure treatments we advise allowing an hour for the polish to set post treatment.

**Prescriptive Manicure**

**55 minutes    £30.00**

**Deluxe Manicure**

**75 minutes    £35.00**

**Classic Pedicure**

**55 minutes    £35.00**

**Deluxe Pedicure**

**75 minutes    £40.00**

**File & Polish**

**25 minutes    £20.00**

## Eye Treatments

\* For the following treatments a patch test is required 24 hours prior.

* Eyelash Tint	25 minutes	£15.00
* Eyelash & Eyebrow Tint	25 minutes	£20.00
* Eyebrow Tint	15 minutes	£9.00
* Eyebrow Tint & Eyebrow Shape	15 minutes	£15.00
Eyebrow Shape	15 minutes	£9.00

## Waxing

Full Leg & Bikini Wax	55 minutes	£35.00
Full Leg Wax	40 minutes	£30.00
¾ Leg Wax & Bikini Wax	40 minutes	£30.00
¾ Leg wax	40 minutes	£26.00
½ Leg Wax	25 minutes	£22.00
½ Leg Wax & Bikini	25 minutes	£26.00
Bikini Wax	15 minutes	£12.00
Underarm Wax	10 minutes	£9.00
Eyebrow Wax	10 minutes	£9.00
Upper Lip & Chin Wax	10 minutes	£9.00
Back Wax	25 minutes	£22.00
Chest Wax	25 minutes	£22.00

## St. Tropez Self Tanning

For my self-tanning treatments I use the distinguished St Tropez range. The treatments all incorporate a full body exfoliation, followed by an application of specialist moisturiser and tan. The tan is designed to last between 7 – 10 days so is therefore ideal for holidays or perfect for a special occasion.

The full body treatment is head to toe, the part body treatments are either head to lower stomach or lower stomach to toes.

Part Body Treatment	40 minutes	£30.00
Full Body Treatment	70 minutes	£59.00