

# treatment menu

## Bali Health Lounge

life is stressful. our purpose is to help all people live a healthier lifestyle with less stress, more relaxation and lasting wellness

### relaxing massages

| duration | non-member | member   |
|----------|------------|----------|
| 30 min   | £51        | from £38 |
| 60 min   | £81        | from £53 |
| 90 min   | £99        | from £74 |

choose from:

**signature deep tissue massage (30, 60 or 90 min)**

**signature swedish massage (30, 60 or 90 min)**

**indian head massage (30 or 60 min)**

**pregnancy massage (60 or 90 min)**

**reflexology (60 min)**

**relaxing hot stones massage (60 or 90 min)**

**combination (massage & facial) (60 min)**

#### couples

couple treatments in our double rooms available for selected massage and facial treatments, subject to availability

### elemis facial care

we deliver the highest quality treatments using the best products from elemis, britain's leading spa and skincare brand. supported by clinical studies these treatments will leave you with more beautiful, younger, healthy looking skin.

#### express power booster (30 min)

£51 non members | from £38 members |

#### skin solutions (60 mins)

£81 non members | from £53 members |

choose from:

##### superfood pro-radiance

for plumper, radiant skin lit up with good health

##### anti-blemish mattify & calm

deeply detoxifying treatment for clear, bright skin

##### sensitive skin soother

helps reduce appearance of redness and protect against daily stresses

##### high performance skin energiser for men

for ageing, dehydrated skin and tired eyes

#### anti-ageing (75 mins)

£91 non members | from £74 members |

choose from:

##### pro-collagen age defy

tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged padina pavonica and red coral

##### pro-definition lift & contour

creates a profoundly sculpted, youthful effect

##### dynamic resurfacing precision peel

targets the signs of ageing and uneven skin tone



### a complete experience

all bookings benefit from (no additional charge):



### guided meditation

5 minute opportunity of self focus to allow you to truly embrace the moment



### complimentary gourmet tea

hydrate and nourish your body and mind before returning to urban life

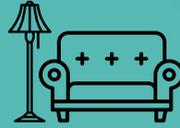
# professionalism & quality

our 3 pillars of excellence



## expert therapists

undergoes bespoke in-house training programme for deeper more effective treatments



## unique environment

scenic starlight ceilings and tranquil tea lounge to escape urban life



## customer focus

customer loyalty from outstanding value, convenience and customer service

## targeted massages

our targeted wellness massages are specialist treatments which use a variety of advanced techniques to help specific aches & pains. combines traditional massage, myofascial release, trigger point therapy, stretching and percussive action for enhanced results.

| duration | non-member | member   |
|----------|------------|----------|
| 60 min   | £81        | from £53 |

### neck release (60 min)

our neck release massage works specifically on the muscles associated with neck and shoulder pain, limited mobility, headaches and migraines.

### lower back release massage (60 min)

our low back release massage works specifically on the muscles associated with low back pain, sciatic pain and limited mobility.

### targeted wellness deep tissue massage (60 min)

using a variety of advance clinical techniques your therapist will design a bespoke massage treatment working specifically to target your areas of tension and limited mobility.

*\*regular treatments recommended for long term results.*

### terms & conditions

a discretionary service charge of 10% will be automatically added to your bill. this gratuity is distributed directly to the members of staff who performed your treatment. a 50% deposit is required to secure bookings for all non members. any deposits for bookings cancelled or rescheduled with less than 48 hours notice given are non refundable. prices include vat at 20%.

## discover our membership

for best value treatments and regular treatments.

## waxing & packages

please see separate menu or our website

## book or enquire

☎ 0161 850 2288

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🌐 [www.balihealthlounge.com](http://www.balihealthlounge.com)

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