

SLIMMING & BODY TREATMENTS

We offer a list of slimming treatments to target various problems such as cellulite, muscular toning and localized fat. Our packages are designed according to our clients' needs, most of the time with a mix of treatments. Our experienced staff will help you determine the best slimming packages to suit your needs.



Faradic Stimulation (60mins)

This technology is a form of electrical stimulation ideally suited for firming and toning body muscles. The current is a low-frequency alternating milli-amperage current, delivered in a series of short pulses a few milliseconds in length, through electrically conductive pads that are positioned over specific muscle groups. As the current passes through the pads it stimulates the motor points of the muscle triggering a visible muscle contraction. Each session provides a form of passive muscle exercise. This treatment can be customized to the needs of each individual, treated areas can be abdo, buttocks, arms, thighs. It is ideal for body contouring, slimming and toning.

Cavitating Ultrasound (60mins)

The principle of cavitation enables treating localized excess fat and reduces the accumulated layers to obtain a loss of centimetres of the treated area. The handprobe generates low frequency sound waves that uses the water in your cells as a vector in order to generate small bubbles. The volume of these bubbles will increase until the implosion causes an imbrittlement of the adipocytes membrane to liberate the triglycerides: this phenomenon is called lipolysis. The liquefied fat then passes through the lymphatic and circulatory system to be eliminated by the liver, the kidneys and the macrophages.

Parafango wraps (60mins)

This body treatment targets stubborn cellulite mainly in the hips, thighs and buttocks. It uses natural sea mud that is rich in marine seaweed to help stimulate liquid drainage. This helps to eliminate unwanted inches.

Heavy Legs Wrap (60mins)

This is the perfect treatment for those who are on their feet all day and also good for pregnant Mum's to be! Treatment works with warm and cool ingredients to reduce fluid retention and improve circulation. You are left feeling incredibly refreshed and more energised.

Swedish Body Massage (60mins)

This type of massage has been around for a long time. If it's your first time, this is the type of massage you should start with. Massage movements are performed to warm up muscle tissue, releasing tension and gradually breaking up muscle knots. To complement this treatment we use a mixed blend of essential oils. It is the perfect massage to relax, de-stress and unwind. Can be adapted to a full body or back, head & neck only.

Bora Bora Massage (75mins)

Deep Blue Massage Bora Bora is a deluxe relaxing body treatment that includes Oriental drainage, Asian energy and Polynesian relaxing massaging techniques utilising seaweed massage stamps. Aided by special balms and oils this massage will quickly recover your balance through deep relaxation and an intensive stream of vital new forces.

Gold Massage (75 mins)

This is a deep tissue massage inspired by Russian massage techniques. A series of thermal shocks utilising wooden accessories, along with relaxing pressures and kneading, leaves the body reenergised and radiant.