

A U R A

HEALTH | WELLBEING | RETREAT
AT BOWFIELD

MAKE TIME FOR YOURSELF...



WELCOME...

AURA

HEALTH | WELLBEING | RETREAT
AT BOWFIELD

WE INVITE YOU TO MAKE TIME FOR
YOURSELF WITH OUR WIDE RANGE OF
HOLISTIC AND BEAUTY THERAPIES.

WE ARE EXTREMELY PROUD TO WORK
CLOSELY WITH WORLD LEADING BRANDS
SUCH AS ESPA, ISHGA & OPI.

THE AURA SPA TEAM WILL BE DELIGHTED
TO OFFER YOU ADVICE AND GUIDANCE ON
THE BEST TREATMENTS TO MEET YOUR
INDIVIDUAL NEEDS.

AND RELAX

01505 705225
BOWFIELDHOTEL.CO.UK/SPA

INFORMATION

OPENING HOURS:

MON, TUE, WED - 10AM-7PM

THU - 10AM-8PM

FRI, SAT & SUN - 10AM-7PM

SPA DINING & REFRESHMENTS

ENJOY DISHES CREATED FROM OUR SPECIAL MENU IN THE SPA LOUNGE. YOU CAN ALSO INDULGE IN A GLASS OF PROSECCO OR CHAMPAGNE, OR SIMPLY RELAX WITH OUR SELECTION OF TEAS, COFFEES OR SOFT DRINKS.

ARRIVAL AT THE SPA

WE INVITE YOU TO ARRIVE AT OUR SPA RECEPTION A MINIMUM OF 20 MINUTES PRIOR TO YOUR SCHEDULED APPOINTMENT TIME. THIS WILL ALLOW YOU TO FILL OUT RELEVANT PRE-TREATMENT PAPERWORK AND CHANGE INTO YOUR BATHROBE & SLIPPERS. KINDLY NOTE THAT ADDITIONAL TIME BEYOND THE SCHEDULED TREATMENT PERIOD WILL NOT BE GRANTED IN CASE OF LATE ARRIVALS. TREATMENT TIMES ARE INCLUSIVE OF CONSULTATION AND HOME CARE ADVICE. BATHROBES & SLIPPERS WILL BE PROVIDED FOR YOU DURING YOUR TIME AT THE HEALTH & WELLBEING SUITE.

SPA ETIQUETTE

FOR THE COMFORT OF ALL OF OUR GUESTS PHOTOGRAPHY AND USE OF MOBILE PHONES IS PROHIBITED WHILST IN TREATMENT SUITES AND RELAXATION ROOMS. PLEASE ENSURE THAT APPROPRIATE SWIMWEAR OR GYM ATTIRE IS WORN AT ALL TIMES WHILE USING OUR VARIOUS FACILITIES.

HEALTH CONDITIONS

YOUR WELLBEING IS OUR PRIORITY, SO PLEASE ADVISE US OF ANY HEALTH CONDITIONS, RECENT OPERATIONS, ALLERGIES OR INJURIES WHEN MAKING YOUR SPA RESERVATION, AS A DOCTOR'S NOTE MAY BE REQUIRED.

PREGNANCY

WE HAVE SPECIALLY DESIGNED TREATMENTS FOR EXPECTANT MOTHERS IN THEIR SECOND & THIRD TRIMESTERS. PLEASE CONTACT THE HEALTH & WELLBEING RECEPTION TEAM FOR FURTHER INFORMATION AND TO HELP YOU MAKE THE CORRECT TREATMENT CHOICE.

INFORMATION

CHILDREN

PERSONS UNDER THE AGE OF 16 ARE PROHIBITED FROM HAVING SPA TREATMENTS OUT WITH A FILE & POLISH NAIL TREATMENT OR A TIME PRECIOUS FACIAL. A PARENT OR GUARDIAN MUST SIGN A PARENTAL CONSENT FORM PRIOR TO TREATMENT. ALL UNDER 16S MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES, AND WILL NOT BE PERMITTED TO USE THE SAUNA OR HOT TUB AREAS.

LOSS OR DAMAGE

PLEASE KEEP ALL VALUABLES LOCKED IN THE LOCKER PROVIDED DURING YOUR VISIT. WE REGRET WE CANNOT BE HELD RESPONSIBLE FOR ANY LOSS OR DAMAGE OF PERSONAL ITEMS.

CANCELLATION POLICY

A 100% CHARGE WILL BE INCURRED FOR CANCELLATIONS OR NO SHOWS WITHIN 48 HOURS OF YOUR BOOKING. A CREDIT/DEBIT CARD NUMBER IS REQUIRED TO SECURE YOUR RESERVATION.

ADVANCE BOOKINGS

WE STRONGLY RECOMMEND BOOKING YOUR TREATMENTS IN ADVANCE TO GUARANTEE YOUR PREFERRED TIME AND SERVICE. PLEASE CONTACT OUR SPA TEAM TO HELP YOU WITH YOUR TREATMENT SELECTION.

ENHANCE YOUR EXPERIENCE

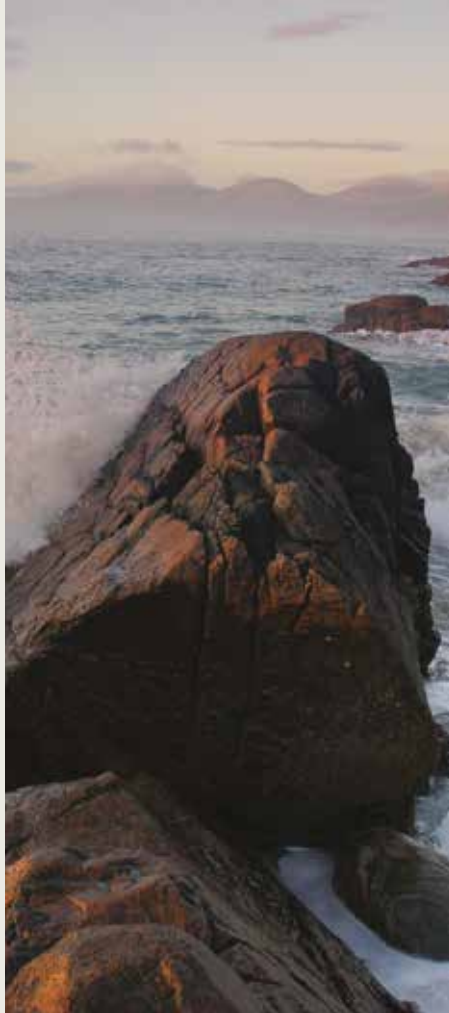
IF YOU WISH TO ENHANCE YOUR SPA EXPERIENCE BY ADDING ON AN OVERNIGHT STAY PLEASE LET US KNOW. WE HAVE SOME EXCELLENT PACKAGES AVAILABLE, INCLUDING DINNER, BED & BREAKFAST IN ADDITION TO SPA TREATMENTS.

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ishga

THE NAME ISHGA IS DERIVED FROM
THE GAELIC WORD FOR WATER



ISHGA PRODUCTS HAVE BEEN DEVELOPED IN THE OUTER HEBRIDES USING THE HIGHEST QUALITY AND PUREST SCOTTISH SEAWEED, COMBINED WITH WATER FROM A NATURAL SPRING SITUATED ON THE BEAUTIFUL HEBRIDEAN ISLE OF LEWIS.

SEAWEED HAS BEEN USED FOR CENTURIES FOR ITS NATURAL HEALING AND THERAPEUTIC PROPERTIES. IT CONTAINS A HIGH CONTENT OF VITAMINS, MINERALS AND POWERFUL NATURAL ANTIOXIDANTS THAT ARE CONSIDERED ESSENTIAL FOR MAINTAINING GLOWING SKIN.

MORE RECENT SCIENTIFIC RESEARCH SHOWS THE SEAWEED EXTRACT USED IN ISHGA PRESERVES THE SKIN'S NATURAL COLLAGEN.

THE MINERAL RICH SEAWEED EXTRACT IS CAREFULLY BLENDED WITH CUCUMBER EXTRACT, MACADAMIA, JOJOBA, ALOE VERA AND LEMON PEEL SO THAT YOUR ISHGA TREATMENT WILL DETOXIFY, NOURISH, FIRM AND HYDRATE THE SKIN.

SUITABLE FOR ALL SKIN TYPES.

SIGNATURE ISHGA TREATMENTS

ISHGA REJUVENATING FACIAL

50 MINS

A REJUVENATING FACIAL DESIGNED TO REVITALISE AND REPAIR. IT IS PARTICULARLY USEFUL FOR TONING, FIRING, NOURISHING BUT ALSO REPAIRING AND PROTECTING THE SKIN FROM ENVIRONMENTAL DAMAGE. THIS TREATMENT WILL CLEANSE, TONE AND MOISTURISE THE SKIN LEAVING IT REVITALISED AND HYDRATED. THE HIGH CONTENT OF SEAWEED EXTRACT IN THE PRODUCTS USED IS SCIENTIFICALLY PROVEN TO PRESERVE THE SKIN'S NATURAL COLLAGEN. SUITABLE FOR ALL SKIN TYPES.

ISHGA INVIGORATING FULL BODY MASSAGE

50 MINS

THIS INVIGORATING TREATMENT WORKS BY COMBINING LYMPHATIC DRAINAGE AND TRADITIONAL SWEDISH AND AROMATHERAPY MASSAGE TECHNIQUES. IT IS DESIGNED TO DETOX AND BALANCE THE BODY WHILST REMOVING ANY PARTICULAR AREAS OF TENSION AND STRESS. THE SEAWEED-BASED BODY OIL NOURISHES AND PROTECTS THE SKIN. YOUR THERAPIST WILL ADAPT THE PRESSURE TO SUIT YOUR NEEDS. ADD HOT STONES AT YOUR LEISURE.

ISHGA DETOXIFYING SEAWEED BODY WRAP

50 MINS

A POWERFUL HEBRIDEAN SEA SALT AND OIL POLISH WITH BODY WRAP. THIS COMBINES THE DETOXIFYING AND NOURISHING EFFECT OF THE PUREST SEAWEED GEL WITH THE STIMULATING AND HYDRATING PROPERTIES OF THE SCRUB. THE TREATMENT IS DESIGNED TO ELIMINATE TOXINS, REDUCE CELLULITE, BOOST ENERGY AND IMPROVE SKIN TONE.

ISHGA SALT & OIL BODY POLISH

50 MINS

A HEBRIDEAN SEA SALT AND OIL POLISH GENTLY EXFOLIATES, SWEEPING AWAY DULL, DRY SKIN. AN INVIGORATING TREATMENT TO STIMULATE CIRCULATION, ELIMINATE TOXINS AND LEAVE THE SKIN NOURISHED AND GLOWING. SEA-SALT CONTAINS OVER 60 VITAMINS AND MINERALS TO NOURISH, DETOX, HYDRATE AND SMOOTH.

ESPA

Natural Beauty
Inner Calm



ESPA'S HIGHLY EFFECTIVE AND THERAPEUTIC RANGE OF PRODUCTS AND TREATMENTS COMBINE THE RESTORATIVE POWERS OF PURE NATURE AND PROVEN SKINCARE SCIENCE TO VISIBLY ENHANCE YOUR SKIN.

YOU CAN SEE THE DIFFERENCE IN YOUR COMPLEXION, FEEL IT IN THE LUXURIOUS TEXTURE, AND SENSE IT IN THE HEAVENLY AROMAS.

BACK, FACE & SCALP TREATMENT WITH HOT STONES

120 MINS

THIS LUXURIOUS COMBINATION BEGINS WITH A CLEANSING OF THE BACK, FOLLOWED BY EXFOLIATION AND A SOOTHING BACK MASSAGE TO EASE AWAY STRESS AND TENSION.

A RELAXED MIND AND BODY REFLECT IN THE SKIN'S BEAUTY, AND A HYDRATING AND PURIFYING FACIAL TOGETHER WITH A THERAPEUTIC SCALP MASSAGE WILL COMPLIMENT THIS RADIANCE. THE USE OF HOT STONES BRINGS ABOUT TOTAL BALANCE IN THE BODY, WHICH AIDS THE NATURAL HEALING PROCESS.

ESPA MINDFUL MASSAGE

90 MINS

UNWIND A BUSY MIND, ESCAPE THE PACE OF EVERYDAY LIFE AND EMERGE FEELING FOCUSED, WITH A SENSE OF RENEWED POSITIVITY. THIS HOLISTIC, DEEPLY RELAXING AND CLARIFYING EXPERIENCE BEGINS WITH MINDFULNESS. GUIDING YOU THROUGH BREATHING AND VISUALISATION TECHNIQUES, YOUR THERAPIST WILL HELP CALM BOTH MIND AND BODY.

THE METAMORPHIC ZONES ON THE FEET ARE THEN MASSAGED TO REBALANCE AND GROUND, BEFORE A SOOTHING MASSAGE IS CONTINUED UP THROUGH THE BODY FINISHING WITH A RE-ENERGISING SCALP MASSAGE USING WARM ROSE QUARTZ CRYSTALS.

ESPA MATERNITY PRE & POST NATAL TREATMENT

50 MINS

TARGET AREAS PRONE TO STRESS AND TENSION DURING PREGNANCY WITH THIS DEEPLY NOURISHING BODY TREATMENT. GENTLE BACK EXFOLIATION, IF REQUIRED, IS FOLLOWED BY A SOOTHING BODY MASSAGE SPECIFICALLY DESIGNED TO SUIT YOUR INDIVIDUAL CONCERNS, FOCUSING ON THE AREAS NEEDED TO ALLEVIATE MUSCULAR ACHES WHILST HELPING TO RELAX, RESTORE AND REVITALISE.

TREATMENT INCLUDES:

BODY EXFOLIATION | PERSONALISED BODY MASSAGE | SCALP MASSAGE



TODAY IS A GOOD DAY TO SPA...

SPA PACKAGES

ALL OF OUR PACKAGES INCLUDE THE FOLLOWING:

- FULL USE OF OUR LEISURE FACILITIES & EXCLUSIVE SAUNA
- PERSONAL SKIN CONSULTATION AND PRODUCT ADVICE
- COMPLIMENTARY USE OF ROBE, SLIPPERS AND TOWEL
- COMPLIMENTARY POST TREATMENT REFRESHMENT
- USE OF OUR PRIVATE RELAXATION ROOM AND LOUNGE
- 2 COURSE LUNCH AND A GLASS OF WINE
(WITH THE EXCEPTION OF THE ESPA RELAXATION TASTER PACKAGE,
WHICH INCLUDES AFTERNOON TEA AND A GLASS OF FIZZ)

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YOU ARE ONE MASSAGE AWAY
FROM A GOOD MOOD...

MASSAGE TREATMENTS

PERSONALISED MASSAGE

50 MINS

WHAT BETTER WAY TO GET EXACTLY WHAT YOU NEED THAN SELECTING YOUR FAVOURITE ELEMENTS, PERFECT FOR BOTH MEN AND WOMEN.

CHOOSE YOUR PRESSURE:

GENTLE, MEDIUM OR FIRM

CHOOSE YOUR TYPE:

AROMATHERAPY: A RELAXING MASSAGE USING A BLEND OF INDIVIDUALLY CHOSEN OILS, YOUR THERAPIST WILL SELECT FROM: DETOXIFIER, DE-STRESSER, MUSCLE RELAXER, JET-LAG ELIMINATOR, IMMUNE BOOSTER, ENERGISER.

SWEDISH: USING TRADITIONAL STIMULATING MOVEMENTS AND A NOURISHING CALENDULA INFUSED OIL.

DEEP MUSCLE: A POWERFUL HOT STONE MASSAGE DESIGNED TO ALLEVIATE DEEP-SEATED TENSION AND MUSCULAR STRESS.

REIKI

60/90 MINS

SESSIONS PERFORMED BY A REIKI PRACTITIONER (RP OR RMT) USING SPECIFIC REIKI HAND POSITIONS.

AIDS STRESS - RELAXING EXPERIENCE - GREAT INVESTMENT IN YOURSELF

REFLEXOLOGY

50 MINS

A SPECIFIC PRESSURE TECHNIQUE APPLIED TO THE FEET WHERE ALL OF THE INTERNAL ORGANS ARE MAPPED OR MIRRORED IN MINIATURE. ON THE FEET ARE REFLEX POINTS WHICH CORRESPOND TO DIFFERENT ORGANS OF THE BODY. WORKING OVER THESE AREAS CAN HELP BALANCE THE NERVOUS SYSTEM AND REDUCE STRESS.

SWEDISH MASSAGE

50 MINS

A RELAXING YET INVIGORATING EXPERIENCE WHICH PROMOTES HEALTH & WELLBEING.

SPORTS MASSAGE

50 MINS

THIS MASSAGE IS BENEFICIAL FOR INJURY PROTECTION, DETOXIFICATION ASSISTANCE AND CAN HELP INCREASE RANGE OF MOVEMENT AND FLEXIBILITY.

FULL BODY HOT STONE MASSAGE

50 MINS

A FULL BODY MASSAGE INCORPORATING HEATED BASALT STONES WHICH INSTANTLY RELAX THE MUSCLES, ALLOWING THE TREATMENT TO WORK AT A DEEPER LEVEL

CLINICAL AROMATHERAPY MASSAGE

75 MINS

OUR ESSENTIAL OILS ARE INDIVIDUALLY CHOSEN TO SUIT YOUR SPECIFIC NEEDS AND REQUIREMENTS.



FACIALS ARE WORKOUTS
FOR YOUR SKIN...

FACIAL TREATMENTS

SKIN RADIANCE FACIAL 50 MINS

THIS REJUVENATING FACIAL IS PERFECT FOR ALL SKIN TYPES AND CAN HELP REVITALISE DULL, LIFELESS SKIN

SKIN PURIFYING FACIAL 50 MINS

THIS DEEP CLEANSING FACIAL HELPS TO SOOTHE AND CALM THE SKIN ENCOURAGING A MORE BALANCED AND CLEARER COMPLEXION.

REHYDRATOR FACIAL 50 MINS


THIS REHYDRATING FACIAL LEAVES SKIN SMOOTH & REJUVENATED. IT WILL ALSO HELP TO REGULATE OIL SECRETIONS AND REFINE OPEN PORES.

PERSONALISED FACIAL 50 MINS

REVEAL EXCEPTIONAL RESULTS WHATEVER YOUR SKINCARE CONCERN WITH THIS ENTIRELY BESPOKE EXPERT FACIAL FROM ESPA. NATURALLY ADVANCED SPA SKINCARE PRODUCTS RICH IN PLANT AND MARINE EXTRACTS ARE SELECTED ACCORDING TO YOUR INDIVIDUAL NEEDS, AND USED ALONGSIDE TAILORED MASSAGE TO DEEPLY CLEANSE, EXFOLIATE, PURIFY AND BOOST YOUR COMPLEXION. THIS CUSTOMISED TREATMENT IS THEN COMPLETED WITH A DIVINELY RELAXING SCALP MASSAGE.

TREATMENT INCLUDES:

TRIPLE CLEANSE
FACIAL MASSAGE
PERSONALISED MASK
SCALP MASSAGE
SKIN ANALYSIS USING A SKIN VISION LAMP



REAL MEN TAKE CARE OF THEIR SKIN...

GENTS' SIGNATURE TREATMENTS

ISHGA ACTIVE EXPERIENCE

50 MINS

SEAWEED FOOT & LEG EXPERIENCE:

SEAWEED WRAP ON THE LEGS, LEG MASSAGE, FOOT SCRUB AND HOT TOWEL FOOT MASK WITH OUR CLAY MUD, AND FOOT MASSAGE.

BE COCOONED EXPERIENCE

50 MINS

WARMING BODY WRAP:

SALT & OIL BODY SCRUB FOLLOWED BY OUR SEAWEED & CLAY HEATED MASK WITH A SCALP AND FOOT MASSAGE.

REGENERATION EXPERIENCE

50 MINS

FACE AND BODY SENSATION:

INVIGORATING BACK MASSAGE WITH HOT STONES, FOLLOWED BY A MEN'S EXPRESS FACIAL TO SOOTHE AND REPAIR ENVIRONMENTAL DAMAGE TO THE SKIN.



GENTS' TREATMENTS

INVIGORATING MASSAGE

50 MINS/25 MINS

AN INDIVIDUALLY TAILORED FULL-BODY TREATMENT COMBINED WITH SCALP MASSAGE IS DESIGNED TO DETOX AND BALANCE THE BODY, WHILST REMOVING ANY PARTICULAR AREAS OF TENSION AND STRESS. THE SEAWEED-BASED OIL NOURISHES AND PROTECTS THE SKIN.

BACK TREATMENT

50 MINS/25 MINS

AN INDIVIDUALLY TAILORED BACK TREATMENT DESIGNED TO MOISTURISE & DETOX THE SKIN.

SEAWEED FOOT EXPERIENCE

50 MINS/25 MINS

TRANSFORM AND RE-ENERGISE TIRED, ACHY FEET.

HAND & FOOT REVIVER

50 MINS 25 MINS

SCOTTISH SEAWEED FOOT & HAND SCRUB, FOLLOWED BY A RELAXING MASSAGE TO HYDRATE & NOURISH.

HAND & FOOT TREATMENTS

EXPRESS MANICURE, LACQUER/GEL 30 MINS

EVEN IF YOU ARE IN A RUSH WE INVITE YOU TO TAKE A MOMENT TO RELAX & DE-STRESS. FEATURING ESSENTIAL OPI PROSPA PRODUCTS & TECHNIQUES IN A CONDENSED SERVICE THAT DOESN'T SACRIFICE ON A PREMIER EXPERIENCE.

SIGNATURE MANICURE, LACQUER/GEL 45 MINS

KNOWN AS THE "CAN'T LIVE WITHOUT" PRO SPA SIGNATURE MANICURE. YOU WILL EXPERIENCE THE QUINTESSENTIAL OPI PROSPA PRODUCTS COMBINED WITH A RELAXING MASSAGE & ACUPRESSURE.

PAMPER MANICURE, LACQUER/GEL 60 MINS

SOOTHE, RELAX & INDULGE WITH THE ULTIMATE OPI PROSPA PAMPER MANICURE THE CRÈME DE LA CRÈME OF MANICURES, YOU WILL BENEFIT FROM WONDERFUL EXFOLIATION, MOISTURE & PROTECTION. WHILE REVELLING IN A COMBINATION OF MASSAGE TECHNIQUES AND ACUPRESSURE DESIGNED TO REDUCE STRESS AND RELIEVE TENSION.

EXPRESS PEDICURE, LACQUER/GEL 30 MINS

QUICK, EFFECTIVE & OH SO RELAXING. THIS OPI EXPRESS PEDICURE FEATURES ESSENTIAL OPI PROSPA PRODUCTS TO PROVIDE A CONDENSED SPA PEDICURE EXPERIENCE. FEATURING ESSENTIAL OPI PROSPA PRODUCTS & TECHNIQUES IN A CONDENSED SERVICE THAT DOESN'T SACRIFICE ON A PREMIER EXPERIENCE.

HAND & FOOT TREATMENTS

SIGNATURE PEDICURE, LACQUER/GEL 45 MINS

EXPERIENCE A NEW STANDARD IN PEDICURE SERVICES. USING OUR PROSPA PRODUCTS TO SOAK, EXFOLIATE AND SOOTHE THE FEET. THE SERVICE IS COMPLETED WITH A REGIMEN OF MASSAGE & ACUPRESSURE TECHNIQUES TO HELP RELIEVE TENSION & PRESSURE.

PAMPER PEDICURE, LACQUER/GEL 60 MINS

SOOTHE, RELAX & PAMPER WITH THE ULTIMATE PEDICURE EXPERIENCE THE OPI PROSPA PAMPER PEDICURE INCLUDES UNPARALLELED SOFTENING, EXFOLIATION, MOISTURE & PROTECTION. AN EXTENDED MASSAGE COMBINED WITH ACUPRESSURE WILL HELP TO RELIEVE TENSION AND WILL LEAVE YOU FEELING RELAXED AND RENEWED.

GEL REMOVAL 30 MINS

ADD-ON TREATMENTS 25 MINS

TAILORED EXPRESS FACIAL
HEAD & SCALP MASSAGE
LIFT & FIRM EYE TREATMENT
BACK, NECK & SHOULDER MASSAGE
FOOT REVIVER MASSAGE
SALT & OIL BODY POLISH

WAXING (HOT/CREAM WAX)

FULL LEG WAX	60 MINS
1/2 LEG WAX	30 MINS
BIKINI WAX	15 MINS
UNDER ARM WAX	15 MINS
LIP WAX	15 MINS
LIP & CHIN WAX	20 MINS
FULL LEG & BIKINI WAX	75 MINS

GENTS' WAXING

CHEST WAX	30 MINS
BACK WAX	30 MINS
BACK & CHEST WAX	60 MINS

TINTING & EYE TREATMENTS

EYEBROW SHAPE	15 MINS
EYEBROW TINT	15 MINS
EYELASH TINT	15 MINS
COMPLETE EYE PACKAGE	45 MINS

MAKE UP

SPECIAL OCCASION MAKE UP	60 MINS
TRIAL & SPECIAL DAY MAKE UP	120 MINS

AURA

HEALTH | WELLBEING | RETREAT
AT BOWFIELD

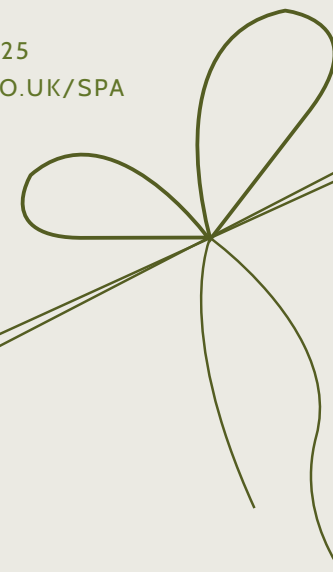
GIFT VOUCHERS

WHY NOT TREAT A LOVED ONE WITH
A GIFT VOUCHER FOR OUR SPA.

IF YOU ARE NOT SURE WHAT TO PURCHASE
PLEASE CONTACT A MEMBER OF OUR TEAM WHO WILL
BE HAPPY TO HELP YOU CHOOSE.

ALL OUR VOUCHERS COME IN THE FORM OF A GIFT CARD OR
E-VOUCHER, WHICH YOU CAN PERSONALISE AS YOU WISH.

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RETAIL PRODUCT BOUTIQUE

TO CONTINUE YOUR SPA EXPERIENCE AT HOME
ALL SPA PRODUCTS USED CAN BE PURCHASED
FROM OUR SPA BOUTIQUE ON DEPARTURE.

OUR KNOWLEDGEABLE TEAM OF THERAPISTS & SPA
PROFESSIONALS WILL BE ABLE TO ASSIST YOU IN YOUR
HOME CARE SELECTION TO ENSURE YOU GET THE VERY
BEST RESULTS FROM YOUR SKINCARE.



ishga



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