



Habit Spa Services

Hot Stones Back Massage 30 minutes £60.00

Our Back Massage focuses on relieving tension and pain in the upper and lower back. This targeted treatment uses varying techniques, including kneading, rubbing, and pressure point work, to release tight muscles and improve flexibility. Perfect for those who spend long hours sitting or engaging in physical activities, this massage aims to restore comfort and mobility to your back, promoting overall relaxation and well-being. Let our skilled therapists help you feel more aligned and stress-free.

Hot Stones Full Body Massage 60 minutes £75.00

Experience ultimate relaxation with our Hot Stones Full Body Massage. This therapy combines traditional massage techniques with the soothing warmth of smooth, heated stones. As the therapist glides the stones over your body, tension melts away, promoting deep muscle relaxation and enhancing blood circulation. The heat penetrates deeply, alleviating stress and easing muscle stiffness. This treatment is perfect for those seeking a holistic approach to wellness, leaving you rejuvenated and balanced.

Japanese Head Spa £80.00

A Japanese head spa is a rejuvenating treatment that combines traditional techniques with modern wellness practices to promote relaxation and scalp health. During the session, you can expect a soothing environment where you are pampered with gentle scalp massages, deep cleansing, and nourishing treatments.

Japanese Head Spa with Facial £120.00

A Japanese head spa is a rejuvenating treatment that combines traditional techniques with modern wellness practices to promote relaxation and scalp health. During the session, you can expect a soothing environment where you are pampered with gentle scalp massages, deep cleansing, and nourishing treatments. The session concludes with a refreshing facial that nourishes the skin, leaving you with a glowing complexion and a sense of complete rejuvenation.

Japanese Head Spa, Facial & Hot Stones Therapy £140.00

A Japanese head spa is a rejuvenating treatment that combines traditional techniques with modern wellness practices to promote relaxation and scalp health. During the session, you can expect a soothing environment where you are pampered with gentle scalp massages, deep cleansing, and nourishing treatments. The session concludes with a refreshing facial that nourishes the skin, leaving you with a glowing complexion and a sense of complete relaxation. Heated stones are applied to key points on the body to promote deeper relaxation, relieve muscle tension, and enhance the overall sense of well-being.

Habit Signature Facial £55.00

Indulge in our signature facial, a luxurious treatment designed to rejuvenate your skin and elevate your senses. This facial includes the application of revitalising, hydrating and refreshing sheet masks with the soothing touch of cooling ice globes, promoting a radiant complexion and relaxation.

Habit Signature Facial & Back Massage £70.00

Indulge in our signature facial & back massage a luxurious treatment designed to rejuvenate your skin and elevate your senses. This facial includes the application of revitalising, hydrating and refreshing sheet masks with the soothing touch of cooling ice globes, promoting a radiant complexion and relaxation.

Habit Signature Facial & Full Body Massage £90.00

Indulge in our signature facial & full body massage a luxurious treatment designed to rejuvenate your skin and elevate your senses. This facial includes the application of revitalising, hydrating and refreshing sheet masks with the soothing touch of cooling ice globes, promoting a radiant complexion and relaxation.

ELEMIS BIOTEC Facial – 30 minutes £52.00 60 minutes £79.00

Elemis Biotec facial is a personalised, results driven facial that combines advanced bioelectric technology – microcurrent, galvanic, ultrasonic, led and o2 infusion. With active ingredients and therapist touch to target specific skin concerns, boosting cellular energy for visible rejuvenation, firming, brightening, or deep cleansing, with different treatments for ageing, dullness, blemishes, or dehydration.

ELEMIS Pro Collagen Age Defy Facial £70.00

ELEMIS Dynamic Resurfacing Precision Peel £70.00

Elemis Pro Collagen Age Defy and Dynamic Resurfacing Precision Peel are deeply relaxing, results-driven treatments using expert therapist touch, ancient/modern massage, and potent Elemis products to address specific skin needs like anti-aging, hydration, or calming, offering total tranquillity and revitalised skin through deep cleansing, exfoliation, and targeted massage for face, neck, shoulders, and scalp. These treatments focus purely on the therapist's skilled hands for product application, differing from Elemis's "Technology" facials which add BIOTEC machine power, but both deliver visible results.

ELEMIS Frangipani Full Body Exfoliation £59.00

The Elemis Frangipani Body Scrub treatment is a luxurious, deeply hydrating exfoliation using mineral-rich salts and Tahitian Monoi Oil with Frangipani flower extract to smooth, soften, and scent skin, combined with massage for relaxation and improved circulation, leaving skin silky, radiant, and revitalised.

ELEMIS Lime & Ginger Full Body Exfoliation £59.00

The Elemis Lime & Ginger Body Scrub treatment is an invigorating spa experience that exfoliates, cleanses, and deeply nourishes skin using a salt scrub with lime peel and ginger, leaving it soft, smooth, and glowing.

Full Body Massage – 60 minutes £69.00

A full body massage is a relaxing treatment targeting the back, arms, legs, neck, head, and feet, using various techniques (like Swedish, Deep Tissue) to relieve stress, ease muscle tension, improve circulation, and promote overall relaxation for mind and body. It involves working on the whole body, with aromatic oils, leaving you feeling rejuvenated and balanced.

Bank Neck & Shoulder Massage - 30 minutes £52.00

A back, neck, and shoulder massage targets tension in the upper body, using techniques like Swedish, deep tissue, to relieve stiffness, reduce headaches, lower stress, and improve mobility,

Luxury Spa Manicure £42.00

A luxury spa manicure is a pampering hand treatment that goes beyond basic nail care, featuring deep exfoliation, intensive hydration, precise cuticle work, extended hand/arm massage, and premium polish or natural finishes for revitalised, smooth skin and healthy nails

Luxury Spa Pedicure £46.00

A luxury spa pedicure is a foot treatment that goes beyond basic nail care to offer deep relaxation and skin rejuvenation, including extended foot and leg massages with aromatic oils, callus peels/intensive exfoliation for hard skin, soothing foot soaks, cuticle care, nail shaping, buffing, using premium products