

**BODY TREATMENTS**

**The Ivy Experience..... £45**

60 minutes | (Swedish Full Body Massage)

Rebalance your mind and body with a blissful head-to-toe massage, covering your back / back of legs / chest / scalp / arms / front of legs and finishing with your feet. A soothing, yet invigorating performance of Swedish massage techniques which creates a powerful release of tension that is both relaxing and energizing, ultimately leaving your aches and pains significantly reduced.

**Lava Shell Full Body Massage..... £55**

60 minutes

Allow the heat of the lava shell to take over your body and allow the harmony with tailored massage techniques to deliver deep muscle relief and ultimate relaxation. The worlds first self-heating massage tool. A unique innovation in warming spa therapies that induces deep relaxation whilst easing muscle, joints, aches and pains. Unblocking energy flow and releasing a sense of balance to your entire body and mind.

**Lava Shell Back Massage..... £40**

40 minutes

Experience heat from the lava shell therapy which will provide a powerful release of tension in the back and between neck/shoulders.

**Muscle Melting Back Massage..... £35**

40 minutes

Indulge yourself into a destressing muscle melting back massage tailored to focus on the back, neck and shoulders to deliver deep muscle relief and ultimate relaxation.

**Hot Stone Back Massage..... £30**

30 minutes

Treat yourself to a back massage with hot stone therapy that is direct heat from soothing stones which relaxes muscles, allowing access for a deeper massage. Combining hot stone techniques with manual massage techniques that can relieve chronic pain, reduce stress and promote deep relaxation.

**Back, Neck & Shoulder ..... £30**

30 minutes

Unravel tension in your back, neck and shoulders by targeting areas of tired, aching muscles or indulge in a relaxing, soothing massage tailored to your needs.

**Indian Head Massage..... £20**

30 minutes

This relaxing and therapeutic massage allows you to free all the stress, starting upon the shoulders and flowing upwards to an energizing neck and scalp massage using warm oil.

**Foot Massage..... £20**

30 minutes

Revitalizing treatment for tired feet and heavy legs helps reduce puffiness. Ideal for easing tension and nourishing the skin.



(+44) 7512 028299



136 Rosses Farm, Ballymena, BT42 2SH.

## MATERNITY TREATMENTS

**Mama Top to Toe..... £45**

60 minutes

Suitable for pregnancies over 12 weeks.

This blissful full body massage treatment indulges you top-to-toe. Starting with a smoothing massage to the back that reduces water retention and soothes away aches and pains before reawakening your skin with a mini-facial, incorporating a scalp massage and finishing with an arm, leg and foot massage.

## FACIAL TREATMENTS

Facial treatments help in restoring a youthful appearance to your skin using specific massage techniques which improves circulation throughout your facial skin layers and ultimately increases the flow of oxygen-enriched blood to these top layers, giving you a healthy glow from the vital nutrients and water combined within your bloodstream.

**Refresher Facial..... £25**

30 minutes | An express version of the Hydrating Facial below.

A natural glow to your skin leaving you looking and feeling radiant. Cleansing , exfoliating skin followed by a nourishing mask whilst you receive an invigorating scalp massage which calms your mind, giving your body a deep sense of relaxation.

**Hydrating Facial..... £40**

60 minutes

This relaxing facial will melt away the stress that lives within your daily life. Starting with a warm oil scalp massage to relax and calm the mind, followed by a gentle cleansing of your skin, eyes and lips - exfoliating any dead skin cells away and preparing your face for a light massage. Enjoy a smoothing facial massage, flowing down your neck, shoulders and chest for the ultimate relaxation. Using techniques that stimulate your blood flow and helps in eliminating headaches via reducing the tension built up within your pressure points. A customised mask draws out impurities and replenishes hydration. Whilst the mask is rejuvenating your skin, you can opt for a hand and arm massage or a reviving foot massage instead. Once the mask is removed, you will receive some facial nourishment using facial cream that has been selected for your tone, texture and needs of your skin.

## WAXING

Lip Wax..... £5

Chin Wax..... £5

Underarm Wax..... £8

## EYE AREA ENHANCEMENTS

Eyebrow Tint..... £5

Eyebrow Wax..... £5



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# the IVY ROOM

Lash Tint.....	£5
Lash Lift.....	£25

The Lash Lift is the revolutionary lash phenomenon that reveals your natural lashes in all their glory! The lash lifting treatment lifts the lashes right from the root helping to enhance and emphasize your eye whilst creating the illusion of length and volume. Enhancing the lash by tinting at the end of the lifting process encourages definition.

## NAILS

Pedicure.....	£25
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60 minutes

Unwind and treat your feet to this deluxe pedicure, beginning the relaxation journey with an exfoliation of your feet and lower legs. Your nails are then filed and cuticles maintained before drifting away to some invigorating massage techniques using products which will leave you feeling like you are walking on air. Finished with a coloured polish of your preference.

Manicure.....	£25
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60 minutes

Relax while your hands and arms are relieved of tension. Beginning with a hand and arm exfoliation, then leading into some cuticle work and nail shaping. Finishing with a massage and application of your chosen nail polish.

~ Add a Gel Polish to any of the above treatments for just £10 ~

Gel Polish.....	£12
Gel Removal.....	£5
File & Polish.....	£8

## WELLNESS AND RECOVERY TREATMENTS

**PLEASE NOTE:** At The Ivy Room, I am fully trained and offer variations of the above treatments for any of my clients who may be undergoing Cancer treatment. I can offer a wellness/recovery treatment that is created and tailored specifically to the needs of my client. If booking Online, please book the Wellness/Recovery Treatment and we will then have a consultation prior to your treatment.