

ARC HOUSE TREATMENTS

Relaxation & Stress Relief

Whole body, or back & neck massage with aromatic oils- our homeopath combines plant extracts with oil bases to create a blend of wonderfully aromatic healing balms unique to your specific needs.

Reflexology massage - through manipulation of points on your feet, our homeopathic healer is able to connect to a variety of organs in your body to improve their function

Head & Neck massage- feel all tension literally depart with this light, wave-like massage

Hand or Foot massage- with special moisturisers, you will feel completely pampered

Whole body shiatsu massage - similar to acupuncture, this ancient Japanese massage focuses on balancing your body's energy via pressure points.

Korean relaxation massage - this massage is extremely soothing and involves gentle tapping & pulling of joints.

The Arc House Stress Detangler- ultimate muscle relaxing massage. This is a whole body anti-knot experience!

Art therapy- drawing, painting, clay sculpting

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Beauty & Detoxification

Eyebrow shaping
Facial hair removal
Leg/arm hair removal
Bikini line wax
Make up application
Manicure

Facial - specific to your skin type, you can choose an anti ageing treatment, a treatment to reduce tired or puffy eyes, or an anti acne treatment

Detox facial - a deep cleansing & refreshing facial using a vaporising, exfoliating action

Detox back massage- following a steam application, you receive a soothing massage that melts the toxins out of your system

Body polish - this rejuvenating technique utilises our special exfoliating body mask, applied liberally and then peeled off along with old & dead skin cells!

The Arc House Leg Wrap - tired, achy limbs will feel lighter and more energised with this cooling leg wrap.

Arc House Herbal Body Wrap - Our beautician combines herbs and algae to give you a sensational inch loss treatment.

Lymphatic Drainage massage - improve your circulation and cleanse your system with this invigorating whole body massage.

Bust Firming Treatment - Following this massage, your chest will *not* be larger but it will feel firmer!

Fat Attack- This is a 2-hour anti cellulite treatment involving massage with 5 anti lipid products and a thermal body wrap. (Counts as two treatments)

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Health & Fitness

Body composition measurement - accurately measured body fat, state of hydration, total lean tissue, metabolic rate & body mass index

Nutrition consultation - a detailed dietary assessment with advice & recommendations

One- to- one - lesson on 'giving a massage'

Detox counselling - intensive, guided, self- discovery tour