



My Personal Sanctuary  
[www.mypersonalsanctuary.co.uk](http://www.mypersonalsanctuary.co.uk)

## *The Visiting Spa Company*

*Let us bring the indulgent spa to you and your loved ones in the comfort of your home or self-catering property.*

*Choose from our list of treatments and enjoy a moment to yourself or some restorative decadence with friends and family.*

*For young ones keen to be included, our Little MPS treatments are suitable for delicate skins.*

# MPS ORGANIC TREATMENTS

*Using only the very best techniques and natural products to nurture the body, mind and soul, our Neal's Yard blends and gifted hands of our therapists will lift the spirits and calm the mind.*

*First, choose your treatments from the menus below...*

## FACE

Express Facial 20 mins  P  P+  S

Signature Eye Intense 30 mins  P  P+  S

Organic Facial 30 or 60 mins  P  P+  S

De-Stress Scalp, Face & Neck 30 mins  P  P+

Indian Head Massage 30 mins  S  P+

## BODY

Express Back Massage 20 mins  P+

Heavenly Back, Neck & Shoulder Massage 30 mins  P+

Top To Toe Body Scrub 30 mins

Hot Stone Massage 60 or 90 mins  S

Relax Deep Tissue 60 or 90 mins

Signature Warming Melt 90 mins

Signature Nourishing Cocoon Wrap 90 mins  S

Mummy To Be Experience 2 hours  P+

Aroma Unwind Massage 60 or 90 mins

## HANDS & FEET

Express Hand & Feet Treats 20 mins  P  P+  S

Hand or Feet Treat 30 mins  P  P+  S

Reflexology 30 or 60 mins  S  P+

Repairing Hand & Arm Treat 30 or 60 mins  P  P+

Calming Foot & Leg Treat 30 or 60 mins  P  P+

## KIDS

Mini Me Nail Paint 10 mins (2yrs+)  S

Mini Me Hand or Foot Massage 10 mins (3yrs+)

Little Me Facial 20 mins (10yrs+)  S

Little Me Face & Scalp Treat 20 mins (10yrs+)

Little Me Hands or Feet 20 mins (10yrs+)  S

Teen Fresh Facial 20 mins (16yrs+)  S

Teen Face & Scalp Massage 20 mins (16yrs+)

Teen Hands or Feet Treat 20 mins (16yrs+)  S

Teen Back Massage 20 mins (16yrs+)

P = Suitable for pregnancy up to 12 weeks

P+ = Suitable for pregnancy from 12 weeks

S = Please note, not all of our talented therapists specialise in the same areas of therapy, so this treatment is subject to availability.

# REST & UNWIND TREATMENT PACKAGES

*What amount of time do your treatments add up to altogether?  
Choose the package length to suit your treatment total...*

## *Each Treatment Day Includes...*

- 1 visiting therapist\**
- Heated treatment bed, fresh linen, products, music*
- 30 minute treatment preparation*
- 10 minute welcome and health consultation*
- 1-5 hours of treatments*
- Short turn around time between treatments*



*\* Unless otherwise stated*



## 5 | Hour

This flexible package is perfect for sharing between family & friends. Tailor your package as you wish by adding your treatments choices together to make 5 hours worth of utter indulgence.

Suggestions for sharing this package...

- 5 x 60 minutes per treat/person £65.00
  - 10 x 30 minutes per treat/person £32.50
  - 15 x 20 minutes per treat/person £21.67
- Or a combination to suit you...

**£325.00**

Ideal for get-togethers, this 4 hour package can be split up as follows...

4 x 60 mins, per treat/person £67.50  
8 x 30 mins, per treat/person £33.75  
12 x 20 mins, per treat/person £22.50  
Or a combination to suit you..

*£270.00*



Couples, groups or individuals can enjoy this package for a morning or afternoon of blissful indulgence.

Suggestions for sharing this package...

3 x 60 mins, per treat/person £70.00  
6 x 30 mins, per treat/person £35.00  
9 x 20 mins, per treat/person £23.33  
Or a combination to suit you...

*£210.00*

## *2 | Hour*

Enjoy some uninterrupted "me time" with this 2 hour package or share with a loved one. You can divide your treats as follows...

2 x 60 mins, per treat/person £90.00  
4 x 30 mins, per treat/person £45.00  
6 x 20 mins, per treat/person £30.00  
Or a combination to suit you...

*£180.00*



# PREMIUM TREATMENT PACKAGES



1 | Hour

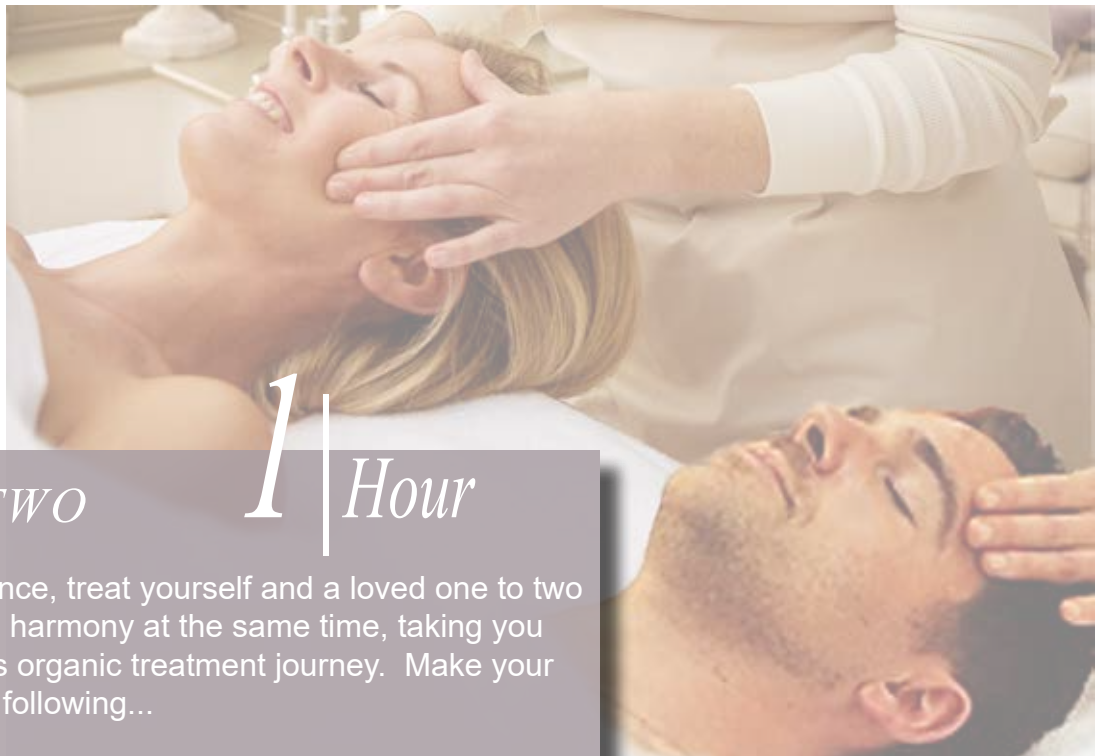
## *The Luxury Package*

For those short on time but in need of some TLC, this 1 hour package with 1 therapist will leave you feeling utterly pampered.

This package can be divided in to the following:

- 1 x 60 minute treatment
- 2 x 30 minute treatments
- 3 x 20 minute treatments

*£120.00*



## *TIME FOR TWO*

1 | Hour

The ultimate indulgence, treat yourself and a loved one to two therapists working in harmony at the same time, taking you both on a sumptuous organic treatment journey. Make your package up with the following...

- 1 x 60 minute treatment
- 2 x 30 minute treatments
- 3 x 20 minute treatments

*£240.00*

## ADDITIONAL EXTRAS AND BESPOKE PACKAGES

*Indulge the one you love...  
Our vouchers make the perfect gift.*

Prices start from £25



*Cosy up in one of our luxury plain white robes or let us personalise it for that special touch.*

£52 - £59

Sizes: Small / Medium or Large / X Large

[Online Shop](#)

***Our website details packages for mums-be-be, hen parties, honeymoon, wedding, illness & disabilities and much more...***

***If our listed packages don't suit your needs, feel free to ask our concierge team for a tailored solution.***

***We are there to create the perfect package for you whatever your party size.***

Call us on 01625 540 557 Email [enquiries@mypersonalsanctuary.co.uk](mailto:enquiries@mypersonalsanctuary.co.uk)

Please note all bookings are subject to availability and our standard [terms and conditions](#).