

'I can honestly say the Smoothie Facial was the best facial I have ever experienced. Not only was it a wonderful relaxing experience, it works! The treatment started with a soothing back massage and continued with the facial where Jennifer (my therapist) massaged in so many layers of products that I lost track. Unlike many other facials that I have had, Jennifer never left the room. Instead she used the time while the products were soaking in for a head, arm and hand massage. Altogether an incredibly relaxing experience with visible results, my skin was plumper and many of my fine lines completely disappeared. I had only scheduled enough time for a facial, but because that experience was so good and the fluffy white robe that they give you on arrival so comfy, I had to stay for more. I choose the Creative Spa Pedicure as my feet were in a bit of a state after holidays. Just like the facial this proved to be a very good idea. I sunk back into the purpose built pedicure lounge with inbuilt foot spa and watched a video on the 42" flat screen while Jennifer got to work on my feet and again did a wonderful job. I'd recommend this day Spa to anyone who wants value for money and time out for a little pampering with real results.'

P.S. I think the therapists name was Jennifer. She was really nice, we had a great chat over the pedicure...I'm just useless with names

Thanks for a lovely afternoon

Ruth