

# 45 PARK LANE

## Well-Being

BATH MENU FROM  
AROMATHERAPY  
ASSOCIATES

Your Host will prepare the bath of your choice which includes the following:

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Essential bath oil from  
Aromatherapy Associates  
Herbal tea

Candle aroma to complement  
your bath experience

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Choose from the menu overleaf,  
£20 per bath experience

## BATH MENU

These are our suggested balancing combinations. If you would prefer to choose your own combination, we would be pleased to accommodate your selection.

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### SILENT TRANQUILITY

Deep Relax Oil of vetivert,  
camomile & sandalwood

CANDLE AROMA – “Relax”  
with myrrh and west indian bay

TEA – Elderflower

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### REFOCUS THOUGHTS

De-Stress Mind Oil of  
wild camomile, petitgrain  
& frankincense

CANDLE AROMA – “Comfort”  
with damask rose and ginger

TEA – Dragon’s Well

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### JET LAG REMEDY

Support Breathe Oil of  
eucalyptus, pine and tea tree

CANDLE AROMA –  
“Pure Indulgence”  
with jasmine and geranium

TEA – Lemon Verbena

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### SLOW DOWN

Light Relax Oil of lavender,  
ylang ylang & petitgrain

CANDLE AROMA – “Relax”  
with myrrh and west indian bay

TEA – Elderflower

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### EASE THOSE MUSCLES

De-stress Muscle Oil of ginger,  
black pepper and rosemary

CANDLE AROMA – “Comfort”  
with damask rose and ginger

TEA – Rooibos Red Tea

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### REVIVAL

Revive Evening Oil of geranium,  
patchouli & sandalwood

CANDLE AROMA –  
“Pure Indulgence”  
with jasmine and geranium

TEA – Strawberry & Kiwi