

45 PARK LANE

Well-Being

45 PARK LANE AROMATHERAPY ASSOCIATES BATH MENU

£20 per bath Contact your host to order
the bath of your choice.

AROMATHERAPY
ASSOCIATES

DEEP RELAX
"SILENT TRANQUILITY"
Switch off & unwind
Vetivert, Camomile &
Sandlewood Essential Oils
TEA – CAMOMILE
CANDLE – RELAX

LIGHT RELAX
"SLOW DOWN"
Gentle Relaxation after a hard day
Lavender, Ylang Ylang & Petitgrain
TEA – ELDERFLOWER
CANDLE – RELAX

DE-STRESS MIND
"REFOCUS THOUGHTS"
Clear out that 'busy' mind
Wild Camomile, Petitgrain & Frankincense
TEA – DRAGON'S WELL
CANDLE – COMFORT

DE-STRESS MUSCLE
"EASE THOSE MUSCLES"
Perfect after a workout in the gym or park
Ginger, Black Pepper & Rosemary
TEA – ROOIBUS RED TEA
CANDLE – COMFORT

SUPPORT BREATHE
"JET LAG REMEDY"
Clear your head & sinuses,
perfect after a long haul flight
Eucalyptus, Pine & Tea-Tree
TEA – LEMON VERBENA
CANDLE – PURE INDULGENCE

REVIVE EVENING
"PICK ME-UP"
Uplifting & feel good factor
Geranium, Patchouli & Sandalwood
TEA – STRAWBERRY & KIWI
CANDLE – PURE INDULGENCE