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## FORM SANCTUARY

RESTORE
SCULPT
REBALANCE

*Bespoke body rituals designed to restore deep rest, release tension, and support natural healing, our specialists applies targeted lymphatic techniques to encourage detoxification and stimulate the body's regenerative rhythm.*

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# RESTORE COLLECTION

**Sacred Thai Balance** *1hr* **£79**

*Thai-inspired meridian massage with restorative aromatherapy to ease tension and support hormonal balance.*

**Tibetan Healing Ritual** *1hr* **£89**

*Nepalese-inspired massage with Himalayan singing bowl resonance to release tension and restore nervous system calm.*

***Volcanic Stone Restoration*** *1hr30mins* **£129**

*Heated volcanic stones and deep massage techniques release muscular tightness and restore grounded physical balance.*

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# SCULPT COLLECTION

**The Lymphatic Reset** *1hr* **£89**

*Gentle rhythmic massage techniques stimulate lymphatic flow, reduce fluid retention, and restore physical lightness.*

**Himalayan Sculpt Ritual** *1hr* **£99**

*Traditional wooden body massage designed to mobilise tissue, refine contours, and visibly enhance firmness and tone.*

**Himalayan Sculpt Journey** *1hr30mins* **£149**

*A full-body contouring experience combining advanced lymphatic drainage, traditional wood therapy, and facial sculpting techniques to encourage circulation, reduce fluid retention, and visibly refine overall contours.*

*Note: Enjoy 10% savings for any 6 sessions*

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## FOCUSED BODY RITUALS *30 mins*

**Lower Body Release** — **£49**
***Feet / Lower Legs***
*Reduce heaviness and stimulate body relaxation.*

**Upper Body Release** — **£49**
***Head / Neck / Shoulders***
*Relieve upper-body tension & restore postural ease.*

**Targeted Lymphatic Drainage** — **£49**
***Upper Body / Lower Body***
*Reduce fluid retention and restore lightness.*

**Wood Therapy Sculpt** — **£59**
***Waist / Abdomen / Thighs / Arms***
*Wood therapy for circulation and contour refinement.*

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## Radio Frequency Body Refinement

*Skin Firming / Tightening / Body Contouring*

**RF Body Firming** — **£79**
**Choose 1 area**— 45 mins

**RF Contour Reset** — **£99**
**Choose 2 areas** - 60 mins

**RF Sculpt Ritual** — **£129**
**Choose 3 areas** - 75 mins

**Areas to choose from:**

- Buttocks
- Back of Thighs
- Abdomen
- Arms
- Back

*Note: Enjoy 10% savings for any 6 sessions (Add-ons not included)*

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# EMSCULPT ULTRATONE

*Build Muscle | Body Toning | Define Your Contours*

*A non-invasive sculpting treatment designed to support core strength, muscle tone and body definition across the abdomen, glutes or back. Ideal for postpartum body support and contour refinement.*

**Choose any area** **£199**

*Butt/Abdomen/Back/Thighs/Arms*

*Note: Enjoy 10% savings for any 6 sessions, 15% savings for any 10 sessions*

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# HIFU LIGHTSCULPT

*Deep Firming | Collagen Renewal | Visible Lifting*

**Arms** **£599**

*Precision lifting and tightening to restore firmness and elegant definition.*

**Abdomen / Thighs** **£499**

*Postpartum recovery, skin tightening, and contour refinement through deep collagen stimulation.*

**Back** **£299**

*Targeted firming to improve skin laxity, enhance posture, and refine upper-body line*

*Note: Enjoy 6% savings for any 3 sessions, 10% savings for any 6 sessions*

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# STRUCTURAL VOLUME CONTOURING

## Structural Body Contouring

*Hip / Butt / Breast*
*Designed to enhance natural curves, restore volume and refine body proportions.*

| | |
|---|---|
| *60ml / 100ml* | **£1,399 / £1,999** |
| *200ml+* | **From £2,999** |

# TARGETED REFINEMENT

| | Fat Dissolving | Body Firming |
|---|---|---|
| **Upper Arm Firming**<br>*Underarm / Bra Line / Axillary Fold* | **£199** | **£199** |
| **Neck Firming** | **£299** | **£319** |
| **Back** | **£249** | **£269** |
| **Calves/ Knees** | **£269** | **£289** |
| **Abdomen/Waist Firming**<br>*Stomach / Lower /side Abdomen/Flanks* | **£299** | **£319** |
| **Butt** | **£299** | **£319** |
| **Thigh**<br>*Front Thighs / Outer Thighs / Back Thighs* | **£299** | **£319** |

*Note: Enjoy 10% savings for any 6 sessions. 15% for10. Recomended for 6-10 sessions*

| | Treatment | 4-week top-up |
|---|---|---|
| **Shoulder / Calf Slimming Toxin**<br>*Designed for elongated and body contours* | **£599** | **£199** |