**The Mindfulness Facial**

Relax and treat your skin to the lovely Beauty for You Facial from Living Nature, utilising their pure and natural skincare range to cleanse, gently exfoliate, tone and moisturise your skin.

Unwind with a scalp massage whilst the mask works its magic on your skin, allow your senses to be in the moment and enjoy a facial and decolletage massage and conclude with a totally unique empowering mindfulness guided meditation to help you focus on calming and refreshing the mind, to observe your thoughts, senses, feelings and awareness. Time out….. just for you.