

# Treatment Menu

To give you the best, we work with the best. That's why re:lax - a skin studio in Hackney - take care of all our treatments. They use a combination of natural products, holistic methods, and high-performance techniques.

All our treatments are designed and tailored to your needs. Want something you can't see? Or need to tweak a treatment? Just ask. Nothing is too much trouble.

We only use natural, vegan-friendly, cruelty free, and sustainably sourced products.



## Massages

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### PRICES

30 mins - £40  
60 mins - £70  
90 mins - £95

### SOOTHE

30/60/90 mins

A holistic massage designed to soothe tired muscles and minds. This calming treatment can focus on specific areas or be a full body treatment for ultimate relaxation.

### RELEASE

30/60/90 mins

A deep tissue massage focused on releasing recurring patterns of tension, stretching out tight muscles, and increasing circulation to promote healing in the tissue.

### ENERGISE

30/60/90 mins

This full body treatment combines the energising style of Swedish body massage with the grounding practice of Lomi Lomi massage. Ideal if you want to shake off stagnant energy and leave feeling revitalised.

### PREGNANCY

30/60/90 mins

A therapeutic massage designed to support the wellbeing of Mother and Baby, deliver a boost of endorphins to both, and gently release aches and pains.

### REFLEX

30/60 mins

Reflexology is an ancient practice where we stimulate nerve endings or reflexes via massage of the hands and feet. This deeply relaxing treatment relieves tension throughout the body.

### MENS

30/60/90 mins

Combining elements of deep tissue and sports massage, this treatment is designed to relax sore, tired muscles. The deep pressure breaks up knots of muscle and scar tissue to relieve pain and increase flexibility.

# Facials

Featured in Vogue, Harper's Bazaar, Time Out and the Evening Standard as some of the best in London, our natural and high-performance facials are suitable for all skin types.

## PRICES

30 mins - £45  
60 mins - £80  
90 mins - £110

## BESPOKE

30/60/90 mins

After a short consultation we'll create a facial tailored to your specific needs. It will combine holistic techniques such as facial massage, gua sha and acupuncture, and high-performance skin tech such as LED light therapy and high frequency. Suitable for all skin - including men's, acne, rosacea and sensitive skin.

## GUA SHA

30/60/90 mins

Gua sha is an ancient self-care practice rooted in traditional Chinese medicine. Studies show that one minute per day of gua sha improves microcirculation by up to 400%. We use our re:lax gua sha tool to lift, sculpt, tone, smooth, brighten and depuff.

## PREGNANCY

30/60/90 mins

A replenishing facial using completely natural and pregnancy-safe products to support the skin through the hormonal changes of pregnancy. Suitable from the first trimester through to the final weeks, and recommended during breastfeeding too.

## MENS

30 mins

Whether you're experiencing breakouts, blackheads, or ingrown hairs and sensitivity, this deep cleansing, soothing and hydrating treatment will target your specific needs and leave you with healthy, clear, and youthful skin.

## LED EXPRESS

30 mins

LED light therapy is medically recognised and clinically proven to boost collagen production, kill acne causing bacteria on the skin's surface, stimulate cellular rejuvenation, and soothe skin redness and inflammation. In this 30-minute treatment we cleanse the skin, apply a serum, and let the LED work its magic while you lie back and receive a hand or foot massage. We then finish up with an oil, moisturiser, or SPF.



# Advanced Facials

## PRICES

30 mins - £50  
60 mins - £95  
90 mins - £130

## SIGNATURE

60/90 mins

Tailored to your skin we combine all the techniques used in the bespoke facial as well as sculptural face lifting and intraoral massage. Available as a 60 or 90-minute facial, this is a deeply relaxing and seriously high-performance skin experience.

## SCULPTURAL FACE LIFTING AND INTRAORAL MASSAGE

60/90 mins

Available as a 60 or 90-minute facial, this is a workout for your 40+ facial muscles, neck and décolletage. We combine advanced facial massage and intraoral massage (working simultaneously inside and outside the mouth) to lift, tone, sculpt and depuff. This technique - made famous by being Meghan Markle's pre-wedding facial - is also great for jaw tension and TMJ.

## THE ULTIMATE

90 mins - £120  
120 mins - £150

90/120 mins

re:lax at Birch is a partnership based on the shared values of escaping urban living, and releasing and resetting free from the judgements, expectations, and constraints of daily life.

In The Ultimate treatment, spend 90 or 120 minutes detaching from the daily grind and giving yourself the space to truly unwind. This full body treatment combines our highly acclaimed Bespoke facial, the Soothe and Release massage, and the techniques of reflexology, Indian head massage, aromatherapy, and hot stone. This one is guaranteed to induce total relaxation.

## LED SELF-SERVE

20 mins - £20

20 mins

Help yourself to a cup of tea, check out our wonderful products, and give your skin a bit of love with our LED self-serve station. LED light therapy is clinically proven to boost collagen production and kill bacteria causing acne on the skin's surface. Simply cleanse your skin with one of our beautiful cleansers, pop on the LED mask, lay back on one of our comfy chairs, and let the mask do the work.

