

*The Milestone Hotel*  
*& Residences*



# SPA TREATMENTS MENU



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## A MESSAGE FROM JOSIE JENKINSON

OUR RESIDENT THERAPIST

I have always had a natural inclination towards healing, and I began my journey in the field at a young age, providing healing services for the church. Growing up in a family with a strong sporting background, I often found myself accompanying my champion boxer cousins and martial arts brothers to competitions all over the country. It was during this time that I discovered my interest in the human body and its well-being. Although I initially intended to pursue a career in interior design, I ended up taking a reflexology course when the interior design course I wanted was full. Working with the body felt incredibly natural to me, and I decided to further my knowledge by taking a sports massage course, which led me to specialize in treating injuries for many years.

My first professional position was with celebrity cruises, where I had the opportunity to conduct workshops and provide treatments to the tourists on board. Upon returning to land, I worked in a health clinic in Notting Hill. However, I eventually made the decision to work independently and have been doing so in both London and Costa Rica, as well as Joshua Tree. Throughout this time, I continued to expand my knowledge through further studies, and my interests shifted towards chronic pain and recurring conditions. This led me to explore the mind-body connection and how it impacts modern-day health conditions.

Having worked in a five-star environment throughout my career, my client base has always been high-end. My expertise in jaw treatment also opened doors for me to work on fashion shoots, providing treatments to talent before their photo shoots. I have had the privilege of working with music artists, DJs, and individuals within the film industry, including directors, producers, costume designers, A-list actors, models, and fashion designers.

*What sets my treatment apart is the unique combination of my natural intuitive healing abilities and my clinical and psychological training.*

This allows me to provide a treatment that truly caters to the needs of each client. I typically incorporate multiple techniques to enhance the overall experience for my clients. Helping people heal is not just a job for me; it is my passion. Whether it involves providing deep relaxation, sharing knowledge, or creating profound experiences, I cannot imagine doing anything else.

**If you would like to book a treatment with Josie please dial 6034 to book through our Concierge Team.**

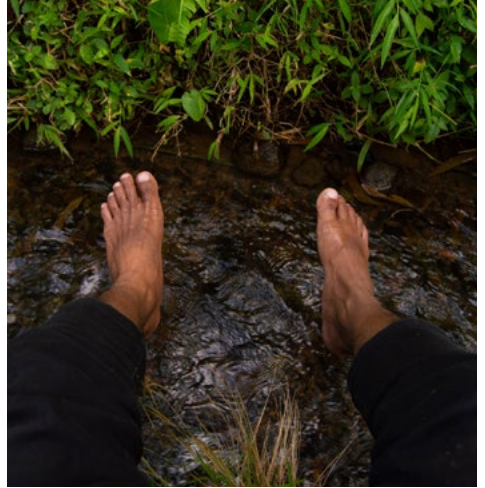


## CLASSIC TREATMENTS

### TRANQUILTOES THERAPY

Embark on a holistic journey with our revitalizing Reflexology treatment, infused with Himalayan salt and rosemary. Feel the cleansing energy as your feet are enveloped in a comforting compress. Skilled reflexologists target points to stimulate organs and systems, enhanced by our unique essential oil blend of tea tree and lavender, combating skin conditions and promoting therapeutic effects.

Experience profound relaxation as tension melts away. The synergy of Himalayan salt, rosemary, tea tree, and lavender promotes well-being, calmness, and upliftment. Step into tranquility and let Reflexology guide you to balance and vitality. Whether seeking relief or relaxation, our holistic approach promises renewal and restoration.



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### RESTORATION AND RENEWAL

Experience the ultimate relief with our Deep Tissue Massage, enriched by Black Pepper and Marjoram oils. Stimulating tired muscles, it provides targeted relief and vitality. Skilled therapists incorporate myofascial cupping, enhancing detoxification and releasing tension. With firm pressure, they address chronic tension and restricted mobility.

Whether recovering from activity or seeking pain relief, our massage offers unparalleled benefits. Feel tension melt away, leaving a renewed sense of well-being. The blend of oils and cupping creates a soothing effect, uplifting the spirit. Step into relaxation and let our massage unlock revitalization. Whether pain relief or deep relaxation, our therapists guide you to wellness.



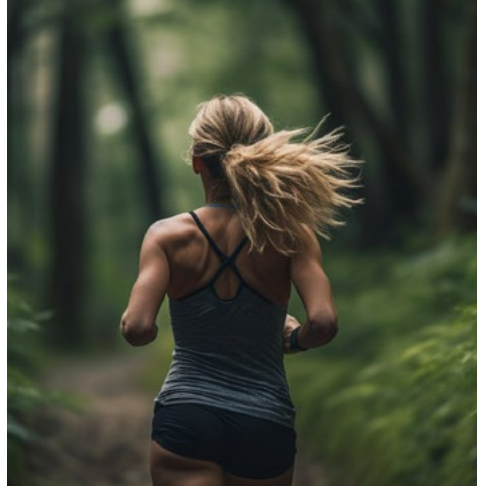


## CLASSIC TREATMENTS

### ATHLETIC FUSION

Experience peak performance and rapid recovery with our Sports Massage, integrating traditional techniques with restorative stretching to optimize healing. Our expert therapists assess your needs, targeting knots and tension for tailored relief. Whether rehabilitating, prepping for competition, or easing strain, our approach supports athletes effectively.

Therapeutic stretching enhances flexibility and circulation, aiding in superior performance and quicker recuperation. Feel revitalized and empowered as tension fades, leaving you refreshed and resilient. Whether professional or recreational, our specialized treatment elevates strength, flexibility, and vitality, empowering you to excel in your athletic pursuits with confidence.



### TOXIN FLUSH THERAPY

Immerse yourself in our rejuvenating detox massage, crafted to cleanse body, mind, and spirit. Targeting lymph nodes and circulation, our therapists stimulate natural detoxification, releasing toxins and promoting wellness. Feel tension melt away, leaving renewed vitality and lightness.

Beyond physical benefits, experience mental clarity and emotional balance. Tailored to your needs, our personalized treatment addresses concerns like bloating and stress. Step into tranquility and let our detox massage nourish you. With an essential oil synergy of Juniper, grapefruit, and lemongrass, this blend calms, reduces inflammation, acts as a diuretic, and improves circulation, promoting vibrant well-being.







## CLASSIC TREATMENTS

### GENTLE WAVES MASSAGE

Indulge in our Relaxation Massage for the ultimate relaxation experience. Crafted to rejuvenate your body and calm your mind, this treatment melts tension and promotes deep relaxation. Skilled therapists use gentle strokes to release muscle tension and improve circulation, fostering tranquility.

Tailored to your preferences, each session ensures personalized comfort. Feel renewed well-being and inner peace as stress dissipates. Escape the daily hustle and embrace serenity with our Relaxation Massage. Using Lavender and Ylang Ylang oils, this blend promotes deeper calmness, reducing fatigue and mental exhaustion. Surrender to pure relaxation and restore balance between body, mind, and spirit.





## SIGNATURE TREATMENTS

### TIME ZONE RENEWAL

Experience our Magnesium-Rich Pumping Massage, an effective jet lag treatment, synchronizing with your heartbeat for enhanced circulation and deep relaxation. Complementing it, our Cranial Massage increases oxygen flow, alleviating mental exhaustion and fostering clarity.

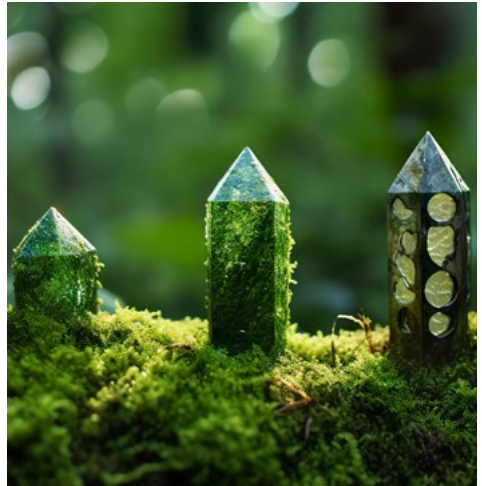
This soothing massage restores balance to the vagus nervous system, harmonizing mind and body. Afterward, luxuriate in our aromatherapy sauna, deeply relaxing and restoring. Conclude your journey with sleep-inducing herbal tea, promoting relaxation for a restful night's sleep. Ready to embrace life anew with renewed vitality and clarity, our therapeutic experience ensures you feel rejuvenated and refreshed.



### SONIC SERENITY MESSAGE

The Sonic Serenity Massage combines singing bowls and massage for relaxation, stress reduction, and mind-body connection. Rooted in ancient healing and sound therapy, it supports overall well-being. Led by skilled practitioners, personalized sessions involve placing singing bowls on or around the body while receiving gentle massage. The bowls' vibrations stimulate the vagus nerve, regulating relaxation.

These vibrations resonate through the body, inducing deep relaxation, reducing stress, and enhancing mind-body connection. This fosters balance, harmonizing the nervous system and nurturing inner calm.



## SIGNATURE TREATMENTS

### HARMONIC HEALING

In 'Harmonic Healing', crystal and Tibetan singing bowls create a serene ambiance, inducing deep relaxation and releasing tension. Tuned to chakra frequencies, the bowls resonate within the body, promoting balance and harmony. Participants immerse themselves in the rich tones, embracing ancient wisdom for profound peace. As the sound bath peaks, a Reiki practitioner enhances the experience, gently releasing stagnant energy and restoring balance.

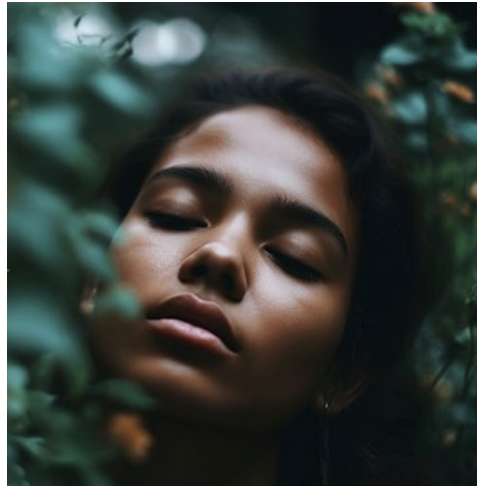
With each tender touch, participants feel rejuvenated, experiencing a renewed sense of well-being and tranquility. This holistic journey fosters deep relaxation, aligning mind, body, and spirit for holistic healing and rejuvenation.



### SERENITY RESONANCE

Embark on 'Harmonic Healing: A Journey of Relaxation and Renewal' for a transformative experience. This holistic session blends crystal and Tibetan singing bowls with healing white light visualization. Settle into a peaceful environment, centering yourself. Crystal bowls target energy centers, releasing tension and promoting balance.

Transitioning to Tibetan bowls deepens relaxation, guiding inner harmony. Visualize a radiant white light enveloping you, releasing negativity. Guided by the practitioner's voice, feel revitalized. Return to awareness with gratitude for the rejuvenating experience. This sacred treatment leaves you renewed, aligned, and refreshed, reconnecting with your inner self.



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