

Glacial Shells Detox Treatment

– A must for detoxifying

Shell shock: The treatment uses ice therapy to target the stomach, legs and intestines with deep strokes that encourage the lymphatic system to purify the body. It is a very comfortable and relaxing treatment



This being a glacial shells treatment, the shells used are mostly cool. In effect, this is an ice therapy to target the stomach, legs and intestines with deep strokes that encourage the lymphatic system to purify the body.

It acts as a non-invasive colonic, so it's ideal as part of a weight loss programme, as well as a stress soother, and treatment for IBS and menstrual cramps.

The therapist will use a therapeutic contrast of two chilled glacial shells and one heated lava shell which helps to promote wellness and balance and will leave you feeling refreshed and uplifted.



Afterwards, you are guaranteed to feel invigorated a lot less bloated and notice a reduction in water retention!