



# EDIBLE SPA MENU



We are delighted to present our exclusive **Edible Spa Menu**, created in collaboration with UK-based events company, *Edible Stories*, an extraordinary group that focuses on unique culinary experiences by creating an immersive journey through food.

All treatments in this menu use homemade spa products created entirely using edible ingredients such as coconut, papaya, kiwi, turmeric, avocado, honey, and yoghurt, to name a few.

## FACE TREATMENTS

### Coco Lassi Mask (Anti-ageing - for extra dry skin)

Fresh mangoes and kiwis are mashed together with honey and coconut milk for a luxurious face mask. Both kiwis and mangos are great sources of vitamins which enhance collagen production and replenish our skin of antioxidants. Kiwi seeds contain fatty acids omega 3 oils which help to delay the skin ageing process. Coconut milk contains Vitamin C and copper, which helps to improve skin elasticity. It also has antimicrobial properties which help to prevent breakouts, and the fats in the milk prevent pores from clogging.

### Mango Smoothie Mask (Anti-ageing - for normal skin)

Fresh mangoes and kiwis are combined with honey for a refreshing face mask. Both kiwis and mangos are great sources of vitamins which enhance collagen production and replenishes our skin of antioxidants. Kiwi seeds also contain fatty acids omega 3 oils which helps to delay the skin ageing process.

### Papaya Panna Cotta Mask (Skin brightening)

Fresh papayas are blended with yoghurt to create a brightening mask. Papayas are full of papain, an enzyme which brightens skin and inhibits hair growth. The water, carbohydrate, and fat content of papaya pulp hydrates and nourishes the skin, while the proteins in yoghurt make the skin firmer and more resistant to wrinkles by stimulating the production of collagen. Yoghurt also contains lactic acid, which exfoliates the skin and refines pores for a smoother appearance. **Contains dairy.**

### Neem Tea Mask (For dry skin)

Thai Basil is ground together with neem leaves, before being added to aloe vera pulp as a cooling face mask. Thai basil helps to even out the skin tone and is effective at preventing blackheads. It also has anti-inflammatory properties, helping to soothe and depuff the skin. Neem is extremely moisturising, which aids in keeping the skin soft and supple. Aloe vera gel is rich in water and helps to soothe and hydrate the skin. Its nourishing properties are also effective in combatting sun-exposed skin.

## BODY TREATMENTS

### Coco Rice Pudding Scrub (Skin brightening)

Rice flour is combined with coconut milk to make a gentle brightening scrub. Rice flour softens and brightens the skin, and it is high in antioxidants which slow down signs of ageing on the skin. Coconut milk contains Vitamin C and copper, which helps to improve skin elasticity.



### **Turmeric Rice Pudding Scrub (Skin brightening - for a glowing tan)**

Rice flour is combined with turmeric and coconut milk to make a gentle brightening scrub. Rice flour softens and brightens the skin, and it is high in antioxidants which slow down signs of ageing on the skin. The turmeric revives the skin, and its anti-inflammatory properties targets the pores and calms the skin. Coconut milk contains Vitamin C and copper, which helps to improve skin elasticity.

### **Chocolate Cake Scrub (For rough and very dry skin)**

Cocoa powder, coconut oil, and sugar are mixed together create this decadent body scrub. Cocoa powder is rich in antioxidants and helps to reduce inflammation and redness. Cocoa powder and sugar help to gently exfoliate the skin, making it appear brighter and clearer. Sugar is also a humectant, which means it draws moisture from the environment to the skin. Coconut oil is very nourishing, as it is full of saturated fats which help to soften the skin. It also contains Vitamin E and amino acids which help to strengthen your skin's natural barriers.

### **Coco Ice Cream Scrub (For slightly sunburnt skin)**

Coconut oil, sugar, and lime juice are blended together and then frozen to create a thick and creamy body scrub that melts as its applied to the skin. Coconut oil is known for its nourishing properties, as it is full of saturated fats which help to soften the skin. It also contains Vitamin E and amino acids which help to strengthen your skin's natural barriers. The citric acid in limes also helps to exfoliate the skin, and limes are rich in Vitamin C which aids in brightening the skin to bring out a natural glow.

### **Banana Ice Cream Wrap (For very dry or slightly sunburnt skin)**

Fresh bananas are pureed with coconut oil, sea salt, and lemon juice before being frozen. The cold scrub is applied on the skin and then wrapped to allow the oil to absorb fully. Bananas contain Vitamin A, which helps to restore moisture to the skin. Coconut oil is known for its nourishing properties, as it is full of saturated fats which soften the skin. It also contains Vitamin E and amino acids which help to strengthen your skin's natural barriers. The citric acid in lemon helps to exfoliate the skin, and the Vitamin C helps to repair damaged skin.

## **HAIR TREATMENT**

### **Golden Milk Hair Mask**

A paste of turmeric and milk is enriched with honey to create this hair mask designed to stimulate hair growth. The anti-inflammatory properties of turmeric help to smooth the skin on your scalp. It also helps to boost circulation, allowing for better hair growth. The milk makes hair softer and helps to restore shine and lustre. Honey is extremely moisturising and is a great conditioner to soften your hair. **Please note that this mask may stain blonde/light-coloured hair. Contains dairy.**

Please advise us of any health conditions that may affect your treatment. For those with sensitive skin, we recommend requesting for a patch test prior to enjoying your treatment.