



jinja

the dedicated treatment rooms at myhotel Brighton



the dedicated treatment rooms at myhotel Brighton

In Shinto, the ancient religion of Japan, a jinja is a shrine or holy place. At myhotel Brighton our modern day jinja treatment rooms are an oasis of tranquillity and indulgence combining ancient Eastern healing techniques with the best Western products.

Our qualified jinja therapists will pamper you with a range of memorable facials, body treatments and massages that make your experience at jinja a perfect retreat and a fantastic treat for men and women alike - jinja vouchers & myoffers available. This is also a great addition to your guest experience at the hotel or a funky and creative touch for your event or meeting.



the dedicated treatment rooms at myhotel Brighton





jinja signature experiences

jinja special : Starting with a consultation leading to a selection of essential oils, your jinja therapist will then give you a massage and an Aveda aromatherapy facial including face and scalp massage. This is the ideal combination of two fantastic treatments in one, a customised treatment that relieves stress and balances face, body and mind.

(90 minutes) £75

mosqueta rose healing body wrap : The healing powers of the mosqueta rose have been used for centuries by the Peruvian Indians. Enjoy a ginger salt scrub, a warm herbal rose body mask, a mini facial and a rose oil massage to soften and soothe the skin.

(100 minutes) £90

manuka honey wrap : A salt glow exfoliation followed by an application of jinja's original organic manuka honey, ginger and milk body mask and an aromatic massage focusing on promoting lymphatic flow. This is an excellent treatment to soften and hydrate the body.

(100 minutes) £90

healing wrap : After a salt glow exfoliation, benefit from a re-mineralising, nourishing and hydrating seaweed mask. Cocooned in a thermal blanket, you will be carried by a wave of ultimate relaxation while having a face and scalp massage followed by an application of Aveda's replenishing moisturiser.

(90 minutes) £70

ginger-salt and citrus body scrub : Designed to stimulate your blood circulation, this scrub uses Dead Sea salt which is very high in minerals and has skin hydrating properties. Essential oils of ginger and lime are used to stimulate cell renewal. Before you leave we will moisturise your body to leave your skin rejuvenated.

(50 minutes) £45

massages

massage : Pure essential oils carefully blended by Aveda are combined with Western and Oriental massage techniques to revive aching muscles and relax stressed out minds. Choose from the "energising", "calming" or "beautifying" oil blends or let us guide you on a sensory journey.

(30 minutes) £30

(60 minutes) £55

(90 minutes) £75

express massage : A revitalising foot, hand or scalp mini-massage for an instant pick me up even when time is limited.

(15 minutes) £15

foot reflexology : This treatment helps to bring mind and body into harmony by focusing on the reflex areas of your feet.

(30 minutes) £25

(60 minutes) £45

mother-to-be body massage : For total bliss during your pregnancy get pampered by your jinja therapist. **(30 minutes) £30**

Indian head massage : A perfect prelude to any facial. Originating in the East it is based on the Ayurvedic system. It helps deal with headaches and stress, scalp and hair problems, aids localised blood and lymphatic circulation, relieves eye strain, boosts the immune system, relieves muscle tension and helps restore joint movement.

(30 minutes) £30

sea salt skin scrub and massage : After a scrub using a delicious combination of Aveda's Dead Sea salts and pure oils, your jinja therapist continues with an aromatic body massage that will leave you feeling deeply relaxed and silky smooth.

(80 minutes) £70



Aveda signature experiences

Aveda express facial

(40 minutes) £35

Aveda de-stress facial

(60 minutes) £55

Aveda elemental nature

(60 minutes) £55

Let your skin reflect health, vitality and radiance when the five elements are in balance. These are Aveda customised facials with personalised skin analysis, deep cleansing, exfoliation, treatment mask, detoxifying face and neck massage plus a soothing scalp, hand or foot massage. Your jinja therapist will customise the treatment according to your personal needs. This is a totally holistic face therapy to rejuvenate the skin, body and mind.

Aveda essential back treatment : Unique back, neck and shoulder deep cleansing followed by exfoliation, massage and a detoxifying mask, which removes impurities, releases tension leaving skin soft and smooth. (50 minutes) £40

make-up

evening make-up session : Help is at hand to solve all your make-up dilemmas for that special event or party. Enjoy a consultation, some expert advice and a great glow at the end of the session. (45 minutes) £55

facial followed by make-up session :

Prepare your skin to look its best with a facial (personalised skin analysis, deep cleansing, exfoliation, treatment mask, detoxifying face and neck massage) before your make-up session inclusive of a consultation and some expert advice. (90 minutes) £85

basics

eyelash tint £15
eyebrow tint £10

deluxe manicure £35
deluxe pedicure £35

waxing

lip/chin £10
brow £10
underarm £10
half arm £15
full arm £20
bikini (Brazilian/Hollywood) £30
half leg £22
half leg & bikini £35
full leg £30
full leg & bikini £40
chest or back (for men) £20

threading

eyebrow £12
upper lip £12
chin £12

jinja wellbeing workshop for two : This training session will teach couples basic Eastern & Western massage techniques. Each partner will first receive a 25-minute wellbeing massage by our jinja therapist before learning and practicing massages on each other. The price of the workshop also includes a bottle of Aveda therapeutic oil for your immediate practice! (100 minutes) £95



jinja vouchers continuous pampering courtesy of myhotel Brighton!

The jinja vouchers are available for any treatments & are valid for 6 months from the date of purchase.

‘Life finds its purpose and fulfilment
in the expansion of happiness’.

Maharishi Maheshi Yogi



Brighton

Telephone +44 (0)1273 900 389

Email jinjabrighton@myhotels.com

17 Jubilee Street, Brighton
East Sussex BN1 1GE

myhotels.com