

Treatment List

SPA



Swedish Massage

A traditional massage using pressure to help release muscular tension in the body.

- Back, Neck & Shoulders – 30 mins | £50
- Full Body – 60 mins | £80

Aromatherapy Massage

A deeply relaxing treatment combining expert massage with hand-blended essential oils to calm the body, uplift the spirit, and soothe the soul.

- Back, Neck & Shoulders – 30 mins | £55
- Full Body – 60 mins | £85



De-Stress Muscle Melter

An all-encompassing ritual combining an invigorating hand and foot cleanse with a full body brush to exfoliate and revive the skin. Drift away with a deeply relaxing massage that eases tension from head to toe, using long, flowing strokes and gentle pressure to melt muscle tightness, boost circulation, and leave the body restored and the mind renewed.

- 60 mins | £95

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Pregnancy Massage

This deeply calming massage helps relieve tension and promote relaxation, specifically designed for expectant mothers. Suitable for those over 12 weeks of pregnancy.

Back, Neck & shoulders - 30 mins | £50

Full Body - 60 mins | £80



Full Body Exfoliation

Gently buff away dull skin with mineral-rich sea salts and citrus essential oils. Perfect before a holiday or as a skin-renewing treat.

- 45 mins | £65

Additional

- Aromatherapy Back, Neck & Shoulders – 75 mins | £91

- Aromatherapy Full Body Massage – 105 mins | £116

Reflexology

A complementary, holistic therapy that naturally balances and treats the whole body through compression massage to reflex areas of the feet. Releasing tension, improving circulation, and achieving a general feeling of wellbeing.

- 45 mins | £68



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Tension Targeting Back Treatment

Slough away dead skin cells and melt away muscular tension with this targeted back treatment. Focusing deep pressure on knots and tight muscles and stretching to melt away built-up stress and release tension.

- 30 mins | £65

Lava Shell Massage

This soothing treatment uses naturally self-heating Tiger Clam Shells to glide smoothly over the body. With a mix of deep pressure to relieve aches and lighter pressure to ease stress, the gentle heat melts away tension, leaving mind and body calm, relaxed, and revitalised.

Back, Neck & Shoulder - 30 mins | £65
Fully Body - 60 mins | £95



Head to Toe Glow

The 2 in 1 face and body treatment begins with a thirst-quenching facial where dead skin cells are eliminated through an intensive double exfoliation. This is followed by a deeply hydrating facial mask and pressure point face massage to restore balance and moisture from the inside out. The body treatment uses our invigorating body brush and the Golden Glow Gradual Tan to leave skin soft, smooth and sun kissed.

60 mins | £95

