

Holistic Treatments

ESPA Swedish Massage

£50

Choose between light, medium or deep pressure for this traditional full body massage. Using different techniques, personalised for each client's concerns. This is an ideal introduction to massage which leaves the body de-stressed and revived.

Appointment time: 55 minutes

ESPA Iconic Back, Face & Scalp

£99

This luxurious combination begins with an exfoliation and soothing back massage to ease away stress and tension, followed by a luxury facial together with a therapeutic scalp massage. The use of hot stones brings total balance to the body, which aids the natural healing process.

Appointment time: 90 minutes

ESPA Hot Stone Massage

£60

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe any aches and pains, helping to make your body feel rejuvenated.

This includes hot stone aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage.

Appointment time: 55 minutes

ESPA Golfers' Deep Muscle Massage

£60

Restore comfort and movement with our tension relieving massage. Combining stretches and expert massage techniques you will emerge re-energised and de-stressed.

Appointment time: 55 minutes

ESPA Inner Calm Aromatherapy Massage

£85

A deeply relaxing and balancing aromatherapy massage using a blend of individually chosen oils following a sensory test and consultation to specify your desired needs. Covering all concerns with our many oils: the detoxifier, destresser, muscle relaxer, jet-lag eliminator, immune booster, energiser.

Appointment time: 75 minutes

ESPA Facials

£60

Our ESPA prescription facial is specifically tailored for you to include cleansing, exfoliation, purifying and to boost your complexion. Your advanced spa skincare products, rich in plant and marine extracts are chosen for your individual needs to achieve optimum results. Facials include:

- **Skin Radiance Facial £85**
- **Re-Hydrator Facial £85**
- **De-Sensitiser Facial £85**
- **Skin Purifying Facial £85**
- **Regenerating Facial £85**

Appointment time: 60 minutes

Pre and Post Natal Massage

£65

A deeply nourishing body massage designed to target areas of stress that often present in pregnancy. This treatment helps deep relaxation whilst relieving muscular aches.

Appointment time: 75 minutes

Extra Massage Time

Add on an extra 15 minutes for £12, or 30 minutes for £24 on selected massage treatments.

