

Packages

Make the most of your spa experience with us by booking one of our specially designed treatment packages, all of which include full use of our spa facilities and a freshly prepared light lunch.

(Please note that package treatments are set and no substitutions can be made).

Melt Away

1 hr 15 mins / Cost: £103

Let us melt away your tension using a combination of hot stones with a relaxing massage oil. This will ease away sore and tired muscles on your back, neck and shoulders. To finish, enjoy a rejuvenating Ayurvedic scalp and face pressure point massage.

- Hot stone back, neck & shoulder massage
- Ayurvedic scalp and face massage

Tonic Package

2 hrs / Cost: £144

We kick start this experience with a sea salt body scrub to begin the cleansing process, followed by the “Get Fresh” body wrap. This thermal cocoon wrap is deep cleansing and detoxifying. Emerge feeling refreshed and ready for your final treat – an express facial to leave your skin glowing. The perfect indulgence!

- Body Exfoliation
- Get Fresh Body Wrap
- Express Facial

Preen & Scheme

2 hrs / Cost: £140

This is our complete grooming experience, which includes all the tools a woman needs to feel polished. We begin with a full body exfoliation to leave your skin soft and gleaming, followed by an express facial to rejuvenate and refresh your skin. Then finish with a mini treat for the hands and the feet, so you can walk out on air, feeling great. A great package for a special occasion or simply for some well deserved 'me' time!

- Body Exfoliation
- Express Facial
- Express Manicure
- Express Pedicure

Pregnant Pause

2 hrs 15 mins / Cost: £156

This package begins with a massage of your back on our pregnancy cushion. Then relax into a specialised facial which restores your skin's healthy glow and treats to your arms and tummy too. Then sit back and enjoy a mini pedicure to take care of your tired feet.

- Facial
- Back Massage
- Express Pedicure

Couples Recharge

2 hrs / Cost: £265 per couple

Enjoy your spa day with a friend or partner, where your collection of treatments begins with the body recharge massage. This great pick-me-up massage will boost circulation and leave you feeling revitalised and full of energy. Whilst our Bright eye treatment will refresh and nourish this delicate area and you will emerge feeling rejuvenated.

- Body Recharge Massage
- Bright Eyes

The Perfect Package (For men)

2 hrs 15 mins / Cost: £175

Our collection of treatments, designed for male skin, begins with an invigorating sea salt scrub and is followed by a relaxing massage to ease away aches and pains. We complete the experience with a detoxifying marine facial, including a scalp and shoulder massage.

- Body Exfoliation
- Back Massage
- Marine Facial