

## ELEMIS FACIALS

### Prescriptive Elemis Facial 55mins

Depending on your skin type, these targeted facial treatments gently but firmly take on the challenges of sensitivity, oiliness, and dullness for a healthier complexion.

## GROUND RITUALS

### Restorative Face, Neck and Scalp Ritual 55mins

Combining nurturing facial massage with soothing Gua Sha techniques, this slow, flowing massage treatment works to reconnect the mind and body. The focus of the treatment is on the face, neck and scalp. The perfect treatment for anyone needing respite from the effects of stress and anxiety on their body.

### The Grounding Ritual 55mins

This treatment will be focused on the back of the body and specifically centred on the areas that are prone to tightness and tension.

### Grounding Full Body Massage 55mins

A restorative massage treatment to soothe and comfort the full body using slow and rhythmical techniques, this treatment helps to alleviate muscular tension while having a meditative, deeply relaxing effect.

### Abdominal Cleanse Ritual 55mins

The gut is our second brain, much of our wellbeing depends on it. This treatment helps encourage our gut to connect deeply to our body. The aim is to gently stimulate the circulation of lymph, nerve and fresh blood flow to the digestive organs. Fresh circulation helps bring the body's core back to homeostasis and balance. This warming treatment focuses on relaxing and soothing the abdomen physically while stimulating the area to aid detoxification. Acupressure points on the feet are worked on to prompt digestion and metabolism. Breathwork and mindfulness help tune into this powerhouse within the body to manage anxiety and stress, helping to tune in to our deeper consciousness and intuition.

## HOLISTIC TREATMENTS

### Indian Head and Foot Massage 55mins

Using ancient Ayurvedic healing techniques, this massage helps to release accumulated stress from the muscles and joints of the shoulders, neck, face and scalp. The Indian head massage is accompanied by a warming mask envelopment to the feet and ends with a foot massage. A wonderful way to rid the body of stress.

## THERAPEUTIC MASSAGE

### The Classic Full Body Massage 55min

The classic full-body massage is a Swedish-style massage that we tailor to your specific preferences or needs.

## MATERNITY TREATMENTS

*Please note that maternity massage is suitable from 16 weeks and is subject to medical suitability at the time of treatment. Pregnant Guests who have underlying health conditions may be required to provide proof of their GP's approval prior to treatments.*

### Mind And Sole Massage 55mins

Anyone who has been pregnant knows how tiring it is for legs and feet. This super indulgent treatment combines a thorough face and scalp massage, with a deluxe leg and foot massage. It soothes aches, relieves pains, rejuvenates you and puts you in a positive emotional and physical state in advance of your delivery.