

TRANQUILITY TREATMENT MENU

Body Treatments (50 minutes)

ESPA Inner Calm Massage

Find your inner calm with this rebalancing aromatherapy massage for mind and body, using a specifically selected blend of oils tailored to you. With neck and eye pillows to encourage warmth and relaxation, indulge in this holistic treatment, combining personalised aromatherapy massage and warm Rose Quartz Crystals over the forehead.

Dreamy Pregnancy Massage

This heavenly treatment incorporates the Fall Into Dreams Mother & Baby Massage Oil with a full body massage designed to soothe, calm and relieve the strains of pregnancy. For mums-to-be who are experiencing disturbed sleep, aches, pains and puffiness, this dreamy massage will give you a moment to rest and restore.

Tailored for you Massage

Allow our therapists to take care of you and your needs with your own personalised massage. Included will be a choice of areas which will enable our therapists to focus on your key tension points. Whether it's neck ache or sore feet, our therapists will listen to your needs and tailor make your ideal treatment.

The Well-being Massage

A massage that soothes away stress concentrating on the backs of your legs, back, neck and shoulders (also contains a face massage).

Skin Nourishing Milk Ritual

This skin cocooning milk protein is rich in vitamins and natural plant collagen which is perfect for dry, dehydrated and delicate skins. Combined with a tension melting scalp and foot massage this will leave both skin and mind in perfect harmony.

Facial Treatments (50 minutes)

ESPA Intensive Facial

Suitable for all skin types, this deep cleansing, relaxing aromatherapy facial, purifies, refines and hydrates. Specific active aromatherapy products are combined with acupressure massage, lymph drainage and Oriental Head massage to leave the mind clear and the skin radiant and moisturised.

ELEMIS Superfood Facial

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.

ELEMIS High Performance for Men

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration as the multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

Soothe and Glow

A combination of express facial with a back, neck and shoulder massage which cleanses, tones and rehydrates the skin and eases tension, relieves stress and promotes complete relaxation.

Choose one of the above treatments from either the body treatments or facial treatments