



the retreat

TREATMENT MENU

body treatments

bespoke massage

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

25/50/90 minutes

£50/£90/£120

hot stone massage

This deeply transformative treatment incorporates heated volcanic stones which are worked into the body, persuading the muscles to relax with warm body oil to soothe a tired mind and relieve aching muscles.

25/50/90 minutes

£55/£95/£125

pregnancy massage

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics which are safely formulated to be used during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm. Please note: You must be past 12 weeks to have this treatment.

25/50 minutes

£50/£90

indian head massage

Indian head massage is a relaxing holistic treatment that uses acupressure massage on the head, face, neck and shoulders. It aims to rebalance your body's energies.

25 minutes

£45

wraps

intensely cleansing salt scrub

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. The fragranced salt will gently buff away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

25 minutes

£60

frangipani body wrap

A deeply grounding experience for skin that's never felt softer. Velvety monoi oil is swept over the body for super hydration, quenching thirsty skin and parched areas. The body is softly cocooned and warmed while the mood-balancing aromatics and skin conditioning oils soak in. Neck, shoulder and scalp massages ease you further into relaxation.

50 minutes

£90

The Retreat Signature Treatment

Dive into total relaxation with our signature treatment. During this experience you will be able to shut off from the outside world with a luxurious back exfoliation, bespoke back massage to ease any tension followed by a rejuvenating facial and scalp massage.

50/90 minutes

£90/£120

facials

elemis express facial

The perfect introduction to ELEMIS' facials. Whether you're looking to recharge, resurface or rejuvenate this custom facial provides healthy-looking, glowing skin in just 25 mins.

25 minutes

£50

elemis expert™ touch nourish facial

Cleanse, Rebalance & Revive. Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

50 minutes

£90

elemis expert™ touch reveal facial

Resurface, Smooth & Glow. Powered by our patented Tri-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

50 minutes

£90

elemis expert™ touch renew facial

Hydrate, Lift & Firm. Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

50 minutes

£90

elemis expert™ touch define facial

Energise, Rejuvenate & Sculpt. This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin.

50 minutes

£90

nails

express gel manicure	25 minutes	£30
luxury gel manicure	50 minutes	£45
express gel pedicure	25 minutes	£30
luxury gel pedicure	50 minutes	£45

spa days

afternoon tea & treat	£95
» 2 hour use of Spa	
» 25 minute treatment	
» Afternoon Tea	
bubbles & bliss	£115
» 2 hour use of Spa	
» 50 minute treatment	
» Glass of bubbles	
ultimate spa retreat	£155
» 2 hour use of Spa	
» 90 minute delux signature treatment	
» Glass of bubbles	
» £20 Lunch allowance at Colsons Bar	

£10 Voucher off any future bookings or retail products when booking one of our spa day packages.

spa facilities

Access to our spa facilities

Mon-Thu £30 / £15 when booking a treatment

Fri - Sun £35

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