

Rituals and Advanced Experiences

ESPA Body Ritual

£90.00

120 minutes

Purify and revive body and mind with this deeply cleansing ritual. Body exfoliation combines with a nourishing wrap, full body massage and reviving scalp massage. Skin feels refreshed, smooth and intensely nourished. Toxins are eliminated, tension alleviated and your body and mind re-energised.

Includes: Body exfoliation – marine or algae wrap – Inner Calm massage – scalp massage



Deep Cleansing Back Treatment

£50.00

60 minutes

A tension releasing massage for tight muscles and congested skin on the back, neck or shoulders. The back is deep cleansed and exfoliated to help stimulate circulation and refresh the skin. A marine mud mask is then smoothed onto the back to remove impurities; lower legs and feet receive a deeply relaxing massage while the mask takes effect. Finally soothe away tension from the back with a calming back massage.

Includes: Back cleanse - exfoliation - back massage - mask - lower leg massage

Reflexology

£35.00

50 minutes

A pressure point massage on the reflexes of the feet, corresponding to the areas of the body which help to restore balance to both body and mind.