

Rituals and Advanced Experiences

ESPA Body Ritual

£100.00

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

£53.00

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

£37.00

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.



Look out for our Hero treatments.

These are our most popular treatments and a real indulgence