



Spa Days

£85pp for up to 4 persons

30 min Treatment:

Choose either Tropic Discovery Facial, Half Body Swedish Massage, Hand & Arm Treatment or Foot Revival

Afternoon Tea

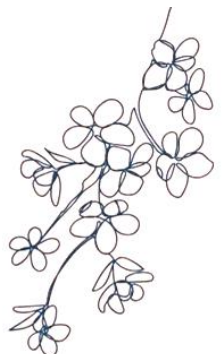
Prosecco, Tea & Coffee

Robes, Slippers & Towels included

All day access to Spa Facilities (11:00 – 16:30)

£15 pp deposit required

Please notify a member of the Spa Team about Food Allergies at time of booking.





SIGNATURE SWEDISH MASSAGE

FULL BODY 60 min – £65

BACK, NECK & SHOULDER 30 min – £45

Take time to unwind with a personalised Swedish massage designed to promote relaxation and a sense of wellbeing. Using smooth, flowing techniques and beautifully pre-scented massage oils, each treatment is tailored to your individual preferences. Leave feeling calm, refreshed and restored.

CITRUS HAND & ARM POLISH

30 min - £40

A refreshing citrus exfoliation using Tropic Super Smooth or Body Smooth, followed by a soothing hand and arm massage. Finished with your choice of whipped body butter or choose a refreshing or relaxing scented body oil, leaving skin soft, smooth and nourished.

CITRUS GLOW RITUAL

50 min - £50

Enjoy a citrus exfoliation for the back, hands and arms, followed by a relaxing hand and arm massage. A warming back exfoliation with basalt stones completes this indulgent ritual before your choice of whipped body butter, refreshing or relaxing scented body oil leaving skin glowing and beautifully soft.

PEPPERMINT FOOT REVIVAL

30 min - £40

Refresh and revive tired feet with this soothing peppermint treatment. Enjoy gentle exfoliation, nourishing foot care, finished with a relaxing foot massage to leave your feet feeling soft, refreshed and beautifully cared for.

PEPPERMINT FOOT REVIVAL PLUS

50 min - £50

Everything included in the Peppermint Foot Revival, plus massage for the feet and legs. A wonderfully relaxing treatment, ideal after a busy day, long walks or whenever your legs and feet deserve a little extra care.





TROPIC DISCOVERY FACIAL

30 min - £45



A personalised introduction to the award-winning **Tropic** skincare collection.

Following a skin consultation, products are selected to help *nourish, balance, hydrate, brighten or renew* your complexion, leaving your skin feeling refreshed, healthy and naturally radiant.

Perfect when you're short on time but still want to enjoy beautiful skincare and a relaxing experience.

TROPIC LUXURY FACIAL

60 min - £65

A luxurious facial experience tailored to your skin using the award-winning **Tropic** skincare range. Slow, flowing facial massage techniques are combined with gentle sculpting movements to create a wonderfully relaxing experience, leaving your skin looking refreshed, radiant and beautifully cared for. Choose either a relaxing neck, shoulder & scalp massage or a soothing hand & arm massage, creating the perfect balance of skincare and relaxation.

Request **Hydrogel Face Mask** (add £8) or **Hydrogel Eye Mask** (add £4) at time of booking for additional luxury.

INDIAN INSPIRED SCALP MASSAGE

50 min - £55

Relax and unwind with this deeply soothing Indian inspired scalp massage. Using traditional massage techniques to stimulate the scalp, neck and shoulders, this treatment helps relieve stress, improve circulation and encourages deep relaxation.

Choose between a nourishing warm oil treatment to condition the hair and scalp, or enjoy the massage without oil.

About Tropic Skincare: Your facial treatments use the award-winning Tropic skincare collection, freshly made in the UK using naturally derived, cruelty-free ingredients. For more information, please ask at Reception.

To Book: Please ask at the Spa Reception or phone **01407 862049**

A minimum deposit of £10 per treatment is required upon booking.

2 hours use of Spa Facilities are included per person per treatment. Please bring towel and appropriate clothing.

