



MINI SPA

A timeless place of beauty and tranquillity, surrounded by nature is the perfect place to escape and unwind.

Bamford Body Signature Treatment

90 minutes £100

Starting with a relaxing foot bath followed by a perfect balance between a Swedish full body massage and Aromatherapy to relax mind and body. During this wonderful massage, you will experience a foot wrap. While your feet enjoy the warm wrap with nourishing cream, leaving your feet moisturised and relaxed, a stress relief scalp massage with pressure points will leave you feeling completely relaxed and rejuvenated.

Hot Stone Therapy

75 minutes £85

This deeply relaxing massage is a combination of Swedish massage techniques and warm volcanic stones to melt away tension and stress. The massage is a unique experience everyone can enjoy as it relieves the symptoms of muscular aches and pains, arthritis and back pain. The gentle heat will not only feel great, it will also stimulate the blood circulation in the body. This treatment gives you a deep sense of relaxation.

The REN Facial Treatment

60 minutes £80

A truly pampering experience tailored to your needs. Whether your skin needs rebalancing, renourishing, lifting or decongesting, this treatment will encourage healthy skin metabolism and self-repair, leaving your complexion clean, recharged and radiant. REN's facial massage and rose fragranced hot towels will ensure it's a de-stressing experience throughout.

The Body Massage

60 minutes £75

Once you have picked your choice of Aromatherapy massage oil, you can put the world on hold and lay back while we warm and relax your muscles. Using different techniques including Swedish, Deep Tissue and Thai Pressure Point Massage, toxins will be released from your muscles, the lymphatic system will be stimulated and blood circulation will improve. All of this helps to restore the balance of your whole body. Your feet will receive extra attention with Reflexology and the finishing touch lies within the Indian Head Massage, which helps relieve headaches and migraines.

Deluxe Massage

60 minutes £75

This ultimate stress reliever will start off with a back, neck and shoulder massage, using the best essential oils and massage techniques to ease away the tension. Combined with a pressure point scalp massage, you will feel stress free and energised.

Luxurious Hands and Feet

60 minutes £75

A relaxing foot bath is followed by an exfoliation to stimulate circulation and smooth the rough skin. Your legs will enjoy warm compresses while your toes will get nail shaping and cuticle treatment. A foot massage will leave your feet moisturised and tension free. For your hands, a warm soak to soften the cuticles is followed by a scrub and massage for smoothness and relaxation. After the nails are cleaned, shaped and buffed, your hands will look fantastic.