

# Herb House

## Treatments

### **BAMFORD MASSAGE** 60 minutes – £120

This massage, focusing on the back of the body, relieves tense muscles and reduces stress levels, while restoring and realigning energy in the body. Starting with a warm foot cleanse followed by the use of Japanese shiatsu rocking techniques to open the meridians, the full back of the body is then massaged – moving from the feet and legs, to the back, neck, shoulders and arms.

This massage is only performed on the back of the body with the guest lying face down.

### **VOYA MASSAGE** 60 minutes – £120

This massage, using Voya's organic massage oil focuses on the back of the body to ease tight and fatigued muscles. Starting with a warm foot cleanse this massage then also incorporates gentle stretches to help release muscular and emotional tension. Deeply invigorating.

This massage is only performed on the back of the body with the guest lying face down.



### **PREGNANCY MASSAGE** 60 minutes – £120

This treatment uses an oil that is safely formulated to be used during pregnancy. This massage starts with a warm foot cleanse, then the massage will start on the feet and backs of the legs to help ease the heavy feeling that can come with pregnancy. Then moving upwards on to the whole of the back, neck and shoulders, including the hands and arms. This massage is performed lying face down using our pregnancy massage pillows which are designed to provide support for your bump.

### **VOYA TIME TO SHINE BODY BUFF** 60 minutes – £120

Using VOYA's luxurious lathering body buff, your body will be gently exfoliated with finely ground seaweed and walnut shells and your skin will be nourished with a blend of almond oil, seaweed and ginger extracts. The rich certified organic crème body buff firstly removes dry flaky skin to reveal smoother, softer skin. Then the rich cream moisturises and nourishes the skin, stimulating cell renewal and giving a healthier tone and texture. At the same time, the warming ginger chai extracts are perfect for giving the mind and body a gentle lift.



# Herb House



## BAMFORD – SCRUBBED & POLISHED

60 minutes – £120

Your treatment starts with a Bamford body scrub to gently exfoliate your body. You will then be treated to a luxurious application of Bamford body moisturiser.

## REFLEXOLOGY 60 minutes – £120

A wonderful holistic treatment, based on the principle that there are reflexes in the feet, hands and ears, which correspond to every part, gland and organ of the body. A gentle foot therapy which helps to restore the balance and energy in the body and encourages the body's natural healing process.

## FULL MANICURE 60 minutes – £60

This treatment leaves you with silkier, smoother and firmer skin. Including hand exfoliation, nourishing and conditioning, followed by cuticle care and massage. Beautifully shaped and polished with O.P.I. custom colour nail varnish.

## FULL PEDICURE 60 minutes – £60

This treatment includes nail and cuticle care, hard skin removal, massage and polish. Beautifully shaped and polished with O.P.I. custom colour nail varnish.

## GELCOLOR MANICURE 60 minutes – £70

Starting with cuticle care and nail shaping, the nail is prepped for a very thin layer of gel overlay which after each coat is placed into a LED lamp which takes 30 seconds to set each coat.

## GELCOLOR PEDICURE 60 minutes – £70

Starting with cuticle care and nail shaping, the nail is prepped for a very thin layer of gel overlay which after each coat is placed into a LED lamp which takes 30 seconds to set each coat.

## BAMFORD BESPOKE FACIAL 60 minutes – £120

Bamford skincare is made using the finest natural and organic ingredients for beautiful skin. The powerful active ingredients work alongside their carefully designed holistic facials to achieve targeted visible results. Your therapist will tailor your facial according to your skin's needs using Bamford's skincare range:

- Awaken** Designed to leave skin smoother and glowing
- Restore** Designed to lift and firm the skin and help reduce the appearance of fine lines and wrinkles
- Purify** Designed to brighten and balance the skin



# Herb House

## Treatments

### VOYA FACIAL 60 minutes – £120

This treatment is suitable for all skin types, particularly for those in search of anti-aging results. The facial uses VOYA's finest organic ingredients combined with anti-oxidant algae complexes and a restorative blend of aromatherapy oils. This mix of seaweed and botanical ingredients helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. Skin will be instantly firmer and tighter with a natural and more radiant glow.

### SARAH CHAPMAN BESPOKE 60 minutes – £120

Delivering healthy, perfected skin whatever your concern, this highly bespoke facial is uniquely tailored to each individual following an in-depth consultation with your therapist to determine current skin health, condition and goals.

### SARAH CHAPMAN POWER PEEL WITH LED 60 minutes – £130

The perfect pre-event facial, this mild skin-resurfacing peel is combined with a tailored blend of powerhouse Skinesis serums, delivering instant firmness and radiance to lacklustre skin for a fabulous, photo-ready complexion. We will use LED therapy uses a combination of light technologies to heal and perfect the skin, boost collagen production and help minimise blemishes.



### TIME FOR TWO IN THE BATH HOUSE

2 for an hour – £90 or 2 for two hours – £175 without drinks or nibbles. 2 for an hour – £150 or 2 for two hours £235 to include half a bottle of fizz or fresh juices and smoothies and a selection of our delicious Raw & Cured nibbles.

Some much needed time for couples to relax together in the secluded and peaceful Bath House with stunning floor to ceiling views directly across the forest. Time in your own private sauna followed by a soak in our sumptuous double bath with either a choice of a relaxing and detoxifying Voya Lazy Days Seaweed Bath or a soothing and rejuvenating Bamford Botanic Bath Salts.

