

The Boutique Wellness Spa



Our Philosophy

Propelled by the concept of a holistic lifestyle and well-being, The Boutique Wellness Spa & Fitness Suite rests on the healing philosophy of physical, mental and spiritual health. For the ideal retreat for the Day Spa Goer as well as the Hotel Resident Guest, Our Boutique Wellness Spa and Fitness Suite will guarantee the ultimate Spa journey.

The Boutique Wellness Spa evokes the peace and tranquillity of an urban day spa, while the rituals of our Exclusive Products of Sundāri & Ytsara envelop mind, body & spirit.

Come into our world, discover, enjoy, indulge & experience.

Introduction

It is said even in ancient eras a gorgeous complexion did not last forever. Thus a journey was born becoming the focal point in any woman's beauty regime to treat ones skin.

Our Spa is an oasis of holistic therapy for the Body, Mind and Spirit and throughout the carefully designed space, warm colours convey the feeling of earth and sun for serenity and relaxation. Scented by fragrant aromatherapy aromas, the reception area enjoys a Zen-like ambience enhanced by strong tones, stone floors and light neutral walls. Our team of highly specialized Therapists are always at your disposal to take you on a personal journey of Indulgence and Pampering.

All of our treatments begin with a soothing foot ritual that lets you symbolically step away from the outside world, dispelling bad chi/energy. Following this, your therapist will spend time with you in consultation to ensure a completely personalized approach to your experience. Every spa guest is invited to relax in our glorious Boutique Thermal Suite, soothing muscles and loosening limbs to prepare the body for the deepest therapeutic experience.

Please arrive 45 minutes prior to your appointment to take full advantage of the Thermal/Glacial facilities. Complimentary Nibbles, Thai Teas, Aromatic Fruit Teas or Crushed Fresh Fruit Drinks are always on hand throughout your Spa experience.

SPA FACILITIES

3 dedicated treatment rooms, one specifically designed as a wet room for signature treatments

A changing area with showers

Zen relaxation area featuring heated loungers

THERMAL – GLACIAL SUITE

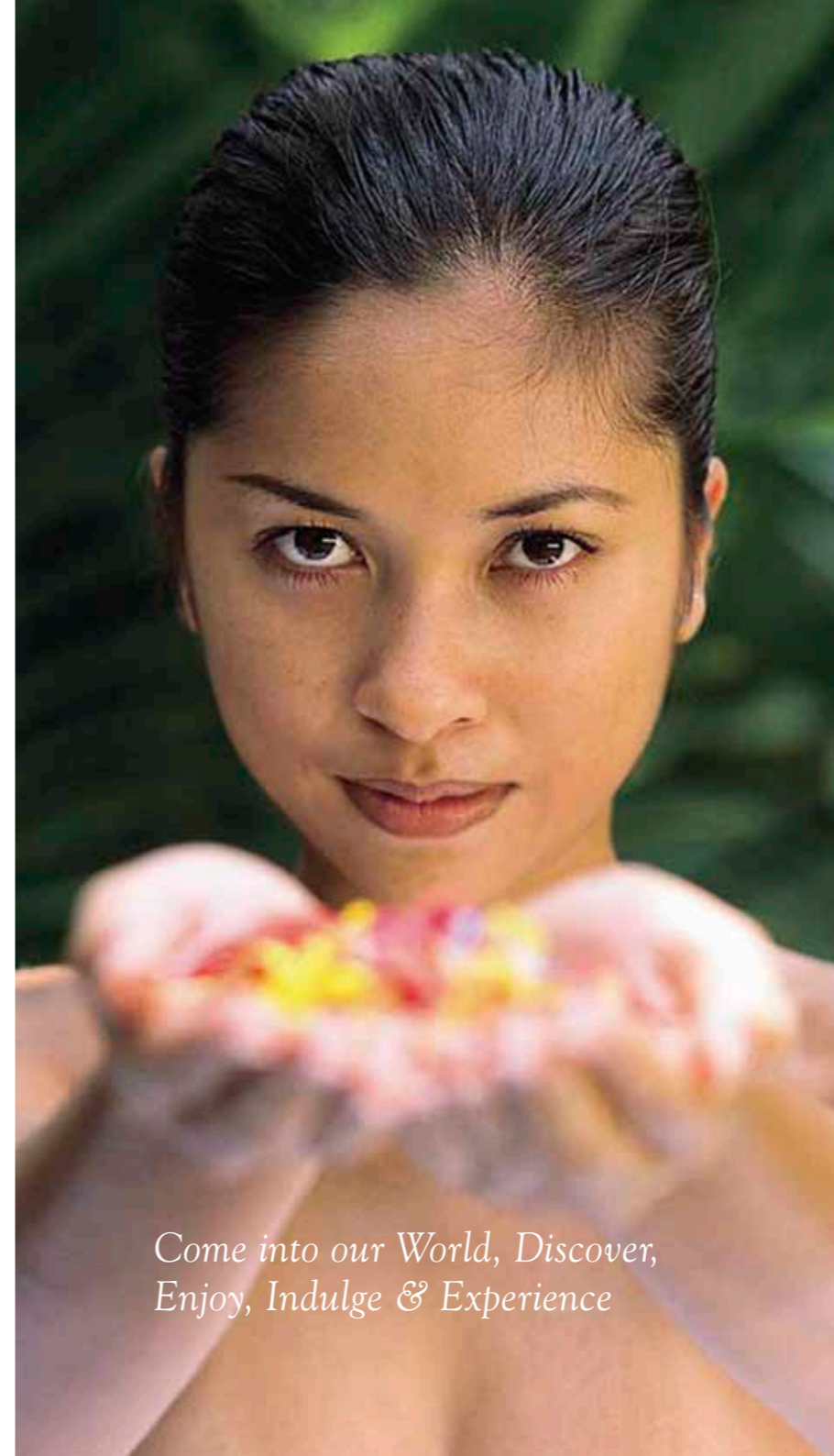
Heat, Ice and Water Experiences with facilities featuring; An Aroma steam room, a Finish hot sauna, an Ice Fountain and Aroma Chroma Experience showers, for that extra level of indulgence

FITNESS SUITE

The Boutique Fitness Suite is located on the lower ground floor, featuring the very latest in cardiovascular equipment to help and improve one's physical, health & wellbeing.

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*Come into our World, Discover,
Enjoy, Indulge & Experience*

The Boutique Wellness Spa

OPENING HOURS

The Boutique Wellness Spa is open daily from:
8am to 9pm

Spa Treatments are available from:

*Monday – Saturday 9am to 7pm (last appointment at 6pm)
and Sundays 10am to 5pm (last appointment at 4pm)*

PRE-BOOKINGS

Pre-bookings are highly recommended to ensure that your preferred time and service is available.

RESERVATIONS

Reservations can be made during opening hours either by dialing; +01223 355017 Ext.170 for the spa or by calling The Lensfield Hotel reception.

Alternatively you can email us at:
enquiries@theboutiquewellnessspa.co.uk

Access to the Spa and the Fitness Suite is not authorised for guests less than 18 years of age.

CANCELLATIONS

If you need to change an appointment, six hours' notice is required to allow us to reschedule your booking. All cancellations made within 24 hours prior to the appointment, a 100% fee charge will be incurred to the details used to secure your booking if this is not adhered to.

PRE-ARRIVAL

We are happy to invite you to enjoy our facilities prior to your treatment. Please note, however, that late arrivals will not receive an extension to their treatment time. Please avoid eating a heavy meal and/or consuming alcohol prior to a treatment as this may have a negative effect on your experience.

ADVICE

For maximum benefit, we suggest that women avoid shaving prior to any body exfoliation treatment and to refrain from using the steam room before a waxing.

Please ask for our Spa Etiquette Info on "How to Spa" together with Contra-Indications.



Knowledge

The knowledge amassed from the secrets and practices of *Ancient Civilizations*, together with diverse floras of Europe, Africa, the Far East, and Middle East, have all been brought together to form some of the most comprehensive treatments offered today in our Spa.

The Boutique Wellness Spa has worked extremely closely with Sundāri & Ytsara Experts to bring the very best in Holistic Therapies.

Careful thought has been applied in the heritage and preservation of botanical resources.



SUNDĀRI

SUNDĀRI (n. sun-'dar-ee)

SUNDĀRI means 'Beautiful Woman' in Sanskrit, the sacred language of India.

Beauty as an experience and an endeavor, not an object to attain.

Ayurveda – known as the Science of Life is widely regarded as a 5000 year old system of natural healing that has its origins in the Vedic culture of India, with the core philosophy that each person is unique and should be treated individually.

SUNDĀRI was created by Yoga enthusiast and Supermodel Christy Turlington, her inspiration was to create a brand which defines "being well inside, reads beautiful outside"

SUNDĀRI is a distinct collection of skincare products and Ayurvedic inspired spa treatments, created from the purest ingredients and rarest essences distilled from all over the world. The choice is guided by the quality of the ingredient. Modern science is blended with botanicals – known through ancient wisdom – for immediate results.



YTSARA

Drawing on centuries of Asian wisdom, Ytsara™ (Meaning "freedom" in Thai) is an invitation to take a fresh look at life, using Traditional, natural beauty secrets. Self-indulgence is the core of our beauty Philosophy and spa programs. We aim to achieve radiant skin, healthy bodies and total well-being with down-to-earth solutions for those who want to maintain purity, nurture their skin and rejuvenate their souls.

Inspired by an Asian blend of healing and therapeutic remedies, Ytsara holistic spa programs and treatments offer an original and global approach to age-old rituals and native Asian holistic healing practices for modern use.

Our rich and inventive formulations using more than 55 organic ingredients will embark you on a journey of self-discovery with numerous tropical sensations: the balancing white orchid facial cream, healing herbal poultice compress, detoxifying ginger body wrap and the quenching bamboo shoot facial mask elicit exquisite delight. Ytsara ingredients are delicately blended only after products have been ordered to ensure that maximum potency and freshness are retained. All products are certified 100% natural.

Ytsara not only care for your skin and well-being but also for others by taking part in the Asian Indigenous People Pact to protect indigenous knowledge.

Sundāri Express Treatments

Feeling a bit pressed for time but in desperate need of a little pampering, then our Express Indulgence Treatments are the ideal introduction.

PURE REFRESH FACIAL

25 minutes £35.00

This soothing facial helps to calm, heal and repair the skin. Using regenerating skincare catered to your specific needs, unique ingredients will restore, hydrate and heal. A cleanse and deep exfoliation is followed by a relaxing marma and scalp massage whilst a mask works into the skin.

AYURVEDIC BACK, NECK AND SHOULDER MASSAGE

25 minutes £35.00

Designed to relieve tension and stimulate the energy flow within the body. This massage is inspired by ancient Ayurvedic techniques using healing and aromatic warm body oil.

DIVYA – HEAD TO TOE

55 minutes £55.00

A wonderful Sundāri Ayurvedic infusion to pamper you from head to toe... Your ritual begins with warmed aromatic oil drizzled onto your back to prepare you for a traditional rhythmic massage which will help to ease tension located in your upper and lower back. A soothing facial follows, including cleansing, exfoliation and a therapeutic pressure point massage to alleviate facial muscle stress. Lastly, an intensely wonderful and healing scalp massage using Neem & Coconut hair oil will soothe your mind and nourish your hair.

MEDYA

25 minutes £35.00

This Sundāri Abhyanga back massage helps increase circulation, oxygenate the skin cells whilst soothing the entire body. A unique technique adapted and implemented by Sundāri using warm oil to comfort and promote wellness. A scalp massage focusing on age old pressure points completes your journey transcending you deeper into a state of relaxation.



Ytsara Express Treatments

LAWAN – BEAUTIFYING FACIAL

25 minutes £35.00

A beautifying organic relaxing facial for all complexions that need brightening and luminosity, leaving the skin purified and refined with a radiant healthy glow.

ASIAN BACK, NECK AND SHOULDER MASSAGE

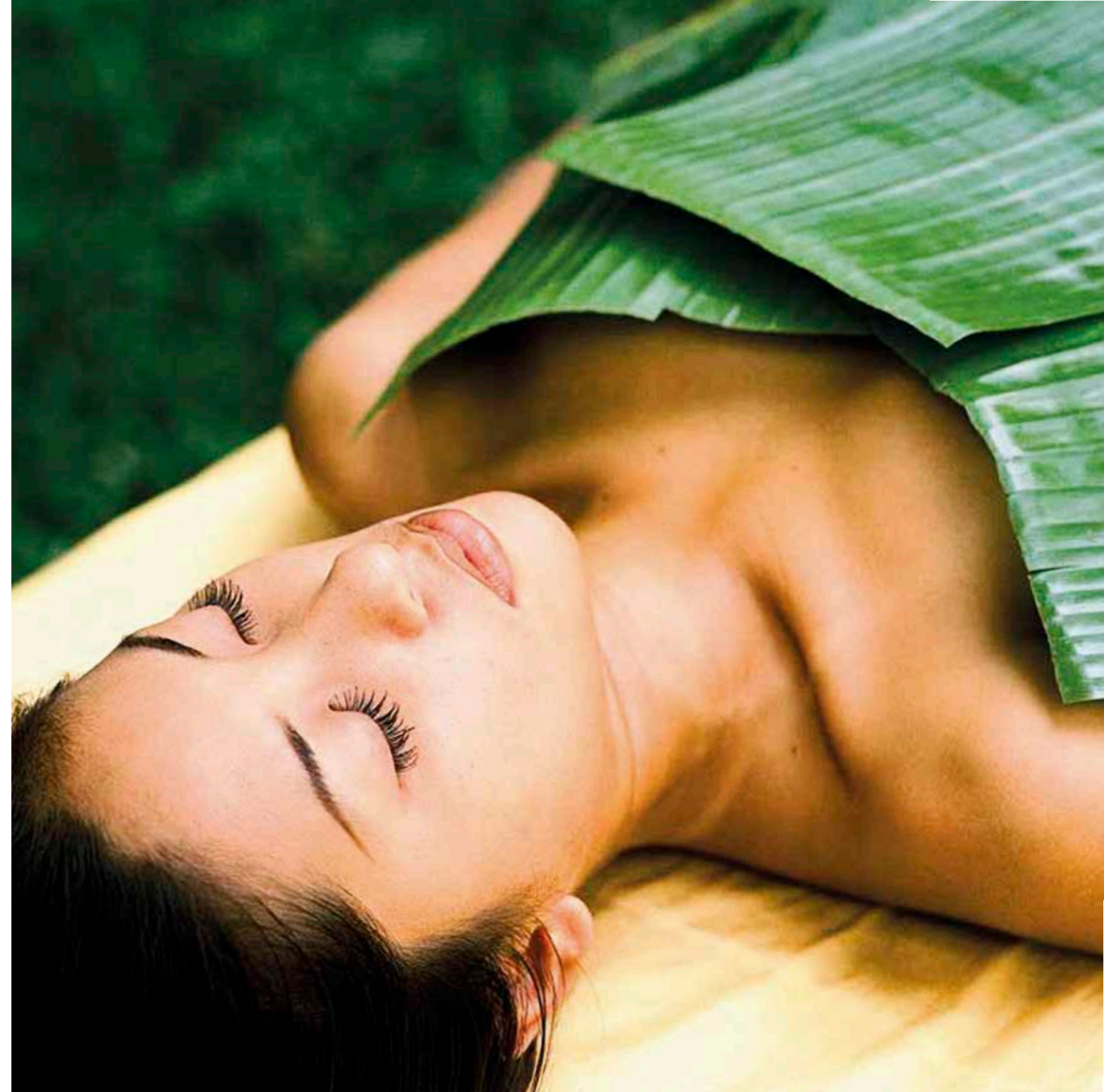
25 minutes £35.00

A soothing yet deep pressure massage designed to relieve tension and repair tired tense muscles with the use of heated herbal pillows filled with therapeutic Thai Ginger and Lemongrass. The therapist will focus on areas of tension using thumbs, palms and elbows on vital energy points for a totally indulgent experience.

CHAKRI

40 minutes £40.00

Renew, refresh and revitalize your mind and body with this limited addition Ytsara Asian Energising ritual. Receive an uplifting and refreshing foot cleanse preparing you for your onward journey. A gentle back cleanse and exfoliation with softening sea salt from the Himalayas is performed preparing the skin for aromatic oil. A warm blend of China Mandarin is drizzled therapeutically and massaged into back, neck and shoulders easing away tensions and aching muscles to awaken your senses with a renewed vitality.



Facial Treatments

Sundāri face

**SUNDĀRI BEAUTIFUL EYES
THE WINDOW TO YOUR SOUL**
25 minutes £45.00

Hydrate and firm delicate eye areas with this luxurious treatment. Signature massage techniques gently apply our proprietary anti-ageing formula — to soothe, hydrate and release stress.

SUNDĀRI FIRMLING NECK TREATMENT
25 minutes £45.00

Reclaim the firm, healthy appearance for the neck and décolletage. Intensive exfoliation with enzymes and Bamboo extract reduces roughness, uneven pigment and loose skin. An energizing mask and massage — calling on the rejuvenating effects of Gotu Kola and deep penetrating peptides — leaves skin firm, smooth and restored.

THE SUNDĀRI FACIAL
55 minutes £55.00

Reawaken and rejuvenate skin — with a holistic facial customized for your skin’s specific needs. Naturally active ingredients are custom-blended for intensive exfoliation and renewal; our signature Marmassage (pressure point stimulation) completes the experience, for newly radiant skin. Paired with our Keora candle, it rejuvenates the senses and inspires creativity.

PURIFYING FACIAL
55 minutes £55.00

Find balance for overactive or oil-prone skin. Our purifying treatment uses specialized massage techniques to get specific results: normalizing oil production; draining out impurities by stimulating lymphatic flow; refining pores and clarifying skin — all while relaxing the mind. Our specially chosen aromas during treatment clear the mind further.

GOTU KOLA AGE DEFYING FIRMLING FACIAL
70 minutes £75.00

Reclaim your skin’s youth. This advanced treatment feels luxurious but acts powerfully, instantly firming and improving skin’s tone and texture. Combining traditional massage therapies with our potent skin-tightening mask, the facial defies gravity and restores radiance to a time-dulled complexion. Our specially chosen aromas & candles complement the experience — balancing and clearing the mind.

NEEM HEALING FACIAL TREATMENT
70 minutes £65.00

Soothe, and purify, even the most delicate skin — by sharing the benefits of Neem, known in India as the “pharmacy tree.” Extracts of the plant combine with soothing oils and our signature Marmassage to heal, hydrate and firm-restoring sensitive or irritated skin and promoting a youthful glow. With our specially chosen aromas the treatment clears and comforts the mind as well as skin.

OMEGA 3 SUPPLIFYING FACIAL
70 minutes £65.00

Breathe new life into dry or stressed skin with this deeply nourishing, intensely hydrating facial. Our own Omega 3+ complex uses naturally active ingredients to restore skin’s lost lipids — softening, renewing and awakening your natural glow. Aromatic essential oils relax the mind; paired with our specially chosen aromas & candles, aromas also open the heart and decrease “fire” to create balance.

**YTSARA FACE
TAOLAY – FACE LIFTING BLISS**
55 minutes £60.00

Using the intelligence of 100% natural ingredients to help firm the skin. Pure regenerative plant extracts activate cell renewal while skin is deeply cleansed and purified. Then slowly drift into a luxurious relaxation with warm sesame poultices dipped in warm rosewood oil, which is gently glided onto your face to tone passive facial muscles and activate microcirculation. After a final quenching touch of Neroli, enjoy the blissful sensation of renewal and the precious feeling of eternal youth.

Body Treatments

Sundāri massage

ABHYANGA MASSAGE

55 minutes £55.00
85 minutes £85.00

Profound relaxation for the overstressed — using Abhyanga, or literally, “oil massage.” This rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy and restoring the flow of “prana,” the life force that stimulates your body’s vital energy. As your nerves are soothed, you drift into a deep state of bliss. Our specially chosen aromas & candle intensifies the deeply relaxed state.

BALANCING BACK TREATMENT (HAMMAM)

55 minutes £75.00

Clarify skin — for a healthy, even finish — with this purifying, balancing back treatment. Our special cocktail of botanicals and herbs, combined with our signature Abhyanga back movement, stimulates lymphatic flow — helping deep cleanse, detoxify, and de-stress. Our specially chosen candle, lit with the treatment, energizes mind and body.

ANDHANA TREATMENT DEEP MUSCLE RELIEF MASSAGE

55 minutes £65.00

This muscle melting form of Abhyanga uses oils of Katafray and Basil, utilized for centuries to tone and strengthen muscles, restoring vitality and to warm the tissues to greatly improve circulation. Arnica heals soreness, helping to repair the body and Lavender and Peppermint soothe. This massage will renew and restore even the stiffest of muscles allowing complete relaxation.

COOLING INDIAN SCALP TREATMENT WITH NEEM & EUCALYPTUS

25 minutes £35.00

Traditionally known in India as the Champi, this adaptation of a traditional head massage can be performed with the client sitting up. The Champi is a traditional remedy in India for headaches, stress and fatigue. The cooling oil is preferred for its stress relieving and relaxing properties.

SUNDĀRI SHIRODHARA JOURNEY TO SERENITY

25 minutes £45.00

A powerful therapeutic experience — based on Ayurvedic healing therapy in use for thousands of years. True Shirodhara changes the balance of your life by awakening the senses, invigorating the soul and giving back a sense of total wellbeing. An Ayurvedic therapist directs a warm stream of oil onto the forehead, then massages it into the hair and scalp to nourish and condition, while imparting deep relaxation.

FIRMING BUST TREATMENT

55 minutes £65.00

Rejuvenation for the delicate areas of the bust and décolletage. This specialized treatment uses light exfoliation, followed by a mask of Gotu Kola and peptides to firm and tighten. Offers best results over a series of visits.



Body Treatments

Ytsara massage

NUAT NAMMAN – BODY OIL CEREMONY

55 minutes £55.00
85 minutes £85.00

Experience the healing effects of Asian aromatherapy in a relaxing and restorative massage that combines the sense of tropical smells with the soothing value of acupressure massage. Individually chosen to suit your personal requirements, the essential oils will rebalance your vital energies restoring harmony and calm to your body and mind.

Choose one from our four signature aromatherapy blends:

PONKLAI

Relaxing body oil massage with a synergy of lemongrass and orange essential oils that will embark your body and mind on a journey of ultimate relaxation and wellness.

LODKWAM AUN

Contouring body oil massage with a synergy of Black pepper and Kaffir Lime essential oils that will help your body to drain toxic wastes and re-sculpt your figure.

BORISUT

Detoxifying body oil massage with a synergy of Chinese Mandarin and Rosemary essential oils that will leave your body deeply detoxified with a replenished mind.

PHEM PALANG

Energizing body oil massage with a synergy of Blue Ginger and Sweet Orange essential oils that will ease away tensions and aching muscles to bring your senses with a renewed vitality.



NA PLAI – RECOVERY HEAD MASSAGE

40 minutes £55.00

A soothing yet energizing back, neck, shoulders and head massage focussing on vital energy points for a total mind and spirit experience. The treatment starts with the application of a hot herbal poultice, to ease tension and restore vital tranquillity. Next, touch paradise while a rejuvenating blend of rosewood and orange is gently massaged onto your face to stimulate Marma points, promoting total recovery and balance.



*Our Spa is an oasis of
holistic therapy for the
Body, Mind and Spirit*

Ytsara Hot Poultice Treatments

Heat Therapy Massage

SAMUNPRAI – THAI HERBAL HEAT ENERGIZER

85 minutes £95.00

Drift away tension while enjoying this unforgettable traditional hot Thai massage, unchanged since the Thailand Ayutthaya period (14th. – 18th. Century) when a hot pack was administered to soldiers returning home with muscular aches and bruises.

The balancing poultice opens the pores and brings a deep medicinal heat to the muscles to release tensions and revitalize your mind. Then an invigorating massage with a synergy of Blue Ginger and Sweet Orange essential oils will take your body on a journey of total renewal.

KAMATAN – PATH TO TRANQUILITY

85 minutes £95.00

Pacify the mind and touch serenity with a complete de-stressing treatment. Calm your senses as your body is soothed by a hot herbal poultice of sweet basil and kaffir lime and a warm oil massage. While tension is slowly eased away under a caring touch, you will be guided in tranquil meditation for total peace of mind. This holistic treatment improves mental clarity leaving a sense of wholesome well-being.

ANAMAI – BODY REVIVER

85 minutes £95.00

Strengthen your body and feel empowered with this unique healing art of massage thought to have travelled from India to Thailand 2,500 years ago. A combination of acupressure, gentle stretching, and oil massage is applied to your body to release blockages and tune your energy flow. Meanwhile, warm herbal cushions filled with therapeutic botanical ingredients placed onto your back and neck, infuse their healing powers into your system. This treatment helps to reinforce your immune system, reduce stress, improve posture and enhance your vitality.

MOHOM – INDIGO ART OF HEALING

85 minutes £95.00

Experience the ancient healing art of Hmong Shamans, used to treat muscular aches and pains. A steamed indigo herbal poultice, filled with pure remedial ingredients, is thoroughly pounded over your body. Then surrender to a deep tissue massage using palms, thumbs and elbows to loosen muscles and stimulate blood circulation. Indigo, the symbol of the Buddha of Medicine, is said to improve muscular tone and drain away toxins, while Chinese Mandarin and Rosemary essential oils dissolve muscular tension, embracing you in an aura of calm and harmony.



QI – ABSOLUTE DESKTOP RECOVERY

55 minutes (Good for office workers) £65.00

Experience an exquisite body massage that relieves the stress and pressure of long office hours and endless days spent crunched up in front of your computer. Relax on warm herbal cushions to comfort your spine and allow age-old Asian restorative muscle kneading unleash tension and erase fatigue that has infiltrated your upper body. A tuning reflexology massage reconditions your back, shoulders, neck and hands, whilst your vital energy awakens your body again, ready for whatever the day or boss can throw at you.

MAPHRAO – WARM COCONUT SOOTHE

85 minutes £95.00

Following the Zen philosophy of returning to nature, amazing tropical wonders infuse this treatment with life, energy and beauty. A rich red jasmine rice scrub softens and invigorates your skin. Then drift into southern Thailand delights when warm extra virgin coconut oil is drizzled onto your body and a warm sesame and coconut poultice is gently glided to massage, nourish, soothe and condition your skin. Exhilarating sweet scents permeate your mind and nurture your soul.

Body Scrubs & Wraps

Sundāri products

BODY POLISHES (HAMMAM)

55 minutes £55.00

Using the rhythmic flows of traditional Ayurvedic Abhyanga massage to rebalance the body and the exotic unique fusion of natural ingredients to slough away dead skin cells, bringing a renewed glow and super soft skin

Choose from:

Firming using Gotu Kola and Walnut

Supplifying using Omega 3 and flaxseed to hydrate and nourish dry skin

Healing using Neem & Date seed to calm and nourish sensitive skin

ANTI-CELLULITE BODY BRUSH TREATMENT

25 minutes £45.00

A dry brush treatment with a unique anti-cellulite massage, high impact, active botanicals gives the skin a smoother looking appearance.

ANTI-CELLULITE PRO-CONTOURING BODY TREATMENT

55 minutes £55.00

This anti-aging body repair treatment fights the build-up of cellulite in the body, tightens skin and prevents and improves the signs of premature ageing. Concentrating on the hip, stomach and thigh area with a new anti-cellulite massage.

GOTU KOLA FIRMING BODY ENVELOPMENT

85 minutes £85.00

True indulgence — to beautify your whole being. The spa experience begins with our signature back massage; followed by full-body exfoliation with our Gotu Kola and Walnut scrub; then aromatic warm oil massage of Triphala or Lotus; finishing with our unique skin-firming body mask. You're left rejuvenated, refreshed and toned, all over. Our specially chosen aromas accentuate the effects.

Ytsara products

TAMRAP LUANG – SEVEN FLOWERS ROYAL TREAT

55 minutes (Good for brides) £65.00

Indulge in an Ancient Royal Treatment exclusively created to beautify the Princesses of the Kingdom of Siam. An exhilarating selection of sacred flowers, known for their healing powers, is gently rubbed onto your skin to refine and purify.

Then, the delicate touch of a regenerative massage nurtures your body, leaving you with a radiant aura and a revitalized mind.

TANAKA – GOLDEN TRIANGLE BODY CLEANSING (HAMMAM)

55 minutes £65.00

Since ancient times, the Tanaka golden powder has been used in Northern Thailand by women to heal and beautify their skin complexion. This traditional recipe is made out of Tanaka tree powder to smooth the skin. Indulge yourself with this ultimate exfoliation ritual that removes dead skin cells, followed by a luxurious quenching Aloe Vera, Sacred Lotus and Spearmint body gel. Then our exclusive Oriental massage will boost your metabolism and rejuvenate your spirit.

KRACHAP – SLIMMING BODY RITUAL

2 hours 25minutes £149.00

Slim down while you relax. A gentle body scrub is applied to eliminate impurities and prepare your skin for a slimming wrap containing 100% natural Clove Bud extract that will improve blood circulation and help eliminate toxic wastes.

The treatment is then followed by a deep tissue aromatherapy massage using a blend of Black Pepper and Kaffir Lime essential oils that will break down fatty deposits. Active elements will be absorbed by your skin and released in small quantities for several hours after treatment. This treatment is ideal to re-contour your silhouette by improving skin tone and lumpy appearance of cellulite. A course of treatments is recommended for maximum results.

Exclusive to The Boutique Wellness Spa

Ytsara products

OUR ORGANIC YTSARA FACIAL TREATMENT WITH 24K GOLD MASK

70 minutes £149.00

We are proud to give you the opportunity to recreate the gold mask of a bygone era for today's woman. Our 24K Gold Facial will lift and firm the skin by reducing the appearance of lines and wrinkles and lightening and brightening the skin.

Gold is known to be one of the softest metals, which is readily absorbed by the skin. Throughout history, gold has been recognised for its luxurious and beautifying properties. It has also been known for its antibacterial and anti-inflammatory properties.

Experience the healing touch of old Asian techniques combined with the benefits of effective botanical products and gold mask. In Japan, pure gold was administered in the Imperial Court, and the archaic physician, prescribed powdered gold as a potent medicine and mineral. Customized to your personal skin needs, these rejuvenating facials reveal your complete beauty from inside out.

Within the deep cellular levels, gold is well reputed for restoring the lost elasticity properties of the tissues. Gold slows down collagen depletion and the breakdown of elastin to prevent sagging skin. It stimulates cellular growth of the basal layer to regenerate healthy, firm skin cells and provide a tightening effect at way the appearance of fine lines and wrinkles is diminished with each treatment. It is recommended to have a course of treatments to maximise results.



MANDARIN AND GINGER BODY BLITZER (HAMMAM)

40 minutes £65.00

A must have ritual to delight your senses, this exquisite treatment will purify your pores and smooth your skin, all in the designated comforts of our hammam. Your skin is firstly exfoliated with Blue Ginger Himalayan salts and then conditioned with Chinese Mandarin essential oils to balance and rejuvenate your skin as they are deeply infused while you enjoy the gentle cocooning warmth of our Hammam.

BODY CONTOUR MASSAGE TREATMENT

85 minutes £95.00

Enjoy a totally transforming experience with a massage that intensively re-sculpts and redefines contours. Powerful stimulants of clove, kaffir lime and black pepper firm body tissue by unblocking localized accumulation of excess water and lipids. Hot & cold herbal cushions applied on the most stubborn areas further stimulate blood flow to conclude this powerful treatment to flush the toxins away from your body.

Pregnancy Pre & Post Natal

Sundāri products

TOTAL BODY TREAT

85 minutes £95.00

Indulge in this ultimate pampering Signature Treatment for Mothers to be. Your treatment will begin with a revitalizing foot cleanse and scrub, then receive a relaxing and de stressing back and shoulder massage. Your journey will then take you onto a soothing and purifying mini facial using Neem known as the pharmacy tree in India. Whilst relaxing back with an Omega 3 mask on the tummy, to help prevent stretch marks, the legs and feet will receive an Ayurvedic massage. You will be left feeling completely rejuvenated from head to toe.

CONTOURING POST NATAL TREATMENT

55 minutes £75.00

Enveloping you in warm oils, scrubs and wraps this contouring treatment is both results driven and thoroughly relaxing. A firming and clearing blend of Gotu Kola and Sacred Lotus is skillfully applied with draining and invigorating massage movements to the areas you need it most, helping to restore your silhouette.

Luxury Hand & Feet Treatments

Ytsara products

WAI – SILKY SMOOTH HAND TREATMENT

40 minutes £45.00

Pamper your hands with the same botanical healers Thai women are using to beautify their hands before ceremonies. This treatment starts with a gentle Almond and Lavender exfoliation to prepare your hands for a rejuvenating Turmeric wrap that will nourish the cuticles & nails, refine the texture of the hands and diminish dark spots. A relaxing massage is then applied to your hands and forearms to release all the tension. This luxurious treatment will leave your hands softened, smoothed and moisturized.

*As an optional extra why not complete your treatment with a file and polish. £15.00

SPA PEDICURE TREATMENT, COOLING THAI FOOT TREATMENT WITH INTENSE MASSAGE

40 minutes £52.00

Refresh and ‘chill’ out with this moisture infused cooling foot and calf treat. Your treatment begins with a lemongrass foot towel to cleanse away the heat of the day. A jasmine red rice scrub will nourish and soften the most dried skin. Your muscles will be deeply massaged using a chilled herbal poultice blended with zingy camphor and an uplifting peppermint oil for the ultimate spring in your step. Finally, a minty cooling gel will ensure a feeling of refreshment and comfort. File, tidy and polish for the toes.

For added warmth in the Winter Season, try our Thai Foot Warming treatment.

Essential Beauty

HAND AND FOOT CARE

The Boutique Wellness Spa
Express Nail Polish Only £15.00

The Boutique Wellness Spa
Manicure £25.00

The Boutique Wellness Spa
Pedicure £35.00

Shellac / Gel Polish – Soak Off £15.00

Shellac / Gel Polish £39.00

SPECIAL TREATS FOR LITTLE LADIES AGES 15- 17

Little Luxuries – Petit Manicure £10.00

Petit Pedicure £22.00

WAX DEPILATION

Lycon Precision Waxing (TM) was established in 1978 in Australia by internationally acclaimed beauty therapist Lydia Jordane and is since trusted as the wax of choice in top spas and salons in over 40 countries. Lycon offers a complete waxing system that is designed to make your waxing treatments easier; virtually pain-free for your clients with consistently superb results.

Full Leg	£30.00
1/2 Leg	£17.00
Full Leg, Bikini & Under Arm	£45.00
3/4 Leg, Bikini & Under Arm	£40.00
1/2 Leg Bikini & Under Arm	£35.00
Lip	£12.00
Chin or Brows	£12.00
Lip and Chin	£12.00
Lip, Chin and Brows	£15.00
Under Arm	£14.00
Bikini – High Leg	£25.00
Forearm	£15.00
Back	£20.00
Back & Chest	£30.00



Sundāri Spa Day Experiences

These lovely interludes have been carefully created bringing the ultimate synergy of treatments chosen for their holistic approach to beauty and wellness. True Spa Experiences at their Best!

SUNDĀRI

Ayurveda is all about living life to the full and keeping yourself on top form — whatever life throws at you!

SUNDĀRI DAY SPA PACKAGE £69.00

A Sundāri Ayurvedic Consultation, A welcome drink on arrival, the use of our Thermal & Fitness Suite, a Choice of 2 x 25min treatments and a complimentary gift on departure.

Choose from any 2 of the 25 minute treatments to create your own Personal Spa Day.

AYURVEDIC BACK, NECK AND SHOULDER MASSAGE

25 minutes

Designed to relieve tension and stimulate the energy flow within the body. This massage is inspired by ancient Ayurvedic techniques using healing and aromatic warm body oil.

PURE REFRESH FACIAL

25 minutes

This soothing facial helps to calm, heal and repair the skin. Using regenerating skincare catered to your specific needs, unique ingredients will restore, hydrate and heal. A cleanse and deep exfoliation is followed by a relaxing marma and scalp massage whilst a mask works into the skin.

BEAUTIFUL EYES TREATMENT

25 minutes

Pamper and firm delicate eye areas with this luxurious treatment. Signature massage techniques gently apply our own firming formula — to soothe, de-puff and hydrate eyes, release stress.

HEALING OR COOLING SCALP TREATMENT

25 minutes

Stimulate the scalp — and hair growth — while expelling stress. Adapted from ancient Indian head massage, the treatment targets scalp, neck and décolletage with a blend of therapeutic oils.



Sundāri Spa Day Experiences

HOLISTIC BEAUTIFYING PACKAGE

120 minutes

£120.00

A Sundāri Ayurvedic Consultation, A welcome drink on arrival, the use of our Thermal & Fitness Suite and a sumptuous afternoon tea.

A choice of our Spa Treatment Package:

Healing, Firming or Supplyfying

Each one of our programmes; Healing, Firming or Supplyfying – consists of a Holistic facial customized for your skin's specific needs. Naturally active ingredients are custom-blended for intensive exfoliation and renewal; our signature Marmassage (pressure point stimulation) completes the experience, for newly radiant skin. Combined with a full body polish and warm oil Abhyanga back massage.

NEEM HEALING

A complete healing program that balances the mind, body and spirit. Our healing spa program is designed to promote comfort to the skin to counteract the daily effects of stress and environmental factors.

NEEM HEALING FACIAL TREATMENT

Soothe, and purify, even the most delicate skin.

NEEM BODY POLISH

Gently exfoliate – with a soothing treatment ideal for sensitive skin. Finely ground Date Seeds, Jojoba spheres and Pumpkin enzymes together polish away dead cells, renewing skin.

GOTU KOLA FIRMING

As we age our skin loses elasticity, our firming body collection based on Gotu Kola is formulated to lift and tighten the skin. The firming properties of Gotu Kola have been known for many centuries.

AGE DEFYING FIRMING FACIAL

This advanced treatment feels luxurious but acts powerfully, instantly firming and improving skin's tone and texture.

GOTU KOLA BODY POLISH

This nourishing, exfoliating treatment hydrates with Rosehip Seed Oil, firms and smoothes with Gotu Kola and Cardamom Oil.

OMEGA 3 SUPPLIFYING

A collection of face and body treatments to replenish the skin with essential fatty acids. An elixir of therapeutic oils to deeply nourish and supply the skin with nutrients for healthy, supple, youthful skin.

OMEGA 3 SUPPLIFYING FACIAL

Breathe new life into dry or stressed skin with this deeply nourishing, intensely hydrating Facial.

OMEGA 3 BODY POLISH

Nourish and protect as you exfoliate and invigorate. Our treatment marries Flaxseed Oil, rich in Omega 3 fatty acids.

Ytsara Spa Day Experiences

Ytsara packages, revive your senses – Soothe your spirit and indulge your body!

PACKAGE 1

TASTE OF THAILAND DELIGHTS

55 minutes £79.00

An Ytsara Consultation, A welcome drink on arrival, the use of our Thermal & Fitness Suite with a choice of one of the following treatments:

YTSARA SON-TI

or

YTSARA MAPHRAO

A Tea of your choice with a cupcake.

Complimentary gift on departure.

YTSARA SON-TI – HEAD TO TOE

If time is of the essence, this is the ultimate indulgence. Start with a renewing body polish leaving the skin feeling silky smooth. Then relax and enjoy a deep pressure massage designed to relieve tension and restore vital tranquillity using 100% natural relaxing aromatherapy body oil. Ending with an invigorating facial including a deep exfoliation helping to brighten and clear the skin followed by a hydrating mask with water melon and bamboo that helps to strengthen and restore.

YTSARA MAPHRAO – HOT COCONUT BODY MASSAGE

55mins

Following the Zen philosophy of returning to nature, amazing tropical wonders infuse this treatment with life, energy and beauty. Drift into southern Thailand delights when warm extra virgin coconut oil is drizzled onto your body and a warm sesame and coconut poultice is gently glided to massage, nourish, soothe and condition your skin. Exhilarating sweet scents permeate your mind and nurture your soul.

PACKAGE 2

YTSARA TROPICAL BODY DELIGHTS (HAMMAM)

85 minutes £110.00

An Ytsara Consultation, A welcome drink on arrival, the use of our Thermal & Fitness Suite to transport you to a state of total bliss. Followed by our sumptuous Afternoon Tea including our Spatisserie pastry delights. Complimentary gift on your onward journey.

MANDARIN AND GINGER BODY BLITZER (HAMMAM)

A must have ritual to delight your senses, this exquisite treatment will purify your pores and smooth your skin, all in the designated comforts of our hammam. Your skin is firstly exfoliated with Blue Ginger Himalayan salts and then conditioned with Chinese Mandarin essential oils to balance and rejuvenate your skin as they are deeply infused while you enjoy the gentle cocooning warmth of our Hammam.

Then completed in the comfort of one of our luxurious treatment rooms a soothing yet energizing back, neck, shoulder and head massage focussing on vital energy points for a total mind and spirit experience.

The treatment starts with the application of a hot herbal poultice, to ease tension and restore vital tranquillity. Next, touch paradise while a rejuvenating blend of rosewood and orange is gently massaged onto your face to stimulate Marma points, promoting total recovery and balance.

Ytsara Spa Day Experiences

PACKAGE 3

YTSARA ADVANCED YOUTH ENHANCING DAY PACKAGE

2 hours and 40 minutes £225.00

An Ytsara Consultation, A welcome drink on arrival, the use of our Thermal & Fitness Suite. Our Sumptuous Afternoon Tea including our Spatisserie pastry delights. Complimentary gift for your onward journey.

An exceptionally luxurious and youth enhancing face and body treatment programme.

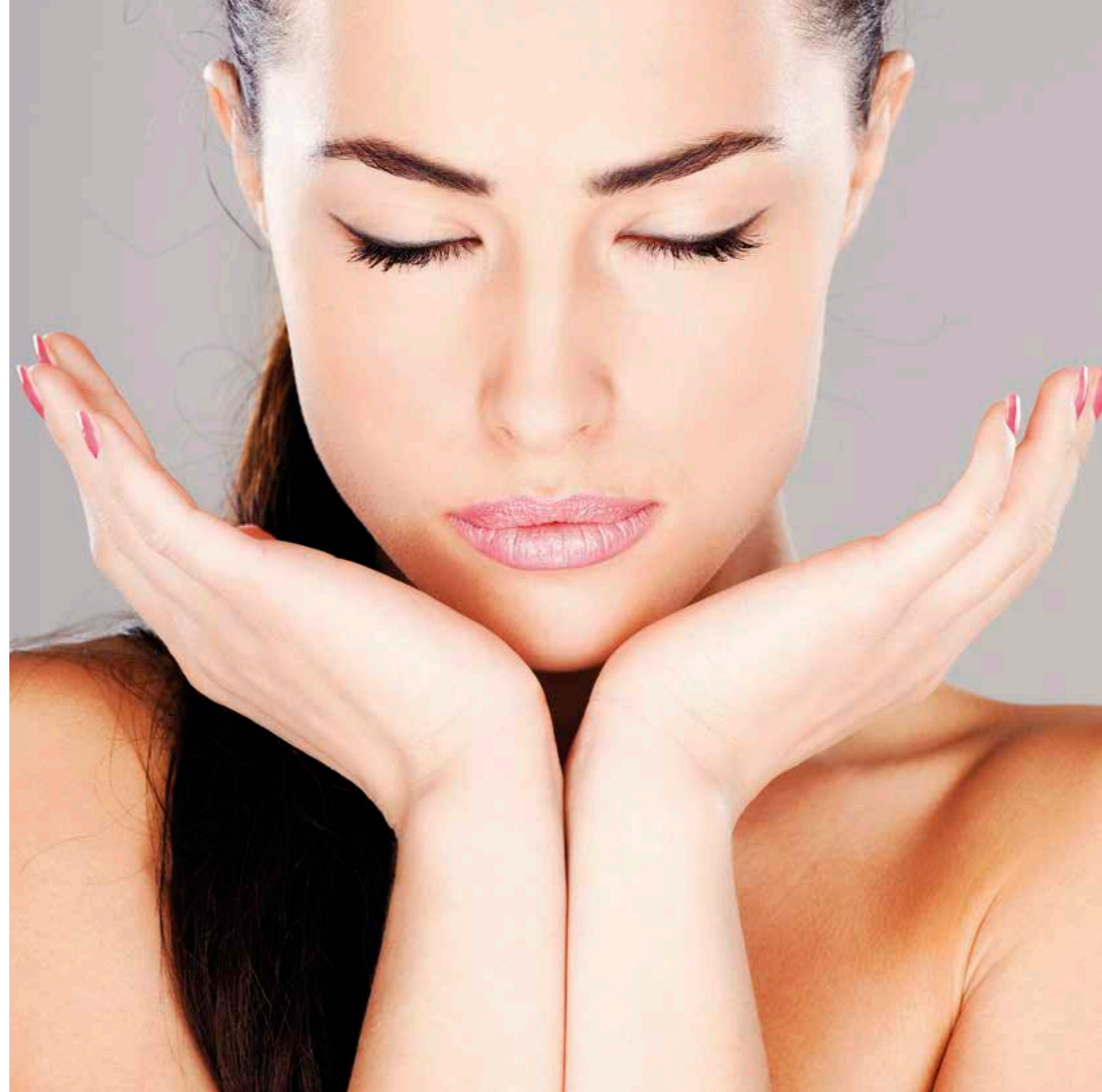
Lie back and enjoy a Jasmine Red Rice body exfoliation followed by a body mask of Thai White Clay (derived from limestone & used for centuries in Thailand) infused with the powerful antioxidant of Green Tea.

This profound treatment will help to tighten and brighten the skin, fighting off free radicals which cause ageing. Whilst the mask is left to work it's magic, enjoy a soothing scalp massage taking you to heaven and back.

To continue your anti aging experience, indulge in our World Exclusive Ytsara 24K Gold Mask Facial, with lifting and firming effects. Working to brighten the skin and reduce fine lines and wrinkles, Gold, is readily absorbed by the skin and throughout history has been recognised for its beautifying, antibacterial and anti inflammatory properties. Combined with the healing touch of old Asian techniques, this rejuvenating facial will reveal your complete beauty from the inside out.

For maximum results, this package can be experienced on a regular basis.

We hope you enjoy your interlude of Pampering and Relaxation.



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