

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 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 specialised 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/Glacial Suite (not including Express Treatments & Waxing), soothing muscles and loosening limbs to prepare the body for the deepest therapeutic experience.

Please arrive on time to take full advantage of the Private Thermal/Glacial facilities prior to your treatment. (Only applicable on full treatments & Packages.)

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 Chromatherapy 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 and is a LADIES ONLY Spa.

Spa Treatments are available from: Tuesday – Saturday 10am to 4pm (last appointment at 5.30pm), closed Sunday and all public holidays.

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 dialling; +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 any heat treatments; i.e. Avoid The Thermal Suite 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 Civilisations*, 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 with Sundāri, Ytsara and Anne Sémonin experts to bring the very best in Holistic Therapies.

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



SUNDĀRI (n. sun-‘dar-ee)

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

Beauty as an experience and an endeavour, 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.



BALANCE, CONNECTION, CARE

Understanding and respecting these values enlightens each and every aspect of the Ytsara Spa Experience. With unique formulations containing potent Asian botanicals that are responsibly harvested and then activated through French science, Ytsara aligns with our core values which are to take care of one’s self through personal wellness choices by choosing natural ingredients for our skin. Ytsara (Meaning “freedom” in Thai) is an invitation to take a fresh look at life, using bespoke rituals that have been thoughtfully mined from the archives of Eastern holistic practices.

YTSARA’S CORE PHILOSOPHY

Empower your wellbeing with YTSARA ‘Rediscover the Luxury of Time’

Time is an ever-present element that resists our control. As we press the fast forward button in our daily life we simultaneously seek to rewind “The passage of time on us“. YTSARA is for the ones who identify with the need to disengage from fast life. It is about making the time, our ally to live life with joy and enchantment. Ytsara’s holistic spa programs and treatments offer an original and global approach to Asian holistic healing practices. Mindful face and body cares with true wellness experiences that are Safe, Natural, Vegan, Efficacy Driven and which have been infused with Asian wisdom, empowered by the very best in French science and made with rare botanicals, sustainably selected for their transformative powers. You will embark on an unforgettable journey of self-discovery that will empower your BODY MIND AND SPIRIT.

Total wellbeing at its best.

ANNE SÉMONIN

THE BOUTIQUE WELLNESS SPA has revealed the addition of Spa and French Skincare Specialist Anne Sémonin to allow guests to benefit from the brand's "Made-to-Measure" approach to beauty and skincare. With over more than 30 years of spa experience, Anne Sémonin's pioneering skincare is a collection of luxury high end mineral rich skincare designed to restore and re-balance stressed and confused skin delivering outstanding results. Based on the epitome of Anne Sémonin's philosophy that "each skin is unique" Anne believes in a beauty prescription - combining products to maximise their efficacy and target specific concerns. High concentrations of natural active ingredients are subjected to the very best in French hi-tech processes to enhance their potency, so they work hard to keep skin hydrated, protected and glowing with radiance. Encounter exclusive to TBWSPA this unique collection of luxury therapies to enhance your natural beauty.

The product excellence is based on the synergy between essential oils, trace elements, marine extracts and the full force of polyphenols from the skin and seeds of red grape. This unique cocktail of active ingredients enables us to offer the very best of unparalleled results. Skincare needs to be tailored to those ever-changing needs. That's why we believe the most effective beauty products and phyto-aromatic treatments that make up the Sémonin collection is a tailored experience, just for you.

We therefore bring you a choice of ancient Spa healing modalities and therapies in this Menu that will astound you.

That of: **COUTURE ANNE, OENOTHERAPY** and the renowned **CRYOTHERAPY!**

OENOTHERAPY COLLECTION at THE BOUTIQUE WELLNESS SPA

Oenos is the ancient Greek name for wine. In ancient Greece wine served important religious, social and medical purposes, whereas in ancient Egypt it was the drink of the elite. So, let our BOUTIQUE WELLNESS SPA EXPERTS take you on a unique and exclusive rejuvenating journey through the benefits of grapes, minerals and trace elements. Grapes are powerful phytonutrients as they contain an array of vitamins and anti-oxidants, anti-inflammatory and anti-microbial properties.

CRYOTHERAPY - Comes from the Greek "Cryo" (*κρύο*) meaning cold, and "therapy" (*θεραπεία*) meaning cure. Therefore by combining these two elements together with exclusive energetic drainage with high-performance treatment protocols and anti-gravity techniques your Anne Sémonin treatment guarantees phenomenal results.



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 mins £46.00

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 mins £46.00

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 mins £75.00

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 mins £46.00

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

FACIAL YOGA

for total rejuvenation – 25 mins £55.00

All skin types

Considered more precious than gold, Jade stone brings beauty, balance and vibrancy to your face. Sacred Lotus, combats the effects of aging while Marine extracts increases inner moisture. Deep sculpting Guasha massage stimulates blood circulation thereby oxygenating and nourishing the tissues, plumping up the skin and smoothing away wrinkles. Skin is toned, lively and radiant.

SUN RAY HEALER

for post sun exposure – 25 mins £46.00

Sun kissed skins

Feel relaxed and refreshed as mineral rich Goji Berry, soothing Marigold and deep healing Green Tea are infused into your skin to regain moisture and elasticity after exposure to the sun. Your skin is cool, soft and plump.

FLAWLESS EYE CONTOUR

for a bright and lifted look – 25 mins £55.00

All skin types

Protect and perfect the delicate skin around the eye with an intensive treatment. Plankton extract and Micro Algae work to lift, erase fine lines and rebuild collagen lattice. Ginkgo Leaf and Horse Chestnut brighten, de puff and protect, whilst Cornflower moisturizes and soothes. All signs of the passage of time are erased so eyes appear youthful.

ASIAN BACK, NECK & SHOULDER MASSAGE

25 mins £46.00

Experience the healing effects of Thai style massage combined with western massage techniques and tropical essential oils. Focusing on the key areas where tension becomes stored and providing a much needed dose of restoration.



Ytsara Skin Care

YTSARA BELIEVE IN TRAINING THE SKIN TO:

PROTECT, NURTURE AND BOOST and therefore have created and pioneered an extensive Skincare that looks to the future with the most exciting innovations set to change the landscape of the Beauty Industry; One of the biggest beauty game changers with anti-aging skin care that will fight against Pollution and work with our very own stem cells defending the skin against external stressors that we all experience. It is pure Asianification at its best.

A Skincare with a ‘Soul’ that has gone that extra mile to;
Protects the DNA of the skin
Retain the highest moisture levels
Neutralizes free radicals
Slow down Photo aging

Skincare formulated with ‘living water’
Water restored to its most natural state. Rich with life force and energy- Free of memory – free of chemicals, heavy metals and other pollutants and which hydrates more efficiently to deliver active ingredients at a cellular level.



Ytsara

Facial Treatments

SKIN DRINK
for total nourishment and hydration – 55 mins £85.00

Dry, dehydrated skin
Marine plankton extract, restores the physical and chemical skin’s barrier to prevent water loss and protect against external assailants while, at a deep level, replenishing the skin’s water reservoir essential to a flawless appearance. Anti-oxidant rich Sacred Lotus prevents cell damage. Skin restructuring Hyaluronic acid plumps the skin from inside out.

CORRECT AND BRIGHTEN
for a luminous complexion – 55 mins £85.00

Dull, lifeless skin
Grapefruit Citro-flavanoids work at a deep level to fade and reduce existing age spots and provides the skin with a defense system that prevents the appearance of new ones. This early stage skin color prevention system is complemented by anti-oxidant Pearl Tea to protect against loss of collagen. Licorice and Mulberry further lighten the skin for a perfect even skin.

URBAN SHIELD
for erasing city life – 55 mins £85.00

Skin challenged by the effects of urban pollution
Boost the skin’s protective function and preserve its ecosystem. Moringa and Sacred Lotus neutralize harmful urban pollution, detox the skin and combat environmental aggressors that cause premature aging. Marine plankton extract restores the physical and chemical skin’s barrier to prevent water loss and protect against external assailants while, at a deep level, replenishing the skin’s water reservoir, essential for a flawless appearance.

ABSOLUTE CONTROL AND CLARITY
for clean and clear skin – 55 mins £85.00

Combination / Oily skin
A potent blend of actives keep complexion matte, clear and balanced around the clock. Bamboo Tears controls excess oil and fight acne while a rare tree gum, reduces pore size and blemishes. Plankton extract decreases skin reactivity and Safflower restores essential hydration. Skin is soothed and radiant.

BEAUTY SLEEP
for powerful regeneration – 55 mins £85.00

All skin types
Accelerate the nighttime renewal process on a much deeper level with time erasing nutrients specifically chosen to suits your needs. Available before bedtime this skin boosting treatment will slowly infuse its healing and restorative elements whilst you are dreaming. A heavenly scalp massage induces calm to the mind for a peaceful night’s sleep.

ULTIMATE FUSION FACIAL
for deep relaxation and visible results – 90 mins £135.00

All skin types
Eastern and Western skincare techniques are blended together in this ultimate face ritual. Chinese Guasha Jade stone massage, Thai warm poultice and French massage techniques work in synergy to awaken the skin’s optimum potential. Deeply rejuvenating on a holistic and physical level. Your skin is glowing, luminous and healthy.

**FACE TREATMENT ENHANCERS
ADD A LITTLE EXTRA!**
Include one or more treatment enhancers as an *‘add-on’* for a personalised and targeted treatment.

All 15 minutes £27.00 EACH

WARM POULTICE FACIAL MASSAGE
to stimulate blood circulation and enhance relaxation

FLAWLESS EYE CONTOUR
to erase signs of fatigue around the eye area

MINI AGELESS HAND FACIAL
to restore softness and youth to the hands

Sundāri

Facial Treatments

**SUNDĀRI BEAUTIFUL EYES
THE WINDOW TO YOUR SOUL**
25 mins £59.00

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 FIRMING NECK TREATMENT
25 mins £59.00

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 mins £75.00

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 mins £85.00

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 FIRMING FACIAL
70 mins £99.00

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 mins £85.00

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 to promote a youthful glow. With our specially chosen aromas the treatment clears and comforts the mind as well as skin.

OMEGA 3 SUPPLIFYING FACIAL
70 mins £85.00

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.

SUNDĀRI KANSA ENHANCERS
An Ancient Secret from Ayurveda!

KANSA FACE MASSAGE ENHANCER
Add 15 minutes as an **‘add-on’**
to any facial for an extra £25.00

Stimulation with the Kansa offers a unique massage experience. Oxygen from increased circulation allows the skin to release toxins and calms inflammation making it especially beneficial for irritated skin. Improved circulation from regular Kansa massage can make skin look brighter, more awake, reduce swelling and aid in drainage, which can make skin appear tighter.

Sundāri

Body Treatments

ABHYANGA MASSAGE

55 mins	£85.00
85 mins	£125.00

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 mins	£99.00
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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 to 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 mins	£90.00
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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 mins	£55.00
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Traditionally know 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 mins	£50.00
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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 well-being. 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 mins	£85.00
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Rejuvenation for the delicate areas of the bust and décolletage. This specialised 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.

SUNDĀRI KANSA BODY MASSAGE ENHANCER

Add 20 minutes as an ‘ <i>add-on</i> ’ to any full body massage for an extra	£35.00
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In Ayurveda, the body and mind are inseparable and the mind has the ability to heal and transform the body. Practices include massage to balance the mind and body, which is where the Kansa is best utilised. The domed tool is made of a sacred bronze recognized in India as a “healing metal”. The smooth metal warms as it is massaged into the skin.

Ytsara

Body Treatments

POULTICES

Relaxation

TRANQUIL JOURNEY

for total relaxation – 85 mins £125.00

Slow, deep movements work in tune with your breathing whilst a warm and calming, herbal poultice melts away tension. Everything around you has slowed down. Your mind and body are reconnecting.

WARM COCONUT SOOTHER

for a relaxed body and softened skin – 85 mins £135.00

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.

COCONUT HEAD MASSAGE

for a calmed mind and nourished hair – 40 mins £75.00

Targeting the hotspots of the shoulders, neck and head, a massage focusing on pressure points correlating to the body's chakras, promotes whole body energy flow. Organic Coconut Oil and a warm poultice further evokes relaxation and a conditioning hair wrap intensely nourishes the hair.

Deep Pressure

MOHOM DEEP PRESSURE

for muscle healing – 55 mins £99.00

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 embracing you in an aura of calm and harmony. Designed to encourage blood flow, stretch muscles and ease joints, this deep massage conditions the whole body. Thai therapeutic massage and pure plant essential oils work synergistically together and a warm, herbal poultice provides a medicinal remedy for sore or overworked muscles.



Energise

PRANA VITAL ENERGY

to erase fatigue – 55 mins £99.00

A combination of massage techniques and a heated poultice work with Ytsara's Vital Energy Body Oil with Blue Ginger to inspire self-connection and renewal. Targeting the meridian energy system and unblocking areas of trapped energy that manifest in physical and/or emotional pain. The mind and body are uplifted and energized.

OILS

Relaxation

GARDEN OF DEEP CALM

for quiet harmony – 55 mins £95.00

Restore your body, mind & spirit with Thai style and western massage techniques. Malabar Grass melts tension away while Sweet Orange and Vetiver help to create an inner peace. Oils of Rice Bran, Sweet Almond, Soy and Wheat Germ help soothe and nourish the skin.



Ytsara Body Treatments

BAMBOO

Sculpturing/Contouring to sculpt figure

WARM BAMBOO ANMA

to sculpt figure – 90 mins

£125.00

Warm bamboo, called *Take* in Japanese, represents youth, prosperity and serenity in Asia. The warm Bamboo is slowly rolled on target areas to break down fatty deposits at the same time increasing circulation and relaxing muscles. Used in combination with Ytsara Sculpting oil, this treatment fights cellulite, tones muscles, stimulates the lymphatic system and detoxifies the organs.

Detox

INNER RESET RITUAL

to detox the body and mind – 85 mins

£135.00

A massage followed by an exceptional exfoliation of Pink Himalayan Salt and Shatangju -a key aid in the release of toxins & stimulant of the natural detox process. Age-old Asian massage rituals and liver detoxifying techniques rebalance your inner ecosystem whilst a soothing head massage clears the mind of congested thoughts. The body and mind are refreshed.

FLAT BELLY

to refine the waistline – 55 mins

£70.00

A slimming treatment targeted on the belly area starts with a stimulating scrub and is followed by Thai therapeutic and Taoist massage techniques to release fat, clustered deep in the area. A detoxifying wrap and hot cushion help to firm and sculpt the belly.

Hydrotherm's 3D Massage

Hydrotherm is generally acknowledged as the World's first truly 3 dimensional massage system and is the brainchild of British sports and remedial therapist John Holman.

Two warm water cushions support every client in perfect spinal alignment and Hydrotherm is perfect for every phase of life too. Expectant mums, baby massage, perfect for those who are physically active or who lead very busy lives and need time to relax away from everything. We have not forgotten those who are of a more mature age either as Hydrotherm can be experienced in your eighties, nineties and beyond.

Hydrotherm offers numerous benefits** to both therapist and client as the entire treatment is carried out with the client lain only upon their backs! No uncomfortable face holes or cricked necks, no need to turn over during treatment either. Just lay there and relax as your therapist gives you one of the best massage experiences in the world today.

Resolved Insomnia, Chronic Fatigue Syndrome, relieved Multiple Sclerosis (MS), Post-Traumatic Stress Disorder.

Great for Pre and Post Sports including cyclists, martial arts and other sporting activity, to plain gardening.

Increased endorphins, regulated circulation and flexibility

Definitely will increase resistance to stress, therefore you optimise your immune health.

Float Wellness helps pregnant women (from third trimester onwards) from that heavy back pain.

FLOAT WELLNESS

25 Minutes	£55.00
60 Minutes	£85.00
90 Minutes	£99.00

Float your pain and stress away with a most wonderful massage experience utilising the world's first Hydrotherm 3D massage system. A new dimension in the healing art of massage. Total revitalisation, regeneration and harmony whilst you are laying face up on cushions of warm water. A deep and profoundly relaxing massage technique, surpassing both the effects and benefits of conventional massage therapy. This is for total relaxation of the mind, body and spirit.

** Reduced blood pressure (anxiety based), inflammation (therefore cortisol level will drop). Perfect for pain management including Neck, Back, Joints, Arthritic conditions, Fibromyalgia, Lactic acidosis, Whiplash, Sciatic pains, Tension/Migraine Headaches, PMS and other related pains.



Hamman Treatments

The Hammam Spa Experience is a luxurious heated marble plinth, of a by gone era, imbedded with 24 karat Gold & used with our signature treatments to get the best results out of full body exfoliations, body cocoons and energising detox rituals. The heat from the table immerses you into the deepest stages of relaxation for a very special spa experience.

MIDDLE EASTERN DELIGHT PACKAGE

70 mins

£110.00

BRING SYNCHRONISATION, BALANCE
AND HARMONY TO ONE'S INNER SELF

Indulge in the ultimate Hamman Experience, with an aromatic hot oil ceremony massage to your Back, Neck and Shoulders, followed by the Middle Eastern rituals of the hammam's full body exfoliation & foaming soap massage upon our unique warm marble Plinth.

This body cleansing and purification ritual is an ancient Middle Eastern tradition that has been practiced for thousands of years. Your body and mind will further embark on a sensory journey of total relaxation and calm when you step into the private entity of the THERMAL / GLACIAL SUITE. Come, surrender to complete relaxation as we transform your body, mind and spirit leaving skin luminous, glowing and rejuvenated!



Sundāri

Body Scrubs & Wraps

BODY POLISHES (HAMMAM)
55 mins £70.00

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 mins £49.00

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 mins £75.00

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 mins £135.00

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

Body Scrubs & Wraps

HOM MALI JASMINE RICE SCRUB
25 mins £55.00

Reveal the body's hidden glow with ingredients known to purify and refine the skin. Jasmine Rice removes dullness and brightens. Jojoba Oil and Shea Butter provide deep nourishment. A gentle exfoliation for sensitive skins.

PINK HIMALAYAN SALT SCRUB
25 mins £55.00

Millions of years ago, pristine seawater was crystallized and covered by lava, protecting it from modern-day pollution. Infused with over 80 minerals, Pink Salt delivers its pure nutrients while gently smoothing your skin. Refreshing Aloe Vera cream further nourishes. Your skin feels baby soft.

SKIN REVEAL WRAP
55 mins £99.00

An exceptional multifaceted exfoliation and body wrap using the powerful Black Mulberry extract combined with essential oils. Acting on the body to detox, firm, rejuvenate and brighten. Dull complexion, dehydrated and rough skin are all treated at once.



*Immerse yourself into the
deepest stages of relaxation for
a very special spa experience.*

Ytsara

Luxury Hand & Feet Treatments

GRIP RELIEF
55 mins £65.00

Hands are sought all the time and cumulate tension, especially through computer work and certain sports like golf. Similar to our feet, there are 15,000 nerve endings in the hands, which constitute a mini-map of your whole body. Skilled pressure applied on this mini-map encourages the body to heal from within. Hot herbal compress infuses relaxing Lemongrass to help release tension and let go.

SOOTHING STEPS
55 mins £70.00

A treatment helping to soothe heavy painful, legs with a contrast of hot and cold to stimulate blood circulation. A cool compress and warm poultice along with gentle massage and reflexology points erase pain and give lightness back to the legs.

BODY TREATMENT ENHANCERS
ADD A LITTLE EXTRA! £27.00 EACH

Include one or more treatment enhancers as an ‘add-on’ for a personalised and targeted treatment.

All 15 minutes

POULTICE
Include a steamed, herbal poultice as part of your massage treatment for added warmth, relaxation and indulgence

FOCUS POINT
Additional time spent working on a specific area chosen by the guest to release tension and ease pain

HEAD MASSAGE
Aids relaxation, eases tension and enhances clarity of mind

FOOT TREATMENT
A foot exfoliation and massage to erase fatigue and balance energy



Sundāri Pregnancy Pre & Post Natal

TOTAL BODY TREAT

85 mins £125.00

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 mins £95.00

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 skilfully applied with draining and invigorating massage movements to the areas you need it most, helping to restore your silhouette.



Signature Treatments

QI – ABSOLUTE DESK TOP RECOVERY
55 mins (Good for office workers) £85.00

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 SALT 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.

MANDARIN AND GINGER BODY BLITZER (HAMMAM)
40 mins £75.00

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 PINK CRYSTALLINE 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.

CHAKRI
40 mins £65.00

Renew, refresh and revitalize your mind and body with this limited edition 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.



Ytsara 24k Gold Facial

Exclusive to The Boutique Wellness Spa

**OUR TIME REWIND ORGANIC YTSARA
FACIAL TREATMENT WITH 24K GOLD MASK**
70 mins £165.00

We are proud to give you the opportunity to recreate The Gold Mask of a bygone era for today's woman.

Throughout history, gold has been recognised for its luxurious and beautifying properties. It has also been known for its antibacterial and anti-inflammatory properties and is one of the most softest metals readily absorbed by the skin. In Japan, pure gold was administered in the Imperial Court, and the archaic physician, prescribed powdered gold as a potent medicine and mineral.

Experience the healing touch of old-age Asian techniques combined with the benefits of effective botanical products and a 24k gold mask.

Our 24K Gold Facial will lift and firm the skin by reducing the appearance of lines and wrinkles while lightening and brightening the skin. Proven to boost the rejuvenating system of the skin, this treatment addresses the most visible signs of aging.

Laminaria returns stem cells to the vitality of young skin by stimulating the internal defense system to erase fine lines and wrinkles. Marine ferments stimulates the internal collagen and elastin production for firmer skin whilst a sculpting Guasha massage helps to lift, tone and firm the skin. Gold further enhances skin restoration deep within the cellular levels of the skin to regenerate healthy, firm skin cells which will provide a tightening effect. That way the appearance of fine lines and wrinkles is diminished with each treatment. Customized to your personal skin's needs, these rejuvenating facials reveal your complete beauty from inside out.

It is recommended to have a course of treatments to maximise results.



Anne Sémonin

Couture Anne

Couture Anne is a handpicked collection of treatments which have been staple favourites over the years. Whether you have a tight schedule or time to treat yourself allow THE BOUTIQUE WELLNESS SPA to bring you L'EXPÉRIENCE A LE ANNE SÉMONIN.

From truly ‘Sublime Radiance Express Facials’ to give you a pampering quick fix to an indulgent experience of a ‘Cocooning Scrub and Massage Ritual’ using untouched sands of Bora Bora and mineral rich mica, you will leave radiating a glow like no other.

SUBLIME RADIANCE EXPRESS FACIAL
Refreshing, firming, healthy look – 25 mins £56.00

Suitable for everyone, this clever combination of cleanser, exfoliator and mask allows even the busiest person to attain a look of instant freshness. The fast and effective results leave skin hydrated, soft and radiating health.

MADE TO MEASURE
Tailored, Soothing, Reviving – 55 mins £98.00

The heart of Anne Sémonin’s philosophy! Because everyone’s skin is unique this facial will be tailored to you to achieve the best possible results. It includes deep cleansing, exfoliation, a detoxifying facial drainage, and specially selected mineral complexes, serums and masks that effectively meet the needs of your skin and offer the ultimate solution to regain comfort, suppleness and glow. Every facial includes an exclusive Anne Sémonin lymphatic massage, designed to gently release toxins from the dermal tissues, increasing blood flow and resulting in radiant skin. The unique fusion of this specialist massage coupled with the highest quality natural active ingredients create a holistic approach to beauty and wellbeing.

ULTIMATE SKIN RENEW
Peeling Rejuvenating, smoothing effect – 85 mins £120.00

This cosmeceutical inspired therapy brings together the gentle peeling action of micronized peeling powder with a deeper exfoliation from the magic resurfacing complex. Together the non-irritant formula softens visible imperfections on the skins surface, such as pigmentation and spots and diminishes wrinkles. Luxurious yet powerful, when used regularly, this treatment truly is the ultimate transformation for visibly younger and more radiant skin.

MARINE MINERAL PURIFIER
75 mins £99.00

This treatments is designed to work in synergy to calm, sooth and balance the skin which is key to getting any problematic, hormonal and stressed skins under control.

Traditional Steam and extraction techniques combine with the super powers of marine elements resulting in a deeply purifying treatment. The advanced Anne Sémonin peel off mask with the highest concentration of minerals and algae leaves skin, instantly calmed, soothed, decongested and silky smooth.

ANTI-FATIGUE MINERAL REMEDY
Tension releasing, restoring back therapy – 55 mins £95.00

An exceptional solution created to alleviate tension stored in the back, neck and shoulders and reduce fatigue. The exquisite combination of heat, minerals and oils begins with a generous application of a self-heating mineral mud mask to release stiffness, strain and stress in the muscles while you further enjoy a leg and foot massage. This is followed by a bespoke massage with blended oils just right for your needs. Both energizing and relaxing, this treatment leaves the whole body with a complete sense of well-being

HYDRA ENVELOPMENT WRAP
Soothing, re-hydrating, healing – 55 mins £95.00

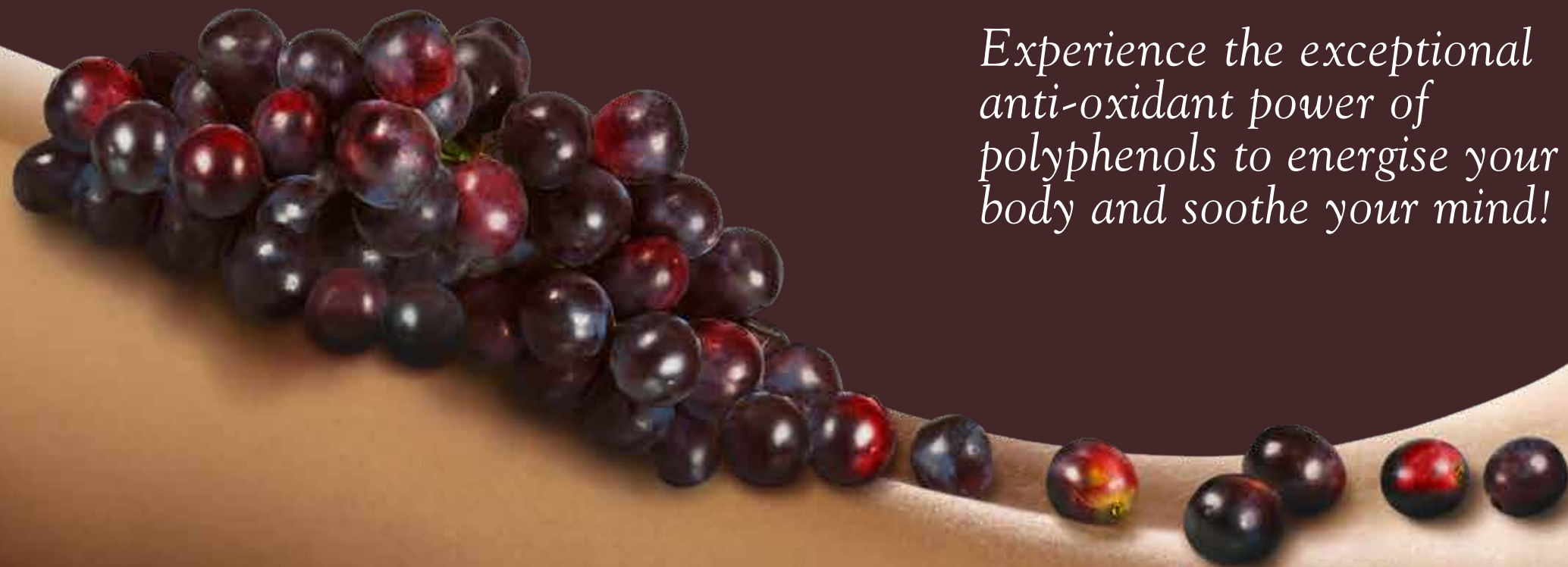
A wonderfully gentle treatment suitable for even the most delicate of skins. Choose from anti-oxidant or relaxing oil blended with the delicate mineral rich Noirmoutier Sea Salt to exfoliate and nourish. An envelope of mineral rich Deep Moisturizing Mask encases the body replenishing nutrients as it instantly heals and hydrates

COCOONING SCRUB & MASSAGE RITUAL
Exfoliating, nourishing, soothing – 85 mins £145.00

This ultimate exfoliating experience with the amazing Anne Sémonin Nude Body Scrub. A luxurious blend of sea salts, white sand, pink quartz crystal powder and aromatic oils actively sweeps away dead skin cells, leaving skin wonderfully soft, silky, detoxified and youthfully radiant. The warming elements of the Nude Scrub create a cocooning sensation and elevate the spirits. Aromatic oils are applied all over the body to deeply nourish, soften and re-mineralize the skin, followed by a revitalizing exfoliation and body wrap. This therapy concludes with an Haute Couture full body massage to re-awaken your senses.

Discover Anne Sémonin Oenotherapy:

*Experience the exceptional
anti-oxidant power of
polyphenols to energise your
body and soothe your mind!*



Anne Sémonin

Oenotherapy

OENO VISAGE

55 mins £85.00

Grapes are nature’s antioxidant. We all know that the benefits of drinking wine (specifically red wine) are rooted in science. The medicinal and cosmetic qualities of grape and wine have actually been known since ancient times as royals discovered that rubbing grape juice on their skin resulted in a fresher, more vibrant appearance. Oeno Visage exclusively created for TBWSPA is a luxurious anti –aging facial for unparalleled results, designed to restore inner radiance and vitality to fatigued skin and protect it from pollutants. Lines and wrinkles are minimised and the complexion is smoother, firmer and instantly rejuvenated. Using essential oils, mineral extracts, the seeds, juice and trace elements of red grape brings luminosity and an improved skin tone. A nourishing and repairing treatment with applied patented techniques rich in polyphenol products impart immediate, lasting radiance from inside out.

LA CUVÉE SPECIALE

90 mins £145.00

A revisited ancient massage technique based on linen poultices filled with all the goodness of powerful grape seeds, natural grape essences and aromatic essential oils. Through a combination of heat, pressure and the effects of the red grape and essential oils this gentle massage induces a profound state of physical and mental relaxation which helps to banish tension and ease muscles for a unique massage therapy experience.

THE ULTIMATE OENOTHERAPY EXPERIENCE

Le Grand Cru Speciale – 3 hours 30 mins £250.00

The epitome of the Anne Semonin legacy comes together with an exclusively created package only to TBWSPA to bring you the most unadulterated pleasure from head-toe.

This ultimate ritual starts with a soothing footbath with grape seeds and essential oils guaranteed to lose yourself in an exquisite blend of wellbeing and inner peace. Aromatic oils and a deep revitalising body scrub dance across the skin in a symphony of texture and scents to polish it to perfection. A nurturing anti-aging body wrap further works to tighten and firm the skin using rich anti-oxidants derived from the red grape whilst a phyto-nutrient tailor made scalp sensation will prepare the body for the final “Le Grand Experience of a wonderfully, luxurious hot poultice massage and a phenomenal Oeno Petite Visage. An Oenotherapy experience, like no other, guaranteed to reveal the skins’ true radiant beauty both inside and out.



Anne Sémonin Cryotherapy

EXQUISITE MIRACLE EYES

45 mins £65.00

An exquisite treatment specifically designed for the delicate eye area brings together a unique combination of contour masks and specialised lymphatic massage ideal for reducing the signs of ageing and melting away stress. Cryotherapy ice cubes diminish puffiness and refresh eyes. Finally a divine application of miracle eye cream completes the total eye care experience.

CRYO TIME FREEZE

55 mins £95.00

A flawless skin brightening experience. This facial uses the age defying effects of cryotherapy with 100% Active Serum to reinforce the skins firmness at a cellular level. Complemented by a neutracosmetic containing Wild Indigo, this elegant touch stimulates the release of B-endorphins flooding the body with a total sense of well-being.

CRYO LIPOLISS BODY MASSAGE

55 mins £95.00

Au revoir to dimpling and uneven skin. Sémonin fights small cushions and cellulite with its new three-phase treatment cure. Inspired by cryotherapy techniques, this ultra-cold treatment is designed to shock the body into action by revving up blood circulation and boosting the immune system. It is followed by a specially-designed detox massage that uses an active ingredient complex of brown and red algae and a firming body mask application on problematic areas.



The Boutique Wellness Spa

Essential Beauty

BEAUTY

Eyebrow Tidy	£8.00
Eyebrow Tint	£20.00
Eyelash Tint	£20.00
Eyelash/Eyebrow	£38.00

HAND AND FOOT CARE

Express Nail Polish Only	£25.00
Manicure	£30.00
Pedicure	£45.00

Shellac / Gel Polish – Soak Off	£20.00
Shellac / Gel Polish – Hands	£35.00
Shellac / Gel Polish – Feet	£45.00

SPECIAL TREATS FOR LITTLE LADIES AGES 15–17

Little Luxuries – Petit Manicure	£15.00
Petit Pedicure	£28.00

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 with consistently superb results.

Full Leg	£40.00
1/2 Leg	£25.00
Full Leg, Bikini & Under Arm	£65.00
3/4 Leg, Bikini & Under Arm	£55.00
1/2 Leg Bikini & Under Arm	£49.00
Bikini – High Leg	£30.00
Lip	£18.00
Lip and Chin	£38.00
Lip, Chin and Brows	£55.00
Chin or Brows	£19.00
Under Arm	£22.00
Full Arm	£35.00
Forearm	£28.00
Back	£35.00
Back & Chest	£45.00
Full Face Wax	£28.00
Hands, Fingers, Feet & Toes	£12.00
Thigh Wax	£39.00
Belly & Lower Back	£28.00
Bottom/Buttocks	£27.00

INTIMATE WAXING

Brazilian & Hollywood	£45.00
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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

2 x 25min £95.00

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 mins

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 mins

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 mins

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 mins

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

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!

HOLISTIC BEAUTIFYING PACKAGE

120 mins £155.00

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 Supplifying

Each one of our programmes; Healing, Firming or Supplifying – 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.



*Our spa is an oasis of
holistic therapy for the
body, mind and spirit*

Ytsara

Spa Day Experiences

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

PACKAGE 1

TASTE OF THAILAND DELIGHTS
55 mins £105.00

An Ytsara Consultation, A welcome drink on arrival, the use of our Thermal & Fitness Suite with an **YTSARA SON-TI**

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 Sacred Lotus, Plankton extract and Sodium Carrageenan that helps to to strengthen and restore.

PACKAGE 2

YTSARA TROPICAL BODY DELIGHTS (HAMMAM)
85 mins £130.00

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

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

PACKAGE 3

YTSARA ADVANCED YOUTH ENHANCING DAY PACKAGE

2 hours and 40 mins

£275.00

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 with powerful extracts of Black Mulberry combined with the infused essential oils.

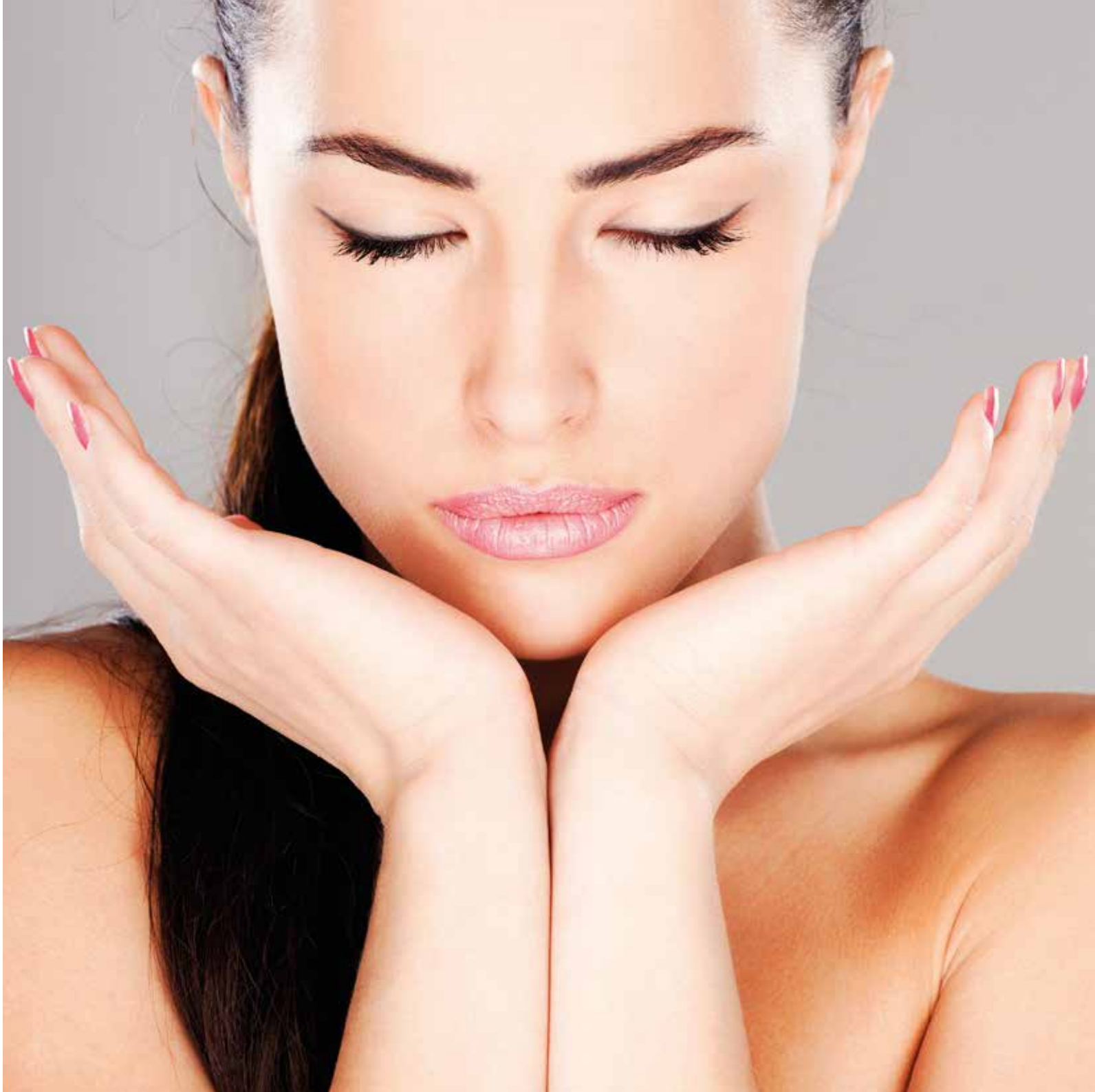
This profound treatment will help to tighten and brighten the skin, fighting off free radicals which cause ageing. Whilst the mask is left to work it's magic, enjoy a soothing scalp massage taking you to heaven and back.

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 and the signature sculpting Guasha massage, 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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