



— • TREATMENT • —  
LIST



## FACIAL TREATMENTS

### **Detox (50/80 Mins £80/£115)**

A deep cleansing facial, this treatment has been designed to detox skin at a cellular level, ideal for those who are always on the go or who lack a regular sleep cycle. A powerful blend of bio-compatible antioxidants and peptides help detox the skin of free radicals, whilst cupping therapy is used to increase blood flow, aid drainage of fluids, reduce puffiness and help firm. Leave feeling thoroughly rejuvenated with a smoother, younger-looking complexion.

### **Restorative Facial (60 Mins £90)**

A replenishing facial, perfect for sensitive or fragile skin. Start with a gentle cleansing, followed by our signature facial massage, and the application of a mask, serum, and moisturiser. A soothing scalp, hand or foot massage releases tension and slowly unwinds a busy mind.

### **Eb & Glow (25 Mins £55)**

An exfoliating enzyme peel on the face and neck renews the skin, followed by a deep-cleansing massage and a moisturising mask to refresh, and rebalance, encouraging cell turnover. *(This therapy does not come with pool access pre-treatment.)*

## MASSAGE TREATMENTS

### **EB & Flow Signature (50 Mins £85)**

This full body massage adapts to your desired pressure using our grounding and restorative massage oil. Benefits include increased circulation, improved flexibility, and purging toxins from the muscles.

### **EB Deep Tissue (50 Mins £90)**

This deep massage relieves discomfort of stressed muscles and joints, promotes circulation, and is beneficial for overall wellness. Similar in pressure to a sports massage, this is a targeted pressure treatment.

### **Hot Stone Massage (50 Mins £90)**

Large, heated basalt stones are used to relax tightened muscles and ease pains. Smaller stones are used to massage the arms and legs, while the heat relieves muscle tension.

### **EB Aroma Back (25 Mins £55)**

Let your therapist choose an aromatherapy laden oil for this back, neck and shoulder massage ideal for those who are time conscious yet need the hands-on therapy of this targeted massage.

*(This therapy does not come with pool access pre-treatment.)*

### **Great Expectations Prenatal Massage (50 Mins £85)**

Rest supported by pillows and enjoy this mother to be delight. This cocooning massage uses delicate floral wild rose body oil and is a pre-birth treat which can be enjoyed by expectant mothers after the first trimester.

## BODY TREATMENTS

### **Wild Atlantic Scrub (50 Mins £85)**

Eliminate toxins, stimulate circulation, and soothe sore muscles with this refreshing sea salt and buckthorn scrub. Followed by a nourishing warm Ebrington oil application to keep skin soft for days after. This exfoliation is the ideal pre-holiday preparation.

### **Great Oak Wrap (80min £125)**

Nurture and support yourself from roots to branches with this full body wrap and Celtic inspired stretching and massage treatment. Harnessing the healing properties of Oak to soothe inflammation and tighten the skin. This anti-ageing body wrap and massage treatment is ideal for those wishing to tighten and renew the skin.

### **River & Roots (50 Mins £80)**

Real relief for calves & feet. Constant standing, walking, running, and being on the go create lower leg fatigue that resonates throughout the entire body. An invigorating and refreshing foot scrub followed by a peppermint infused massage leaves soles soothed and smoothed. Real results are achieved through massage, customized reflexology points, and stretching techniques specific to the calves and feet, providing benefits felt from the hips to the toes.

### **Reflexology (50 Mins £75)**

Our reflexology treatment provides a whole body reset through targeted massage to specific points on the feet and ankles. Reflexology is deeply relaxing, but its therapeutic power really lies in its potential to support, with full body and mind wellbeing.

## DAY SPA PACKAGES

Take a day to yourself, maintain your sense of wellbeing, and treat yourself to a little extra indulgence with an intensely relaxing 50-minute treatment with a choice of packages:

### **Urban De-Stress (£100pp)**

- Glass of Prosecco
- Full use of thermal spa facilities 1hr
- 2-course menu in The Oak Room restaurant
- One 50-minute treatment of choice.

### **Spa Afternoon Tea Package (£100pp)**

- Glass of Prosecco
- Full use of thermal spa facilities 1hr
- Afternoon Tea in The Oak Room restaurant
- One 50-minute treatment of choice.

### **Trio of Treats (£100pp)**

- Glass of Prosecco
- Full use of thermal spa facilities 1hr
- Choose 3 x 25min treatments from therapist selection.

### **Pre and Postnatal Delight (100 Mins £155)**

A unique massage, exfoliation ritual and facial which works in synergy with a woman's complex hormonal system to envelope and nurture with our distinctive blend of adaptogen aromatherapy serums and oils.



**OPENING TIMES - SPA TREATMENTS**

Monday to Saturday 10am to 7pm

Sunday 10am to 5pm

Tel: 028 7122 0700

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