

TREATMENT LIST

Therapeutic Touch Massage

Allow yourself some time to unwind the stresses of daily life with this deeply relaxing massage.

Back neck & shoulders – 45 minutes - £35

Full Body – 75 minutes - £45

Full Body – 90 minutes - £55

Deep Tissue Massage

A part body treatment working into specific areas of tension with firmer pressure and the use of trigger point techniques.

Back, neck & shoulders – 45 minutes - £45

Back & legs – 60 minutes - £55

Reflexology

75 minutes - £40

This art form works through stimulating specific areas of the feet to create a sense of general state of wellbeing for every system of the body.

Ayurvedic Treatments

Let us introduce you to the magical world of the ancient Indian practise of Ayurveda.

Indian Head Massage

45 minutes - £35

An energising scalp, neck and shoulder treatment to leave you feeling uplifted.

A Touch of Ayurveda

60 minutes - £40

A beautiful combination of two Ayurvedic treatments designed to create a sense of grounding. Starting with a massage working specific pressure points through the face and scalp followed by the lower legs and feet. This really is the ultimate in true relaxation and our personal favourite.

Body Scrub/brush & Coconut oil massage

75 minutes - £40

Some real pampering! A full body scrub using a delicious lemongrass and calendula sugar scrub followed by a relaxing full body massage using nourishing organic coconut oil.

Foot Treat

45 minutes - £35

A treat for the feet! A Himalayan and rose foot soak with a seated neck & shoulder massage followed by a lower leg and foot scrub and blissful massage.

Facials

60 minutes - £50

A holistic facial with a massage focus using the best organic products. Cleanse, exfoliate, massage to the chest, neck and face followed by a mask and relaxing scalp massage.

PRIVATE CLASSES

Yoga

One to one or group yoga classes are a great way to incorporate some fun and wellbeing into your holiday. Whether you are a yoga addict or have never stepped onto the mat our experienced yoga teacher will guide you through a class tailored just for you.

Personal Training

One-to-one time is a great way to really focus on you and your personal fitness journey. Using the rugged and ever-changing terrain of the local beach and area surrounding The Park as your gym, you will be challenged, inspired and left feeling invigorated.

One to one

£35

Small Groups

starting at £35

TREATMENT PACKAGES

Perfect for groups of four or more! Please note that not all members of the group need to have the same package! Fee free to mix it up! To create your own bespoke pamper with a combination of any of our treatments or add yoga/beach fitness sessions to your day just let us know!

£45 pp – 30 minute 'Foot Treat' with a juice or glass of bubbles (surcharge) and a 30 minute back neck and shoulder massage.

£55 pp – 1hr Body Scrub & Coconut oil massage and a 30 minute Indian Head massage.

£60 pp – 75 minute Therapeutic Full Body Massage followed by a 30 minute facial.

BESPOKE RETREATS

Email info@bespokeretreats.com