



## SPA – WELLNESS (Hotel Guests Only)

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 SPA Access Free

*Inclusive;*

Sauna, Fitness room, Locker room & Shower,  
Pestemal, Towels, Slippers, Shampoo & Shower Gel

 SPA Access + Turkish Bath £20

*Inclusive;*

Turkish Bath, Sauna, Fitness room, Locker room & Shower,  
Pestemal, Towels, Slippers, Shampoo & Shower Gel


 SPA Access + Turkish Bath + Exfoliating Scrubbing & Foam Massage £80

*Inclusive;*


- 45 Mins exfoliating mitt scrubbing & Foam massage
- Turkish Bath, Sauna, Fitness room, Locker room & Shower, Pestemal, Towels, Slippers, Shampoo & Shower Gel

## MASSAGES


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 Express Massage 15 mins    £35

Whilst an express massage does not involve a full-body massage, you will select a certain area to concentrate on. To make the most efficient use of your time and achieve the best results, we will only treat one part of your body, usually concentrating on a trouble spot.

 Swedish Massage 30 mins    £55  
50 mins    £80  
70 mins    £100

Swedish massage manipulates the soft tissue of various muscle groups all over the body, relieving any tension that has built up in the muscles. Its goal is to relax the entire body. For relaxation, nothing beats a massage like this.

 Deep Tissue Massage 50 mins    £90  
70 mins    £110

Realigning the deeper layers of connective and muscle tissue is the main focus of deep tissue massage. Using gentle strokes and deep finger pressure on the tight areas, either following or going over the fibres of the muscles, tendons, and fascia, it tries to relieve the chronic patterns of tension in the body. You can experience a little discomfort or a little pain during a deep tissue massage in the troublesome areas.

## ADD ONS

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 Cranial Massage 20 mins    £40

 Foot Massage 20 mins    £40

*Please note that we require booking at least 24 hours before your arrival. Please note that our SPA is open from 9 am to 9 pm, and the massage services can be booked from 10 am to 7 pm.*