



WIDBROOK

GRANGE

IN ROOM SPA TREATMENT MENU

Book an in-room spa treatment and enjoy a pampering session in the luxury, comfort and privacy of your own room. Treatments are performed by our spa therapist, Germaine. To book, please call Germaine on 07885 519623 or email treatments@widbrookgrange.co.uk

Please note, if you are pregnant we advise against booking a full body massage or a back massage until after the first trimester or during the last trimester. Many other treatment options are available - please call us to discuss the best options.

MASSAGE

Full body massage **60 minutes** **£75.00**

Relax with a medium pressure massage using traditional Swedish massage techniques.

Lymphatic Drainage Massage **60 minutes** **£75.00**

A light massage to encourage a harmonious flow of the lymphatic system to encourage a strong immune system, and decrease fluid accumulation in joints.

ThermaBliss thermal massage **60 minutes** **£75.00**

Relax to the warmth of soothing thermal stones to release deep stress and tension providing a deeper massage as the heat allows the muscles to relax even further. *Not available during pregnancy.*

Reflexology **45 minutes** **£65.00**

A delightful relaxing treatment on the feet using traditional movements from thousands of years ago, to treat reflex points to clear and harmonise the body. *Not available during pregnancy.*

Back, neck and shoulder massage **30 minutes** **£50.00**

Iron out stress with medium pressure massage focusing on any tension areas within the back, neck and shoulders.



WIDBROOK

GRANGE

Indian Head Massage **30 minutes** **£50.00**

A relaxing head massage using traditional Indian massage and pressure point techniques going back thousands of years.

Lower leg and foot massage **30 minutes** **£50.00**

A relaxing massage focusing on draining and relaxing movements.

FACIAL

Revitalise and revive toning facial **60 minutes** **£75.00**

A deep cleansing, hydrating and toning facial using microcurrent to tone and LED light therapy to stimulate collagen production and gently deep cleanse leaving a healthy glowing complexion. Suitable for all skin types. *Not available during pregnancy.*

Refresh and rejuvenate cleansing facial **60 minutes** **£75.00**

Luxurious British-made organic products will leave you feeling truly pampered. Neal's Yard facials are tailored to your own skin type and are vegan and cruelty-free. Feel refreshed and thoroughly cleansed with this more traditional facial. Suitable for all skin types.

Oriental facial massage **60 minutes** **£75.00**

A truly relaxing décolleté, face and scalp massage using lifting, draining and relaxing massage movements. A fantastic treatment to loosen sinuses, and fascia on the scalp, which can help to de-stress and prevent headaches.



WIDBROOK

GRANGE

PACKAGES

Mini treat Package **90 minutes** **£120.00**

If time is of the essence then treat yourself to 90 minutes of true indulgence with a back massage and mini facial.

Aromaflex **80 minutes** **£115.00**

Enjoy a relaxing aromatherapy back massage paired with a traditional reflexology treatment on the feet and feel completely pampered. Not available for pregnancy.

Celebration package **60 minutes** **£110.00**

Celebrate a special occasion – whether it's an anniversary, a birthday or a treat for someone special. Enjoy a 30-minute back, neck and shoulder massage each in the comfort of your own room, plus strawberries and a bottle of Prosecco.

Prenatal Pamper package **60 minutes** **£75.00**

Believe in beauty before birth with this ideal treatment for soon-to-be Mums. Package includes: a mini facial, and lower leg and foot massage.

Postnatal Pamper package **120 minutes** **£145.00**

Enjoy some well-deserved me-time after carrying and welcoming your beautiful bundle of joy. Experience the relaxing warmth of a thermaBliss thermal full body massage with a refresh and rejuvenate cleansing and hydrating facial.

Hygiene and safety

Your therapist will use a specialist couch for your treatment with a weight limit of 130kg. Unfortunately, we cannot safely perform massages or facials if this weight limit is exceeded. Please consider this when choosing and booking your treatment.

Cancellation policy

Our cancellation policy on all treatments is 48 hours. Full payment will be required at the time of booking.