

Ufford Spa has thoroughly tried and tested a number of body treatments to ensure we offer you the best quality, results and enjoyment. To enhance the effects of our body scrubs, wraps and massages your therapist will help you choose the oil best suited to your desired effect whether it's to feel...

relaxed - chill out with the indulgent and relaxing lavender and mint

revitalised - enjoy the beautiful and energising lime and mandarin

restored - experience the soothing and balancing effects of cashmere and wood.

Ufford's Selection For The Body

Sensory Body Scrub

30 minute treatment

£35

Using an exfoliating body scrub is an easy, natural way to remove dry and flaky skin and leaves the skin feeling smooth and soft. The scrub is infused with the finest seasonal fragrances and an abundance of soothing carrier oils; your skin will be fully quenched so no need for added body moisturising.

Sensory Body Wrap

30 minute treatment

£35

This is an Ufford Spa favourite because it nourishes and soothes the skin, cocoons the body and leaves you looking and feeling fantastic. We use an intensely moisturising body cream which is applied head to toe. As you relax, your therapist will treat you to an indulgent foot or scalp massage, allowing time for the rich ingredients to take effect. Perfect after a body scrub.

Magic of the East

30 minute treatment

£35

A unique massage that incorporates the principles of Chinese acupuncture, but without the needles. Our therapists have been specially trained to stimulate the pressure points used in the traditional forms of Chinese medicine to help you feel rebalanced and re-energised. With this Ufford Park signature massage, you will benefit from the relaxing massage, combined with the healing properties of massage techniques steeped in hundreds of years of Eastern history.

Deep Tissue Massage

30 minute treatment

£35

This is a firm treatment effective in ironing out any tension in the muscles. This is perfect for those who are carrying a lot of stress in the back or shoulder area.

Neck, Shoulders, Face and Scalp Massage

30 minute treatment

£35

Great for detoxifying the body and releasing tension.

Tension Relief Leg and Foot Massage

30 minute treatment

£35

Take the weight off your feet with this invigorating massage that works on tired, achy muscles, helping you to relieve tension and walk out floating on air.