

Treatments For The Body (continued)

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UFFORD PARK
HEALTH & SPA

We offer a selection of massages, from traditional to contemporary, all of which can be tailored to your individual needs.

Mum to Be Treat

30 or 60 minute treatment

£35/£65

Relax and be pampered with this luxurious treatment which is safe pre and post pregnancy. The unique complexes in the Advanced Biogen Intensive Repair help reduce and minimise stretch marks and leave you feeling wonderful. The 60 minute treatment includes a back, neck and shoulder massage, a foot and leg mask/treatment and a mini facial. (Please note this treatment is for those past their 12th week of pregnancy.) Why not indulge further and book a manicure or pedicure too?

Raindrop Massage

30 or 60 minute treatment

£35/£60

A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall. Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage and applying warm compresses. This massage is particularly appropriate if you suffer from backache.

Sensory Body Massage

30 or 60 minute treatment

£35/£60

A massage tailored to your desired outcome (relaxed, revitalised or restored) through a combination of your chosen silky smooth, nourishing massage oil and the pressure applied with kneading, rolling motions and pressure point massage. This invigorating massage relieves muscular aches bringing physical and psychological equilibrium with highly effective, noticeable effects on the skin, radiance and mental wellbeing.

Mud Serail Treatment

45 minute treatment

£45 (one person)
£80 (two people)

Our 'Chamber of Secrets' includes a whole host of extra indulgence as you sit back, relax and enjoy the 45 minutes' mud serial chamber. A seasonally inspired natural salt scrub will remove dead skin cells all over to reveal brighter, glowing skin. You will lavish yourself in our glorious natural mud, specifically sourced to deep cleanse, exfoliate and revitalise the skin. Finally, a hair mask to deeply nourish and condition from root to tip, as you enjoy the herbal steam, and tropical raindrop shower. Head to toe indulgence!

Sensory Body Massage with Hot Stones

30 or 60 minute treatment

£35/£60

Imagine the warmth of sun kissed pebbles on a beach as heated, smooth hot stones are incorporated into this relaxing massage. After enveloping the body in the chosen warm, therapeutic massage oil, our therapists work their magic on tired muscles to bring a sense of calm and deep down muscle relaxation.

Detoxifying and Clarifying Body Treatment

30 or 60 minute treatment

£35/£65

This treatment creates a visibly refined, clean and even complexion and reduces impurities and redness. We use mineral salts to deep cleanse the back and stimulate the circulation. We then allow a thermo-mineral clay pack to work its magic before finishing the treatment with a soothing massage application of moisturising body cream.

Anti-cellulite Firming Treatment

60 minute treatment

£65

Say goodbye to cellulite and uneven skin tone with this detoxifying and firming treatment. After an invigorating salt exfoliation and stimulating massage, our wraps, whose active ingredients help to promote the microcirculation and create an intense sensation of warmth, are applied to localised areas. Your skin will be left feeling softer, smoother and firmer. Try it and the results will keep you coming back for more!