

**DEEP TISSUE****FREESTYLE BACK MASSAGE**

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.

**Time:** 30 minutes  
**Great for:** Everyone  
**Results:** Instant relaxation.  
 Eased muscles.

**Price:** £40

**THE PARKS RETREAT**

(To include a soft drink of your choice)

Our only 3 in 1 treatment commences with our truly wonderful foot ritual, where we soak, exfoliate and massage the feet, followed by a Back, Neck and Shoulder to release tension and stress. This is completed with a face mask and relaxing scalp massage.

**Time:** 60 minutes  
**Price:** £70

**FREESTYLE NECK, SHOULDER,  
FACE AND SCALP MASSAGE**

This treatment aims to relax you by massaging warm and nourishing oils, which release tension gently in the back, neck, face and scalp.

**Time:** 30 minutes  
**Great for:** Everyone  
**Results:** Instant relaxation.  
 Eased muscles.

**Price:** £40

**CHAMBER OF SECRETS**

MUD SERAIL TREATMENT

Our 'Chamber of Secrets' includes a whole host of extra indulgence as you sit back, relax and enjoy the 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! (2 hours spa included).

**Time:** 30 minutes  
**Great for:** Everyone  
**Results:** Hydrated skin  
 Detoxed  
 Rejuvenation

**Price:** £45 one person  
 £80 two person