

Sequoia Treatment Menu

Massages & Body Treatments

PRICES FROM

All 1 hour 20 minutes.

Bamboo Massage

£185

Perfect for deep tension relief and slowing busy minds.

Strength & Resilience Massage

£185

Transform mind and body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage.

C+C Mediterranean Massage

£185

Sink into blissful relaxation with this gentle full body massage.

Inner Calm Massage

£180

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience.

Hot Stone Massage

£180

Unravel persistent muscular tightness, relieve stress and discover lasting relaxation for mind and body.

Prenatal Relax & Restore

£180

Nurture your changing body and calm your mind with this beautifully comforting treatment.

Well Living Ritual Massage

£180

Feel the exfoliating magic of Dead Sea salt crystals and rice powder and re-emerge with amazingly soft, nourished skin.

Citrus Drench Wrap

£180

A hydrating sensory experience that will leave you feeling rejuvenated and refreshed.

Facials

PRICES FROM

All 1 hour 20 minutes.

Diamond Experience Infusion of Life Facial

£195

Restore a youthful glow on every layer of the skin.

Complete Fountain of Youth Facial

£190

The ultimate combination to lift the face, neck & décolleté.

The Signature Facial

£185

A bespoke facial created to meet your personal needs.

Natural Face Lift

£180

This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology.

Inner Beauty Facial

£175

Tailored to your precise needs, the Tri-Active™ formulas work immediately to cleanse and reawaken your skin.

Wellness for Cancer

Our Nurture and Support treatments have been created in partnership with Wellness for Cancer, a non-profit educational foundation and ESPA delivering a personalised spa treatment experience for those living with and healing from cancer. The Grove is proud to support the Youth Cancer Trust and will be donating 10% of the cost of these treatments to this UK based charity.

PRICES FROM

Be Nurtured Spa Day

£175

Includes a Be Nurtured Back, Face & Scalp Treatment, use of the spa facilities and lunch

Be Nurtured Facial

1 hour 20 minutes

£130

Leave skin nourished and radiant with this relaxing facial.

Be Nurtured Massage

1 hour 20 minutes

£130

Soothe, relax and rebalance the body with this personalised massage.



Sequoia Spa Days

All 10am – 9pm | Monday – Friday

PRICES FROM

Diamond Decadence Spa Day

£390

Includes: Diamond Experience Infusion of Life Facial (1 hour 20 minutes), Well Living Massage Ritual (1 hour 20 minutes), use of the spa facilities, lunch

Resilient and Balanced Spa Day

£380

Includes: Natural Face Lift (1 hour 20 minutes), Strength & Resilience Massage (1 hour 20 minutes), use of the spa facilities, lunch

Summer Vitality Ritual Spa Day

£360

Includes: Full body scrub, Citrus Essence Facial and full body massage (2 hour 40 minutes), use of the spa facilities, lunch

Ancient Ritual Spa Day

£350

Includes: Foot bathing ceremony, full body kansa wand massage and a tailored ESPA facial (2 hour 40 minutes), use of the spa facilities, lunch

Tranquil Times Spa Day

£250

Includes: Back Massage, cleanse, 3 phased exfoliating peel, comforting mask and moisturiser (1 hour 20 minutes), use of the spa facilities, lunch

Pure Vitality Spa Day

£240

Includes: Skin analysis with Skin Vision™ lamp, cleanse and exfoliation, Gua Sha facial massage, double mask, hand & arm GuaSha massage and scalp massage (1 hour 20 minutes), use of the spa facilities, lunch

Spa Experiences

PRICES FROM

Sunday Slowdown

2pm – 7pm | Sunday

£220

Includes: Choice of Inner Calm Massage or Inner Beauty Facial (1 hour 20 minutes), use of the spa facilities for the afternoon and dining

Morning Wellbeing

10am – 2pm | Monday – Saturday

£220

Includes: Back massage with or without hot stones, ESPA facial, scalp massage (1 hour 20 minutes), use of the spa facilities, brunch