

# SEQUOIA

## TREATMENT MENU

### YOUR TREATMENT

We ask that you arrive a minimum of 15 minutes before your treatment to complete a consultation card. You will then be directed to our Tranquillity area where complimentary teas can be enjoyed before your therapist collects you for your treatment. Treatment times include a consultation and aftercare. Robes and flip flops can be provided.

### FACIALS

PRICES FROM

ALL 80 MINUTES

#### DIAMOND EXPERIENCE INFUSION OF LIFE

£195

This innovative treatment dramatically reverses premature ageing leaving the skin feeling luminous, revitalized and rejuvenated. A combination of new LED technology induces a fast and deep penetration of the active ingredients, stimulating the synthesis of collagen, visibly diminishing fine lines and wrinkles by increasing firmness and elasticity, whilst restoring youthful glow on every level of the skin.

#### COMPLETE FOUNTAIN OF YOUTH

£190

Thanks to the impressive plumping action of the active ingredients within this range, which inhibits the movement of muscle, enhancing and prolonging the effects of micro injections, this professional lifting facial not only reduces expression lines but it also completely rejuvenates the complexion, producing extraordinarily hydrated skin. The ultimate combination to lift the face, neck and décolleté.

#### THE WELLNESS FACIAL

£190

Targeting skin health from the outside in, the Bamford Wellness facial combines two massage techniques including Gua Sha to ease muscle tension, support lymphatic flow and reduce puffiness in the face, neck and décolleté. Throughout the treatment your therapist will respond to your personal needs and concerns using a tailored selection of Bamford skincare products following the holistic 'Cleanse, Refine, Treat, Nourish' framework. Suitable for all skin types.

#### THE COUTURE FACIAL

£185

After a personalised consultation with your therapist, enjoy this bespoke facial with Natura Bissé offering a variety of benefits to suit all skin types. Whatever your concern is, your therapist has the knowledge and expertise to create a unique experience tailored to meet your needs, ensuring your skin receives the most benefit, whether that is firming and brightening, hydrating and soothing, or skin purification.

#### THE ORGANIC FACIAL

£185

The Bamford Signature facial is designed to brighten and balance the skin, including deep facial massage techniques and a hot and cold stone massage to stimulate cell regeneration and to release any tension. Your therapist will create a facial tailored to your skin's needs using a personalised selection of Bamford skincare products. Suitable for all skin types.

# MASSAGES AND BODY TREATMENTS

PRICES FROM

ALL 80 MINUTES

## **THE SIGNATURE MASSAGE** (MEDIUM/FIRM PRESSURE)

£200

Deeply restorative treatment carefully designed and curated to enhance your wellbeing with Western and Eastern massage techniques, including Swedish massage, shiatsu and ancient Thai healing techniques. A deeper massage that penetrates deep into the muscles easing pain and discomfort after either heavy exercise or many hours spent sitting down. Our organic Bamford oil blends gently help the body release toxin build-up and support your immune system. You will experience a deep release of tension and feel a sense of balance and harmony in the body and mind.

## **B VIBRANT RITUAL** (LIGHT/MEDIUM PRESSURE)

£185

A revitalising experience to energise the body, awaken the senses and increase positivity. A refreshing foot bathing ritual is followed by sound therapy, working to rebalance the energy channels. Gentle exfoliation, using a warm botanic sugar polish, rejuvenates the skin and increases circulation. Stimulating marma point, full body and Indian head massage using cool, clarifying Citrine crystals, is combined with soothing breathwork, to focus the mind and leave the body relaxed yet invigorated.

## **PREGNANCY MASSAGE** (LIGHT/MEDIUM PRESSURE)

£180

Our pregnancy massage is designed specifically for the second and third trimesters of pregnancy. A full body massage using gentle unscented oils, this massage provides a peaceful and gently uplifting experience. The treatment targets back ache, tension and tired legs.

## **C+C MEDITERRANIAN MASSAGE** (LIGHT/MEDIUM PRESSURE)

£185

Unwind with this calming full body massage treatment that releases tension. This is a gentle massage treatment that will soothe the body and soul with Natura Bissé citrus balm. You'll feel the stresses of daily life disappear as you sink into blissful relaxation.

## **DE-STRESS MASSAGE** (MEDIUM PRESSURE)

£180

Focusing on the back of the body, this massage eases tense muscles and reduces stress levels, while restoring and realigning energy. The treatment starts with an Epsom salt foot bathing ritual to draw toxins from the body and allow it to absorb magnesium to help reduce inflammation. Shiatsu pressure points along the body release tension and balance energy flow, followed by Swedish back and leg massage to help improve circulation. The treatment finishes with a relaxing reflex zone foot therapy.

## **B SILENT RITUAL** (LIGHT/MEDIUM PRESSURE)

£180

Chronic stress is one of the main causes of depleted serotonin and can affect our ability to sleep well. This treatment is devoted to relaxing your body and preparing it for sound, restful sleep. Deep relaxation with a foot bathing ritual is followed by Japanese shiatsu rocking techniques and a therapeutic back massage with our B Silent body oil. A series of assisted stretches follows, designed to release stress, loosen tight hips, unlock the lower back and gently rotate the spine. A massage on the neck and chest will aim to release any stress or tension. Finally, the B Silent organic temple balm massage is applied to the forehead to complete the treatment with an Indian head massage that will encourage a peaceful sleep.

**HOT AND COLD STONE MASSAGE** (MEDIUM PRESSURE) £180

This profoundly relaxing full-body treatment uses a combination of hot volcanic and cold stones to work deep into your muscles. The treatment includes a firm back massage, working down the body, and ends with a neck and shoulder massage. You will experience a deep release of tension and feel a sense of balance and harmony in body and mind.

**WELL-LIVING MASSAGE RITUAL** £180

Dare to renew yourself. Sink into this indulging texture and re-emerge with amazingly soft, nourished skin. Feel the exfoliating magic of Dead Sea salt crystals and rice powder, followed by a customised aromatherapy massage that is delivered with your chosen dry body oil leaving you feeling rejuvenated, relaxed or detoxified.

## WELLNESS FOR CANCER

PRICES FROM

*ALL 80 MINUTES*

Specifically selected members of our Senior Therapy team have completed training with Wellness For Cancer, a non-profit educational foundation. These treatments are designed for guests who are undergoing, or have recently undergone, treatment for cancer. These personalised treatments will be developed by your therapist from the information you provide within your consultation, to ensure that all your needs are met whilst carefully managing your comfort.

**SOOTHING MASSAGE** £130

A personalised massage using a gentle but hydrating massage cream, this tailored experience will comfort, nourish and hydrate your skin while calming the mind.

**SOOTHING FACIAL** £130

Your individual concerns will be the focus of this facial to ensure you leave with your skin feeling renewed, soothed and hydrated, using the most suitable selection of products.

**SOOTHING RITUAL SPA DAY** (MONDAY TO FRIDAY) £175

This effective ritual combines a back massage, soothing areas of tension, and a personalised facial, which completes this totally indulgent experience.

## SEQUOIA SPA DAYS

PRICES FROM

ALL INCLUDE USE OF THE SPA FACILITIES AND LUNCH

**DIAMOND DECADENCE SPA DAY** (80 MINUTES X 2) £390

Diamond Experience Infusion of Life facial and the Well-Living Massage Ritual

**B SILENT SPA DAY** (80 MINUTES X 2) £380

B Silent Ritual and Wellness Facial

**VITALITY RITUAL SPA DAY** (THE COMPLETE RITUAL LASTS FOR 2 HOURS AND 40 MINUTES) £360

This complete ritual allows you to fully immerse yourself and take you into relaxation mode. Using powerful antioxidant components which restore sun-damaged skin to help reverse the signs of premature aging, and Vitamin C to stimulate collagen production and renew the skin's firmness, you will unwind and leave feeling revitalised and renewed.

*Includes a full body scrub, Citrus Essence facial and full body massage.*

**AWAKING RITUAL SPA DAY** (THE COMPLETE RITUAL LASTS FOR 2 HOURS AND 40 MINUTES) £350

An indulgent ritual carefully designed to leave you feeling revived and restored. Begin with a full body massage combining hot volcanic and cold marble stones to improve the circulatory system and unblock the body's energy. Then, your skin will be left smooth and glowing with our radiance-boosting Awakening facial, designed to resurface tired skin with powerful-yet-gentle fruit enzymes.

*Includes a full body massage using hot volcanic and cold marble stones, and a radiance-boosting facial.*

**SEQUOIA SIGNATURE SPA DAY** (80 MINUTES) £270

Includes the Sequoia Signature Massage.

**TRANQUIL TIMES SPA DAY** (80 MINUTES) £250

Combining a highly effective facial and back massage, this treatment will leave you looking and feeling radiant. The facial uses a cocktail of fruit acids to brighten the complexion, while the citrus-scented balm is used to melt away tension from your neck, shoulders and back, boosting your mood and soothing away stress.

*Includes a back massage, cleanse, three-phased exfoliating peel, comforting mask and moisturiser.*

**B CLEAR SPA DAY** (80 MINUTES) £240

A clarifying combination to rebalance mind and body with a gentle full body exfoliation, using a warm Bamford Sugar Polish before working on areas of tension in your back with natural oil blends. This treatment is completed with a personalised express facial leaving your skin deeply cleansed, lifted, and rejuvenated with highly potent and carefully blended organic argan and rosehip oils.

*Includes a full body exfoliation and massage, plus a personalised express facial.*

## SPA EXPERIENCES

PRICES FROM

*BOTH 80 MINUTES*

### **B RESTORED**

£220

A restorative combination to de-stress your muscles, skin and mind. This complete experience will provide a massage focusing on key areas of tension in your back and legs followed by a prescriptive express facial to help resolve your skin concerns. This all-in-one treatment will leave you feeling calm, relaxed and restored.

*Enjoy full use of the spa facilities from 9am – 2pm with your treatment at 10am and brunch at 11.30am. Available Monday to Saturday.*

### **B CALM**

£220

Choice between the De-stress Massage or The Organic Facial

*Enjoy full use of the spa facilities from 2 – 7pm, with your dining at 3pm and treatment at 4.30pm. Only bookable on Sundays.*