

# 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. Treatment-only bookings do not include access to our spa facilities, changing rooms, or shower areas. Treatment-only guests will be collected from and dropped off at the spa reception.

### FACIALS

#### PRICES FROM

ALL 80 MINUTES

#### THE ULTIMATE REVIVE FACIAL

£235

A restorative ritual to rejuvenate your skin and enhance facial posture. This luxurious treatment combines collagen-based products with a personalised deep tissue massage for the face and neck, promoting relaxation and muscle tone. It features QMS power of 3 LED light therapy to boost collagen production and skin immunity. The finale, a thermal mask, infuses your skin with nutrients for a radiant, refreshed look. This comprehensive treatment revitalises your complexion, leaving you with a youthful, 'red carpet' glow.

#### THE COLLAGEN RECHARGE FACIAL

£235

This rejuvenating facial from QMS uses collagen-based products and a stem cell mask for deep hydration. Enjoy a personalised deep tissue massage for the face and upper body, enhancing facial symmetry and relaxation. An abdominal massage relieves muscle tension, improves circulation, and fosters internal balance. Leave with a profound sense of lightness and skin that glows with vitality and hydration. This holistic treatment ensures a renewed luminosity and revitalised appearance.

#### DIAMOND EXPERIENCE INFUSION OF LIFE

£225

This innovative treatment dramatically reverses premature ageing leaving the skin feeling luminous, revitalised 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

£220

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 décolletage.

## THE WELLNESS FACIAL

£215

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 décolletage. 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

£215

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

£210

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.

## THE CLEANSE & GLOW FACIAL

£210

Crafted for younger skin, the Cleanse & Glow Facial focuses on treating and balancing the epidermis. Experience a gentle double cleanse to prepare the skin, followed by exfoliation to refine the complexion. The treatment continues with a purifying clay mask targeting sebum control, while a warm, jade stone facial massage enhances circulation and promotes relaxation. Bamford Stem Cell Serum rounds off the ritual to support and protect the skin barrier, leaving the skin looking and feeling refreshed.

# MASSAGES AND BODY TREATMENTS

ALL 80 MINUTES

PRICES FROM

## THE SIGNATURE MESSAGE (MEDIUM/FIRM PRESSURE)

£220

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.

## BAMBOO HYDRASCULPT MESSAGE (MEDIUM/FIRM PRESSURE)

£210

Discover the perfect harmony of relaxation and rejuvenation with our Bamboo Hydrasculpt massage. This personalised treatment combines sea salt and olive oil seed scrub with soothing techniques of traditional massage and the unique benefits of warm bamboo rods, designed to deeply hydrate and sculpt your body. After choosing your focus areas, our skilled therapists will infuse the skin with nourishing oils and hyaluronic acid. This indulgent experience not only rejuvenates your skin but also revitalises your spirit. This treatment includes full body exfoliation and personalised manual and bamboo massage.

## WELL-LIVING MESSAGE RITUAL (LIGHT/MEDIUM PRESSURE)

£210

Dare to renew yourself. Sink into this indulgent treatment 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 and detoxified.

## B VIBRANT RITUAL (LIGHT/MEDIUM PRESSURE)

£205

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.

## C+C MEDITERRANEAN MESSAGE (LIGHT/MEDIUM PRESSURE)

£205

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

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

£200

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 Bamford's 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 aims to release any stress or tension and an Indian head massage will encourage a peaceful sleep. Finally, the B Silent organic temple balm is applied to the forehead to complete the treatment.

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

£200

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.

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

£200

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.

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

£200

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.

## ALTERNATIVE TREATMENTS

Reset the balance in your life with our holistic treatments. It's time to put your wellness first!

**REFLEXOLOGY** (TUESDAYS AND ON REQUEST)

£150

## SEQUOIA SPA DAYS

PRICES FROM

MONDAY – FRIDAY | ALL INCLUDE USE OF THE SPA FACILITIES AND LUNCH  
| 10AM–9PM

**DIAMOND DECADENCE SPA DAY** (80 MINUTES X 2) £455

Diamond Experience Infusion of Life Facial and Well Living Massage Ritual

**B SILENT SPA DAY** (80 MINUTES X 2) £440

B Silent Ritual and Wellness Facial

**VITALITY RITUAL SPA DAY** (THE COMPLETE RITUAL LASTS FOR £420

2 HOURS AND 40 MINUTES)

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 £410

AND 40 MINUTES)

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) £300

Includes the Sequoia Signature Massage.

## SEQUOIA SPA DAYS

PRICES FROM

MONDAY – FRIDAY | ALL INCLUDE USE OF THE SPA FACILITIES AND LUNCH  
| 10AM–9PM

### **B STRONG SPA DAY** (80 MINUTES)

£300

This deeply restorative treatment is designed to nurture and heal stressed joints in the neck, shoulders, lower back, arms and legs. The treatment starts with a welcoming foot bath, shiatsu, followed by cranial pressure points, kneading, wringing and deep frictions to warm up tired muscles and joints. A deep tissue massage will follow that works right into muscles to release pain and discomfort after either heavy exercise or too many hours spent sitting down.

### **TRANQUIL TIMES SPA DAY** (80 MINUTES)

£280

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.*

### **MUM-TO-BE SPA DAY** (80 MINUTES)

£275

This relaxing spa day is perfect for the second and third trimesters of pregnancy. Choose between an 80-minute Pregnancy massage or The Organic Facial.

### **B CLEAR SPA DAY** (80 MINUTES)

£270

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.*

## MINI SPA DAYS

80 MINUTES

PRICES FROM

### B RESTORED

£250

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.*

### RECOVERY

£250

This treatment has been created to combat the stresses of modern life. Beginning with a back massage, using our specially blended massage oil and hot stone therapy, the treatment moves on to a simple and effective face, head and foot massage. Great for reducing stress and promoting deep relaxation, the recovery treatment sets you back on track.

*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

£250

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. Available on Sundays only.*

## SPA EXPERIENCES

### PRICES FROM

#### THE RADIANT EXPERIENCE

£240

Includes the Couture Facial

*Enjoy full use of the spa facilities from 9am – 9pm, with treatment at 10am, 11.30am, 1.30pm, 3pm, 4.30pm or 6pm. Available Monday – Friday. Bookable online only.*

#### THE HARMONY EXPERIENCE

£240

Includes the C+C Mediterranean Massage

*Enjoy full use of the spa facilities from 9am – 9pm, with treatment at 10am, 11.30am, 1.30pm, 3pm, 4.30pm or 6pm. Available Monday – Friday. Bookable online only.*

#### THE DE-STRESS EXPERIENCE

£235

Includes the De-stress Massage

*Enjoy full use of the spa facilities from 9am – 9pm, with treatment at 11.30am or 1.30pm. Available Monday – Friday. Bookable online only.*

#### THE ORGANIC EXPERIENCE

£235

Includes the Organic Facial

*Enjoy full use of the spa facilities from 9 am – 9pm, with treatment at 11.30am or 1.30pm. Available Monday – Friday. Bookable online only.*