

# SEQUOIA

## SPA DAYS AND EXPERIENCES 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.

### SEQUOIA SPA DAYS

### PRICES FROM

MONDAY - FRIDAY | ALL INCLUDE USE OF THE SPA FACILITIES AND LUNCH

**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 2 HOURS AND 40 MINUTES) £420

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) £410

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.

**B STRONG SPA DAY** (80 MINUTES) AVAILABLE FROM 1 NOVEMBER £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.

## SEQUOIA SPA DAYS

PRICES FROM

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

### 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

PRICES FROM

80 MINUTES

### 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 stones 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.  
Only bookable on Sundays.*

### B DELIGHTED | SUNDAY-THURSDAY

£250

Unwind with spa access from 1 – 6pm, and a traditional Cream Tea at 3pm. Choice of a B Delighted treatment at 4.30pm: De-Stress Massage, Organic Facial, or Pregnancy Massage.

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## 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 9am – 9pm, with treatment at 11.30am or 1.30pm. Available Monday – Friday. Bookable online only.*

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