

SEQUOIA

TREATMENT MENU

YOUR TREATMENT

Please complete your online intake form and arrive 15 minutes before your treatment so we can ensure your check-in is complete ready for your treatment to begin. 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

Experience a luxurious facial that revitalises your skin and enhances posture. This treatment blends collagen-rich products with a custom face and neck massage, boosting relaxation and tone. QMS power of 3 LED therapy stimulates collagen and immunity, while a thermal mask infuses nutrients. The result: radiant, youthful skin with a red-carpet glow—facial luxury at its finest.

Includes: Double cleanse, double exfoliation, thermal mask, collagen serum application, deep tissue lifting face massage, Algae mask, arm and décolleté exfoliation and moisturise, eye care application, collagen 3D application mask, LED light mask Collagen 3D serum application serum and moisturiser, sun-care.

Benefits: Personalised care to ensure your skin's unique needs are met, Boost collagen production, improves facial muscle tone & posture, enhances skin immunity & radiance, deeply nourishes & hydrates and promotes relaxation.

THE COLLAGEN RECHARGE FACIAL

£235

Experience the 80-minute Collagen Recharge Facial, a luxurious treatment that deeply hydrates and rejuvenates your skin using collagen products and a stem cell mask. Enjoy a personalised deep tissue massage for face and upper body to enhance symmetry and relaxation, plus an abdominal massage to relieve tension and boost circulation. Leave feeling refreshed with glowing, revitalised skin and renewed radiance.

Includes: Double cleanse, double exfoliation, Collagen and stem cell pure sheet mask, algae mask, Collagen serum application, deep tissue lifting face massage, arm and décolleté exfoliation and moisturise, abdomen massage, eye care application, moisturise, sun-care.

Benefits: Deeply hydrates and rejuvenates, radiant & youthful glow, boosts firmness & elasticity, enhances facial symmetry, improves circulation and promotes holistic wellness.

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.

Includes: Cleanse – 3 phased exfoliating peel – myo facial lifting massage – LED rejuvenating technology – gold youth infusion bio mask.

Benefits: Reverses premature aging & revitalises the skin, stimulates collagen production for firmer skin, reduces fine lines & wrinkles and restores a youthful & luminous glow.

COMPLETE FOUNTAIN OF YOUTH

£220

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

Includes: Cleanse – radiance peel – powerful ultra concentrates – hyaluronic face mask – facial/neck massage.

Benefits: Reduces expression lines & wrinkles, enhance & prolong micro injection results, deeply hydrates & plumps the skin, lift & firms face, neck & and rejuvenates & revitalises complexion.

THE WELLNESS FACIAL

£215

The Bamford Wellness Facial promotes skin health from the outside in, blending Gua Sha and massage to relieve muscle tension, boost lymphatic flow, and reduce puffiness in the face, neck, and décolleté. Your therapist customises the treatment with Bamford skincare, following the holistic Cleanse, Refine, Treat, Nourish approach. This facial is suitable for all skin types and personalised to your needs.

Includes: Head, neck and stomach massage to target areas of the body that contribute to skin health from the inside.

Benefits: Relieves muscle tension & reduces facial puffiness, supports lymphatic drainage & detoxification, personalised treatment tailored to your skins needs and enhances skin radiance, texture & overall health.

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 & brightening, hydrating & soothing or skin purification.

Includes: Cleanse – exfoliation/peel – facial massage – personalised mask and moisturiser.

Benefits: Personalised to tailor to your skins needs, addresses concerns of either firming or brightening & hydration or soothing & purification, promotes skin health & radiance and cleansing & hydration for clearer & glowing skin.

THE ORGANIC FACIAL

£210

The Bamford Signature Facials is designed to brighten and balance the skin, including deep facial massage techniques and a hot/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.

Includes: Personalised facial experience depending on skin type – deep facial massage – hot & cold facial massage.

Benefits: After consultation your therapist will decide if your skin needs an awakening treatment which will brighten & smooth your skin resulting in a radiant & even complexion, a rejuvenating treatment which will hydrate, lift & firm your skin resulting in a hydrated & more supple skin or a detoxifying treatment which will deeply cleanse & reduce the effects of pollution resulting in balanced, brighter & more controlled skin.

THE CLEANSE & GLOW FACIAL

£210

The Cleanse & Glow Facial, designed for younger skin, balances and treats the epidermis. It includes a gentle double cleanse, exfoliation to refine the complexion, and a purifying clay mask for sebum control. A warm jade stone massage boosts circulation and relaxation. Finished with Bamford Stem Cell Serum, it supports the skin barrier, leaving skin refreshed and radiant.

Includes: Double cleanse, steam & exfoliation, mask, warm jade stone facial massage.

Benefits: Brighter complexion, controls oil & reduces shine, boosts circulation, supports & protects the skin barrier, skin is refreshed, balanced & glowing.

MASSAGES AND BODY TREATMENTS

ALL 80 MINUTES

PRICES FROM

THE SIGNATURE MESSAGE (MEDIUM/FIRM PRESSURE)

£220

A deeply restorative treatment combining Western and Eastern massage styles, including Swedish, shiatsu, and Ancient Thai techniques. This massage penetrates muscles to ease pain from exercise or prolonged sitting. Organic Bamford oils help release toxins and support immunity. Experience profound tension release, promoting balance and harmony in both body and mind for enhanced wellbeing.

Includes: Full body combination of: Shiatsu, Swedish, Thai massage and stretching. Each massage is unique.

Benefits: Deep muscle relief, improved circulation & detox's, improves mental & emotional balance, enhances flexibility & mobility.

COLLAGEN BODY LYMPHATIC REPAIR

£220

This innovative body treatment combines advanced formulas with light lymphatic techniques to support natural detoxification and regeneration. Using CO₂ exfoliation, it boosts oxygenation, enhances cellular renewal, and improves microcirculation while reducing oxidative stress. A lymphatic massage with Avocado and Passion Fruit oils and a mineral-rich mask helps balance stress hormones and calm the nervous system, promoting total rest and harmony.

Includes: Body exfoliation, lymphatic drainage massage, lower back and feet re-mineralising mask, mini facial with Gua Sha & LED light mask.

Benefits: Supports natural detoxification & cellular renewal, boosts skin oxygenation & improves microcirculation, calms the nervous system, regulates stress hormones, promotes balance & overall well-being.

BAMBOO HYDRASCULPT MESSAGE (MEDIUM/FIRM PRESSURE)

£210

Experience ultimate relaxation with our Bamboo Hydrasculpt Massage. This personalised treatment blends a Sea Salt and Olive Seed scrub, traditional massage techniques, and warm bamboo rods to deeply hydrate and sculpt your body. Focus areas are targeted as skilled therapists nourish your skin with oils and Hyaluronic Acid, leaving you both rejuvenated and revitalised in body and spirit.

Includes: Full body exfoliation and personalised manual and bamboo massage.

Benefits: Gently exfoliates, hydrates & nourishes skin, sculpting effect using warm bamboo rods to tone the body, focus's on chosen areas for targeted results.

WELL-LIVING MASSAGE RITUAL (LIGHT/MEDIUM PRESSURE)

£210

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.

Includes: Full body exfoliation – full body massage.

Benefits: Gently exfoliates to reveal soft, smooth & nourished skin, improves skin texture & radiance, your therapist will chose an oil for either deep relaxation, boost energy, detoxify or relieve muscle tension.

C+C MEDITERRANEAN MASSAGE (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.

Includes: Full body lomi lomi massage, scalp massage on request.

Benefits: Gentle & Soothing experience to release physical tension, promotes deep relaxation for the mind & body, helps reduce stress & anxiety, enhances overall sense of calm & well-being.

B VIBRANT RITUAL (LIGHT/MEDIUM PRESSURE)

£205

Experience a revitalising journey that energises the body and awakens the senses. Begin with a refreshing foot soak and sound therapy to balance energy channels. Enjoy gentle exfoliation with warm botanical sugar polish to rejuvenate skin and boost circulation. A stimulating marma point, full-body, and Indian head massage using cooling Citrine crystals, combined with calming breathwork, relaxes and invigorates the body and mind.

Includes: Sound therapy & breathwork, Full body exfoliation, marma point massage, cold stone application, Indian head massage.

Benefits: Energises the body & awakens the senses, increases positivity & mental focus, rebalances energy channels, rejuvenates skin & boosts circulation, relaxes & invigorates the body and soothes the mind.

B SILENT RITUAL (LIGHT/MEDIUM PRESSURE)

£200

This treatment targets stress-related serotonin depletion and sleep issues through deep relaxation. It begins with a foot bath, followed by Japanese Shiatsu rocking, back massage using B Silent oil, assisted stretches, and tension-relieving neck and chest work. It ends with temple balm application and an Indian head massage, promoting calm and preparing the body for restful sleep.

Includes: Foot Bath, Shiatsu, Back massage, Leg Stretches, Decollate massage and Indian head massage.

Benefits: Reduces chronic stress & restores serotonin levels to improve sleep quality, relieves muscle tension, calms the mind & encourages peaceful, restful sleep.

HOT AND COLD STONE MASSAGE (MEDIUM PRESSURE)

£200

This profoundly relaxing full body treatment uses a combination of hot volcanic and cold marble 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.

Includes: Full Body massage with hot and cold stone application, Scalp massage on request.

Benefits: Deep muscle relaxation, effective tension release, promotes a sense of balance & harmony in both body and mind and reduces muscle inflammation.

DE-STRESS MASSAGE (MEDIUM PRESSURE)

£200

This back-focused massage relieves muscle tension, reduces stress, and restores energy flow. It begins with an Epsom salt foot bath to detox and reduce inflammation. Shiatsu pressure points release tension, followed by a Swedish massage to boost circulation. The treatment concludes with reflex zone foot therapy for deep relaxation and overall balance. *full body can be included if requested by guest or discussed in consultation.

Includes: Foot Bath, full body massage or back of body and reflex zone foot massage with Indian head massage.

Benefits: Reduces stress, restores & realigns energy flow, releases tension, improves circulation and promotes deep relaxation via 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.

Includes: Full body massage with optional light bump massage.

Benefits: Peaceful & gently uplifting massage, helps relieve back aches, tension & tired legs.

MANSSION MASSAGE

£190

Mansion guests only.

Includes: full body aromatherapy massage using pre-bended oils.

Benefits: Relaxation, improves circulation, pain relief and better flexibility.

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, WALLED GARDEN IN SEASON, AND LUNCH | 9AM–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 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 skins firmness, you will unwind and leave feeling revitalised and renewed.

Includes: Full body scrub, Citrus Essence Facial and full body massage.

Benefits: Restores sun-damaged skin with powerful antioxidants, reverse signs of premature aging, renews skin firmness and leaves you feeling revitalised & refreshed.

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. Beginning with a full body massage combining hot volcanic and cool marble stones to improve circulatory system and unblock 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: Full body hot and cold stone massage and Organic Awakening Facial.

Benefits: Revives & restores overall body & mind, unblocks energy flow & improves circulation, resurfaces & refreshes tired skin leaving skin smooth & glowing, boosts skin radiance and promotes a healthy complexion.

SEQUOIA SIGNATURE SPA DAY (80 MINUTES)

£300

Includes the Sequoia Signature Massage.

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.

SEQUOIA SPA DAYS

PRICES FROM

MONDAY – FRIDAY | ALL INCLUDE USE OF THE SPA FACILITIES, WALLED GARDEN IN SEASON, AND LUNCH | 9AM-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: Back Massage – cleanse – 3 phased exfoliating peel – comforting mask and moisturiser

Benefits: Brighten & revitalises the complexion. Relieves neck, shoulder & back tension, skin is radiant & deeply relaxed.

MUM-TO-BE SPA DAY (80 MINUTES)

£275

Mum To Be Massage (must be over 12 weeks) (pregnancy massage protocol) OR Mum To Be Facial (organic facial protocol excluding back massage).

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: Full body exfoliation, back massage, express facial.

Benefits: Rebalances mind & body for overall harmony, removes dead skin cells from your body, relieves tension in the back, deeply cleanses, nourishes & rejuvenates the skin with a personalised 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.

Includes: Back and leg massage, express facial.

Benefits: Relives muscle tension in back and legs, helps improve the skins condition with targeted express facial.

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.

Includes: Hot stone back massage, foot massage, face & scalp massage.

Benefits: Reduces stress, anxiety & mental Fatigue, boots mood & emotional well-being, relieves muscle tension and restores balance & inner calm.

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 10:00, 11:30, 1:30pm, 3:00pm or 4.30pm. Available on Sundays only.

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.

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.

All of our spa products are sustainably sourced, reflecting our commitment to a greener future.

