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 your for your treatment. Treatment times include a consultation and aftercare. Robes and flip flops can be provided.

PRICES FROM

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

DIAMOND DECADENCE SPA DAY (80 MINUTES X 2) £470

Diamond Experience Infusion of Life Facial and Well Living Massage Ritual

B SILENT SPA DAY (80 MINUTES X 2) £460

B Silent Ritual and Wellness Facial

VITALITY RITUAL SPA DAY (THE COMPLETE RITUAL LASTS FOR 2 HOURS AND 40 MINUTES) £450

This Natura Bissé 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 revitalized & refreshed.

AWAKING RITUAL SPA DAY (THE COMPLETE RITUAL LASTS FOR 2 HOURS AND 40 MINUTES) £440

An indulgent ritual designed to leave you feeling revived and restored. 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 Bamford's 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) £320

Includes the Sequoia Signature Massage.

SEQUOIA SPA DAYS

PRICES FROM

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

B STRONG SPA DAY (80 MINUTES) £320

Deeply restorative treatment is designed to nurture and heal stressed joints in the neck, shoulders, lower back, arms, and legs. Using techniques designed to warm up tired muscles and joints. This deep massage works right into muscles to release pain and discomfort after either heavy exercise or too many hours spent sitting down.

Includes: Foot bath, full body combination of: Shiatsu, Swedish, Thai massage and stretching and cranial pressures.

Benefits: Heals, nurtures & warms up stressed joints, relieves muscle pain & discomfort through deep muscle techniques.

TRANQUIL TIMES SPA DAY (80 MINUTES) £300

Combining a highly effective Natura Bisse facial and back massage, you will leave looking and feeling radiant. The facial uses a cocktail of fruit acids to brighten the complexion, while the lavender-scented oil 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) £290

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

B CLEAR SPA DAY (80 MINUTES) £290

Combining Bamford's products, massage and facial techniques to provide a clarifying treatment that will rebalance your mind and body, skin feels deeply cleansed, lifted, and rejuvenated.

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*

PRICES FROM

80 MINUTES

B DELIGHTED (Sunday, Wednesday & Thursday only, 1 November 2026 – 21 March 2027) £265

Enjoy the spa facilities from 1pm–6pm, with a cream tea at 3pm before your treatment at 4.30pm. Choose from a De-stress Massage, The Organic Facial or Pregnancy Massage.

B RESTORED £265

A restorative combination to de-stress your muscles, skin and mind. Using Bamford products 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 £265

Bamford created this treatment to combat the stresses of modern life. 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 £265

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.

** Please note, the Walled Garden is only available to guests booked onto a full spa day.*

SPA EXPERIENCES*

PRICES FROM

THE RADIANT EXPERIENCE

£260

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

£250

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

£245

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

£255

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.

**Please note, the Walled Garden is only available to guests booked onto a full spa day.*

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

A GREENER GROVE