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 your 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 SUPERBOOST FACIAL

£260

Experience the future of non-invasive facial rejuvenation. The Superboost Facial combines a bespoke skin infusion with advanced neuromuscular activation to visibly lift, tone and revitalise the skin – without needles or downtime. Tailored to your skin's unique needs, targeted actives improve hydration, radiance and overall skin health, while innovative technology stimulates the facial muscles to enhance definition and support from within. Enjoy immediate visible results and a naturally refreshed, sculpted appearance with no recovery time.

Includes: Bespoke skin infusion – Advanced neuromuscular facial activation – Finishing hydration and SPF

Benefits: Visibly lifts and tones facial contours. Improves hydration, radiance and overall skin health. Stimulates facial muscles to support firmness and definition. Delivers immediate results with no needles or downtime and complements aesthetic treatments.

THE ULTIMATE REVIVE FACIAL

£250

A luxurious QMS facial that lifts, tones, and deeply nourishes. Collagen-rich products, LED therapy, and a thermal mask leave your skin radiant, youthful, and red-carpet ready.

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 skins 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

£250

A QMS facial that deeply hydrates and revitalises skin using collagen products, a stem cell mask, and targeted deep tissue massage. Enjoy improved circulation, facial symmetry, and a radiant glow.

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

£245

This innovative Natura Bissé Facial reverses premature ageing by using LED technology to boost collagen, reducing wrinkles and restoring firmness and glow.

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.

THE CURE FACIAL

£230

A results driven facial designed to repair the skins barrier function and restore overall skin health. This advanced treatment includes a Glycol 3 peel to refine texture and boost radiance without irritation, followed by cooling ice sculpting spoons to detox, decongest, and calm the skin. The experience is completed with the indulgent micro active sensorial face mask delivering deep hydration, nourishment, and lasting comfort. Ideal for stressed, sensitive or post aesthetics treatment skin.

Includes: Cleanse – Glyco 3 Peel – Personalised concentrate – Detoxifying massage with sculpting spoons – Sensorial 'popping' mask.

Benefits: Deeply cleansing to provide a full skin reset. Balancing and hydrating leaving the skin feeling fully refreshed and glowing whilst diminishing the look of fine lines.

ESSENTIAL SHOCK (R)EVOLUTION FACIAL

£240

A rejuvenating anti-aging, lifting facial designed to enhance facial contours while restoring elasticity, plumpness, and radiance. This facial deeply hydrates, firms and smooths skin, helping to improve elasticity and reveal a more even toned, youthful complexion. Advanced lifting massage techniques inspired by Kobido, Abhyanga and manual stretching sculpt and redefine the face while releasing deep-seated muscular tension. Especially beneficial for those navigating stress, experiencing hormonal changes or seeking visible anti-aging results, this treatment restores balance, vitality, and confidence from the inside out.

Includes: Cleanse – Radiance lifting peel – 12% collagen serum – Kobido and Ayurveda inspired facial massage techniques – Pineapple and green tea-infused hydrating mask.

Benefits: Instantly nourishing and hydrating. Supports the skin through stress and changes that come with hormonal fluctuations. Provides an immediate lifting effect and redefines the facial contours.

THE WELLNESS FACIAL

£230

The Bamford Facial promotes skin health by combining Gua Sha and massage to relieve muscle tension, boost lymphatic flow, and reduce puffiness. Your therapist customises the treatment using skincare and a holistic approach.

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

£230

After a personalised consultation with your therapist, enjoy a bespoke Natura Bissé Facial tailored to your skin's needs, ensuring the best results for firming, brightening, hydrating, soothing, or 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

£220

Bamford's signature facials, brightens and balances skin using deep massage and hot/cold stone therapy. Your therapist customises the treatment with Bamford products for your skin type.

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

£220

The Cleanse & Glow Facial balances and treats younger skin with exfoliation, a purifying clay mask, and a relaxing jade stone massage. Finished with Bamford's stem cell serum to support the skin barrier and enhance radiance.

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 MASSAGE (MEDIUM/FIRM PRESSURE) £235

A deeply restorative treatment unique to Sequoia Spa, blending Western and Eastern massage styles like Swedish, shiatsu, and Ancient Thai techniques. Using organic Bamford oils, it eases muscle pain and promotes balance 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 £230

This innovative QMS body treatment uses CO_2 exfoliation and lymphatic techniques combined with an AHA body foam, nourishing jojoba & hemp oil, and a mineral-rich mask to promote detoxification, regeneration, and deep relaxation.

Includes: Body exfoliation, lymphatic drainage massage, lower back and feet re-mineralising mask.

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

BAMBOO HYDRASCULPT MASSAGE (MEDIUM/FIRM PRESSURE) £225

Experience ultimate relaxation with Natura Bissé's Bamboo Hydrasculpt Massage. This personalised treatment combines traditional massage techniques, warm bamboo rods, and nourishing oils to deeply hydrate and sculpt your body, leaving you rejuvenated 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, focuses on chosen areas for targeted results.

WELL-LIVING MASSAGE RITUAL (LIGHT/MEDIUM PRESSURE)

£225

Dare to renew yourself with dead sea salt and rice powder exfoliation, followed by a personalised aromatherapy massage with your chosen Natura Bissé dry body oil.

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)

£215

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)

£225

Experience a revitalising Bamford journey. Sound therapy to balance energy, then enjoy gentle exfoliation. The journey continues with a marma point, full-body, and Indian head massage using cooling Citrine crystals, combined with calming breathwork to relax and invigorate.

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)

£225

This treatment promotes deep relaxation to reduce stress and improve sleep with Bamford's B Silent Oil to calm the mind and prepare the body for restful sleep.

Includes: Foot bath, Shiatsu, back massage, leg stretches, décolleté 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) £210

This profoundly relaxing Bamford full body treatment uses a combination of hot volcanic and cold marble stones to work deep into your muscles. 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 & mind and reduces muscle inflammation.

DE-STRESS MASSAGE (MEDIUM PRESSURE) £210

This back-focused massage begins with a Bamford Epsom Salt foot bath to detox and reduce inflammation. Shiatsu pressure points release tension and massage to boost circulation. Finishing with reflex zone foot therapy for deep relaxation and balance. *Full body massage can be included if requested 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) £210

Our pregnancy massage is designed specifically for the second and third trimesters of pregnancy. Using gentle unscented Bamford oils. This massage provides a peaceful and gently uplifting experience, targeting 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.

MANSION MASSAGE £200

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 welllness first!

REFLEXOLOGY (TUESDAYS AND ON REQUEST) £160

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) £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 Bamford 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) £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 SPA DAYS

PRICES FROM

MONDAY – FRIDAY | ALL INCLUDE USE OF THE SPA FACILITIES, WALLED GARDEN IN SEASON, AND LUNCH | 9AM–9PM

SEQUOIA SIGNATURE SPA DAY (80 MINUTES) £320

Includes the Sequoia Signature Massage.

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.

£300

TRANQUIL TIMES SPA DAY (80 MINUTES)

Combining a highly effective Natura Bissé 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 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. £290

MUM-TO-BE SPA DAY (80 MINUTES)

Mum To Be Massage (must be over 12 weeks) (Pregnancy Massage protocol) OR Mum To Be Facial (organic facial protocol excluding back massage). £290

B CLEAR SPA DAY (80 MINUTES)

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*

80 MINUTES

PRICES FROM

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