

Massage

Bespoke Relaxation Full Body Ritual - 2hr	£114
LHT Signature Relaxation Aromatherapy Blend Full Body massage - 90mins	£94
Swedish Full body massage - 1hr	£58
Swedish Back, Neck, Shoulders and Scalp massage - 30mins	£38
Hot Stones Full body massage - 1hr	£63
Hot Stones Back, Neck, Shoulders and Scalp massage - 30mins	£43
Full Body Deep Tissue massage - 1hr	£58
Deep Tissue massage (Two areas) - 45mins	£48
Back, Neck and Shoulders Deep Tissue massage - 30mins	£38
Oncology Full Body massage - 45mins	£45
Traditional Seated Indian Head, Neck and Shoulders massage - 30/45mins	£38/ £45
Manual Lymphatic Drainage - 40mins	£45
Manual Lymphatic Drainage Massage - Full body including Face and Scalp - 1hr	£65

Holistic Treatments

Luxury Reflexology including Foot scrub, Massage, Mask and Heated booties - 1hr 5	£55
Reflexology - 45mins	£45
Reflexology Add On - 30mins	£30
Reiki - 1hr	£59

Facials

Luxury BeautyLab Anti-ageing pro-radiance Facial with Hand Treatment	£65 1hr 15
Luxury BeautyLab Anti-ageing pro-radiance Facial	£58 1hr
Gents and Ladies Express Skin Tailored Facial	£38 30mins
BeautyLab Glycolic Facial Peel (courses available)	£46 50mins
Signature Prescriptive Facial	£58 50mins
LED Light Treatment Face or Body	£10 10mins
Radio Frequency Skin Tightning - Add On	From £25

Pamper Packages

The Bespoke Healer package Pick 2 x 60 minute treatments plus 1 x 30 -minute treatment or 5 x 30 minute treatments. Receive 20% off our professional take home products.	£149 2hrs 30
The Top-to-Toe Indulgence package An hour long luxury anti-ageing facial followed by an hour long full body Swedish massage with aromatherapy oils.	£109 2hrs
The Recovery package A pick 'n' mix 90-minute treatment. 3 x 30-minute treatments, choose from hot stones massage, leg and foot massage, reflexology, Thai foot massage, reiki and Indian head massage.	£94 1hr 30
The Pause package A deeply soothing holistic pairing of traditional seated Indian head massage followed by healing reflexology.	£72 1hr 15
The Time Out Treat A beautiful relaxing aromatherapy blend relaxes the back neck and shoulder muscles followed by a skin rejuvenating skin tailored facial.	£63 1hr
The Zen and Glow package Enhance your skincare with a customized facial for glowing, healthy skin paired with a soothing reflexology session for total relaxation.	£59 1hr
The Cloud 9 package This package includes a 30-minute Aromatherapy back, neck, shoulders and scalp massage followed by an soothing 30-minute Thai foot massage.	£63 1hr
Lymphatic Detox Package Indulge in a 60-minute lymphatic massage followed by a luxury facial that firms, sculpts, and detoxifies. It'll leave you glowing from the inside out.	£119 2hrs

Advanced Skin Treatments

Microneedling with LED Therapy £135
50mins

An advanced facial treatment to clinically improve the tone and texture of the skin. Boosts collagen and elastin, targeting acne, acne scarring, large pores, pigmentation, lines and wrinkles.

Microneedling - Body £59
40mins

Includes LED Light therapy and is used to reduce scarring (including tattoo scars) and tighten and tone loose skin.

Microneedling - Additional area £35
15mins

Book an add-on area (i.e. neck) with your microneedling facial for enhanced results.

Nanoneedling Mesotherapy facial with LED Therapy £89
1hr 10

A pain-free, needle-free treatment that boosts collagen, refines skin texture, and softens fine lines. Powerful skin boosters are infused deep into the skin to enhance collagen and elastin.

Bespoke Skin Tailored Facial £65
1hr

This luxury, skin-tailored facial that restores radiance with expertly chosen products to suit your individual skin concerns.

LED Bespoke Rejuvenating Facial £65
1hr 10

A bespoke facial with all the trimmings including steam, massage and LED light therapy with products to suit your skins needs.

Radio Frequency Facial £69
50mins

A skin-tightening treatment that uses gentle heat to boost collagen, smooth wrinkles, and leave your face looking firmer, lifted, and radiant - with zero downtime. Courses available.

Radio Frequency Facial & Neck Sculpting Treatment £79
1hr

Body Sculpting & Skin Tightening

Ultrasonic Cavitation - Body Sculpting £69
50mins

A contouring treatment combining fat dissolving and radiofrequency skin tightening to smooth and firm stubborn areas. Choice of one area per session: upper arms, thighs, or abdomen, hips, bum or back.

Radio Frequency Skin Tightening From
£35

A non-invasive treatment that uses heat to stimulate collagen, tighten skin, and smooth fine lines. Best results are seen after a course of 6-8 sessions.

Ultimate Body Contour Package £100
1hr10

A powerful body contouring package combining fat dissolving, skin tightening, and vaccum suction lymphatic drainage to sculpt and smooth stubborn areas.

Reduced price courses are available.

Body Scrubs

Anti-cellulite Express Organic Full Body Coffee Scrub £39
40mins

A quick skin-refreshing treat for those on the go, smoothing out skin imperfections and cellulite with a delicious, organic coffee scrub.

Deluxe Full Sea Salt Body Scrub + Elemis Frangipani Moisturising Ritual £58
1hr

A deeply nourishing experience that smooths, softens, and leaves your skin deeply hydrated with the lush fragrance of frangipani and essential oils.



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**Lifestyle Holistic
Therapy**

Multi-award winning wellbeing centre offering skin tightening, body sculpting, advanced facials and body massage, plus relaxing holistic therapies in our luxurious garden suite.

