

Massage

Muscle Ease Elixir - Signature Treatment 55 mins £90.00
"Muscle Ease Elixir" takes elements from a traditional Royal Thai Massage and our Signature Massage to manipulate the limbs and back and to alleviate stiffness. While comfortably lying in our Sun Meadow suite, a therapist will stretch your limbs and your back. The ritual ends with an acupuncture scalp massage to release tension hidden in the cranial area. A must-have treatment!

Ultimate Aromatherapy Experience 55 mins £85.00
85 mins £105.00

This real aromatherapy experience starts with a consultation to find out what your emotional and physical needs are. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension.

Distressed Muscles - Deep Tissue Massage 40 mins £75.00
55 mins £95.00

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful. A deeper massage that works right into the muscles to release pain and tension. Finishing with stretches.

Candlelight Massage 55 mins £95.00

This luxurious body massage induces relaxation and creates a sense of harmony. During this time the Mediterranean Light candle is burned, emitting a wonderful fragrance of soothing Lavender and Mandarin. The warm wax from the candle is then poured over the body with a prolonged body massage to ease tension and relax the mind.

Hot Stone Massage 55 mins £90.00

Smooth water-heated basalt stones are used to perform a deep body massage and intensive energy work. The stones are volcanic in origin and rich in minerals. The direct heat from the stones relaxes the muscles. This treatment balances and grounds the body, leaving you feeling totally calm yet energized.

Baniya De-stress Massage 55 mins £95.00
85 mins £105.00

A deeply relaxing massage to help alleviate your body of stresses thanks to the Siberian golden root, this plant has been traditionally used in Russia to increase longevity, together with 100% essential oils of ginger, lavender, bergamot and vetiver. This powerful cocktail alongside specific massage techniques induce relaxation, relieve aches and tensions as well as lower the stress and pressures that affect our bodies every day.

TREATMENTS FOR THE BODY

Baniya Detox Massage	55 mins	£95.00
	85 mins	£105.00

A detoxifying tonic to boost the system and re-energise the soul. Using Siberian golden root and 100% essential oils of juniper, Siberian pine, mandarin and amyris provide alongside techniques to help remove impurities and re-energize.

Baniya Hydrarose Massage	55 mins	£90.00
	85 mins	£100.00

A relaxing, hydrating massage which helps to soothe the skin whilst calming the mind. A blend of anti-stress Siberian golden root combined with 100% essentials oils of rose and chamomile to leave a satin finish with skin radiating with beauty.

Nuat Namman, Body Oil Ceremony	75 mins	£95.00
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Experience the healing effects of Asian aromatherapy in a relaxing and restorative massage that combines the sense of tropical smells with the soothing value of acupressure massage. Individually chosen to suit your personal requirements, the essential oils will rebalance your vital energies restoring harmony and calm to your body and mind.

Choose from our four signature aromatherapy blends:

Ponklai: Relaxing body oil massage using a synergy of lemongrass and orange essential oils that will embark your body and mind on a journey of ultimate relaxation and wellness.

Lodkwam Aun: Slimming body oil massage using a synergy of long pepper and cinnamon essential oils that will help your body to drain toxic wastes and re-sculpt your figure.

Borisut: Purifying body oil massage using a synergy of cajeput and petitgrain essential oils that will leave your body deeply detoxified and your mind replenished.

Phem Palang: Energizing body massage combining mandarin and peppermint to ease away your tension and bring your senses back to life with renewed vitality.

Maphrao warm Coconut Soother	55 mins	£95.00
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Following the Zen philosophy of returning to nature, amazing tropical wonders infuse this treatment with life, energy and beauty. Drift into southern Thailand delights when warm extra virgin coconut oil is drizzled onto your body and a warm sesame and coconut poultice is gently glided to massage, nourish, soothe and condition your skin. Exhilarating sweet scents permeate your mind and nurture your soul.

Sanouk, Detox Festival	55 mins	£85.00
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This detoxifying treatment purifies the body helping to give you a more streamlined silhouette. The treatment involves an invigorating body exfoliation with a choice of Purifying or Slimming bath salts and specially selected oils. Crushed ice is then applied on the areas of concern followed by body massage. A great experience!

Samunprai, Thai Herbal Heat Energizer	85 mins	£105.00
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Drift away tensions while enjoying this unforgettable traditional hot Thai massage, unchanged since the Thailand Ayutthaya period (14th. - 18th. Century) when a hot pack was administered to soldiers returning home with muscular aches and bruises. The balancing poultice opens the pores and brings a deep medicinal heat to the muscles to release tensions and revitalize your mind. Then an invigorating massage with a synergy of peppermint and mandarin essential oils will take your body on a journey of total renewal.

TREATMENTS FOR THE BODY

Mohom, Indigo Art of Healing

85 mins £105.00

Experience the ancient healing art of Hmong Shamans, used to treat muscular aches and pains. While a steamed indigo herbal poultice filled with pure remedial ingredients is thoroughly pounded over your body, surrender to a deep tissue massage using palms, thumbs and elbows to loosen muscles and stimulate blood circulation.

Indigo, the symbol of the Buddha of Medicine, is said to improve muscular tone and drain away toxins, while Eucalyptus, Clove and Black Pepper essential oils dissolve muscular tension, embracing you in an aura of calm and harmony.

K Spa Ultimate Back Relief

45 mins £75.00

This is a unique experience to K Spa and is a total de-stress ritual for the back.

The treatment starts with a deep back cleanse and exfoliation, followed by a hot stone back massage, and the application of a thermal mud mask along the back and shoulders. Not only a treat for your back, this treatment also includes a relaxing cranial massage.

Na Plai, Recovery Head Massage

45 mins £70.00

A soothing yet energizing back, neck, shoulders and head massage focussing on vital energy points for a total mind and spirit experience. The treatment starts with the application of a hot herbal poultice, to ease tension and restore vital tranquillity. Next, touch paradise while a rejuvenating blend of rosewood and orange is gently massaged onto your face to stimulate Marma points, promoting total recovery and balance.

Oriental Scalp Massage

25 mins £55.00

A deep scalp massage that focuses on your energy points, combined with individually selected aromatherapy oils. If time is of the essence, this treatment is perfect to relieve tension, increase circulation and leave you feeling refreshed and re-energised.

Reflexology

55 mins £85.00

Soothe your soul through your soles. Reflexology, also known as zone therapy, is a type of massage that uses specific trigger points on the feet to stimulate and heal other parts of the body. So, even though you use, abuse and tramp around on them all day, your sensitive feet could be the key to wellbeing and holistic health. Reflexology promotes healing by stimulating the nerves in the body and encouraging the flow of blood and aims to encourage the body to relax and work naturally to restore its own balance.

TREATMENTS FOR THE BODY

Mothers-to-be

Prenatal massage with cushions 55 mins £85.00

This nourishing body massage is carefully designed for pregnant mothers to aid relaxation and uses special pregnancy cushions for comfort, leaving the skin nourished and the mind and body totally relaxed.

The real nurturing experience for mums-to-be 55 mins £85.00

This deeply restorative, pampering, all-over body treatment incorporates exfoliation and the layering of rose-based products, to immediately restore the skin's quality. Finally relieve stresses and strains, heavy legs and an aching back with this relaxing and rejuvenating scalp and facial massage. Luxurious rose oils help condition the skin and deeply nourish. The result is a smooth, radiant complexion and a relaxed state of mind.

Body Exfoliation

Choose from the following: 25 mins £55.00

Relax

Revive

De-Stress

Renew

Enrich

Salt Caviar Scrub 25 mins £60.00

55 mins £95.00

The combination of Siberian golden root with 100% pure and natural essential oils of eucalyptus and Siberian pine purifies tones and softens the skin that radiates beauty. You can extend this journey to a perfect exfoliating massage

Body Shaping

PRIORI CoffeeBerry® Naturally Slimming Body Treatment 55 mins £85.00

Target the hips, abdomen, thighs and other problem areas with this natural slimming treatment. The skin is cleansed and a natural peel is applied to remove dead skin cells, before the clinically-tested CoffeeBerry® Slimming Complex helps firm the skin, reduce inches and minimize the appearance of cellulite. Most effective in a series of six treatments.

Cellulless 55 mins £85.00

The perfect solution for cellulite. This highly effective treatment provides dramatic results for those with orange dimpled skin. Working with ingredients such as Caffeine, Guarana, Rutine & Lotus Flower, our cellulite wrap can be taken as a one off treatment, but better and longer lasting results are achieved over a course of treatments. Your therapist will advise the number required (generally between 5 and 10 treatments).

C+ Body and Face Reviver 85mins £150.00

Immerse your body in our superb anti-ageing envelopment of Vitamin C to revitalize your skin, improve the tone whilst increasing the production of collagen and elastin leaving you with a smoother silhouette. Your treatment commences with a full body polish rich in Vitamin C, Lemon & Papaya Concentrate, then relax as you enjoy the application of our Vitamin C packed wrap through a gentle and relaxing massage. To complete this experience enjoy a Vitamin C+ facial. This double whammy is something we are looking for any time of the year!

TREATMENTS FOR THE FACE

Ultimate Aromatherapy Facial

55 min £85.00

Age Repair Facial

85 min £105.00

A new approach to facial care not only using essential oils to improve skin condition but using specialized techniques depending on your individual needs. Whether you want to clear up congested skin, condition and protect your skin, smooth the appearance of wrinkles or simply maintain an even complexion, we will tailor your treatment to suit your skin's particular requirements.

Siberian Petals Facial

This Russie Blanche signature facial combines the signature ritual with personalised skin care. The treatment starts with a double cleanse and tone using Pearly Jelly and White Toner to clear the pores, a Gentle Exfoliating Cream is applied to polish and purify the skin. A relaxing yet lifting face massage is performed using HydraRose and Black Orchid, customised to your skin type. A fortifying Cooling Mask then closes and tightens the pores whilst bringing an immediate fresh sparkle to sun-famished skin. Finally a Multi-Concentrated Revitalizing Serum and Moisturising Cream are applied to hydrate, smooth and protect your skin, leaving your skin radiant.

55min £85

Anti-Ageing Cranberry and Rose Facial

A regenerating therapy that commences with deep cleanse and exfoliation leaving your skin purified, smooth and re hydrated. A calming Hydra Rose Elixir is then massaged into your skin, to deeply relax and smooth your features whilst stimulating and energizing the skin. A comforting Cranberry and Rose mask veils the skin allowing antioxidants and moisture to sink into your complexion and the treatment is completed with a multi-concentrated serum that uses anti-ageing hyaluronic acid and liquorice. This Russie Blanche experience leaves your skin complexion nourished, rejuvenated and smooth.

70min £100

Glyco Cure - Lift Facial

When your skin looks dull & lacking vitality, help is at hand with this 40 minute intensive quick fix. Commencing with a powerful glycolic facial peeling to renew at the deepest level, before you enjoy a massage utilising a high-tech rolling and lifting technique with a unique rotating wand appliance rich in Germanium to re-balance the positive & negative ions in the skin restoring the skin's freshness and vitality and leaving you feeling more energised! Whilst just 40 minutes - this treatment has the 'wow' factor.

45min £85

TREATMENTS FOR THE FACE

Vitamin C

Germaine de Capuccini presents the new anti-ageing line based on Vitamin C. This facial therapy exfoliates the skin and is combined with an incredible “peeling” instant luminous mask which tautens the skin immediately minimising the appearance of pores and expression lines. Using highly active ingredients and a specialised lifting massage this facial delivers a wonderful experience which leaves your skin fresh, clear and younger looking

A real must have...

55min £85

CoffeeBerry Yoga Facial

An intense and relaxing anti-ageing treatment for areas showing signs of ageing: face, neck and décolletage. Using PRIORI® CoffeeBerry® this results-oriented treatment will reduce tension and stress levels as well as brighten and even your overall skin tone. Leaves skin feeling firm, lifted, youthful and radiant. We finish this facial with CoffeeBerry Perfecting Minerals Foundation SPF 25 - the first and only skin caring mineral line that contains the CoffeeBerry extract, nature’s most potent anti-ageing botanical, to fight free radicals and the causes of the skin ageing.

55 min £85.00

Advance Machine

Using electro-aesthetic technology this Advance method helps to maximize tone, texture and radiance by stimulating the facial muscles.

Upgrade any of the facials and achieve great non-surgical face lift results... Must have!

20min £20

NA Tropical Fruit and Flower Organic Facials

A mesmerizing YTSARA experience based on the brilliant osmosis of healing therapies...

Sombun: Balancing organic facial for normal to oily skin with an exotic synergy of white orchid extract and jasmine essential oil to purify and decongest oily skin.

Chum Chun: Quenching organic facial for normal to dry skin with an intriguing blend of green tea and bamboo shoot extract to heal dull & congested complexion and hydrate thirsty skin.

Yothai: Regenerative organic facial for sensitive and aging skin with a stimulating blend of Pandan leaf and Pink Lotus extract to alleviate fine lines wrinkles and assist cell renewal & oxygenation.

Siam Sa: Nurturing organic facial for dehydrated combination skin with rejuvenating blend of Lotus flower and neroli extract used to reduce dryness and improve circulation.

75 min £90.00

Taolay Face Lifting Bliss

This amazing facial starts with a foot ritual to enjoy while your skin is deeply cleansed and purified. Then slowly drift into a luxurious relaxation while a sesame poultice is dipped in warm rosewood oil and gently glided onto your face to tone passive face muscles and activate microcirculation. Scalp pressure point massage is part of this treat. After a last quenching touch of Neroli to make the skin glow, improve skin elasticity and smooth wrinkles; enjoy the precious feeling of eternal beauty.

85min £105.00

TREATMENTS FOR THE FACE

Ta Souay Awakening Eye Treatment

Let your eyes be pampered and rejuvenated with this amazing eye treatment that combats fine lines, puffiness and dark circles. A secret blend of warm, botanical ingredients from our Asian garden will gently nourish and sooth your eyelids. Then, the light touch of shiatsu and lymphatic drainage massage, accompanied with a quenching floral serum, will reduce puffiness and dark circles. The treatment finishes with a cranial pressure point massage while your eyes rest under a relaxing aromatherapy eye cushion.

55 min £80.00

Manao Head and Face Treat for Men

Enjoy a deep exfoliation to remove impurities and cleanse the skin, followed by a quenching facial mask to re-hydrate the epidermis. This advanced treatment incorporates a vital energy point massage through the application of a cranial herbal poultice over the back, neck shoulders and head, easing away stress and tension. Finally, restore health and vitality to the face with a floral elixir and a hydrating gel, enhancing muscle tone leaving the skin fresh and supple.

55min £85.00

C-Plus Energy facial for men

Based on a cocktail of plant extracts and vitamins, this therapy has been designed to specifically meet the needs of men's skin, often irritated by the daily ritual of shaving. It works against the appearance of wrinkles, dryness and signs of premature skin ageing. Highly relaxing, extremely effective and it's only for him!

55 min £85.00

Crystal Clear Deluxe

For something amazing, this facial is a combination of a Mini Lift and Micro Dermabrasion. Microdermabrasion uses a controlled method of skin resurfacing, by gently exfoliating the outer layer of skin whilst encouraging new collagen and elastin formation to visibly rejuvenate the skin. Leaving the skin feeling and looking its absolute best - Results are visible immediately.

55 min £85

Crystal Clear Micro Dermabrasion

25min £60

Crystal Clear Mini Lift Mask

40min £60

Instantly lifts firms and reduces the appearance of wrinkles. The perfect 'pick me up'.

TREATMENTS FOR THE FACE

Crystal Clear Oxygen

This sophisticated treatment breathes new life into tired and aged skin. Delivers pulsed Oxygen into the skin, visibly improving elasticity and firmness. Fantastic results dramatically rejuvenated skin with lines and wrinkles visibly reduced.

45min £90

Crystal Clear Oxygen Deluxe

A fantastic treatment which is combination of ether Microdermabrasion and Oxygen or Oxygen and Mini Lift mask for a maximum result.

75min £130

For an additional £25 'have it all' experience! (Dermabrasion, Oxygen and Mini Lift Mask) ..So much more than just a facial..