

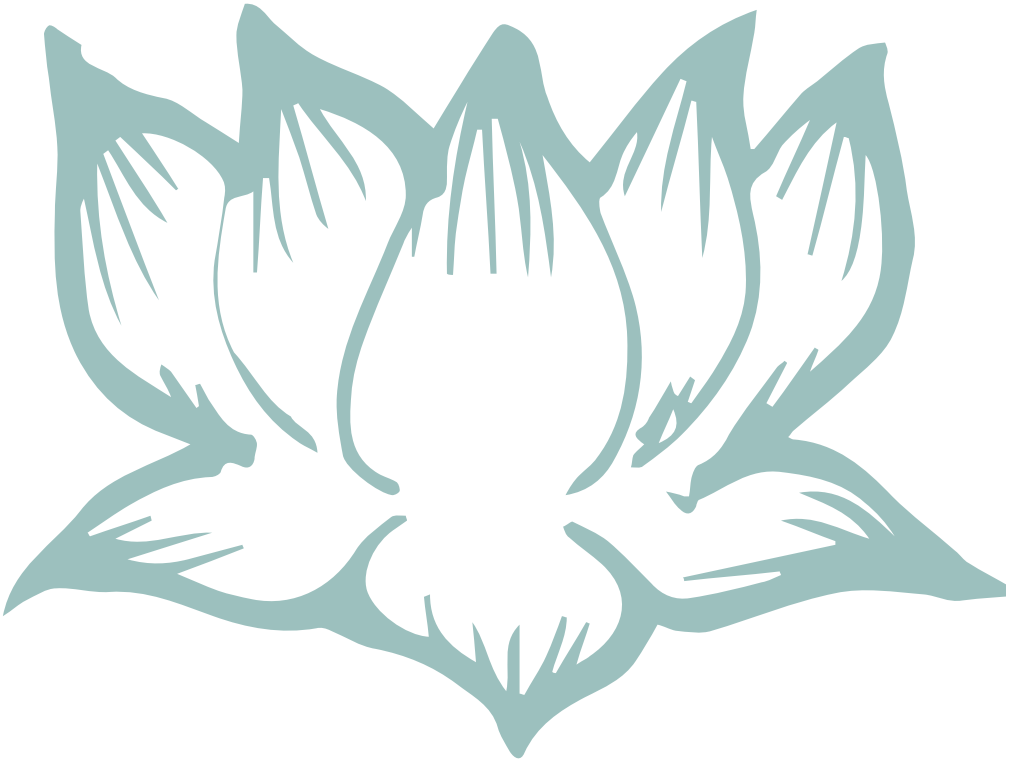


BOWOOD

HOTEL, SPA AND GOLF RESORT

The Spa at Bowood

TREATMENT MENU
& PRICE LIST



BODY

BACK, NECK AND SHOULDER MASSAGE – *light/medium pressure* 30 mins – **£40.00**

Experience the healing effects of Thai-style massage combined with western massage techniques and tropical essential oils. Focusing on the key areas where tension becomes stored and providing a much needed dose of restoration.

ULTIMATE DEEP PRESSURE – *firm pressure* 45 mins – **£60.00** | 90 mins – **£120.00**

Intense muscle healing therapy – Back, Neck and Shoulder Massage
Relieve stiff and sore muscles with a deep muscular treatment that combines steamed therapeutic herbs with a rare essential oil found only on two remote islands in the Pacific Ocean. The ancient 'Tok Sen' technique is used specifically on the back allowing vibrations to work deep in the muscles. Rainforest clove has the ability to suppress pain while Tangerine, Pink Grapefruit and Rosemary drain toxins out from your muscles.

GARDEN OF DEEP CALM – *light/medium pressure* 60 mins – **£80.00**

Restorative and Relaxing, Full Body Massage
Restore your body, mind and spirit with Thai-style and western massage techniques. Malabar Grass melts tension away while Sweet Orange and Vetiver help to create an inner peace. Oils of Rice Bran, Sweet Almond, Soy and Wheat Germ help soothe and nourish the skin.

TRANQUIL JOURNEY – *light/medium pressure* 90 mins – **£120.00**

For Total Relaxation
Slow, deep movements work in tune with your breathing whilst a warm and calming, herbal poultice melts away tension. Everything around you has slowed down. Your mind and body are reconnecting.

VITAL ENERGY *to erase fatigue* – *firm pressure* 60 mins – **£80.00**

Revitalizing and Uplifting, Full Body Massage
A combination of massage techniques with Ytsara's Vital Energy Body Oil with Blue Ginger to inspire self-connection and renewal. Targeting the meridian energy system and unblocking areas of trapped energy that manifest in physical and/or emotional pain. The mind and body are uplifted and energised.

PRANA VITAL ENERGY *to erase fatigue* – *firm pressure* 90 mins – **£120.00**

Revitalizing and Uplifting, Full Body Massage
A combination of massage techniques and a heated poultice work with Ytsara's Vital Energy Body Oil with Blue Ginger to inspire self-connection and renewal. Targeting the meridian energy system and unblocking areas of trapped energy that manifest in physical and/or emotional pain. The mind and body are uplifted and energized.

MOHOM DEEP PRESSURE – *firm pressure* 60 mins – **£90.00**

For Muscle Healing
Designed to encourage blood flow, stretch muscles and ease joints, this deep massage conditions the whole body. Thai therapeutic massage and pure plant essential oils work synergistically together and a warm, herbal poultice provides a medicinal remedy for sore or overworked muscles.

BODY

DETOX

INNER RESET RITUAL *to detox the body and mind* 90 mins – **£120.00**

A massage followed by exfoliation of Pink Himalayan Salt and Shatangi a key aid in the release of toxins – stimulate the natural detox process. Age-old Asian massage rituals and liver detoxifying techniques rebalance your inner ecosystem whilst a soothing head massage clears the mind of congested thoughts.

CONTOUR

WARM BAMBOO ANMA *to sculpt figure* – *firm pressure* 90 mins – **£120.00**

Warm bamboo, called Take in Japanese, represents youth, prosperity and serenity in Asia. The warm bamboo is slowly rolled on target areas to break down fatty deposits at the same time increasing circulation and relaxing muscles. Used in combination with Ytsara Sculpting Oil, this treatment fights cellulite, tones muscles, stimulates lymphatic system and detoxifies the organs.

SKIN ENHANCERS

HOM MALI JASMINE RICE SCRUB 60 mins – **£80.00**

Reveal the body's hidden glow with ingredients known to purify and refine the skin. Jasmine Rice removes dullness and brightens. Jojoba Oil and Shea Butter provide deep nourishment. A gentle exfoliation for sensitive skin, finished with a back, neck and shoulder massage.

PINK HIMALAYAN SALT SCRUB 60 mins – **£80.00**

Millions of years ago, pristine seawater was crystallized and covered by lava, protecting it from modern day pollution. Infused with over 80 minerals, Pink Salt delivers its pure nutrients while gently smoothing your skin. Refreshing Aloe Vera cream further nourishes. Your skin feels baby soft. This is an invigorating salt scrub with a back, neck and shoulder massage.

SKIN REVEAL WRAP 60mins – **£80.00**

An exceptional multifaceted exfoliation and body wrap using the powerful Black Mulberry extract combined with essential oils. Acting on the body to detox, firm, rejuvenate and brighten. Dull complexion, dehydrated and rough skin are all treated at once.

RELAXATION

COCONUT HEAD MASSAGE *for a calmed mind and nourished hair* 45 mins – **£60.00**

Targeting the hotspots of the shoulders, neck and head, a massage focusing on pressure points correlating to the body's chakras, promotes whole body energy flow. Organic Coconut Oil and a warm poultice further evokes relaxation and a conditioning hair wrap intensely nourishes the hair.

BODY

MOTHER TO BE

BACK, NECK AND SHOULDER MASSAGE

30 mins – **£40.00**

A gentle side-lying massage focusing on the key areas where tension becomes stored and providing a much needed dose of restoration. Organic Virgin Coconut Oil nourishes dry and sensitive skin. Recommended after first trimester only.

SAMSARA MOTHER TO BE

60 mins – **£80.00**

A gentle side-lying massage to release tensions in the back and the legs. Organic Virgin Coconut Oil nourishes dry and sensitive skin. Recommended after first trimester only.

SAMSARA GLOW MOTHER TO BE

75 mins – **£95.00**

A gentle side-lying massage to release tensions in the back and the legs. Organic Virgin Coconut Oil nourishes dry and sensitive skin. This wonderful treatment also includes an Ytsara facial. Recommended after first trimester only.

FACE

CALMING FACIAL – *calm and soothe sensitive skin*

60 mins – **£80.00**

A powerful facial to calm and soothe sensitive skin and stressed minds. Potent anti-inflammatory ingredients such as chamomile, calendula and arnica help to reduce redness, heal irritation and treat all levels of sensitivity including rosacea. You will experience an immediate calming effect for a healthier complexion and with homecare use your skin will become less sensitive over time.

AGE CORRECTIVE – *firming and toning*

60 mins – **£80.00**

Enjoy visible firming and toning of your complexion with this antioxidant rich facial. Utilising plant skincare technologies to help turn back the clock. Natural Retinol Alternative boosts collagen production, while Swiss Green Apple Plant Stem Cells increase cell renewal. Powerful organic ingredients correct the signs of ageing, visibly reducing fine lines and wrinkles while plumping and hydrating the skin. Relish the visible results while you soak up the succulent aromas of neroli, monoi and coconut.

BRIGHTENING FACIAL – *refreshing*

60 mins – **£80.00**

A refreshing facial for your skin and your soul! Not only do we treat existing pigmentation but we help to prevent future pigmentation issues occurring. With Natural Hydroquinone Alternative you will see a lightening of dark spots and a brightening of the complexion. Our signature ingredient Stone Crop brings potent anti-inflammatory and lightening benefits, healing the skin and giving a more youthful glow.

BLEMISH/HORMONAL FACIAL – *cooling and healing*

60 mins – **£80.00**

Probiotics, cucumber and tea tree work together to effectively clear the skin of blemishes. An immediate cooling and healing effect helps to calm irritated spots, while balancing oil production to help prevent future breakouts. Using Clear Skin products at home will give you long-term blemish free skin and a healthy glowing complexion.

ORGANIC FACE PEEL – *reduces signs of ageing*

75 mins – **£95.00**

Not just a peel, this treatment reveals a luminous complexion, reduces signs of ageing and improves skin texture and clarity. Incorporating organic enzymes and multi acids to gently and effectively remove dead, dull skin build up to leave a healthy, youthful, glowing complexion. Powerful antioxidants fight ageing while botanical peptides support skin structure for a firming and toning result. Suitable for all skins.

PRESCRIPTIVE FACIAL – *skin type specific*

30 mins – **£40.00** | 60 mins – **£80.00**

A treatment designed just for you! By mixing and blending our effective organic products this prescriptive facial will deliver visible results tailored to solve your exact skin care concerns. Choose either the petite or full facial option.

SIGNATURE TREATMENTS

ULTIMATE FUSION FACIAL *for relaxation and visible results* 90 mins – **£120.00**

Eastern and Western skincare techniques are blended together in this ultimate face ritual. Chinese Guasha Jade stone massage, Thai warm poultice and French massage techniques work in synergy to awaken the skin's optimum potential. Deeply rejuvenating on a holistic and physical level. Your skin is glowing, luminous and healthy.

Includes: Cleanse, exfoliation, Guasha Jade stone massage, Thai silk poultice massage, mask, targeted eye and neck treatment, hydration

INNER RESET RITUAL *to detox the body and mind* 90 mins – **£120.00**

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HOT STONE MASSAGE 90 mins – **£115.00**

A Signature Hot Stone Massage which uses traditional oils to compliment your skin type. This treatment uses warm basalt stones to relax the muscles allowing for a deeper and more intense all-over massage. Hot stone therapy can help in the treatment of muscular aches, pains and strains, rheumatic and arthritic conditions, back pain and insomnia. It also helps to improve circulation, reduce stress, anxiety and tension.

REFLEXOLOGY 45 mins – **£60.00**

Reflexology is a deeply relaxing treatment, working on reflex points on the feet, which correlate to different areas of the body. A safe treatment which can help with a variety of health issues and managing stress levels.

HANDS & FEET

JESSICA MANICURE 60 mins – **£40.00**

This treatment helps revitalise your hands whilst treating the natural nail. Finished with polished hands.

JESSICA GELERATION MANICURE 60 mins – **£50.00**

This treatment helps revitalise your hands whilst treating the natural nail. Finished with gel polished hands.

JESSICA ZENSPA PEDICURE 60 mins – **£45.00**

Treat your feet to a luxury pedicure treatment using aromatherapy based products from Jessica Zenspa, finishing with perfectly pedicured and polished toenails.

JESSICA ZENSPA GELERATION PEDICURE 60 mins – **£55.00**

Treat your feet to a luxury pedicure treatment using aromatherapy based products from Jessica.

WAXING

Bikini Wax 30 mins – **£25.00**

Half Leg Wax 30 mins – **£20.00**

Full Leg Wax 40 mins – **£35.00**

Lip Wax 15 mins – **£15.00**

Eye Brow Shape 15 mins – **£15.00**

Underarm Wax 30 mins – **£15.00**

Half Leg and Bikini Wax 45 mins – **£30.00**

Full Leg and Bikini Wax 55 mins – **£40.00**

Back Wax 40 mins – **£35.00**

WELLNESS

BODY

Our wellness treatments are perfect for those living with and beyond cancer, they are also ideal for those with even the most sensitive skins. Please ask at Spa reception for more information on these treatments.

JENNIFER YOUNG GLOWING FACIAL 25 mins – **£40.00** | 55 mins – **£80.00**

This relaxing facial is blissfully adapted to bring the glow of health and harmony to even the most sensitive skin. Soothing massage techniques help you to drift to a place of rest and relaxation, leaving your skin with a glowing radiance. Your specialist therapist extends the treatment to include the scalp making the experience even more indulgent.

JENNIFER YOUNG INDULGENT MASSAGE 25 mins – **£40.00** | 55 mins – **£80.00**

A bespoke massage carefully adapted by specialist therapists to suit each individual's needs. Using 100% natural and organic oils this treatment is ideal for the most sensitive skins. Let the power of touch bring harmony and well-being. You will be left feeling deeply relaxed. The experience is extended to include the scalp ensuring that your massage is pure indulgence.

JENNIFER YOUNG TOP TO TOE 85 mins – **£120.00**

This top to toe experience includes a gentle full body massage followed by a deeply relaxing facial. It will benefit even the most sensitive skin. Your specialist therapist uses 100% natural and organic products, extending the experience to include the scalp.

JENNIFER YOUNG BALANCED BODY AND MIND 55 mins – **£80.00**

The experience starts with identifying the chakra to be balanced during this indulgent and soothing full body treatment. Using 100% natural and organic oils blended for their affinity with the chakra energy centres, this treatment is ideal for even the most sensitive skins. Let the power of specialist touch, the energy of the crystals and the therapeutic benefits of essential oils bring balance, harmony and well-being. You will be left feeling deeply relaxed. The experience is extended to include the scalp ensuring that your massage brings total release.

WELLNESS

HANDS AND FEET

JENNIFER YOUNG SPECIALIST MANICURE 55 mins – **£40.00**

Luxurious peach kernel oil and macadamia oil combine with the specialist knowledge of your therapist to give a healing and relaxing manicure. This treatment is designed for damaged nails and sensitive skin. Your specialist therapy will bring your nails back to a new level. This nourishing and moisturising manicure is finished with an application of your favourite colour. You will be given expert advice on how to improve the condition of your nails.

JENNIFER YOUNG NAIL BEAUTIFUL PEDICURE 55 mins – **£45.00**

Our soothing and nourishing foot balm is massaged into your feet whilst our 100% natural and organic nail oil works its magic into your nails. Finish off with a colour of your choice and enjoy recognising your feet. Your specialist therapist will provide expert advice on how best to look after your feet and nails.



OUR PRODUCTS

EMINENCE

Eminence have been producing organic skin care since 1958. All products are free of parabens, animal by-products, propylene glycol, sodium lauryl sulfates, harmful colorants and fragrances, mineral oils, petroleum, and other harsh cosmetic chemicals.

Products are handmade without any severe heating or hydrogenating processes that can affect the nutritional content and potency of natural ingredients.

Vitamins are captured in their all-natural fresh base, offering dramatic results as actual seeds, pulps and peels impart regenerative and healing powers that only nature can produce.

All ingredients are hand-picked using fresh ingredients to create products that contain potent healing and beautifying properties. Many of these ingredients are combined with pure waters drawn from a thermal hot spring lake containing minerals and trace elements found nowhere else on earth.

YTSARA

Ytsara skin care is formulated with Living Water, it has a balanced pH, is free of memory and is rich with life force energy. This high quality water helps the skin to reach maximum levels of hydration and delivers active ingredients deep into the skin at a cellular level.

Ytsara's carefully selected product ingredients and proprietary formulations support the processes the skin goes through, while adding to its intrinsic protection. Botanic extracts ensure renewal of the skin and maintain moisture levels, while essential oils feed the deeper layers and uplift the mind and spirit for a holistic combination of well-being.

At the heart of every product is a range of unique spa therapies. These treatments are the cornerstone of the Ytsara experience and have been created to deliver outstanding results. They offer an exclusive journey with exquisite body wrap rituals and magnificent massage sequences that are all combined with the most potent actives available to ensure dramatic and visible results are achieved.

OUR PRODUCTS

JESSICA NAILS

When it comes to natural nails, Jessica Cosmetics is considered a world-leading brand, with a range of Jessica nail products to achieve and maintain naturally beautiful nails.

Jessica nails developed products that are used in beauty salons throughout the UK for manicures, pedicures and more recently, Gel Nail with the Jessica GELeration range.

Jessica Nails was started in the 1970s by Jessica Vartoughian, who, after opening nail salons in America which attracted celebrities and referrals, developed her range of Jessica nail products, which has now grown to be a worldwide nailcare brand.

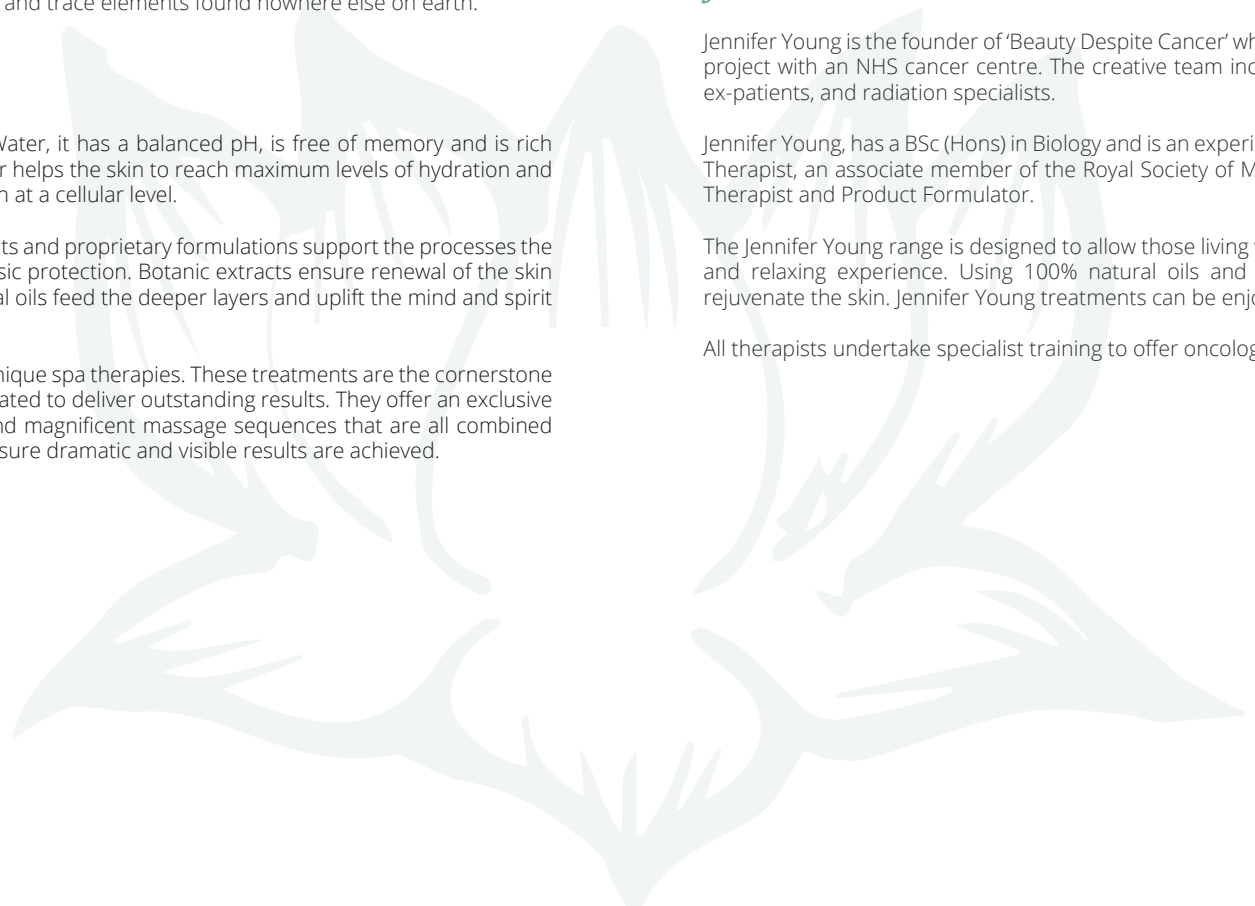
JENNIFER YOUNG

Jennifer Young is the founder of 'Beauty Despite Cancer' which was formed as a result of a collaborative project with an NHS cancer centre. The creative team included lead chemotherapy nurses, patients, ex-patients, and radiation specialists.

Jennifer Young, has a BSc (Hons) in Biology and is an experienced Micro-biologist, a qualified Nutritional Therapist, an associate member of the Royal Society of Medicine, a qualified Aromatherapist, Beauty Therapist and Product Formulator.

The Jennifer Young range is designed to allow those living with cancer to be able to enjoy an indulgent and relaxing experience. Using 100% natural oils and ingredients designed to soothe and help rejuvenate the skin. Jennifer Young treatments can be enjoyed at an stage of cancer treatment.

All therapists undertake specialist training to offer oncology massage.





BOWOOD

HOTEL, SPA AND GOLF RESORT

OPENING HOURS

Treatments

Monday to Friday: 10am – 8.30pm

Saturday: 10am – 6.30pm

Sunday: 9am – 5.30pm



The Spa at Bowood

Open daily from 7am – 9pm

T: 01249 823 883

E: spareception@bowood.org

Derry Hill, Calne, Wiltshire, SN11 9PQ

BOWOOD.ORG/SPA