



The Spa at Bowood

Treatment Menu

Body Treatments

Tranquil Journey (Y) £120
90 mins

For total relaxation, enjoy a full body massage, with light to medium or medium to firm pressure, followed by a soothing scalp massage. This treatment melts away tension and allows your mind and body to reconnect. Includes a Ytsara ritual to clear your mind and help you to relax before your treatment begins.

Garden of Deep Calm (Y) £80
60 mins

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 inner peace. Light to medium pressure.

Vital Energy (Y) £80
60 mins

A combination of massage techniques with Ytsara's Vital Energy Body Oil with Blue Ginger. A medium to firm pressure full body massage targeting the meridian energy system and unblocking areas of trapped energy that manifest in physical and/or emotional pain.

Back, Neck & Shoulder Massage (Y) £40
30 mins

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 rest and restoration. Choose from a light to medium or medium to firm pressure.

Back, Neck & Shoulder Massage with Organic Facial (Y)(E) £80
60 mins

Treat the body and mind to an all-round soothing experience with this treatment which combines a relaxing massage with a luxurious Organic Facial. Choose from a light to medium or medium to firm pressure for your massage.

Ultimate Deep Pressure Massage

Ultimate Back Revival (Y) £60
45 mins

This luxurious treatment combines a tension release back, neck & shoulder massage with a back exfoliation and mask - a facial for your back! This is a firm pressure massage using a combination of expert techniques.

Ultimate Deep Relax (Y) £80
60 mins

Intense muscle healing therapy relieves stiff and sore muscles with a deep muscular firm pressure treatment combining therapeutic herbs with rare essential oils. This is a full body treatment which also includes a deeply relaxing head massage and a Ytsara ritual to clear your mind before your treatment begins.

Facials

Eminence Organic Facial (E) £80
60 mins

Delivering a luxuriously prescriptive organic facial with visible results tailored to solve your exact skin care concerns. This indulgent treatment also includes a relaxing head, hand and arm massage.

Express Eminence Organic Facial (E) £40
30 mins

Organic Indulgence (E)(Y) £80
60 mins

Our Eminence face and body treatment, combines a back cleanse, back exfoliation, back massage and Eminence Organic Facial for an all-round indulgent experience.



Head Massage

Indian Head Massage (Y) £65
45 mins

Adapted from traditional Indian head massage, this deeply relaxing treatment is designed to restore your hidden glow.

Coconut Head Massage (Y) £65
45 mins

An intense and nourishing hair and scalp treatment, targeting the pressure points of the shoulders, neck and head.

Pregnancy

Mother-to-Be (Y) £80
60 mins

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

Skincare Products

Eminence Organic Skincare (E) - Eminence Organic Skincare addresses a variety of skin concerns such as ageing, sensitivity and uneven skin tone. Decades of herbal craftsmanship combined with modern skincare innovations means Eminence is one of the most potent, chemical free skincare ranges available. Eminence's mission is to enhance your well-being naturally, using clinically proven, versatile skincare, formulated using the finest natural ingredients. They are committed to reducing their carbon footprint and for every product sold, Eminence plants a tree. Eminence products are also cruelty-free.

Ytsara (Y) - Infused with ancient wisdom and empowered by French science, Ytsara products are formulated with a unique blend of rare botanicals, sustainably selected for their transformative powers. Ytsara treatments and products offer a true wellness experience, helping us disentangle ourselves from fast lives and rediscover the luxury of time. Their products are vegan, organic, dermatologically tested and clinically proven.

Good To Know

Arrival - Please check-in at the Spa Reception 10 minutes prior to your appointment, take a seat and await your therapist who will accompany you to your treatment room.

Hotel Residents - Please wear your robe and slippers to The Spa. If you have pre-booked a session in the spa pool you may also wear your swimwear under your robe. Once your treatment has ended, your therapist will leave you to get dressed before taking you to our Relaxation Area, where you can enjoy a cup of herbal tea and reconnect.

For more information, please get in touch with the Spa Team on 01249 823 883 (extension 2110) or email spareception@bowood.org.

Nails

Jessica 'Geleration' Manicure £55
45 mins

This Jessica treatment helps revitalize your hands whilst treating the natural nail. The treatment ends with gel polished nails for a longer lasting finish.

Jessica 'Geleration' Pedicure £60
45 mins

Treat your feet to a luxury pedicure treatment using aromatherapy-based products. The treatment ends with gel polished toes for a longer lasting finish.

Jessica Manicure or Pedicure £50/£55
45 mins

Jessica Manicure or Pedicure for Men £50/£55
45 mins