

# Womad Spa Treatment Menu

Restore. Rejuvenate. Retreat.

We've hand picked the highest level therapists from across the country who have travelled the world to hone their craft. Your therapist will draw on their toolbox of techniques to meet your body's needs and touch your soul.

How do you want to feel?

***Some of the many benefits of massage:***

*Boosts the immune system*

*Relieves muscle ache*

*Soothes the nervous system*

*Calms the mind*

*Releases muscle tension*

*Improves sleep*

*Relaxes the whole body*

**WOMAD Massage 1 Hour £65.00/ 30 Minutes £40.00**

**WOMAD Oil Massage** - using our bespoke WOMAD massage oil this is truly a bespoke experience that delivers exactly what you need at the time of your treatment - through consultation your therapist will guide you towards the treatment style of your choice - be it Swedish, Deep tissue, Remedial, Indian head, Back, neck & shoulders ..... whatever it is you need.

**Dry Body Massage - Thai, Shiatsu, Acupressure (suitable before hot tubs/sauna)**

A deep healing massage working to open the flow of energy (chi, prana) in the body, resulting in physical, energetic and emotional re-balancing. Thai and Shiatsu massages involve a blend of deep tissue massage, passive stretching and acupressure points on the body to relieve tension and pain. The massage is performed on a matted floor and fully clothed.

**Reflexology (dry massage, suitable before hot tubs/sauna)**

Pressure point work to the hands and feet, reflexology stimulates the internal organs, this balancing, detoxifying and highly effective treatment encourages the body to re-align itself with good health, it will definitely ease you into deep relaxation.

## **WOMAD Beauty Treatments - Using 100% natural products.**

### **Deep Cleansing Facial**

A soothing, relaxing massage-based facial. It will brighten and deeply cleanse your skin, rejuvenating not only your face but your head, neck and shoulders too.

### **Manicure 1 hour £40.00**

A great treatment for busy hands and includes shape, cuticle tidy, exfoliation and treatment, relaxing hand and arm massage and finally a polish of your choice. New and sparkling hands and nails.

### **Pedicure 1 hour £40.00**

Indulge your feet, our pedicures include shape, cuticle tidy, exfoliation and scrub with a moisturising treatment and relaxing foot and lower leg massage. Finishing with the polish of your choice.

### **Express Manicure/Pedicure 30 minutes £30.00**

If you don't have much time. Includes shape, cuticle tidy, hand/foot moisturise and finishing with polish.

Please book all treatments at the Spa Reception.

Treatments available 9am - 9pm everyday.

See Yoga Sala timetable of classes on the Blackboard inside the Spa.