

# The In-Lodge Spa Experience

Drift away in your very own hot tub or pamper yourself with our range of in-lodge spa treatments from

**Just breathe @ Swallowfields**



Sian is our in-lodge therapist. She is fully trained and qualified in all areas of beauty treatments, but bodywork and massage are where her passion lies. She is accredited and insured with BABTAC, the leading association in cosmetology and beauty

Each and every one of our treatments have been carefully selected to make sure your stay with us is just how we intend it to be – relaxing, luxurious and nothing short of heavenly

## YOGA

### Yoga one to ones 1 hour - £40

A tailor-made one-hour yoga session bought to you in your accommodation. Where the focus is on you and what you need. Suitable for everyone, from the complete beginner to someone wanting to deepen their practice. What could be more grounding than the sounds of the birds as we disappear on our yoga mats. (Equipment provided)

## MASSAGES

### Indian Head Massage 45 minutes - £50

Indian head is a beautifully grounding, deeply relaxing and completely invigorating massage. Performed clothed in a comfortable chair let me invite you to release your pent-up tension surrounding your head, scalp, face, neck and shoulders as I work on these areas to leave you feeling free

### Pregnancy Massage 1 hour - £60

In this incredible 9 months of pre-motherhood, a women's body changes beyond belief and let's be honest its not always so beautiful, back pain, aching legs and tense shoulders are all apart of it. Nurture yourself and your baby during this time with a specialised pregnancy massage. Safe from 12 weeks till birth

### Energy Balancing Massage 1 hour - £70

Are you in need of a fully immersive massage that will nurture every part of your body and leave you feeling balanced and ready to begin again? Then this one is for you. Working with the natural flow of the body and chakras (subtle winger of the body), this is a gentle but very effective full body massage from head to toe

### Deep Tissue Massage 45 minutes - £50

For those in need of a little more. Combining stretches, massage and pressure point release techniques, this massage targets where you need it most. Whether its an old injury, postural, stress-related or purely tension, it can be released and you don't need to be in pain

### Hopi Ear Candles and head massage 30 minutes - £30

Excellent for a range of ailments including sinus and ear problems, tension headaches and eye strain this indigenous native American treatment is also deeply relaxing. Organic linen ear candles are used, and the warmth that flows into the body is intensely soothing

## FACIALS

### Organic Aromatherapy Facial 45 minutes - £50

A beautifully pampering hands-on facial. Using Neal's Yard Organic remedies. Known for their cruelty-free, English garden, eco-friendly, organic blue bottle products nothing is more in keeping with the beautiful surroundings of Swallowfields. Cleansing, exfoliating, nourishing and massaging the skin will promote a younger, healthier, clearer complexion. Adjusted to your skin type and concerns

## MANICURES & PEDICURES

### Manicure 1 hour - £30

A complete hand treatment including filing, cutting and shaping the nails to your desired style. Nourishing and tidying the cuticles. Relaxing and therapeutic hand and arm massage with moisturiser, all finished off with a colour of your choice

### Pedicure 1 hour - £35

A complete foot care treatment including filing, cutting and shaping the nails to your desired style. Nourishing and tidying the cuticles. The removal of dead and hard skin from the feet once removed a relaxing and moisturising foot massage, all finished off with a colour of your choice

## SIGNATURE TREATMENT

### The Swallowfields Signature Treatment 90 mins of pure bliss - £100

A beautiful immersive and sensory treatment for the whole body, leaving you grounded but light as a feather. This indulgent treatment involves a full body massage & facial, heated towels, reiki healing and a bespoke aromatherapy blend unique to Swallowfields.

A thorough consultation means you will get precisely what you need from this precious time

## HOW TO BOOK

We recommend booking well in advance to ensure availability. To book your treatment, simply email your preferred day and treatment choice to Sian at she will be in touch to confirm all the details. Alternatively, if you would like to speak with Sian direct, please call the number below

**Email:**

justbreathe@swallowfieldsretreat.co.uk

**Phone:**

07889 826542

Please give 24 hours' notice when cancelling appointments. A 50% charge will apply for missed appointments or cancelled appointments within 24 hours