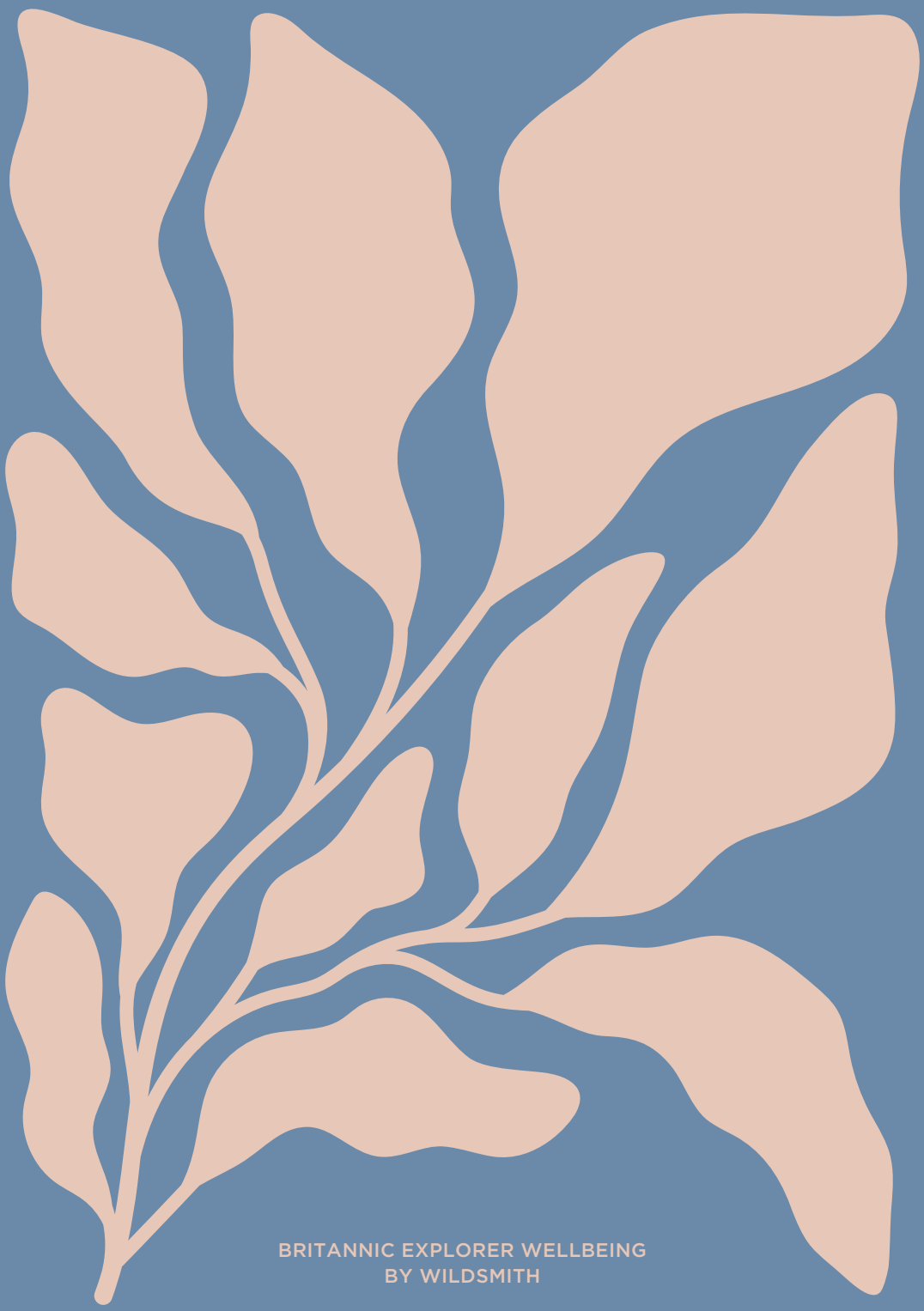




BRITANNIC EXPLORER WELLBEING
BY WILDSMITH

RADICAL BOTANY FACIAL

AN ALL-ENCOMPASSING APPROACH TO SKIN HEALTH AND WELLBEING. OUR CLINICALLY PROVEN FACIAL, UTILISING AWARD-WINNING WILDSMITH SKIN FORMULAS, DELIVERS IMMEDIATE RESULTS - NOTABLY TONED, SMOOTH AND PLUMP LOOKING SKIN.

INCORPORATING A SEQUENCE OF BREATHWORK, MYOFASCIAL RELEASE, ACUPRESSURE, AND CRANIOSACRAL HOLDS TO DISSIPATE TENSION AND RESTORE BALANCE.

THIS EXTRAORDINARY FACIAL SURPASSES EXPECTATIONS TO HELP GROUND, CENTRE AND RE-ENERGISE THE MIND, WHILE DELIVERING CLEANSED, HEALTHY, RADIANT LOOKING SKIN.

75 MINUTES

£225



MUSCLE RECOVERY MASSAGE

AN UNSCRIPTED FORM OF BODYWORK THAT TARGETS THE DEEPER LAYERS OF MUSCLES AND CONNECTIVE TISSUES.

INCORPORATING DELIBERATE STROKES, FOCUSED PRESSURE AND STRETCHING TECHNIQUES TO DISSOLVE TENSION, EASE MUSCLE FATIGUE AND STIMULATE CIRCULATION, CREATING A SENSE OF RELIEF TO THE PHYSICAL BODY.

75 MINUTES

£225



REBALANCING MASSAGE

A BESPOKE THERAPEUTIC MASSAGE USING ESSENTIAL OIL BLENDS ALIGNED TO SPECIFIC TIMES OF DAY TO SUPPORT THE CIRCADIAN RHYTHM.

DRAWING ON SLOW, RELAXING MASSAGE TECHNIQUES TO RESTORE BALANCE AND HARMONY TO THE BODY WHILST IMPROVING CIRCULATION, REDUCING MUSCULAR TENSION, ALLEVIATING STRESS AND ENHANCING OVERALL WELLBEING.

75 MINUTES

£225



NEW LIFE

AN INDULGENT YET EFFICACIOUS TREATMENT DESIGNED FOR EXPECTANT PARENTS, FROM THE SECOND TRIMESTER ONWARDS.

DELIVERED IN A SIDE LYING POSITION OPTIMUM FOR PREGNANCY, DEEPLY RESTORATIVE MASSAGE MOVEMENTS HELP EASE MUSCULAR ACHES AND PAINS. COMBINED WITH OUR NOURISHING ESSENTIAL OIL-FREE BODY OIL, THIS HELPS MAINTAIN SKIN TONE AND PROMOTE ELASTICITY.

75 MINUTES

£225



SIGNATURE CIRCADIAN RHYTHM RESET

OUR SIGNATURE TREATMENT IS INSPIRED BY THE INTERCONNECTION BETWEEN THE HUMAN BODY AND THE ECOSYSTEM OF TREES, WITH THREE TREATMENT VARIATIONS. DEPENDANT ON YOUR PREFERRED TREATMENT TIME OF DAY, YOUR PRACTITIONER WILL INCLUDE A PERSONALISED MASSAGE AND ESSENTIAL OIL BLEND COMBINED WITH A SPECIFIC TREATMENT MODALITY RELATED TO THE CROWN, TRUNK AND ROOTS.

ALL TREATMENTS 90 MINUTES
£270

CROWN

PERFORMED UP TILL 12PM

FOR THE EARLY RISERS, CROWN FOCUSES ON CLEARING THE MIND AND HELPING SET YOUR INTENTIONS FOR THE DAY. BEGINNING WITH AN INVIGORATING MASSAGE INCORPORATING BREATHWORK, A FACIAL CLEANSE AND MASSAGE, TO LEAVE YOU FEELING REFRESHED AND OPEN TO THE OPPORTUNITIES THAT LIE AHEAD.

TRUNK

PERFORMED BETWEEN 12PM AND 4PM

FOR THOSE SEEKING BALANCE, TRUNK FOCUSES ON CLEANSING AND PURIFYING YOUR BODY IN THE AFTERNOON. BEGINNING WITH DRY BODY BRUSHING TO KICK START YOUR BODY'S PURIFICATION PROCESS, FOLLOWED BY A PERSONALISED MASSAGE TARGETING AREAS OF CONCERN, HELPING ACHIEVE BALANCE IN THE MIDDLE OF THE DAY.

ROOTS

PERFORMED AFTER 4PM

FOR THOSE SEEKING A STATE OF CALM, ROOTS FOCUSES ON REPLENISHMENT AND GROUNDING IN THE EVENING. BEGINNING WITH A SOOTHING MASSAGE INCORPORATING SLOW, FLOWING MASSAGE TECHNIQUES COMBINED WITH CRANIOSACRAL HOLDS TO RESTORE CALM AND PROMOTE A RESTFUL NIGHT'S SLEEP.