

FACE

FIVE ELEMENT AROMA FACIAL

60 minutes - £125

Every step of this bespoke facial will be customised to your skin concerns. Our Five Element Face & Body Profile will reveal your dominant element, allowing your therapist to tailor our products to your specific needs. Skin is deeply cleansed and exfoliated, then treated to a luxurious face, neck and décolleté massage, leaving you with a beautiful, healthy glow.

WOOD - BALANCE

60 minutes - £125

Perfect for combination skin, this harmonising facial combines healing botanicals and marine extracts to feed the skin and restore equilibrium. Incorporating deep cleansing, exfoliation and massage using our Wood elemental product range to balance and repair the skin, you will emerge with your skin feeling both nourished and clarified.

FIRE - PURITY

60 minutes - £125

Restore clarity to an oily or blemish-prone complexion with this detoxifying facial, which uses natural antibacterial botanicals to reduce excess oil and calm breakouts. Using our Fire elemental product range and incorporating gentle steam and extractions as well as a mattifying clay mask, skin will be left looking clearer and feeling revitalised.

EARTH - VITALITY

60 minutes - £125

Enhance skin's radiance and texture with this brightening facial. Featuring our Earth elemental product range rich in kombucha, a fermented black tea known as the 'elixir of life', along with a blend of exfoliating fruit acids, this facial will dramatically brighten the skin and reduce the appearance of pigmentation.

METAL - LONGEVITY

90 minutes - £185

This intensive facial treatment combines the high-tech plant ingredients of our Metal elemental product range with targeted massage and warm rose quartz rollers to address the signs of physiological skin ageing such as fine lines, deeper wrinkles, loss of elasticity and lack of radiance. Facial acupuncture will encourage a release of tension in the facial muscles, while a rich, nourishing mask will leave the skin looking plumped and rejuvenated.

WATER - HYDRATION

60 minutes - £125

Ideal for dry, dehydrated and even the most sensitive skin, this treatment utilises our Water elemental product range, containing patented hydration technology rich in hyaluronic acid, to dramatically increase skin's moisture and strengthen the protective barrier. Skin will be left looking nourished, plumped and soothed.

BODY

FIVE ELEMENT AROMA MASSAGE

60 minutes - £125 / 90 minutes - £185

This treatment combines the use of therapeutic essential oils with warm steam towels, heated stones and a skilful blend of eastern and western massage techniques to deliver the ultimate massage experience. Our Five Element Face & Body Profile will reveal your dominant element, allowing your therapist to select the most beneficial oil blend for you, ensuring a truly bespoke treatment.

HO-LEAF AND ROSEMARY MUSCLE MELT

60 - £130 minutes / 90 minutes - £195

Combining the stimulating essential oils of ho leaf, lemongrass, nutmeg and rosemary with deep massage, this targeted treatment will help to unravel tension in sore, tight muscles and will encourage post-workout muscle recovery. Incorporating hot stones and a warm steam towel to the back, this treatment is highly recommended for anyone suffering from chronic stress or deep-seated tension.

PRE-NATAL WELLBEING MASSAGE

60 minutes- £130

A massage developed specifically to address the body's needs during pregnancy, this treatment is the perfect remedy to ease any pregnancy-related aches and pains, help reduce fluid retention and promote a state of calm and relaxation. The Pre-Natal Wellbeing massage is a must for any mother-to-be after their first trimester.

BESPOKE FIVE ELEMENT BODY SCRUB

45 minutes - £95

Reveal silky soft skin with this aromatherapy exfoliation experience. Himalayan mineral salts are blended with your chosen Five Element Oil to buff away dry skin cells and an application of aromatic hydrating body cream deeply nourishes the skin.

DETOX BOOSTER BODY WRAP

90 minutes - £190

A detoxifying treatment designed to reduce fluid retention, stimulate circulation and shift toxins. An invigorating body scrub buffs away dry skin cells, before a purifying warm clay is applied to the entire body. An energising massage using an oil rich in grapefruit and juniper berry will help to flush out toxins, leaving you feeling purified and uplifted.

ELEMENTAL x CADOGAN WELLNESS

FIVE ELEMENTS OF NATURE BESPOKE EXPERIENCE

120 minutes - £245

Begin your wellness journey by unwinding with a grounding foot soak and a cup of herbal tea, bespoke to your Elemental personality. Your treatment begins with deep breathing, a guided meditation, stretching and acupressure techniques, before a salt scrub gently exfoliates the body to buff the skin and boost circulation. You will then be cocooned in a warming and hydrating wrap, while an acupressure scalp and face massage melts away tension. An application of your chosen elemental body oil will lock in moisture, and a radiance facial will leave your skin glowing with vitality. Complete your journey with breathing and stretching techniques to refocus your mind and enjoy a fresh smoothie or juice specific to your element.