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THE SALTHOUSE SPA



# The Spa at The Salthouse Relax and Unwind

Discover your coastal calm.

At The Salthouse Hotel Spa we are committed to creating escapism from the everyday pressures of busy life. All of our treatments reduce stress levels and promote wellbeing.

# The Salthouse

## Signature Treatments

Our massage therapies use the healing power of touch to help relieve aches, pains and muscle tension. Your body will feel relaxed and rejuvenated and the treatment will be tailored to suit your specific needs.

Our trained massage therapists will commence your treatment with light body brushing followed by spinal analysis to identify areas of stress and tension.

### **Luxury Heavenly Moments**

**120 Minutes: £180**

Drift into heaven with this top-to-toe two hour luxury experience. Your therapist will commence the treatment with an opening foot ritual to revive those tired feet and then apply an invigorating salt scrub to the back where they will work to remove dead skin cells. Your body will then be drizzled in warm oil where the therapists healing hands will perform a full body therapeutic massage which can be altered to suit clients' individual needs. Following this, your skin will be left with a glowing, radiant complexion as your therapist will carry out a deluxe facial using all natural products. You will then drift away even further as the therapist helps to alleviate stress with a soothing head and scalp massage to finish.

This treatment can be adapted to suit mums-to-be.  
(Between 12 and 37 weeks)

### **The Salthouse Full Body Massage**

**60 Minutes: £95**

Allow tension to ease away and leave your body feeling relaxed, restored and rebalanced with 60 mins of pure relaxation. Our therapist will use a variety of massage techniques and tailor pressure to suit your individual needs.

## **The Salthouse Back, Neck, Shoulder & Scalp Massage**

**60 Minutes: £85**

Begin your journey into deep relaxation through a range of massage movements to help ease aching, pained muscles. Allow the stress to drift away as your therapist moves onto the head and scalp area leaving the body and mind in a state of total relaxation.

## **The Salthouse Full Body Pregnancy Massage**

**60 Minutes: £95**

Enjoy some me time with this therapeutic massage helping to relieve mental and physical fatigue as the body goes through the dramatic changes of pregnancy. Beneficial for both mother and baby. (Between 12 and 37 weeks)

## **The Salthouse Salt and Seaweed Massage**

**60 Minutes with Therapist  
& 60 Minutes Seaweed Bath: £120**

Drift away and unwind as your therapist works out stress and tension from your tired muscles with a 30 min back massage. Applying a salt scrub to the body, your therapist will work to draw out impurities and remove dead cells from the skins surface, leaving the skin feeling smooth and soft.

From the treatment room, you will then be guided to the seaweed bath where you will submerge and soak your skin in the seaweed leaving your skin in a silk like condition and your body and mind stress free.

## **The Salthouse Foot Treatment**

**60 Minutes: £75**

Perfect for after those long walks to help recuperate tired feet. This treatment starts with an invigorating foot scrub to remove dry skin cells and soften the feet. Foot lotion and heated booties will be applied and a head and scalp massage carried out to help relieve any upper body tension.

To finish off your therapist will perform a deep relaxing foot massage leaving your feet feeling repaired and body stress free.



A close-up photograph of a person's bare torso wrapped in dark, wet seaweed. The seaweed is draped and layered, creating a textured, organic garment. The person's hands are visible, adjusting the seaweed around their neck and shoulders. The background is a blurred wooden wall. The text 'SOOTHE THE SOUL' is overlaid in white, bold, sans-serif font on the left side of the image.

SOOTHE  
THE  
SOUL

# The Salthouse

## VOYA Treatments

VOYA are the leading experts in harnessing the endless restorative and healing powers of seaweed.

Improve your health, skin and wellbeing with one of our exquisite VOYA experiences.

### **Voyager Massage Journey**

**90 Minutes: £115**

Release all your stresses with this unwinding treatment. A complete top-to-toe relaxation journey, this ritual incorporates scalp, face, and body massage alongside stretches that echo the movement of the sea.

Combining both gentle and stimulating motions, this massage is the ultimate luxury treatment to relieve aches and pains. Tailored to individual needs.

### **Mindful Dreams Massage**

**75 Minutes: £100**

Be ready to have all stresses and strains melt away in this ultimate sensory experience, helping you achieve the perfect night's sleep. Incorporating products especially chosen for their soothing properties, alongside sleep-inducing and meditation techniques, this well-being focused treatment induces instant tranquillity and fosters inner calmness and serenity.

### **Time to Shine Organic Body Scrub & Conditioning Hair Treatment**

**60 Minutes: £80**

Improve your overall health and wellness with this stimulating, yet relaxing treatment. Skin is gently buffed and polished to improve circulation and remove dry, damaged skin. Reduce stress levels and relieve upper body tension with a conditioning head and scalp massage resulting in silky smooth hair.

# VOYA



## **Deluxe Facial**

**90 Minutes: £120**

**Includes Marine Eye Treatment & Back Massage**

The ultimate facial experience, this treatment allows guests to experience the best of both worlds. The treatment starts with a relaxing back massage to induce relaxation and gently melt away muscular pain. This facial contains a 20 minute massage to deeply hydrate the skin followed by a dual action facial mask utilising the exclusive re-mineralising mermaids' purse face mask and Laminaria leaves. Skin is left rejuvenated and hydrated with the appearance of deep-set wrinkles reduced. Included within this facial is the organic marine eye treatment which aids in lymphatic drainage, to reduce puffiness and dark shadows.

## **Self-Discovery Radiance Facial**

**60 Minutes: £75**

**Customised to your skin**

The Self-Discovery Radiance treatment will improve skin tone and texture leaving you with a radiant complexion. Our experienced Salthouse Spa Therapists will use a system of consultation and skin analysis to design a treatment to target your unique skin concerns. Included within this treatment is a deeply relaxing shoulder and facial massage and the option to include a scalp, leg and foot or hand and arm massage.

## **Resurfacing Radiance AHA Peel**

**60 Minutes: £80**

This highly effective resurfacing facial targets lacklustre and dull skin using a combination of seaweed extract, naturally derived glycolic and lactic acids blended with pineapple fruit enzymes. This facial will give your skin back its natural radiant glow. Our advanced exfoliation assists in diminishing fine lines, reducing pore size and will brighten skins appearance.

## Seaweed Baths

60 Minutes: £60

Submerge your body into a bath of organic, hand harvested Atlantic seaweed to remove unwanted toxins and alleviate aches and pains. Increase your body's circulation and promote healing internally and externally to feel revived and replenished.

### THE SALTHOUSE

Complimentary access  
to The Salthouse  
Thermal Suite with  
all Spa treatments.





