



TREATMENT

Price List

All our treatments are tailored to your needs and typically take between 45 and 90 minutes dependant on your requirements.



Facials

Comfort Zone Sublime Skin Facial

Our advanced anti-aging facial will lift firm and rehydrate ageing skins. A 4-step acid peel treatment will deeply exfoliate and encourage cell renewal leaving the skin visibly more hydrated plumper and radiant.

£124

Comfort Zone Hydramemory Facial

Drenching the skin with hydration, this facial rehydrates even the driest of skins. Targeting the early signs of ageing the skin is left hydrated, plumped, and renewed.

£95

Comfort Zone Active Pureness Facial

Rebalance and restore oily to combination skins. This will soothe acne and breakouts, leaving the skin deeply cleansed and refreshed.

£95

Comfort Zone Remedy Facial

Soothe and heal sensitive or sensitised Skins. This facial will repair the damage caused to the skin by environmental or lifestyle factors.

£95

Comfort Zone Mens High Performance Facial

Deeply cleanse and reenergise fatigued skin, soothe and repair the skin from damage caused by shaving. The skin is deeply cleansed and exfoliated followed by a skin specific mask to rebalance and hydrate the skin.

£95

OTO Lifting Facial Experience

Coated in quartz allow natural bamboo to lift and firm the contours of the face. Lymphatic drainage massage improves the skins appearance, followed by the OTO's skin care range to reduce redness and hydrate the skin.

£124



Signature Rituals

Ground Wellbeing - Restorative Ritual

£136

Concentrating on the neck face and scalp, a gentle lymphatic drainage massage will increase circulation followed by pressure point stimulation to release the tension in the upper body. This includes a Gua Sha massage to help improve the contours of the face.

Ground Wellbeing - Balancing Ritual

£136

Take control of those menopausal symptoms, by cooling the body and improving lymphatic drainage. This gentle treatment combines massage, with cold stones to soothe the body when it's at its most hormonal. Suitable for perimenopausal/menopausal ladies or anyone with hormonal imbalance.

Ground Wellbeing - Comforting Ritual

£136

Top to toe pampering for the expectant mother. From your second trimester onwards allow this full body massage to improve the bodies elasticity. Gentle massage techniques from our specially trained therapists will indulge you in the deepest relaxation whilst improving the physical tension in the body and mind.

Ground Wellbeing - Cleansing Ritual

£110

Poor digestion and circulation are targeted in this relaxing and purposeful treatment. Massage of the abdomen and legs is to promote the natural systems of the body. Improving water retention and detoxing the body, this is the ideal treatment to kick start a lifestyle programme, or to boost the body after illness.



Body Treatments

Comfort Zone Himalayan Salt Treatment

£110

This treatment will envelop the body in comfort and warmth, heated Himalayan salt bricks are used to gently exfoliate the skin and improve circulation and metabolism, the body is then exfoliated using the salt in its purest form, finished with a scalp pressure massage to release the body of stress and tension.

Comfort Zone 3-in-1 Hot and Cold Treatment

£136

Improve the body's circulation and reduce the appearance of cellulite. The treatment is specific to the legs and abdomen for the ultimate detox. A combination of invigorating massage and hot and cold wraps, stimulate the microcirculation for firmer skin. Ideal to use in conjunction with a gym or lifestyle programme.



Massage

Comfort Zone AromaSoul Elements Massage

£124

Taking inspiration from massage from across the globe, this massage will release the body of its physical tension. A variance of different pace and pressures is the perfect way to warm and comfort the muscles, while the custom warmed oils repair and hydrate the skin.

OTO Signature Short CBD Massage Experience

£110

Allow the power of CBD to Amplify, Balance or Focus the body and mind. Taking a holistic approach these treatments allow you to “find your space” in our chaotic world. Meaning “Sound” in Japanese, OTO uses the highest quality CBD to deliver the best results, rebuilding the bodies balance, leaving you physically ad mentally balanced and relaxed.

Ground Wellbeing ‘tóg go bog é’ Full Body Massage

£124

Meaning to “Take it easy” This full body massage combines pace and pressure to deeply relax the body and the mind. Pre blended organic oils are warmed and used to soothe the skin. Leaving the body and mind calmed and healed of the symptoms of stress.







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