



The Secret Garden Spa Treatment Menu

Relax and unwind in this beautiful, unique garden setting, where you'll find tranquility allowing you to reset from daily life and settles you into a calm and uplifted sense of self.

We invite our hotel residents and those on a half spa day to enjoy a gentle swim in the 12-metre pool where you can indulge in some hydrotherapy through the variety of jets as you enjoy the views. Rainfall showers, a salt steam room, choice of saunas and soothing foot baths give you a thermal suite to soften and cleanse. The sunken, outdoor hot tub is an experience not to be missed.

We encourage you to replenish and restore your body and mind throughout your experience with us. As the unique person that you are, we will customise each treatment to suit you on the day.

Our desire is to make you feel welcome, comfortable, and relaxed during your time in the Secret Garden Spa. We know your time is precious and we are honoured that you are spending it with us. You'll find dedication and care in everything we do to add to your enjoyment; our aim is to ensure you leave us feeling rejuvenated.

We are an inclusive spa, and as such all our treatments are suitable for all genders and will be adapted and tailored to each individual needs. Talk to us before arrival so we can make sure we are well prepared.

Our Signature Ritual

The Secret Garden Spa Ritual | 120 minutes | £175

Giving you the indulgence of time and head to toe relaxation to unlock aspects of stress within body and mind. Start by renewing and softening with a citrus body scrub followed by a full body massage tailored to your elemental need. Deeply relax and hydrate with a skin specific rejuvenating express facial to give you the glow of calm mind and radiant soul.

Our Signature Facials

Elemental Herbal Facial | 60 or 90 minutes | £95 or £125

Take care of your skin's needs with this tailored facial where your therapist will select the best products for you and your concerns - nourishing damaged skin, reducing puffiness or relieving congestion. Deeply cleanse, gently exfoliate and enjoy expert techniques to replenish for long-lasting results.

Rejuvenating Anti-Ageing Facial | 90 minutes | £125

Indulge and radically improve your skin tone with this transformative facial treatment. Using lifting, firming and cellular drainage techniques coupled with a kombucha infused sheet mask which is rich in probiotics and anti-oxidants to hydrate and plump the skin.



Gentleman's Facial | 60 or 90 minutes | £95 or £125

A deep cleansing and refreshing facial treatment to address male skin care concerns.

This treatment begins with a double cleanse to wash away the grime of the day, followed by an AHA exfoliation to buff and reveal smoother and clearer skin followed by a shoulder, face and scalp massage to release tension. A detoxing mask will help to purify the pores while you relax with a foot and ankle massage. The facials will finish with boosters and moisturisers to enhance the longevity of your treatment

Massages and Well-Being Treatments

Five Elements Massage | 60 or 90 minutes | £95 or £125

Using Hot Stones as an introduction to the treatment to warm the muscle on the back before soothing all elements of your body with therapeutic techniques, your massage will focus on customising your experience with a specifically chosen oil and targeted pressure points.

Muscle Melt Massage | 60 minutes | £95

Deep tissue massage techniques combined with stimulating Ho Leaf and Rosemary balm focused on unravelling sore and tight muscles to relieve deep stress and tension whilst enhancing circulation and healing.

Elemental Duo | 60 minutes | £95

Perfect combination of a Back, Neck and shoulder massage and express rejuvenation facial. Using Hot Stones as an introduction to the treatment to warm the muscles on the back before soothing away any tension with our therapeutic massage techniques. This is followed by our express rejuvenation facial which will brighten and refresh the skin using our Elemental Herbology range and rose quartz rollers.

Total Tranquility | 90 minutes | £125

After an invigorating body brush, Hot oil is applied with a raindrop technique as we focus on the back of the body using Swedish massage movements. This element will soothe tight, tired muscles and melt away the stress of the day. We follow this with a deep facial cleanse to remove excess oil, using powerful AHA's to exfoliate followed by a hydrating mask to rejuvenate and soothe the skin. A Hot oil scalp massage is performed to ensure deep relaxation, to reduce tension and relieve pressure. This treatment is a great excuse to indulge your senses and relax the Mind, Body and Soul.

Pregnancy Wellbeing Massage | 60 minutes | £95

Developed specially to comfort from 14 weeks to birth, a perfect remedy to ease an aching back, shift fluid retention, nourish stretch marks as well as helping to balance the skin with our express facial and soothing scalp massage is the perfect way to promote a state of calm and well-being



Sole Therapy | 45 minutes | £65

A foot massage using personalised techniques. Combined with a sugar scrub and bespoke hydrating mask that is slowly absorbed as you relax to a calming and soothing hot oil scalp massage. Focusing on your feet can leave your whole body feeling restored and rested.

Reflexology | 60 minutes | £95 (limited availability)

By skillfully applying pressure to the reflex areas of the feet, Reflexology can influence other vital organs and areas of the body. It can be completely tailored to your individual needs and concerns.

Body Treatments

Body Exfoliation | 45 minutes | £65

A full body salt, sugar and oil scrub revealing a natural glow and invigorating circulation. Your skin will be gently buffed to feel smooth, soft and hydrated.

Body Wrap | 90 minutes | £125

Hydrate, soothe and detox your skin, we gently use body brushing techniques before applying a rich nourishing cream and clay mask. Whilst you are warmly cocooned, we encourage you to enjoy body and mind, rest, and relaxation with an express rejuvenating facial. The treatment ends with a relaxing aromatherapy oil application plus a soothing back neck and shoulder massage leaving your skin deeply hydrated and body completely relaxed.

5 Element Body Experience | 90 minutes | £125

An energising full body exfoliation and massage experience designed to improve circulation and leave your skin feeling softer, plumper and more radiant.

A full body salt, sugar and oil scrub revealing a natural glow and invigorating circulation. Followed by a full body massage using our sweet orange and rosemary aroma therapy oil and Hot Stones as an introduction to the treatment to warm the muscle on the back before soothing all elements of your body with therapeutic techniques.

Hands and Feet Treatment

Luxury Manicure – 75 minutes £70

Beautiful hands are within your reach! Our luxury manicure provides your hands and nails with the nourishment and care they deserve while inducing relaxation. Not only does it leave your nails looking fabulous, but it also gives your hands a fresh and nourished finish. Our luxury manicure includes shaping the nails, cuticle work, exfoliation, hand and arm massage, hand masque, heated mitts, hot oil scalp massage plus nail paint or gel application.

Luxury Pedicure | 75 minutes | £70

Hard working feet need special care when it comes to keeping them looking and feeling fresh! This luxury treatment is fantastic for even the most neglected of feet. Our luxury pedicure includes shaping the nails, cuticle work, hard skin removal, exfoliation, foot and leg massage, foot masque heated booties, hot oil scalp massage plus nail paint or gel application.



File and Polish | 45 minutes | £50

Perfect treatment for those with busy lifestyles who still love beautiful nails. This file and polish will include filing of the nails, cuticle work plus a polish application which can be gel or a regular polish.

Add a removal - £15

A Gelish removable which is completed before a reapplication of Gelish.
(Removal is Gelish specific, we will only be able to remove gel that has been applied by us previously)

Gelish Removal and Finish | 30 minutes | £35

Removal of Gelish gels with no damage to the natural nail, followed by shaping of the natural nails with either a clear polish applied or cuticle oil.
(Removal is Gelish specific, we will only be able to remove gel that has been applied by us previously)

Both our Immaculate Manicure and Pristine Pedicure are suitable for men and women.
**If you would like a gel polish finish, there is no extra charge. We will need to be made aware of which finish you would prefer upon booking. All nails are required to be bare, unless you have booked a removal of Gelish that had been applied previously at The Secret Garden Spa*

Add-ons

Brightening Eye Lift | 15 minutes | £30

Smooth and plump with plant peptides and targeted lymphatic drainage and acupressure to reduce dark circles, puffiness and lines and wrinkles. Tired or fatigued eyes will sparkle.

Soothe Arms and Hands | 15 minutes | £30

Calming strokes from palm to shoulder with carefully selected massage moves to relax and comfort you. You will feel cared for and nourished.

Tranquil Scalp Massage | 15 minutes | £30

Calm and center your mind as this blend of hydrating and nourishing oils take care of your scalp and hair leaving it soft, silky, and radiant. Relax into this acupressure massage to help relieve headaches and tension.

Mini Refresh Facial | 15 minutes | £30

Refresh and rejuvenating the skin with our Elemental Herbology range for a hydrated glow. Perfect add on to any treatment especially our massage treatments.