

Recommendations for Men

All of our treatments are suitable for men, but we recommend the following as being particularly enjoyable.

VOYA Facial Experience

A truly organic holistic facial, finely ground wet organic seaweed is used to gently exfoliate your face and it also acts to moisturise/ hydrate and plump tired skin. Freshly harvested organic seaweed leaves are placed on your face, with its active anti-oxidants that show visible results. We combine the mask with a light head massage.

45 minutes £50.00

VOYA Seaweed Oil Massage

Unique customised massage using powerful organic aromatic massage oils. Benefits: Relaxes muscles, relieves stress and trapped tension. Soothes the mind and promotes quality of sleep. Improves your body's circulation and lymphatic drainage.

60 minutes £80.00

VOYA Herbal Bag Massage

A real sensory treat! Soaked warm bags of herbs & seaweed are gently massaged into the body; releasing the precious seaweed oils on to your body. A combination of the finest organic herbs and seaweed are used to massage your body and gently exfoliate & nourish your skin. Truly a therapeutic treatment that is completely indulgent.

60 minutes £90.00

Choose from 3 types: chamomile calm, peppermint pleasure, fennel fusion.

ESPA Men's Facial

A relaxing face treatment specifically to address the skin care needs of men. The facial works to purify, balance and hydrate the skin and leave you feeling de-stressed and revived. Steamy hot towels are wrapped around the face and neck to soothe and soften beard bristles, then follows a relaxing face massage with acupressure points and lymphatic drainage, and finally a deep shoulder and scalp massage is performed to help release any tight muscles and tension.

1 hour £75.00

Aromatherapy Sports and Fitness massage

An aromatherapy treatment designed to increase circulation and warm the muscles using essential oils of lavender, clove and West Indian bay. This massage is appropriate before and after exercise to prevent strains and relieve muscular aches and pains.

1 hour £70.00

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Life Saving Back Treatment

An intensive treatment ideal for problematic and sluggish skins or just a treat for this neglected area. The treatment incorporates cleansing, dry skin brushing and spearmint exfoliation to stimulate the circulation and cell renewal followed by a warm marine mud wrap, leaving the skin feeling smooth and soft. The treatment is completed with a relaxing and calming leg massage using luxurious aromatherapy oils selected for their therapeutic properties.

45 minutes

£65.00

Jet Lag Reviver

A full body massage using essential oils blended to combat the effects of air travel, changes in time zones and a need to hit the ground running and yet get a good night sleep. An essential part of this recovery and adjustment is the aromatherapy aftercare your therapist will give to help you rest and be alert when you need to.

1 hour 15 minutes

£90.00

Deep Tissue Massage

A massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas. Deep-tissue massage helps loosen muscle tissues, release toxins from muscles and get blood and oxygen circulating properly.

1 hour

£100.00

To enquire about our Spa & Health Club please contact

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