

MODDERSHALL OAKS

spa treatments

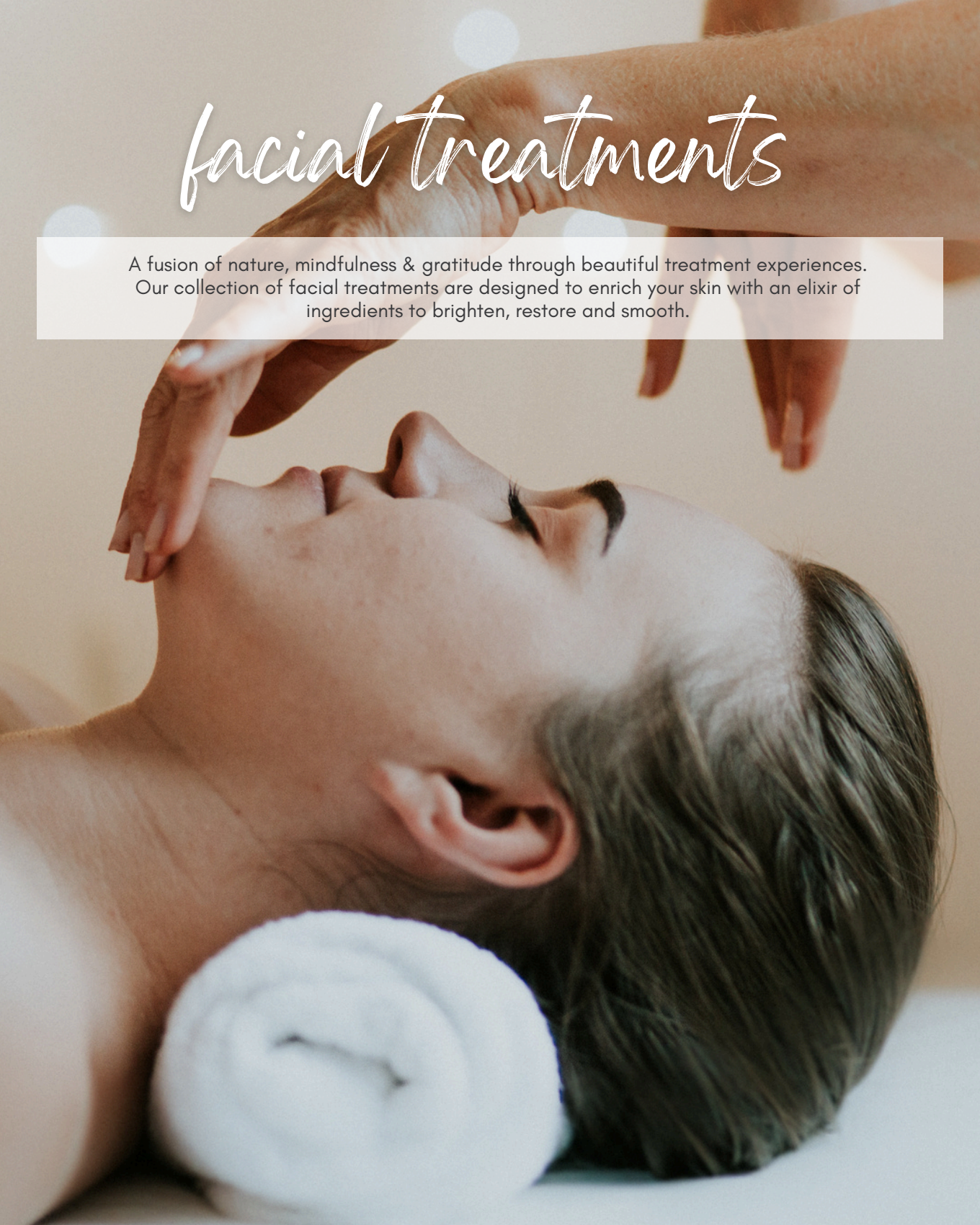
Pregnancy friendly

Pregnancy friendly after first trimester

Can be adapted to be pregnancy friendly

facial treatments

A fusion of nature, mindfulness & gratitude through beautiful treatment experiences. Our collection of facial treatments are designed to enrich your skin with an elixir of ingredients to brighten, restore and smooth.



moddershall GLOW

£95 (50 minutes)

Following an introductory welcome touch to relax and add warmth around the body, this facial delivers customised skincare to help you reach your skin goals. Whether you are looking to maintain healthy soft skin or slow down the signs of ageing, we have an elite skin sculpting facial massage and a choice of facial elixirs to provide a relaxing boost and a healthy glow.

- Welcome touch - warm oil drizzle to the back of the body
- Décolleté, neck, shoulders, face and scalp

blush lustre

£95 (50 minutes)

Following an introductory welcome touch to relax and add warmth around the body, this indulgent and radiant facial will leave you stepping out with a healthy blush glow for face, hands and feet.

Sway into a gentle relaxation enveloped with dazzling palma rosa fragrance and wake up lustre beautiful. A deeply comforting facial suitable for all skin concerns.

- Welcome touch - warm oil drizzle to the back of the body
- Décolleté, neck, shoulders, face, scalp, hands and feet





glass beauty

£95 (50 minutes)

Following an introductory welcome touch to relax and add warmth around the body, enjoy this luxurious facial to even complexion, tone and appearance.

An expert facial and exfoliating massage for ultra-refined luminosity, championing intense hydration and promoting a youthful appearance, all with the unmistakable power and scent of orange blossom.

- Welcome touch - warm oil drizzle to the back of the body
- Décolleté, neck, shoulders, face and scalp

collagen skin BOOSTING FACIAL

£95 (50 minutes)

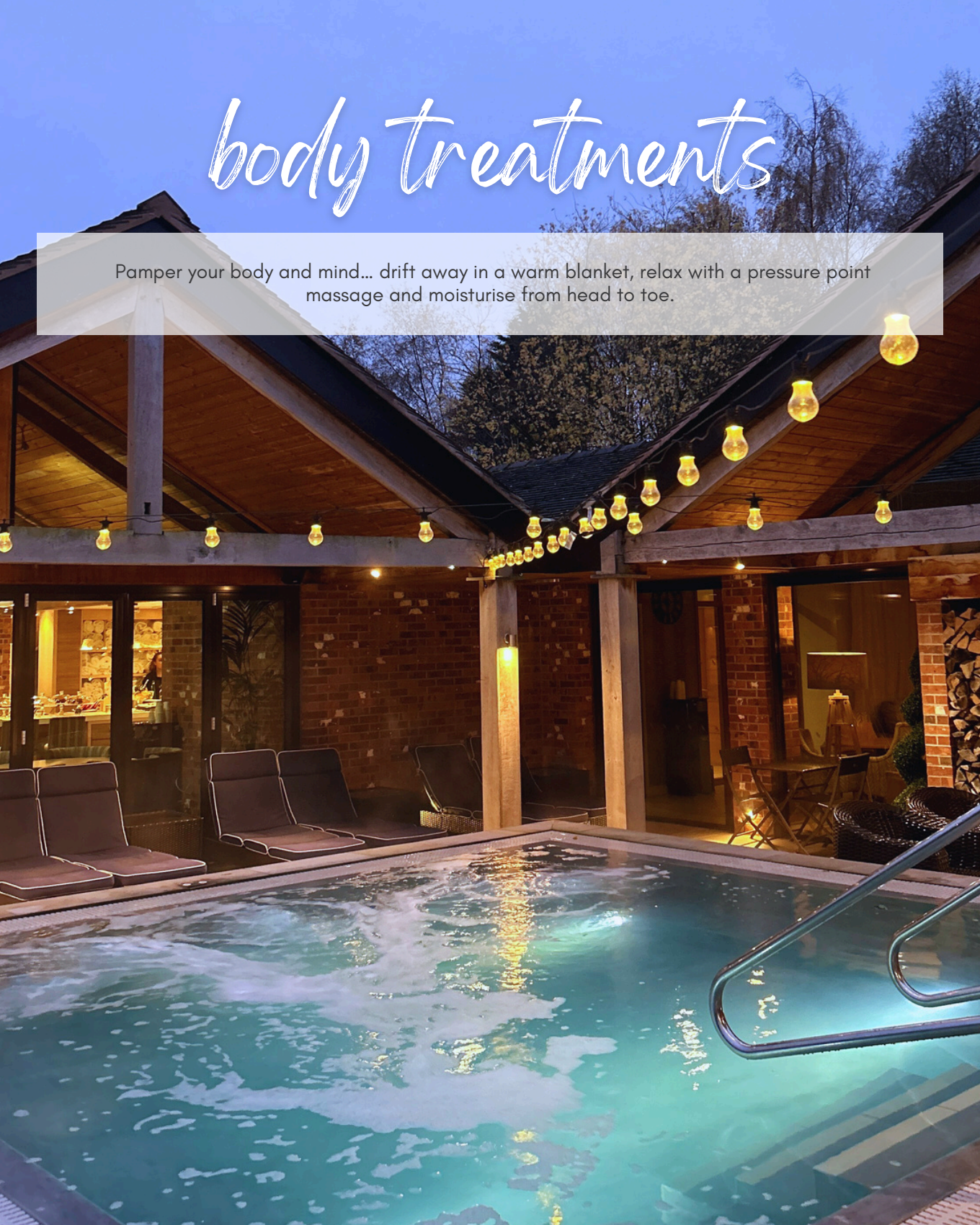
Following a welcome touch to soothe the senses and envelop the body in warmth, this collagen skin boosting facial blends natural actives for a hydrated, smoothed, and radiant appearance.

A revitalising facial with plant-based collagen to visibly soften and improve skin texture, enhanced by cactus water for deep hydration and honeysuckle for nourishment and glow. A soothing lymphatic drainage massage encourages circulation, reduces puffiness, and gently sculpts the face—leaving you feeling fresh, firm, and beautifully renewed.

- Welcome touch - warm oil drizzle to the back of the body
- Décolleté, neck, shoulders, face and scalp

body treatments

Pamper your body and mind... drift away in a warm blanket, relax with a pressure point massage and moisturise from head to toe.



heal & UNWIND

£95 (50 minutes)

Enjoy all the benefits of a relaxing back massage, a sculpting face massage and a tension reducing scalp massage.

The Tribe517 facial balms, together with warm orange & fennel infused oil, provide a level of relaxation and indulgence never experienced before.

- Back, neck, shoulder, face and scalp
- Light to medium pressure

himalayam salt CLEANSE

£95 (50 minutes)

Soft bubble cleansing and a pink Himalayan salt exfoliation.

A full body cleansing and buffing ritual to reveal smooth and nourished skin.

- Full body treatment (legs, back, arms, décolleté and face)



massage treatments

Regular massage is important for our overall wellness, easing aching muscles, improving circulation and balancing the body and mind.

Choose from our range of massage treatments to alleviate stress and tension, from lighter therapeutic aromatherapy to deep tissue tension relieving.



enlighten
SIGNATURE MASSAGE

£95 (50 minutes)

Our iconic full body and scalp massage symbolising the epitome of Moddershall Oaks.

Prepare to be charmed into an empowering stupor, with a deeply relaxing and calming mood, alongside softened aching muscles.

Fresh, natural, botanical fragrances in our unique warm oil to nourish the skin and enlighten the mind.

- Full body (legs, back, arms, scalp)
- Light, medium & firm pressure

orange blossom
DRIFT

£95 (50 minutes)

Surrender to the sensation of having your body gently realigned and perfectly put back together again with a body massage like no other. supported lying face down encouraging gravity to enhance the experience.

Warmed orange and fennel infused oil will help to relieve tension during this light to medium pressured massage.

- Half body massage (back of legs, back, back of arms and scalp)
- Light to medium pressure





hypnotic sleep MASSAGE

£95 (50 minutes)

Full body dreamy sleep massage supported with pillows in the embryo position to enhance muscular release while encouraging optimum rest.

A blend of black pepper and petitgrain essential oils will drift you off to sleep during this gorgeously light and gentle massage.

- Full body (legs, arms, back and scalp)
- Light pressure

hot rocking RELAX

£95 (50 minutes)

Your aching muscles will welcome this combination of sleep-inducing essential oils and gently warmed Himalayan salt pebbles. This massage can be tailored to your requirements, whether you're looking for a light or medium pressured massage to recharge your mind, body and soul.

- Half body massage (back of legs, back, back of arms and scalp)
- Light to medium pressure

bamboo flow MASSAGE

£95 (50 minutes)

This bamboo massage provides a unique experience of hand-on manual massage and expert bamboo pole sequences.

Combining the application of exotic Amyris & Ylang Ylang infused oil and bamboo poles, your body will undoubtedly surrender to pure muscle relaxation.

- Half body (back of legs, back, back or arms and scalp)
- Medium to firm pressure

neom WELLBEING MASSAGE

£95 (50 minutes)

From 09:30-17:00 we offer the Neom Destress Massage
From 17:00-20:30 we offer the Neom Sleep Massage

Your 50-minute Neom Wellbeing treatment begins with an opening ceremony to include reflex foot pressures and breathing techniques.

A soothing warm oil application throughout nourishes the skin whilst a blend of expert massage techniques melt away tension from key stress areas.

- Full body (legs, back, arms, face and scalp)
- Pressure - light, medium or firm

***Neom 50 min treatments are not included in spa packages**





tender loving care

A fusion of nature, mindfulness & gratitude through treatment experiences.
Soothing, caring and loving for the body, mind and soul.



beautiful HERO

£95 (50 minutes)

For the warrior in you. Well-being touch of warmth to comfort your soul, treat your skin and lift your spirits.

Ideal for those with sensitivity, fragile conditions and those living with or recuperating from disease and sickness. Treatment uses a whipped delight of fragrance free warm oils.

- Full body (legs, back, arms, décolleté and scalp)
- Light pressure touch therapy

sole to soul

£95 (50 minutes)

Reclaim your inner balance and unwind from sole to soul. This enveloping reflexology inspired treatment helps reduce tension from head to toe through only the manipulation of the feet and scalp. Enjoy fragrances of basil, neroli, sweet orange and fennel whilst your body is supported by soft pillows.

- Reflexology inspired treatment
- Feet and scalp
- Light to medium pressure



pause and RENEW

£95 (50 minutes)

This new signature treatment has been designed exclusively for guests experiencing hormonal changes, including symptoms of the perimenopause or menopause.

Cool compresses and a soothing skin mask will calm hot and sore skin, comforting balms will hydrate and nourish aching limbs, hypnotic balms will aid rest and sleep, and refreshing mists will awaken and revive.

This nurturing experience includes mindfulness relaxation and deep breathing as a gentle way to empty your mind of overthinking, delivering a new harmony to your mind, body and spirit.

Face, arms, hands, legs & feet

mama LOVE

£95 (50 minutes)

Tender loving care for the second and third trimesters of pregnancy and beyond. A cocooning soothing massage encouraging sleep and relaxation with soft pillows and natural warm oils.

Full body (legs, arms, back and scalp)

Light pressure

demi collection

Experience the indulgence and benefits of our wonderful treatments condensed into just half an hour with our demi collection.



demi glass beauty
FACIAL

£50 (25 minutes)

A glorious quick fix and refining facial, leaving the skin with glass-like smoothness.
Expert facial exfoliating massage for ultra-refined luminosity, championing intense hydration and promoting a youthful appearance. All with the unmistakable power and scent of orange blossom.

Décolleté, neck, shoulders, face and scalp

smooth
AND SOOTHE

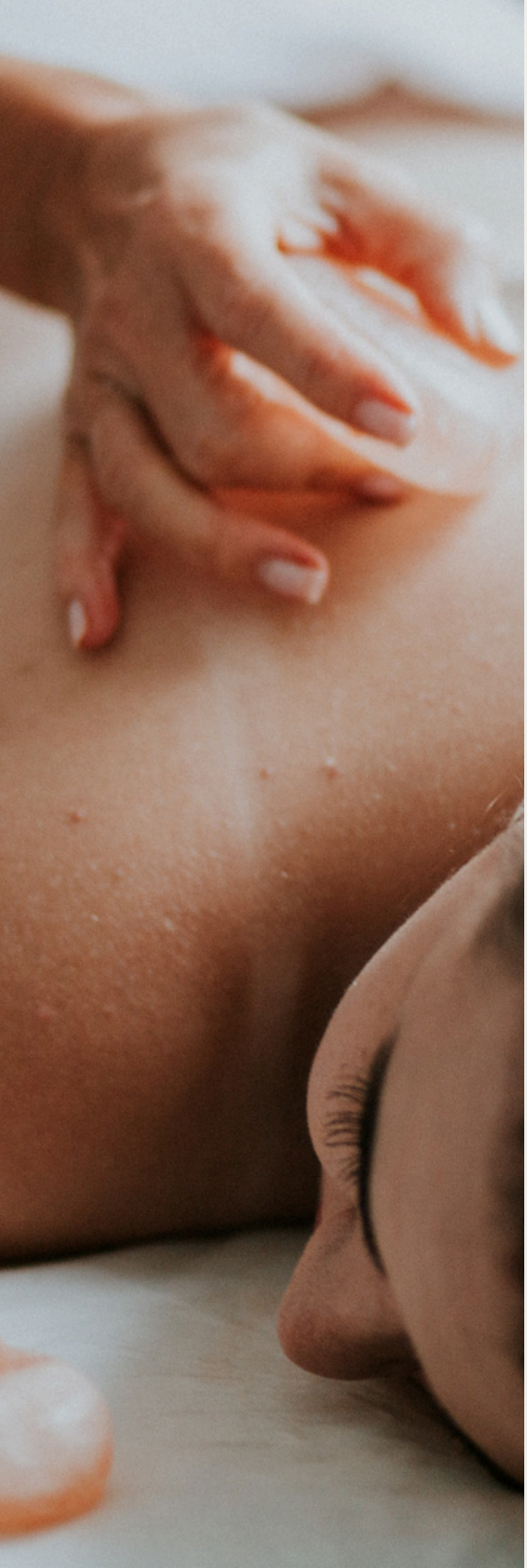
£50 (25 minutes)

A glorious quick fix and refining body scrub. Soft bubble cleansing and pink Himalayan salt exfoliation.

A cleansing and buffing ritual to reveal smooth and nourished skin,

Half body (back of legs, arms & back).





hot rock SHRUG

£50 (25 minutes)

A quick fix for tired muscles, aching shoulders and giving an all over feel good factor boost.

Our gently heated Himalayan salt pebbles send heat deep into the muscles and work with a technique designed to release tightness and discomfort.

A great choice for a those in need of a results-driven express back-ache release.

- Back massage
- Light to medium pressure

neom WELLBEING MASSAGE

£50 (25 minutes)

From 09:30-17:00 we offer the Neom Destress Massage
From 17:00-20:30 we offer the Neom Sleep Massage

Your 25-minute Neom Wellbeing treatment begins with an opening ceremony to include reflex foot pressures and breathing techniques. A soothing warm oil application throughout nourishes the skin whilst a blend of expert massage techniques melt away tension from your neck, back and shoulders

- Back massage
- Pressure – light, medium or firm

***Neom 25 minute treatments are only included in the Twilight Treat package**



mama LOVE

£50 (25 minutes)

Tender loving case for the second and third trimesters of pregnancy and beyond. A cocooning soothing upper body massage encouraging rest and relaxation for you and your little one, with soft pillows and a natural whipped blend of butters.

- Upper body (back and scalp)
- Light pressure

indian head INSPIRED MASSAGE

£50 (25 minutes)

A relaxing and invigorating massage inspired by the traditional Indian Head massage, focusing on the shoulders, neck, scalp and face. Ideal for relieving stress and tension headaches, sinus congestion, sleep problems and many other complaints.

- Upper back, shoulders, neck, scalp and face.

demi orange BLOSSOM DRIFT

£50 (25 minutes)

Surrender to the sensation of having your body gently realigned and perfectly put back together again, supported lying face down encouraging gravity to enhance the experience. Warmed orange and fennel infused oil will help to relieve tension during this rhythmic massage to the back of the legs.

- Back & back of legs.
- Light - medium pressure



serenity rituals

The ultimate indulgence. A collection of spa treatments designed for a full body pampering and to give you the power to design your own treatment that's completely tailored to you.

tailored TO YOU

£170 (105 minutes)

Take complete control of your pampering experience by designing a treatment that's perfectly tailored to you.

Select any three elements and blend them into your own personalised treatment — crafted by you, just for you.

- Full body scrub
- Back, neck & shoulder massage
- Décolleté, face & scalp massage
- Hot rock back, neck & shoulder massage
- Reflexology inspired foot massage
- Hand & arm ritual
- Revitalising facial

full body RENEWAL

£170 (105 minutes)

Indulge in a deeply rejuvenating 105-minute treatment designed to cleanse, exfoliate, and restore from head to toe.

The full body renewal includes a full body exfoliation, a nourishing back mask, a sensual leg & foot massage, a hot rock back massage, finishing with our signature facial.

- Light to medium pressure




Moddershall Oaks
Country Spa Retreat
@MODDERSHALLOAKS