



• 2022 •

MODDERSHALL OAKS

spa treatments



Pregnancy friendly



Pregnancy friendly after first trimester

A woman with her eyes closed is lying on a white towel on a massage table. Her head is resting on a rolled-up white towel. A person's hands are visible, gently touching her forehead and cheeks, indicating a facial treatment. The background is a soft, warm-toned wall with bokeh light effects.

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.




tribactif

£80 (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

£80 (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 FACIAL

£80 (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.

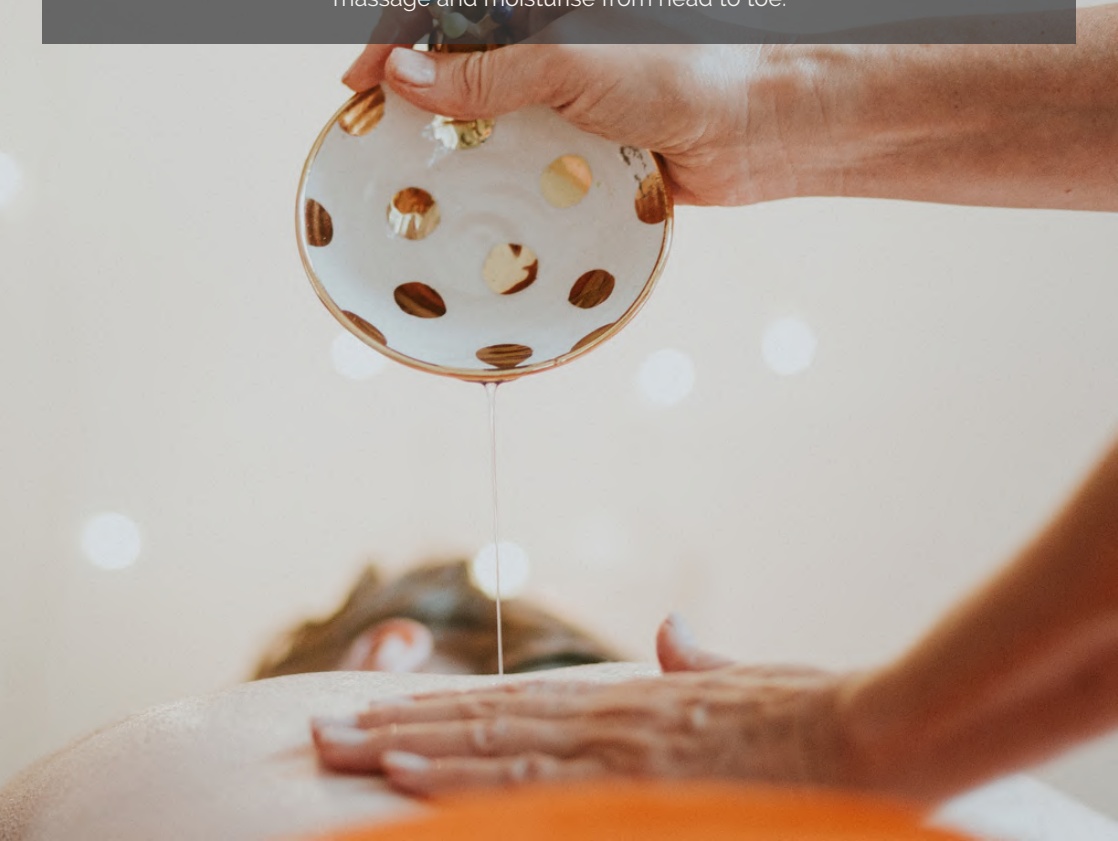
 Welcome touch - warm oil drizzle to the back of the body

 Décolleté, neck, shoulders, face and scalp



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.



bacomplex

£80 (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

tribal ABLUTION

£80 (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

£80 (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 butter balm blend to nourish the skin and enlighten the mind.

🦋 Full body (legs, back, arms, scalp)

🦋 Light, medium & firm pressure

calibrate 517

£80 (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 tribal SLEEP

£80 (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

£80 (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

liberty 517

£80 (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

50 minutes £80

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 massage and breathing techniques.

Warm candle 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

£80 (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 natural butters.


 Full body (legs, back, arms, décolleté and scalp)


 Light pressure touch therapy

sole to soul

£80 (50 minutes)

Reclaim your inner balance and unwind from sole to soul. This enveloping reflexology 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 treatment

 Feet and scalp

 Light to medium pressure




pause and RENEW

£80 (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

£80 (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 a natural whipped blend of butters.

 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



£45 (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

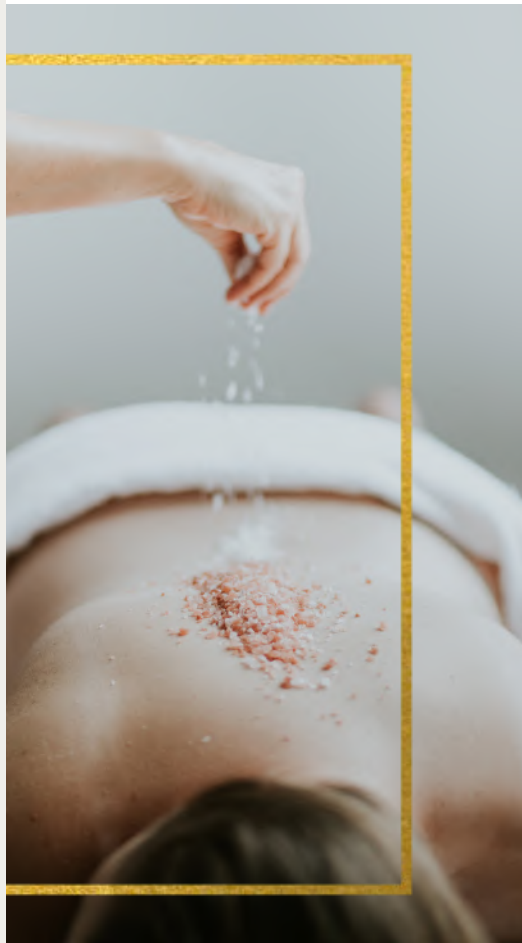
AND SOOTHE

£45 (25 minutes)

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

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

 Full body (legs, back, arms and décolleté).






hot rock SHRUG

£45 (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

£45 (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 massage and breathing techniques. Warm candle 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



£45 (25 minutes)

Tender loving care 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

£45 (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.