

# GROVE

NARBERTH

In Room Spa

# The Grove Narberth In Room Spa

Why not treat yourself to a little pampering in your room?

To make your stay totally relaxing, we have put together these wonderful treatments to enjoy in the privacy of your own bedroom.

No need to pad around in your dressing gown, our therapists will come to you with all they need to create a relaxing haven.

## OUR SIGNATURE TREATMENT

### Top to Toe Treatment

90 minutes

Using a blend of essential oils, this indulgent treatment is the ultimate way to unwind and de-stress incorporating all over body massage with a blissful head massage and facial to finish.

£95

## MASSAGE

### Aromatherapy Full Body

60 minutes

Using a blend of essential oils, this all over body massage including the scalp and face is designed to melt away stresses, ease any unwanted tension leaving you feeling renewed and relaxed.

£65

### Pregnancy Massage

60 minutes

This treatment involves deep bodywork designed to improve your circulation, take some of the strain off your muscles and joints, and generally re-energize you. Only available after the first 12 weeks of pregnancy.

£65

### Aromatherapy Back, Neck & Shoulder

45 minutes

Working on the muscles in the back and shoulders where tension exists, this massage is a truly unwinding experience designed to refresh and rejuvenate.

£55

### Deep Tissue Massage

45 minutes

An intense therapeutic treatment that specifically targets deeper muscular stress and tension.

£55

## FACIALS

### Deluxe Facial

60 minutes

Customised to your specific skin type using the finest organic skin care products. Enjoy this amazing facial combining gentle massage with cleansing, toning, moisturising, and a natural face mask to help you escape the outside world.

£75

### Bliss Facial

75 minutes

This luxurious experience combines the Deluxe Facial with a blissful hands, arms and head massage for complete and utter relaxation.

£85

## HOLISTIC THERAPIES

### Reflexology

60 minutes / 75 minutes

By bringing focus to the pressure points of the feet, this deeply relaxing treatment can help restore your inner balance and well-being.

£60 / £70

### Indian Head Massage

45 minutes

Based on ancient Ayurvedic techniques, this revitalising and invigorating treatment works on the head, scalp, face and neck, allowing you to let your stress and tension drift away.

£50

### Thai Foot Massage

60 minutes

An energising foot and leg treatment inspired by traditional Thai massage techniques, working to open energy lines throughout the body.

£60

## HAND & FEET TREATMENTS

### Jessica Luxury Manicure

60 minutes

A luxurious treatment for the hands and nails. The hands are exfoliated, cuticles are cared for, relaxing massage and heat treatment. The nail shape is perfected and treatment basecoats and colour are applied for the perfect finish.

£65

Please contact our reception team to book a treatment. We recommend booking well in advance to ensure availability. Please note that charges may apply if cancelled within 24 hours.

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### ZenSpa Pedicure

60 minutes

The ZenSpa Pedicure is a deluxe treatment resulting in softer, smoother legs and feet finished with perfectly polished toes. With the option of either calming green tea, energizing ginger or revitalizing citrus.

£65

### Deluxe Hand & Nail Grooming

60 minutes

More and more men realise that looking good is the code for success, both within business and in their personal lives. This is a no nonsense grooming routine for your hand and nails specifically designed for men.

£60

### Executive Foot Care

60 minutes

Mens nails grow faster and are stronger than women's, so it's important to keep them hydrated and under control. This treatment includes nail work, cuticle work and a relaxing foot rub.

Choose from the following type of pedicure you would like to receive; energizing ginger, calming green tea or revitalising citrus.

£60



**Grove of Narberth**

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