

GROVE
NARBERTH

In Room Spa

IN ROOM SPA

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.

MASSAGE

Aromatherapy Full Body

60/90 minutes / £75 / £95

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.

Pregnancy Massage

60 minutes / £75

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.

Aromatherapy Back, Neck & Shoulder

45 minutes / £60

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

Deep Tissue Massage

45 minutes / £60

An intense therapeutic treatment that specifically targets deeper muscular stress.

HOLISTIC THERAPIES

Reflexology

60 / 75 minutes / £60 / £70

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

Indian Head Massage

45 minutes / £55

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.

Thai Foot Massage

60 minutes / £65

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

SIGNATURE TREATMENT

Top to Toe Treatment

100 minutes / £125

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.

FACIALS

Deluxe Facial

60 minutes / £80

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.

Bliss Facial

75 minutes / £95

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

SPECIAL

Reiki

60 minutes / £75

Reiki is a Japanese word that means universal life energy. Reiki may be experienced as a flow of energy, mild tingling, warmth, coolness, other sensations or nothing at all. Reiki is deeply relaxing and has a profoundly calming effect.

£30 including consultation

Oncology

By special request we also offer a range of oncology treatments.

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 48 hours.

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