

# 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 minutes / £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.

#### **Aromatherapy Back, Neck & Shoulder**

**60 minutes / £95**

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**

**60 minutes / £95**

An intense therapeutic treatment that specifically targets deeper muscular stress.

### HOLISTIC THERAPIES

#### **Reflexology**

**60 minutes / £95**

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**

**60 minutes / £95**

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.

**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.**

**01834 860915**

reservations@grovenarberth.co.uk