

GARA ROCK

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WILD · ROCK
SPA

· SPA TREATMENTS ·

WELCOME TO WILD ROCK SPA

Here we pride ourselves in using locally sourced, organic products. Our spa treatments are specially tailored to suit your needs! Most of the spa treatments in this menu we have produced ourselves, to bring you relaxation and bliss.

• FACE •

All the facials listed below use wholesome Apothespa products, infused with aromatherapy oils and 'nature's goodness'. These are all natural, organic products handmade locally in Totnes, Devon.

FRANKINCENSE AND ROSE INFUSED FACIAL 60 MINS - £105 **FOR MATURE/DRY SKIN**

This anti-aging facial is deeply hydrating, helping to smooth out lines and wrinkles, leaving the skin supple and soft. Perfect for those with mature/dry skin.

CHAMOMILE INFUSED FACIAL 60 MINS - £105 **FOR SENSITIVE SKIN**

Due to the soothing effects of chamomile, this facial is perfect for those with sensitive skin. The products used calm the skin and reduce redness, leaving your face feeling clean, refreshed and glowing. **(This facial is suitable for pregnancy)**

ORANGE AND LAVENDER INFUSED FACIAL 60 MINS - £105 **FOR NORMAL/COMBINATION SKIN**

This facial is perfect for oily, combination or normal skin types, due to the orange and lavender's balancing and detoxifying properties. As it can be used on most skin types, it is the perfect all-rounder!

MEN'S FACIAL 60 MINS - £105

To help protect your skin's health and natural structure as we go through the different seasons, this facial is perfect to keep your skin happy and healthy. As our men's facial is tailored to you, the products we use will be completely dependent on how your skin is at the time.

MINI FACIAL 30 MINS - £75

Tailored to your skin type, this facial includes a cleanse, tone, exfoliation, mask and moisturiser.

BERGAMOT AND TEA TREE INFUSED FACIAL 60 MINS - £105 **FOR OILY SKIN**

If you need that extra deep cleanse to remove built up excess oil and dead skin cells, as well as keeping spots at bay, this is the perfect facial for you! With the bergamot essential oil being a natural cleanser and disinfectant, and the tea tree helping soothe any redness and swelling, this facial is ideal for oily skin types.

WILD ROCK CHOC. SPECIALITY FACIAL 60 MINS - £105

A Gara Rock special! This facial will be tailor made to your skin type; however, we will be using our very own heated Wild Rock Choc mask. Either chocolate orange, for normal to dry skin, or mint chocolate, for normal to oily skin. As well as smelling divine, which releases endorphins, the warming chocolate has anti-inflammatory and antioxidant properties which help soothe skin, protect the skin's collagen and stimulate circulation.

• BODY •

SWEDISH INSPIRED MASSAGE 30 MINS - £70, 60 MINS - £100

This massage uses a variety of Swedish techniques with optional pressure to suit your needs. Feel all of your stress and tension relieved, using a plain grapeseed oil to nourish the skin.

AROMA MASSAGE 30 MINS - £70, 60 MINS - £100

An aromatherapy massage is a relaxing massage, with optional pressure, using scented oils. During your consultation your therapist will ask you to choose a massage oil through a sensory test. This is carried out by deeply inhaling each oil, allowing your body and senses to be drawn to the one you are needing the most at that specific time.

DEEP TISSUE INSPIRED MASSAGE 30 MINS - £75, 60 MINS - £105

This massage is not for the faint hearted! Hinted in the name, deep tissue is exactly as it sounds. This massage helps reach years of tension. Using a variety of techniques to relieve all your aches and pains, leaving you feeling loose and revived.

HOT STONE MASSAGE 30 MINS - £75, 60 MINS - £105

This wonderfully relaxing hot stone massage uses Balinese stones selected to address exactly what you need. The added heat from the stones encourages optimum circulation and acts as a natural pain relief. Great for aching joints and tense muscles.

BODY SCRUB 40 MINS - £75

Using our natural, organic, handmade sugar scrub to buff away dead skin cells, and the stresses of life. The skin is ready to absorb our nourishing body oil.

WILD ROCK PREGNANCY TREATMENTS

The ultimate massage for expectant mothers. An intuitive, sensitive and relaxing massage which hydrates and moisturises skin that is expanding to accommodate a growing baby. (You must be over 12 weeks pregnant in order to have this treatment)

**75 MINS - £105 (60 MIN FULL BODY MASSAGE PLUS 15 MIN EXPRESS FACIAL CLEANSER),
60 MINS - £100, 30 MINS - £70**

BACK REJUVENATION 45 MINS - £85

Due to the back being a place most of us can't reach easily, this treatment is great for rejuvenating it. This treatment includes a cleanse, exfoliation, mask, and moisturiser (like a mini facial but on your back instead!). During the mask development stage, there is also a scalp or foot and leg massage.

BODY WRAP 75 MINS - £110

The treatment starts with a full body exfoliation, followed by a body mud mask, rich in minerals. The body is then wrapped for warmth, whilst a mini facial or scalp massage takes place to relax you further. The mask is removed by showering, leaving the skin detoxed and purified.

• WELLBEING •

SERENITY HAND AND ARM THERAPY 45 MINS - £85

A gentle, nurturing massage created to encourage deep relaxation, comfort, and an enhanced sense of wellbeing. Thoughtfully adapted to support those undergoing cancer treatment or living with long-term or complex health conditions, each experience is carefully personalised following a professional consultation. This soothing therapy is equally beneficial for anyone with tired, overworked, or aching hands and arms from the demands of daily life. *If you are currently receiving medical treatment, written approval from your GP, consultant, or specialist nurse may be required prior to your appointment to ensure the treatment is appropriate for your individual needs.*

REFLEXOLOGY 30 MINS - £70, 60 MINS - £100

A wonderfully therapeutic treatment, originating from Egypt and China, which works on the reflex points on the feet or hands. These points correspond to our internal organs and mirror all parts of our body. Reflexology supports the body's natural healing system and is beneficial for several conditions.

MAGIC FROM MOROCCO 40 MINS - £85

Our take on an Indian head massage, this wonderfully relaxing treatment calms body and mind. Especially great for headache and migraine sufferers. Using beautiful Moroccan oil and a variety of pressures and techniques. The therapist works over the back, neck, chest, and scalp.

EASTERN BLISS 30 MINS - £75, 60 MINS £105

A traditional Chinese therapy, acupressure massage helps calm, ground and rebalance the body and mind while increasing the flow of your 'Chi' (Qi) energy by opening blocked meridians (energy pathways). Drawing on the main techniques of Chinese massage (Tui Na), this treatment combines traditional therapeutic massage movements, gentle meridian stretching and targeted acupressure point work to encourage Qi to flow freely throughout the body, promoting healing and deep relaxation. Wonderful for stress, insomnia, anxiety and depression, it has often been compared to acupuncture - but without the needles!

POST TRAVEL TREATMENTS (A WILD ROCK SPECIAL!)

WALKER'S FOOT REVIVER 30 MINS - £40

Perfect for those tired legs and feet after a long walk, this treatment involves; a foot soak in salted water, exfoliation, massage and pressure point work on the feet. Your legs and feet will feel like new!

THE ULTIMATE UNWIND 120 MINS - £175

Looking to completely cut yourself off from reality for a few hours, and immerse yourself in the ultimate indulgence? Look no further! The Ultimate Unwind includes a 60 minute massage, followed by a 60 minute facial, all tailored to you. Warning, you will be so relaxed by the end of the treatment, you may never want to leave!

TREAT YOURSELF 60 MINS - £105

If you would like to have a treatment with us, but you are unsure whether to have a massage or a facial, why not have both! Treat Yourself includes a 30-minute facial and a 30-minute massage, leaving you feeling refreshed and relaxed.

• H A N D S •

JESSICA PRESCRIPTIVE MANICURE 60 MINS - £60

Nails are analysed and treated for their specific type. The manicure includes exfoliation, massage and cuticle care, followed by shaping and finished with the perfect polish.

JESSICA MANICURE DELUXE 75 MINS - £69

A Jessica manicure with the added luxury of thermal heated mittens for deeper penetration of oils and creams. This treatment is excellent for increasing circulation or relieving stiff, painful joints.

JESSICA EXPRESS MANICURE 45 MINS - £40

Nails are beautifully shaped and completed by the perfect polish.

GENTLEMAN'S CLUB HAND AND NAIL CARE 30 MINS - £40

Hands are exfoliated to remove dryness and massaged with treatment creams. Cuticles are conditioned and groomed, and nails are trimmed and shaped.

JESSICA

From her start as a manicurist, Jessica has pioneered the way we think about nails. She learned the biology of the nail, its structure and conditions, and its ability to heal and grow.

Starting with a base coat for every nail need, the range includes hand and cuticle care, vitamin enriched custom colours, extra glossy top coats with many other essentials to help maintain the health of the natural nail.

• F E E T •

ZENSPA PEDICURE 60 MINS - £60

Hard skin is removed; feet and legs are massaged with conditioning creams. Cuticles are groomed, and toenails are shaped and perfectly polished.

ZENSPA PEDICURE DELUXE 75 MINS - £69

A Jessica ZenSpa pedicure with the luxurious added benefits of thermal heated booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints.

JESSICA EXPRESS PEDICURE 45 MINS - £40

Nails are beautifully shaped and completed by the perfect polish.

EXECUTIVE FOOTCARE FOR MEN 40 MINS - £40

A relaxing and grooming foot and leg treatment. Hard skin is removed, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be made neat and tidy and toenails will be perfectly shaped.

A P O T H E S P A