

The Spa at Saunton offers an extensive range of holistic treatments to relax and pamper you. From head massages to hopi ear candling, you'll feel cleansed from head to toe and like a new you...

Don't forget before or after your treatments you can relax by the pool, take a swim, detox in the sauna or make use of the gym too.

A BRUSH WITH HEAVEN £90.00

Treatment time 90 minutes

Totally unique face & body treatment using only brushes

Imagine the sensation from a sequence of brushes in varying sizes and textures being used from top-to-toe, to massage, stimulate, drain toxins and smooth on delicious preparations to the face and body. Once lavished in rich warm body oil, you will be cocooned, then treated to the exclusive Temple Spa facial treatment carried out entirely with brushes while you doze. Heaven!

INDIAN HEAD MASSAGE £35.00

Treatment time 30 minutes

This incredibly relaxing massage focuses on areas of tension in your head, neck and shoulders. It will help to soothe tense and aching muscles and bring a sense of well-being both physically and psychologically. The perfect treatment for someone who needs instant relaxation! Also great if you suffer with regular headaches.

REFLEXOLOGY £60.00

Treatment time 1 hour

This is a unique massage for your feet, working on the reflex points that correspond to the areas in your body, this super relaxing massage will help restore energy and rebalance the body and the mind.

BAMBOO MASSAGE £35.00/£60.00

Treatment time 30 minutes / 1 hour

Deep Tissue Massage - using natural bamboo - Back massage - Full body massage

A very unique massage only using natural bamboo cane, allows us to massage into areas of tension, stress and strain. If you like a deep massage, this is a must!

ROCKS OF THE MEDITERRANEAN £50.00

Treatment time 75 minutes

Hot stones massage

This popular Thermal Stone massage is a glorious treatment using warm basalt lava stones to massage the body from head to toe, harnessing the touch of the stone and the influence of the heat to create an aura of warmth. The muscles are relaxed and rejuvenated in a sensation unique to hot stone massage. It's an experience you just have to have at least once in your life.

To book please call: 01271 890212



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HOPI EAR CANDLING £30.00

Treatment time 30 minutes

Also known as Thermo Auricular Therapy, Hopi Ear Candling is an ancient therapy. Some conditions which may benefit from a Hopi Ear Candling treatment: excessive ear wax, colds, tension headaches, travel sickness, Tinnitus and Sinusitis.

THAI FOOT MASSAGE £55.00

Treatment time 1 hour

This treatment a deeply relaxing foot massage using massage techniques performed with hands and a Thai foot stick. The treatment incorporates the stimulation of reflex points.

REIKI £55.00

Treatment time 1 hour

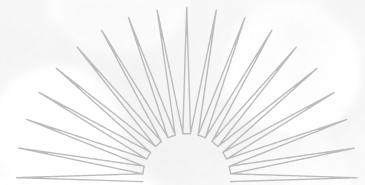
This is a very gentle form of energy healing that aims to rebalance the body and kick start the natural healing process. It works on a physical, mental, emotional and spiritual level. This treatment will make you feel a sense of deep calmness and relaxation.

HOT LAVA SHELL RELAX MASSAGE £85.00

Treatment time 75 minutes

An indulgent and truly pampering relaxation full body treatment using the natural benefits of heated Tiger Clam Shells to transport you to the warm beaches of the Tropics. The smooth shells are expertly glided over the body with varying pressures, techniques and precision by the therapist to meet your particular needs. Hydrating oils are used during the treatment to moisturise the skin as the warming energy of the shells helps to revitalise and rebalance the body and mind.

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