

source spa

source spa • WILD BY NATURE •

TREATMENT MENU



'There's no place quite like Source'



Source Spa is inspired by the natural playground of Saunton Sands. Surrounded by awe-inspiring natural beauty, it's a place for self-care where you can nourish yourself and find authentic rejuvenation.

Invest in your health, nurture your wellbeing and improve your fitness with membership of our ocean-view spa with its beautiful facilities and nature-inspired treatments.

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NEW TREATMENTS

Enhance your spa journey

NEW CHAKRA CALM FACIAL

A chakra calming facial designed to rebalance the mind and skin. A soothing face and scalp massage, featuring the gua sha tool, to sculpt, lift and tone, leaving your complexion radiant.



NEW BACK TO CHAKRA CALM

A deeply calming ritual that combines larimar crystal alignment with a soothing back and scalp massage, designed to restore balance, ease tension and leave you feeling refreshed and renewed.

NEW BACK PURIFYING & RENEWAL CEREMONY

Indulge in the ultimate expression of luxury with our exquisitely curated Back Purifying & Renewal Ceremony — a transformative treatment to restore clarity, radiance and deep relaxation.

A sumptuous aromatic cleanse delicately lifts away impurities. Then a refined mineral-rich exfoliation polishes the skin to unveil a luminous, velvety finish. Next, a purifying back mask detoxifies and calms, a ritual especially beneficial for acne-prone skin. While the mask works its magic, drift into serenity with a soothing scalp massage. Finally, a luxurious, slow-flow back massage uses nourishing oils to hydrate and prime the skin for lasting moisturisation. Skin is left supple and smooth.

	Weekday from	Weekend from
75 mins	£140	£150
45 mins	£85	£95
60 mins	£110	£120

FACIALS

Purify and illuminate

Add Déesse LED light therapy mask to any facial for £30 – see page 10



SUPER BERRY ELIXIR ANTI-AGEING FACIAL

Packed with acai and goji berry antioxidants, this facial combats ageing and revives dull skin. Acai helps firm, smooth and improve elasticity, while goji boosts hydration and repair. A nourishing reset for a youthful, radiant glow.



RADIANT GLOW RENEWAL FACIAL

Awaken dull, tired skin with this antioxidant-rich facial for brighter, smoother radiance. A blend of papaya, strawberry, melon and cranberry gently exfoliates, hydrates and nourishes. Perfect for mature or lacklustre complexions needing renewal.

GREEK GOD AEGEAN

This revitalising deep cleanse and exfoliation stimulates and removes dry skin. The treatment encourages lymphatic drainage around the nose, removes built-up toxins and stimulates blood flow. Helpful for those with sinus congestion.



BESPOKE FACIAL

This bespoke facial nurtures both skin and mind using our exclusive Source skincare range. Gentle pressure-point therapy releases tension and is followed by a soothing scalp massage to invite calm. A personalised mask targets the skin's needs, while a hand and arm massage completes the restorative, sensory ritual.

	Weekday from	Weekend from
60 mins	£110	£120
60 mins	£110	£120
30 mins	£75	£85
60 mins Includes: face + scalp massage	£110	£120
30 mins	£75	£85
60 mins Includes: scalp + arm massage	£110	£120



iS Clinical

Optimising skin health

EXFOLIATING CLEAR SKIN FACIAL iS CLINICAL

Ideal for acne-prone skin, this iS Clinical facial reveals a brighter and renewed skin surface. It removes dead skin, encourages cellular renewal and deeply cleanses the skin, while pharma-grade botanical formulations deliver nutrients and hydration.

CANCER CARE HARMONY iS CLINICAL

This iS Clinical facial restores tone and clarity. The soothing treatment awakens the senses via powerful antioxidants, essential vitamins and hydration. It gives a healthy glow to fatigued skin by addressing the unique impact of chemotherapy and radiation treatments.

	Weekday from	Weekend from
60 mins	£110	£120

FIRE & ICE RESURFACING TREATMENT iS CLINICAL

A revolutionary iS Clinical treatment that resurfaces the skin, reduces fine lines, addresses problematic areas and encourages cellular renewal. It boosts collagen to deliver a brighter, tighter complexion. Skin is instantly more radiant, with effects continuing in the following days.

FOAMING ENZYME OPTIMISING TREATMENT iS CLINICAL

This iS Clinical treatment, referred to as the 'Champagne facial', is designed to revive tired and congested skin. The powerful masque combines papaya and pineapple enzymes with potent clinical-grade glycolic acid. The foaming bio-active ingredients exfoliate the pores to reveal a polished complexion.

FLASH BRIGHTENING PEEL iS CLINICAL

This advanced treatment reveals radiant, luminous skin. The professional-grade formula combines powerful exfoliation with intense hydration for immediate results. Powered by the new Extra Strength Active Peel Brightening System.

	Weekday from	Weekend from
60 mins	£140	£150
60 mins	£110	£120
30 mins	£95	£105

Add Déesse LED light therapy mask to any facial for £30 – see page 10



Déesse PRO

LED light therapy mask

An advanced, non-invasive LED treatment designed to transform your skin while you relax. Using clinically proven light technology, it works beneath the surface to boost collagen, soften fine lines, calm redness, target breakouts and restore a clearer, more radiant glow.

Pain-free and with no downtime, this soothing treatment enhances your skin's natural renewal process, leaving you visibly brighter, smoother and refreshed.

This light therapy mask can be added to any Source Spa treatment.

source
SPA AND WELLNESS

	Weekday	Weekend
20 mins. Booking time 30 mins	£30	£40

Déesse PRO

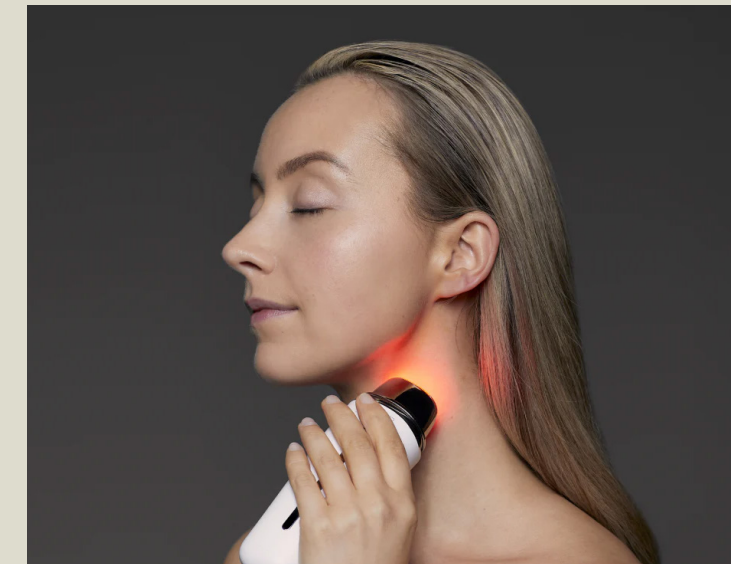
Tri-energy facial rejuvenation

Experience the next level of non-invasive facial sculpting designed to tone, lift and define your natural contours. Using innovative technology to stimulate facial muscles and boost circulation, our Sculpta helps firm the skin, improve elasticity and enhance definition around the jawline, cheeks and forehead.

The result is a more lifted, refreshed and sculpted appearance – without needles or downtime. Relax as your skin is visibly revitalised, leaving you feeling confident, contoured and beautifully renewed.

This treatment can be added to any iS Clinical facial.

	Weekday	Weekend
20 mins. Booking time 30 mins	£40	£50



Infrared Therapy Sauna

Optimise your wellbeing

You're invited to optimise your wellbeing in the wellness ecosystem of our infrared sauna. This type of sauna is the world's first – and only – dynamic sauna, which offers pre-set programmes to aid with specific health benefits.



The Sunlighten® mPulse Smart Sauna is enhanced with red light and near infrared LEDs for better skin and cell health, reduced pain and inflammation, and improved muscle recovery.

Here are just some of the benefits:

- Improves vascular flow
- Stimulates the cardiovascular system
- Relieves muscle tension
- Reduces inflammation and swelling
- Improves skin tone, elasticity and firmness
- Promotes healthy blood pressure



Private space booking time	Weekday/Weekend
15 mins per person	£10
45 mins per person	£20
(Group booking of up to 4 people) 30 mins	£40

Book the infrared sauna for a group.

- Up to four people
- Share the cost
- Enjoy the benefits of detoxification, a circulation boost, released tension and more radiant skin in a sociable way



SIGNATURE MASSAGES

Relax and rejuvenate



BAMBOO MASSAGE

Deep-tissue massage – Guaranteed to relax tight muscles and aid stress relief. This intensely deep massage sees warmed bamboo canes rolled over the neck, shoulders and lower back to lengthen tired, aching muscles and increase blood flow. Upgrade to the 60-minute treatment to include legs and arms.



HOT STONE MASSAGE

Basalt stone full-body massage – Relax and recharge your whole body with this head-to-toe muscle treatment. Warm basalt lava stones are used to relieve tension and ease muscular pain, while providing a warming and comforting sensation.

SWEDISH MASSAGE

Choose from back, neck and shoulders, or full-body massage – This massage targets soft tissue and muscles to deliver a calming effect on the nervous system, improve circulation and soothe muscles.

	Weekday from	Weekend from
30 mins Back, neck and shoulders	£75	£85
60 mins Full body	£110	£120
60 mins Full body	£110	£120
90 mins Full body, face and scalp	£170	£180
30 mins Back, neck and shoulders	£75	£85
60 mins Full body	£110	£120



AROMATHERAPY MASSAGES

Soothe your soul

ULTIMATE SENSE OF SELF

Full body, face and scalp aromatherapy massage – This luxury top-to-toe aromatherapy massage uses seasonal Source oils and massage to bring you back to your best self.



CHANCE TO DREAM

Full-body aromatherapy massage – Lie back and inhale the therapeutic aromas, absorb nourishing oils and drift away in an hour of blissful relaxation with this sensory massage.

HEAD IN THE CLOUDS

Back, neck and shoulders aromatherapy massage – A soothing massage using Source oils to release muscle tension and lull you into utter relaxation.

	Weekday	Weekend
90 mins	£170	£180
60 mins	£110	£120
30 mins	£75	£85



BODY TREATMENTS

Polish and glow

RADIANT GLOW BODY SCRUB

Seasonal Source scrubs and sensory oils gently buff and polish skin while boosting circulation, before oils are massaged in to replenish thirsty skin and soothe muscles. **Source tip:** going on holiday? This treatment is perfect skin prep before tanning.

SOLE ENERGISER FOOT & LEG SCRUB

This treatment soothes chapped and cracked heels and uses seasonal fruit and spice aromas. A leg and foot massage will leave you feeling relaxed and revitalised and is the perfect treatment to get feet sandal- or party-ready.

SUPER YOU BACK SCRUB

In this bespoke treatment, Source salt scrubs are used for an invigorating exfoliation, which is followed by a warm-oil back massage to unravel knots and ease muscular tension.



	Weekday	Weekend
60 mins	£110	£120
30 mins	£75	£85
45 mins	£85	£95

WELLNESS TREATMENTS

Balance and calm

CHAKRA CALM

Facial massage using the gua sha tool followed by a scalp, décolleté, hand and arm massage – Larimar crystals placed on your body's chakras are said to draw out negative energy and replace it with positive, restoring inner calm and balance.



VEDA MIND

Head massage – Therapeutic relief for headache sufferers and everyday strain accumulated by stress and too much screen time. This massage alleviates tension in the head, neck and shoulders.

SOUL TO SOLE

Foot massage – A unique massage that works on reflex points on the feet which correspond to specific areas of the body. Applying appropriate pressure to these points alleviates tension and rebalances body and mind.

	Weekday	Weekend
45 mins	£85	£95
60 mins	£110	£120
30 mins	£75	£85
60 mins	£110	£120



MADE FOR MUM

Nurture and unwind

During pregnancy, the body is working double time. Our prenatal therapeutic treatments focus on the mum-to-be as her body goes through the changes of pregnancy.

Our specially formulated treatments enhance the function of muscles and joints, hydrate and nourish the skin and promote relaxation.

Perfect during pregnancy

Pregnancy treatments are suitable for use during weeks 14–37. We don't offer any treatments for women in weeks 1–13.

NEW BEGINNINGS

Full body aromatherapy exfoliation and massage – Rejuvenate your skin from head to toe: fade scars, spots and stretch marks. Our gentle scrub encourages cellular turnover and removes impurities to leave skin soft with improved tone. Polishing thirsty skin helps it absorb nutrients and can trigger collagen and elastin rebuild, so it becomes stronger during pregnancy.

SOURCE SERENITY

Nourishing full-body massage – Soothe the aches, pains, cramps and swelling associated with pregnancy. This nurturing total-body massage is customised to your specific needs using safe prenatal techniques.

TIRED LEGS & HEAD SOOTHER

Lower body exfoliation, massage and scalp massage – Reduce swelling and heaviness in the legs associated with pregnancy, then ease any tension around the head with a soothing scalp massage.

	Midweek	Weekend
75 mins	£140	£150
75 mins	£140	£150
30 mins	£75	£85

CBD MASSAGE

Rejuvenating power

Crafted in collaboration with Happy Me CBD and designed to enhance relaxation, reduce inflammation and elevate your overall wellbeing for a truly indulgent spa experience.



		Weekday	Weekend
Back, neck + shoulders	30 mins	£75	£85

		Weekday	Weekend
Full body massage	60 mins	£110	£120

Happy
Me



CBD PRODUCTS

Led by nature and grounded in science, Happy Me crafts organic CBD products for stress, sleep, anxiety and menopause, bringing calm and balance to body and mind.

Available to buy at Spa Reception.

SPA PRODUCTS

Our products are grounded in natural indulgence, authentic beauty and wellness.

They complement our holistic approach and include our Source Spa Collection and a revolutionary cosmeceutical skincare range for results-driven treatments.

The range includes

- Body wash and shampoo
- Conditioner
- Hand wash
- Hand and body lotion
- Face masks
- Eye creams
- Serums and skin boosters
- Facial oils
- Body butter and oil
- Exfoliators
- Moisturisers
- Cleansers
- Toners
- Candles, water bottles, robes and more



Scan for the full range



Products are available from Spa Reception



- Botanically based
- Pharma-grade cosmeceuticals
- Results-driven facials

This brand is hailed as a pioneer in the field of clinical skincare products. Famed for results-driven treatments, iS Clinical is a coveted red-carpet favourite and loved by the Duchess of Sussex, Victoria Beckham, Alexa Chung and Rosie Huntington-Whiteley.

The products and treatments deliver physiological improvements in skin quality and are effective in treating problematic and ageing skin. Products aren't tested on animals and, other than ethically sourced honey, no animal-derived ingredients are used.

source spa



Scan to book

SAUNTON SANDS

HOTEL & SOURCE SPA

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