



Your Ideal Spa Day – Curated Just For You

Think of this as inspiration, not a fixed timetable. Every element is entirely optional – swap, skip or add anything you like. The memorable spa days are the ones shaped entirely around what you want and need.

Time Table	Experience
9.30am	Morning Movement Ease into the day with a private session of your choice: yoga, pilates, or gentle breathe & stretch.
11.00am	Signature Treatment 90 minutes of pure indulgence – choose from massage, facial, hot stones, or your preferred therapy.
12.30pm	Lunch & Rest Step outside for fresh air, enjoy delicious seasonal food, and let your morning treatments settle.
2.30pm	Afternoon Layer Tailor your afternoon: add a body scrub, reflexology, manicure, pedicure – or a second full treatment.
5.00pm	Sound Bath Close the day with a deeply restorative sound journey to calm the body and mind.
Evening	Dinner & Candlelight Savour the quiet pleasure of having nowhere else to be, with a leisurely meal by candlelight.