

The Garden Spa
BY L'OCCITANE



Treatment BROCHURE





*We BELIEVE in a world where
EVERYONE can feel better*

We are passionate about loving our natural environment and revealing its wonders to you.

BREATH, *soak it in*

Our treatments and rituals are inspired by our formulations' naturality and our ingredients sensory to leave you with a recharged and rested feeling, providing space for personal renewal.

Indulge **YOURSELF**

Your experience will be crafted to customise several physical, emotional, and holistic aspects of well-being to help you feel your best and unwind your mind.



Timeless MOMENTS

CRAFTED *with*

HEART & *reason.*

Hotel SIGNATURES

FACE & BODY

60 minutes

90 minutes

Fusion Face & Body Treatment

COMPLETE – A personalised facial combined with a soothing neck, back, and shoulder massage to restore harmony between face, body, and mind. While the face mask works its magic, choose between a relaxing scalp massage or a stimulating foot massage.

BODY

60 minutes

90 minutes

Hot Stone Massage

RECHARGING A deeply relaxing massage using warm volcanic stones, this restorative treatment melts away tension and soothes tight, aching muscles. The Hot Stone Massage offers a luxurious and therapeutic experience, relieving stress, recharging the spirit, and leaving you feeling completely rejuvenated.

Using L'Occitane Relaxing or Revitalising Oil Blends

An optional 10% service charge is added to all spa treatments, 100% of this charge is paid to spa and hotel staff.



LONGEVITY

Reveal your skins beauty for timeless vitality



FACE

90 minutes

Immortelle Divine Secret

FIRMING – This treatment helps to unveil the skin's natural youthful glow. The Immortelle Super Extract helps to re-densify the skin and restore its radiance. Combined with lifting movements and muscle stimulation, the results offer satin-soft and youthful skin.

FACE

90 minutes

Divine Harmony Longevity

REDENSIFYING – Designed to smooth expression lines and brighten the eye area, this treatment combines the power of Gua Sha stones with the Face and Eyes Reset Serums. Like a breath of fresh air for your skin, it leaves you feeling rejuvenated and radiant.

FACE

60 minutes

Reset, Face & Eyes

REVITALISING – This treatment helps to smooth expression lines and brighten the eye area. Combined with Gua Sha stones, the Reset Serums act as a breath of fresh air, leaving the skin rejuvenated and reinvigorated.

FACE

60 minutes

Shea Nourishing Comfort

NOURISHING – Specifically designed for sensitive skin, this treatment focuses on strengthening and protecting through deeply nourishing Shea formulas, gentle exfoliation, and cooling techniques. Also ideal for dry or dehydrated skin, it restores softness and vitality, leaving the skin supple, comforted, and rejuvenated.

REGENERATION

Restore body and mind to regain vitality

BODY

90 minutes

Sleep & Reset Massage

REGENERATING – Sleep plays a vital role in overall well-being. This treatment, accredited by the European Sleep Centre, has been tested for its ability to enhance sleep quality. Designed to restore serenity and rejuvenate energy levels, it offers a deeply soothing experience to help you feel balanced and refreshed.

An optional 10% service charge is added to all spa treatments, 100% of this charge is paid to spa and hotel staff.



BALANCE

Find inner harmony and embrace a state of complete well-being

BODY

60 minutes

90 minutes

Relaxing Aromachology Massage

COMFORTING – Curated to ease both body and mind, this soothing massage uses gentle, relaxing movements to encourage deep relaxation. Studies by L'Occitane en Provence laboratories have shown that this expert touch enhances well-being and emotional balance.

BODY

60 minutes

Mind & Scalp

UNWINDING – This neck, décolleté, and scalp massage stimulates microcirculation, enhancing the absorption of the Scalp Expert Serum. As tension melts away, the treatment invites your entire body to a sensory reconnection, providing a profound sense of release and relaxation.

An optional 10% service charge is added to all spa treatments, 100% of this charge is paid to spa and hotel staff.



DETOX

Release toxins for a new energy

BODY

60 minutes

Almond Detoxifying Balance

DETOXIFYING – This revitalising massage stimulates circulation and promotes a feeling of lightness. Using gentle draining movements, it helps eliminate toxins and reduce water retention. Enriched with Almond Supple Skin Oil, the treatment deeply hydrates while enhancing skin elasticity.

An optional 10% service charge is added to all spa treatments, 100% of this charge is paid to spa and hotel staff.



Other TREATMENTS

BODY

60 minutes
90 minutes

Deep Tissue Intense Relief

REBALANCING – This rejuvenating massage blends Hawaiian Lomi Lomi techniques, acupressure points, and gentle stretching to ease muscular tension, focusing on the back, shoulders, and neck. The result is a refreshed, deeply rebalanced body, ideal for athletes and travellers seeking quick recovery from muscle fatigue or long journeys.

BODY

60 minutes

Shea Nourishing Scrub & Wrap

NOURISHING – Exclusively developed for L'Occitane spas, this treatment is ideal for dry skin. The rich, indulgent textures exfoliate, removing dead cells and leaving skin prepped for the nourishing wrap, perfect for very dry, sun-damaged, or overworked skin. While the body absorbs nourishing and softening active ingredients like shea butter, grape seed oil, and honey extracts, a calming scalp massage enhances the experience, promoting deep relaxation and well-being.

BODY

60 minutes

Blissful Cocoon For Mum-to-be

SOOTHING – This exclusive massage, specially designed for mums-to-be, promotes enhanced relaxation and well-being. Combining the gentle effleurage movements of Swedish and Balinese techniques, it focuses on the back and legs to release tension and ease tight muscles. The result is a deeply relaxing experience that leaves you calm, regenerated, and enveloped in a cocoon of well-being.

Massage can only be performed after the third month of pregnancy.

L'OCCITANE & AMETHYST TRUST

Spa Treatment Collection





In collaboration with Amethyst Trust, The Garden Spa by L'Occitane is delighted to offer treatments that are both adaptable and customisable, allowing therapists to create bespoke experiences tailored to the client's individual needs. Suitable for clients living with cancer, from diagnosis through treatment, and recovery as well as clients who are medically frail, recovering from illness, immunocompromised, or simply seeking deeply relaxing and nurturing treatments.

FACE

60 minutes

Shea Nourishing Comfort

NOURISHING – Specifically designed for sensitive skin, this facial treatment focuses on strengthening and protecting the skin through deeply nourishing Shea formulas, gentle exfoliation, and cooling techniques. Ideal for dry or dehydrated skin, it restores softness and vitality, leaving the skin comforted, rejuvenated and encourages you to unwind.

BODY

60 minutes

Relaxing Aromachologie Massage

COMFORTING – This enveloping massage eases the body and mind into letting go thanks to its relaxing movements. Studies carried out by L'Occitane en Provence laboratories have demonstrated that this gentle touch noticeably improves well-being and emotional balance.

FACE & BODY

60 minutes

Fusion Face & Body Treatment

COMPLETE – A personalised facial combined with a soothing neck, back, and shoulder massage to restore harmony between face, body, and mind. While the face mask works its magic, choose between a relaxing scalp massage or a revitalising foot massage to ground and re-energise.

A minimum of 72-hour notice is required when booking these treatments and they are subject to availability. An optional 10% service charge is added to all spa treatments, 100% of this charge is paid to spa and hotel staff.



Hand & FEET

HAND

60 minutes

Mii Luxury Manicure

This luxury manicure includes exfoliation, a nourishing mask, relaxing massage, and cuticle care, followed by thermal heated mittens to enhance the absorption of oils and creams. Nails are expertly shaped and treated with a prescriptive basecoat before being finished with a perfect polish.

FEET

60 minutes

Mii Luxury Pedicure

This luxury pedicure includes exfoliation, a nourishing mask, removal of hard skin, and a soothing foot and leg massage. Thermal heated booties enhance the absorption of oils and creams, while your cuticles are carefully groomed, and toenails are expertly shaped and beautifully polished.

HAND & FEET

15 minutes

Gel Polish Enhancement

A gel manicure enhancement involves applying a special gel polish that is cured under UV or LED light, creating a durable, long-lasting finish. Resulting in glossy, chip-resistant nails that can last up to two weeks without fading or peeling.

An additional 15 minutes booking time is required for gel removal.



Spa Day PACKAGES

Rejuvenate with our Spa Day Packages

Escape to the Garden Spa by L'Occitane, where a day dedicated to complete relaxation and rejuvenation is waiting just for you. Immerse yourself in nature as you wander through our peaceful gardens, or retreat to the tranquil atmosphere of our spa and relaxation areas for a deeper sense of calm. With full access to our swimming pools, thermal areas, and dedicated relaxation spaces, every moment is designed to promote your wellbeing and bring you closer to inner peace.

Our rejuvenating packages are curated with the finest L'Occitane treatments, offering a blend of indulgent therapies that will leave your body renewed. Whether you're looking for a soothing facial, a revitalising massage, or a full-body treatment, expect to be pampered from head to toe.

To complement your spa experience, enjoy a delicious two-course light lunch in The Pantry, where fresh, seasonal ingredients are served in a warm and welcoming atmosphere. Whether you're treating yourself to a day of solo relaxation or sharing the experience with someone special, our packages provide the perfect escape to recharge and refresh both mind and body.

*Scan the QR code for further details
of our indulgent Spa Day Packages*



Spa ETIQUETTE

GENERAL

The Garden Spa reserves the right to alter your treatment times on the day if necessary. We endeavour to inform you of any changes prior to your arrival.

Please note that all treatment times include completion of a health questionnaire and your chosen treatment.

We kindly request that mobile phones are kept on silent or switched off in the Spa relaxation areas.

No photography is permitted in the changing and rooms or poolside.

The Garden Spa will not be liable for damage, injury, or consequential loss, however caused to our customers. Their property and belongings, unless its solely due to the negligence of the Company, its employees, or agents.

Offers cannot be used in conjunction with one another and are subject to availability.

ADVANCED BOOKING

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

CANCELLATION POLICY

Cancellations must be made no later than 48 hours prior to appointment. If your appointment has to be cancelled or amended within 48 hours of arrival, this will incur a full charge.

ARRIVAL TIME

We recommend that you arrive at least 15 minutes before your Spa appointment. This will allow you sufficient time to change and relax. Please note that late arrivals will not receive an extension for their scheduled treatments.

SPA MEDICAL CONSULTATION

At the Garden Spa your health and safety is our number one priority, so if you are currently living with any medical conditions, are currently pregnant, or have any allergens please let us know prior to your arrival. In particular, we request that you draw our attention to any of the following conditions; cardio or respiratory conditions, high and low blood pressure, epilepsy, diabetes, pregnancy, skin conditions, cancer diagnosis, thyroid problems or recent operations. A full consultation will be completed with you before your treatment, but please note that if any contraindications are found we may have to change or cancel your treatment.

USE OF FACILITIES

Please note that the use of our Spa facilities is not included as part of a treatment only booking. This will be an additional charge and will be subject to availability on the day. Please check with the Spa Team prior to arrival if you wish to make use of the facilities.

PREGNANCY

Please note that we do not offer body treatments for women who are 1-12 weeks pregnant. We have specifically designed treatments for expectant women so please allow our Spa Team to guide you in selecting which treatments are most suitable for you. We do not recommend the use of the sauna or steam room. If you need further guidance, please ask any member of the Spa Team.

ALLERGENS

Guests with nut allergies should consult medical advice if they are concerned about the use of L'Occitane cosmetic products.

Spa Days - Some of our food and drinks included in Spa Day packages may contain nuts and other allergens. Please speak to us before placing an order so that we can advise you on your choice. Our kitchens and bars handle all allergens and use shared equipment, so unfortunately, we cannot guarantee to be trace free. Our vegan recipes are prepared with vegan ingredients but these may still contain traces of all allergens.

THE AGE REQUIREMENT

The age requirement is 16 years and over for access to Spa treatments. Guests who are 16-17 years old should be accompanied by a person aged over 18 years.

SERVICE CHARGE

An optional 10% service charge is added to all spa treatments, unless part of a Spa Day or Spa Break package, 100% of this charge is paid to Spa and Hotel Staff.

Spa PRICING

All our treatment and package pricing can be found on our website.
Scan the QR to book, for further detail or to book your experience.



Treatment PRICING

HOTEL SIGNATURES	DURATION	MON - THU	FRI - SUN
<i>Fusion Face & Body Treatment*</i>	60 minutes	£140	£150
	90 minutes	£175	£185
<i>Hot Stone Massage</i>	60 minutes	£145	£155
	90 minutes	£180	£190
FACIALS			
<i>Immortelle Divine Secret</i>	90 minutes	£175	£185
<i>Divine Harmony Longevity</i>	90 minutes	£175	£185
<i>Reset, Face & Eyes</i>	60 minutes	£140	£150
<i>Source Reotier</i>	60 minutes	£140	£150
<i>Shea Nourishing Comfort*</i>	60 minutes	£140	£150
MASSAGES			
<i>Sleep & Reset Massage</i>	90 minutes	£175	£185
<i>Deep Tissue Intense Relief</i>	60 minutes	£145	£155
	90 minutes	£180	£190
<i>Hot Stone Massage</i>	60 minutes	£145	£155
	90 minutes	£180	£190
<i>Relaxing Aromachology Massage*</i>	60 minutes	£140	£150
	90 minutes	£175	£185
<i>Mind & Scalp</i>	60 minutes	£140	£150
<i>Almond Detoxifying Balance</i>	60 minutes	£140	£150
<i>Blissful Cocoon For Mum-to-be</i>	60 minutes	£140	£150
SCRUB & WRAP			
<i>Shea Nourishing Scrub & Wrap</i>	60 minutes	£140	£150
NAIL TREATMENTS			
<i>Mii Luxury Manicure</i>	60 minutes	£65	£75
<i>Mii Luxury Pedicure</i>	60 minutes	£65	£75
<i>Gel Polish Enhancement</i>	15 minutes	£10	£10
<i>Gel Polish Removal</i>	15 minutes	£10	£10

*These treatments are also available as part of our collaboration with Amethyst Trust.

Pricing may be subject to change. An optional 10% service charge is added to all spa treatments, 100% of this charge is paid to spa and hotel staff.

Scan the QR code for further details or to book your treatments.





GIFTING

All our treatments, spa day's and packages are available as gift vouchers. Give the gift of indulgence by scanning the QR code.

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THEBATHPRIORY



BROWNSWORDHOTELS

BROWNSWORD HOTELS