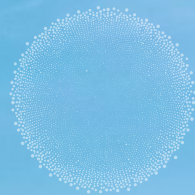


source spa

treatment menu





BLISSFUL REJUVENATION

inside and out



Inspired by the natural playground of Saunton Sands, Source Spa encapsulates peace and wellness.

Spanning three levels, Source Spa has established a new benchmark for soulful and physical wellbeing in the South West. The oceanfront spa harnesses the power of nature to soothe, invigorate and nourish body and mind.

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FACIALS / Purify and illuminate

GOLD RUSH

Uplift skin and reduce wrinkles with this luxurious Champagne, pearl powder and caviar facial which harnesses the power of botanicals. Experience includes a gold mask to provide a youthful glow.



ILLUMINATED YOU

This illuminating facial will leave skin feeling nourished and radiant. Alpine plant infusions, restorative rose and rice bran (known for its deeply hydrating and anti-ageing properties) make it perfect for all skin types.



GREEK GOD AEGEAN CHARCOAL

This revitalising deep cleanse and exfoliation stimulates and removes dry skin. The treatment encourages lymphatic drainage around the nose, removing built-up toxins and stimulating blood flow, making it helpful for those who have sinus congestion.

	Weekday	Weekend
60 mins	£100	£110
60 mins	£90	£100
30 mins	£60	£70
60 mins	£90	£100

Add Déesse LED light therapy mask to any facial for £30. See page 9.





FACIALS / Purify and illuminate

BESPOKE SOURCE FACIAL

Our tailored facial will bring you back to the best version of yourself. With invigorating scents and soothing botanicals, our 100% natural Source facial products are both revitalising and soothing.

DEEP CLEANSING PURITY RITUAL IS CLINICAL

Ideal for acne-prone skin, this iS Clinical facial will reveal 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

Get your glow back with this iS Clinical facial which 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 concerns of chemotherapy and radiation treatments.

	Weekday	Weekend
30 mins	£60	£70
60 mins	£85	£95
40 mins	£90	£100
40 mins	£90	£100

Add Déesse LED light therapy mask to any facial for £30. See page 9.



FACIALS / Purify and illuminate

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.

	Weekday	Weekend
40 mins	£120	£130
40 mins	£90	£100

Add Déesse LED light therapy mask to any facial for £30. See page 9.



FACIALS / LED light therapy mask

Treatment

LED LIGHT THERAPY MASK

Amazing used on its own yet more potent when combined with one of our facials, this is a feelgood, quick skin solution. Safe, low-level light therapy exposes skin to four wavelengths of light to improve common problematic skin conditions and achieve naturally vibrant skin.

Duration

20 mins
Booking time
30 mins

Weekday

£40

Weekend

£50

Visible results

- Increases collagen production and elastin to improve elasticity
- Helps reduce fine lines
- Improves skin texture, clarity and tone
- Increases natural hydration
- Revitalises complexion and restores skin's radiance
- Tackles enlarged pores
- Soothes and eases flaky patches
- Helps regulate natural oil production
- Helps spot-prone skin
- Reduces production of melanin
- Lightens and reduces existing pigmentation
- Neutralises, balances and calms skin
- Improves flushed red tone
- Eases skin irritation

Add Déesse LED light therapy mask to any facial for £30.



Purifying



Brightening



Calming



Post injectable



Anti-Ageing



Anti-Ageing express



SOURCE SIGNATURE MESSAGES

BAMBOO MASSAGE

Deep-tissue full-body massage – Guaranteed to relax tight muscles and aid stress relief, in this intensely deep massage bamboo canes are rolled over the neck, shoulders, lower back, legs and arms to lengthen tired, aching muscles and increase blood flow.



HOT STONE MASSAGE

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

SWEDISH MASSAGE

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

	Weekday	Weekend
30 mins	£65	£75
60 mins	£110	£120
60 mins	£110	£120
90 mins	£130	£140
30 mins Back, neck and shoulder	£60	£70
60 mins Full body	£90	£100

AROMATHERAPY MASSAGE

ULTIMATE SENSE OF SELF

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



90 mins

Weekday

£130

Weekend

£140

CHANCE TO DREAM

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

60 mins

£100

£110

HEAD IN THE CLOUDS

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

30 mins

£65

£75

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 to aid tanning.

60 mins

Weekday

£110

Weekend

£120

SOLE ENERGISER BODY SCRUB

This treatment soothes chapped and cracked heels via seasonal fruit and spice aromas. A leg and foot massage will leave you feeling relaxed and revitalised. It's the perfect treatment for getting feet sandal or party ready.

30 mins

£65

£75

SUPER YOU BODY SCRUB

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



45 mins

£80

£100



WELLNESS / Balance and calm

CHAKRA CALM

Neck, face, scalp, hand + 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 screentime, this massage pinpoints any tensions in the head, neck and shoulders to alleviate tension.

SOUL TO SOLE

Reflexology – This unique massage 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	£80	£90
60 mins	£110	£120
30 mins	£65	£75
75 mins	£110	£120

Perfect during pregnancy – All our Wellness treatments are safe for use in pregnancy.



MADE FOR MUM / Nurture and unwind



During pregnancy, your body is working double time. Our prenatal therapeutic treatments focus on the mother-to-be as the body goes through pregnancy changes. Our specially formulated treatments will enhance the function of muscle and joints, hydrate and nourish the skin while promoting relaxation.

Perfect during pregnancy

Pregnancy treatments are suitable for use during weeks 14-37. We don't offer any body treatments for women in weeks 1-13, although we can provide relaxing facial treatments.

NEW BEGINNINGS

Full body aromatherapy exfoliation + 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.

75 mins £100

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.

75 mins £105

TIRED LEGS & HEAD SOOTHER

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

30 mins £55

BEAUTY TREATMENTS (*24-hour patch test is required for eyelash/brow tint)

Eyebrow reshape or wax	£20
Eyelash tint*	£25
Eyebrow tint*	£15
Eyebrow tint with reshape/wax*	£30
Lip or chin wax	£15

SPA PRODUCTS



We curate products which complement our holistic and cosmeceutical treatments, and are created with authentic beauty and wellness in mind.

Many of the products are available to purchase at Spa Reception and make a wonderful treat or special gift.



source spa *collection*

100% NATURALLY DERIVED, CRUELTY FREE, HOLISTIC TREATMENTS

The holistic products in Source Spa Collection are made of natural botanicals such as herbs, plants and flowers, resulting in luxurious oils, balms and creams which are kind to the skin. None of the products are tested on animals or contain parabens, SLS, MI, MCI or micro-beads.

Recreate the Source experience at home with our line of diffusers, candles and oils. For optimum self-care and long-lasting results, use Source hand and body washes, lotions and scrubs as part of your daily ritual.



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

This brand provides clinical skincare products, for which it's hailed as a pioneer in the field. 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.

SAUNTON SANDS

HOTEL & SOURCE SPA

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