

THE FOREST SPA TREATMENT MENU

Treatments are available 12PM -5PM on Saturdays.

BODY MASSAGE

Full Body – 60 mins £95.00

Allow yourself a moment of serenity with this deeply relaxing massage tailored entirely to your needs, leaving you feeling grounded and calm. Allow your senses to be soothed, your muscles warmed and your body relaxed.

DEEP TISSUE BODY MASSAGE

60 mins - £95.00

This bespoke treatment is carefully created to treat muscle tension and relieve any aches or pains by using long deep strokes across the muscles and tissues.

BACK, NECK, SHOULDER & SCALP MASSAGE

60 mins - £95.00

This bespoke treatment is carefully created to treat the upper body, focusing specifically on your back, neck, shoulders and scalp. With soothing strokes, tailored to your body's needs, it helps to support posture, improve scalp circulation, relax tired muscles and relieve stress in the body & mind.

WEARY LEGS & FEET MASSAGE

30 Mins £45

After a long hard trek along the beautiful Malvern hills your feet deserve to a bit of pampering. A 30 minute treatment that focuses on the feet, up through the ankles and into the legs to aid with circulation, inflammation & grounding your body to help recuperate those weary limbs.