

Treatment list

The Star

FACE

Whole Being Facial

A nourishing facial massage that includes the neck, head, hand & arms. Using advanced massage techniques alongside local, organic skincare products. This treatment involves a double cleanse, light lymph work, soothing mineral mask, This treatment leaves your skin replenished and spirits lifted.

60 minutes / £80

Amly Reawaken Facial Ritual

A luxurious facial experience using the exceptional Amly Botanicals Ritual Range products. This treatment incorporates a double cleanse, facial massage, Gui Spa and hydra mask. This treatment is a gentle but powerful and will leave your skin visibly lifted and hydrated.

60 Minutes / £95

FACE & BODY

Best of Both – facial and massage

This treatment offers the best of both a holistic facial and upper body massage.

60 Minutes / £80

90 Minutes / £110

The Express Star

Perfect as a standalone treatment or an add-on. Choose from

Back Massage (30 minutes)

Express Facial (30 minutes)

30 minutes / £65

BODY

Holistic Whole Body Massage

A deeply relaxing and nurturing full body holistic massage. Using organic oils and balms. This treatment leaves you feeling nourished inside and out.

60 Minutes / £80

The Star Bespoke

A nurturing full-body treatment tailored to your individual needs. Suitable for pregnancy and for those undergoing or recovering from cancer treatment.

60 minutes / £110

South Downs Deep Tissue

A targeted massage designed to release deep-seated tension and muscular stress.

45 minutes / £75

Reflexology

A deeply relaxing and therapeutic treatment that works on reflex points in the feet to support overall wellbeing. Suitable for pregnancy and cancer care.

60 minutes / £90

ACUPUNCTURE

Acupuncture appointments are available on Monday afternoons with Aleksandra Rebic. Please enquire for details, by calling the hotel.

The Star Alfriston

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