



Hotel Tresanton

Treatments

Aromatherapy massage

60 min | £95

A massage using essential oils extracted from plants that possess distinctive therapeutic properties that can help improve both physical and emotional wellbeing. The blend chosen for you after a detailed consultation can either be used in a holistic treatment or a more focused massage dependent upon your needs.

The Essential Experience

120 min | £145

A one-off indulgent Aromatherapy treatment with time spent experiencing a variety of essential oils in order to find your favourite three. The mind is very intuitive and will help choose oils that will benefit you either physically and emotionally. Your own personal blend will be used in an aromatherapy massage and an extra bottle will be given as a keepsake to take home to help transport your back to your massage experience.

Hot Stones Massage

120 min | £150 or 90 min | £135

Indulge and be swept away with total luxury in mind. This is medicine for your body, mind and soul, culminating in a sense of deep relaxation. Combined with Swedish massage, allow your body to absorb the soothing heat from the stones as they are used to massage the body, enhancing circulation and relaxing tight muscles. The smooth basalt stones are gently heated in a water tank to the precise temperature range. This treatment can include a mini facial within the allocated time, please specify at time of booking.

Top 2 Toe

2hrs | £135

This treatment will leave you feeling pampered from 'Top 2 Toe', the treatment comprises a rejuvenating facial, a 45 min back, neck and shoulder massage, and the choice of either a manicure or pedicure.

Skinlight

60 mins | £85

Nature's purest botanicals are amplified by intelligent light, enhancing absorption and results. A gentle cleanse and exfoliation refine the skin, followed by the cool touch of Amethyst Gua Sha to boost circulation and lymphatic flow. A soothing facial massage eases tension, softens contours, and calms the nervous system, preparing the skin to fully receive light therapy. The ritual ends with a mist of Eau de Philae, leaving you luminous, centred, and renewed.

Reflexology

60 min | £90

Reflexology is a therapy that highlights imbalances in different parts of the body. Techniques used on the feet in Reflexology can break down these blockages and help cleanse the body by flushing out toxins. Reflexology is a powerful antidote to stress, neutralising and even preventing its effects. A holistic treatment to relieve a variety of symptoms experienced from many conditions and boosts internal systems of the body to help maintain health.

Luxury Manicure or Pedicure

60 min | from £60

Bring your hands and feet to life with our relaxing and rejuvenating luxury manicures and pedicures. These include a soak in a mineral salts bath, exfoliation to remove dry skin, a deeply nourishing mask is then applied followed by a soothing massage before finishing with a file and polish. Upgrade to a shellac polish for an additional £10.

Treatments

Lightline

60 min | £90

A calming back-of-body massage designed to release tension, quiet the mind, and invite deep rest. Inspired by the soft radiance of moonlight, this serene ritual evokes a sense of lightness, ease, and flow – soothing the nervous system and guiding the body into a dreamlike state of peaceful surrender. Gentle herbal oils are applied in long, fluid strokes across the back, legs, and feet – interwoven with subtle stretches and delicate pressure to soften muscles and create a spacious, luminous calm. With its meditative rhythm and weightless touch, Lightline offers a moment of stillness and clarity – a quiet restoration illuminated by the tranquil spirit of moonlight.

Lightflow

90 min | £125

A deeply restorative full-body ritual inspired by breath, heartbeat, and the natural ebb and flow of energy. This immersive treatment soothes the nervous system and reconnects body and spirit, guiding you gently back to your own inner rhythm. The ritual begins with grounding and chakra alignment along the spine to awaken flow and balance. Warm basalt stones melt tension in the back, followed by rhythmic massage using aromatic oils across the back, legs, and feet. Flowing strokes, intuitive pressure, and therapeutic kneading restore circulation and release fatigue. The front of the legs are massaged to support energy flow, while reflex zones are gently activated to dissolve blockages and renew vitality. A facial massage using lymphatic drainage, acupressure, and ritual touch brings radiance, followed by a soothing scalp massage and cocooning hot towel wrap to seal in deep relaxation. Lightflow is a return to stillness, rhythm, and radiant wellbeing.

Swedish/Holistic Massage

60 min | £90 or 90 min | £120

Traditional massage techniques used to treat stress and tension in the muscles and joints of the body. Back, neck shoulders, legs, tummy, arms and face can be worked with these techniques but we can also dedicate more time on areas where more attention is required. Two time periods are available dependent on your needs and number of areas that need a more focused treatment

Deep tissue Massage

60 min | £100 or 90 min | £140

A deeper massage with precision work on major muscle groups to relax overworked fibres by using forearm work to ease muscle and joint pain, complemented by long strokes and stretches to release tightness.

To book please call 01326 270055.

Payment Details

The payment card provided will be charged on the day of your treatment and a receipt provided by email. If you are resident at the hotel this charge will be added to your room account for settlement on departure.

Cancellation Policy

Please note that our therapists are freelance contractors and they have secured this time exclusively for the purpose of providing your treatment at Hotel Tresanton. With this in mind we would like to highlight that all treatments must be cancelled a minimum of 48 hours prior to the reserved time to avoid being charged the cost in full.