SAKURA

SPA

WELCOME

Sakura Spa is a space shaped by calm. Slow, gentle and deeply restorative. Whether you're sharing time with friends and loved ones or seeking a tranquil solo escape, every detail is designed to help you breathe, unwind and simply be.

Our spa days and stays invite you to slow down and reconnect with yourself in harmony with nature.

Your visit includes access to our Tranquillity Lounge, a peaceful sanctuary dedicated to quiet contemplation, Koyo, where locally sourced dishes have been created by our head chef to complement your wellness journey and the Woodland Spa Garden where you can immerse yourself in the soothing waters of the vitality pool, drift between the traditional Finnish sauna, herbal sauna and salt steam room, each nestled in their own garden hideaway with adjoining snug and invigorate in the cold plunge or one of our garden showers.

Our carefully chosen partners share our commitment to wellbeing, nature and meaningful care.

Bamford

Our partnership with Bamford offers a selection of curated face and body treatments. Bamford has built its reputation on working in harmony with nature, crafting organic products and spa rituals rooted in mindful living.

Each treatment reflects their ethos of wellness for body and mind, blending ancient techniques with the latest developments in wellness. Body products are made with organic, ethically crafted ingredients, reflecting the brand's dedication to being mindful of their footprint on the earth. Our approach with Bamford will invite balance and holistic wellbeing, creating a sanctuary where guests can truly reconnect.

Elemis

Elemis introduces a collection of high-performance facials shaped by decades of spa expertise and innovation. Founded in London, Elemis is renowned for its unique fusion of natural botanicals, marine actives and scientific formulation.

Our Elemis facials are designed to deliver both immediate results and long-term skin health. Each experience blends expert touch, transformative textures and clinically tested products to support the skin's natural function while offering a deeply relaxing ritual. With a heritage rooted in hands-on therapy and advanced skincare, Elemis treatments bring together efficacy, indulgence and modern spa luxury, creating an experience that is as effective as it is restorative.

SPA DAYS

Available daily between 9.00am – 6.00pm, allowing ample time to relax, restore and enjoy the facilities.

Timeless Tranquillity Spa Day — From £230

- Full Day Woodland Spa Garden Experience
- Choice of one 90-minute treatment:
  - Bamford B Well Ritual
  - Sakura Signature Head Spa Ritual
  - Sakura Signature Duo (Back, Neck & Shoulder Massage and Facial)
- 2 course lunch in Koyo
- Gift of Sakura Spa Luxury Tote & Flip Flops

Sakura Spa Day — From £185

- Full Day Woodland Spa Garden Experience
- Choice of one 60-minute treatment:
  - Elemis Expert™ Touch Facial
  - Sakura Renewal Head Spa Experience
  - Sakura Signature Duo (Back, Neck & Shoulder Massage and Facial)
  - Touch-Free Welnamis Lounger Experience
- 2 course lunch in Koyo

The Woodland Escape Spa Day — From £140

- Full Day Woodland Spa Garden Experience
- 30-minute Touch-Free Welnamis Lounger Experience
- 2 course lunch in Koyo

SEASONAL SPA DAYS

Visit our website for information on our seasonal spa days

SPA VISITS

A calm escape for busy lives. Unwind with our thoughtfully designed 4-hour spa sessions.

Simply Spa — From £60

- 4-hour Woodland Spa Garden Experience

Choose a morning, afternoon or evening session. No frills, just simple time out.

Sunrise Retreat (8am – 12pm) — From £110

- Woodland Spa Garden Experience
- Choice of one 30-minute taster treatment:
  - Back, Neck & Shoulder Massage
  - Elemis Expert™ Touch Facial
  - Sakura Head Spa Discovery
  - Touch-Free Welnamis Lounger Experience
- Breakfast Platter in Koyo

Afternoon Retreat (12pm – 4pm) — From £125

- Woodland Spa Garden Experience
- Choice of one 30-minute taster treatment:
  - Back, Neck & Shoulder Massage
  - Elemis Expert™ Touch Facial
  - Sakura Head Spa Discovery
  - Touch-Free Welnamis Lounger Experience
- 2 course meal in Koyo

Twilight Retreat (4pm – 8pm) — From £125

- Woodland Spa Garden Experience
- Choice of one 30-minute taster treatment:
  - Back, Neck & Shoulder Massage
  - Elemis Expert™ Touch Facial
  - Sakura Head Spa Discovery
  - Touch-Free Welnamis Lounger Experience
- 2 course meal in Koyo

B Origin - The Signature | 120 minutes **| £175**

This fully immersive treatment starts with a foot bathing ritual, drawing toxins from the body and reducing inflammation. Shiatsu massage opens the body's meridians to unblock energy channels, Swedish massage targets areas of concern and releases specific points of tension and a heated chakra stone delivers a gentle abdominal massage to improve gut health. A face and Indian head massage calms the mind and increases circulation to improve scalp and hair condition. The treatment finishes with assisted yogic breathing to oxygenate and invigorate the mind and body.

B Well Rituals | 90 minutes **| £130**

B Silent

Chronic stress is one of the main causes of depleted serotonin and can affect our ability to sleep well. This treatment is devoted to relaxing your body and preparing it for sound, restful sleep. Deep relaxation with a foot bathing ritual. Followed by a Japanese Shiatsu rocking techniques and therapeutic back massage with our B silent body oil. A sequence series of assisted stretches designed to release stress, loosen tight hips, unlock the lower back and gently rotate spine. Massage on the neck and chest will aim to release any stress or tension. Finally, the B silent organic temple balm massage is applied to the forehead to complete the treatment with Indian head massage that will encourage a peaceful sleep.

B Vibrant

A revitalising experience to energise the body, awaken the senses and increase positivity. A refreshing foot bathing ritual followed by sound therapy, work to rebalance the energy channels. Gentle exfoliation, using a warm botanic sugar polish, rejuvenates the skin and increases circulation. Stimulating marma point, full body and Indian head massage using cool, clarifying Citrine crystals, combined with soothing breathwork, to focus the mind and leave the body relaxed yet invigorated.

B Balanced

Our full-body treatment is designed to alleviate symptoms brought on by hormonal changes and long-term illnesses. Whether your mind, body or energy field feels off balance, this treatment is dedicated entirely to nurturing your well-being and bringing you back to balance so, for its entirety, you feel calm, comforted and cared for. The treatment begins with calming breathwork exercises which your therapist will guide you through. Bamboo tapping is used to improve circulation, while gua sha massage and cooling gel application release excess heat from the body. Two meridians are targeted to clear heat, reduce water retention, and restore energy. As the treatment ends, with a firming face massage, you can expect to feel rested, rebalanced and more like yourself again.

B Strong

This deep tissue massage uses a combination of shiatsu and traditional techniques to work with the deep layers of muscle tissue and treat acute tension and injuries from overuse. Adhesions in the muscles can cause pain, inflammation, and restriction of movement so this massage works to increase blood flow, realign the different layers of tissue, relax tight muscles and encourage them to strengthen and heal.

SPA TREATMENTS – MASSAGE & WELLNESS

MASSAGE

B Designed - The Massage | 60 minutes | £95

Reconnect body and mind with a bespoke massage, designed just for you.

Beautifully simple yet deeply effective using your preferred Bamford organic body oil, this 60-minute massage focuses on easing muscular tension, improving circulation, and calming the nervous system through slow, flowing movements tailored to your individual needs.

B Restored - Massage | 60 minutes | £95

A calming and restorative treatment full adapted for guests living with cancer. Following a thorough consultation, your therapist will tailor the experience to your individual needs, creating a nurturing treatment that promotes relaxation, comfort and overall wellbeing. Gentle, mindful techniques are used throughout to provide a sense of ease and restoration for both body and mind.

B Cradled - Pregnancy Massage | 60 minutes | £95

Reconnect body and mind, designed just for you and your baby.

Designed to provide a peaceful and gently uplifting experience for mums-to-be in their second or third trimester, this full body massage uses gentle unscented oils and specifically targets backache, tension and tired legs.

TOUCH-FREE WELLNESS EXPERIENCE

Welnamis Lounger Experience

30 minutes | **£30**
60 minutes | **£45**

Press Pause & Unwind Your Mind

Combining mindfulness, meditation and immersive sound therapy, Welnamis uses gentle sound waves, binaural tones and soothing vibrations to create a unique anti-stress experience. Each session promotes full-body relaxation in just 30 or 60 minutes.

Benefits of Welnamis

- Reduces stress and anxiety
- Relieves muscle tension and fatigue
- Supports better sleep quality
- Enhances mood and emotional wellbeing
- Leaves you refreshed and re-energised

Expert™ Touch Renew | 1 hour **| £95**

Hydrate, Lift & Firm

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with Elemis's clinically proven formulas and skin-lifting massage techniques. After just one treatment your complexion will look supremely hydrated, lifted and firm.

Expert™ Touch Reveal | 1 hour **| £95**

Resurface, Smooth & Glow

Powered by a patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

Expert™ Touch Nourish | 1 hour **| £95**

Cleanse, Rebalance & Revive

Boost skin radiance with this triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

Expert™ Touch Nut-Free | 1 hour **| £95**

Rebalance, Strengthen & Glow

A luxurious nut-free facial using expert massage and intelligent skincare to rebalance, strengthen and nourish. Ideal for sensitive or allergy-prone skin, leaving the complexion refreshed, revitalised and naturally glowing.

Expert™ Touch Define | 80 minutes **| £125**

Energise, Rejuvenate & Sculpt

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.

Expert™ Tech Lift & Rejuvenate | 1 hour **| £105**

Renew, Plump & Tone

Restore your skin's vitality with targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen Infusion to plump. Skin will appear renewed, toned and lifted.

Expert™ Tech Smooth & Polish | 1 hour **| £105**

Reset, Resurface & Brighten

Reset uneven skin tone and texture with an Ultrasonic Peel to refine, LED Light to re-energise and Galvanic technology to nourish, revealing bright, polished and smooth skin.

Expert™ Tech Radiance & Revive | 1 hour **| £105**

Rebalance, Nourish & Glow

Revive tired skin with our advanced Ultrasonic Peel, teamed with Oxygen Infusion to plump and Galvanic technology to nourish, leaving your skin rebalanced, nourished and radiant.

Expert™ Tech Nut-Free | 1 hour | **£105**

Rebalance, Strengthen & Lift

A results-driven nut-free facial combining BIOTEC technology with intelligent skincare to rebalance, strengthen and lift. Delivering visible radiance, improved tone and a revitalised complexion this facial is suitable for sensitive or allergy-prone clients.

Expert™ Tech Sculpt & Firm | 80 minutes **| £135**

Revitalise, Strengthen & Define

The ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 5 BIOTEC technologies for a transformative facial experience like no other. Your complexion will be left revitalised, strengthened and defined.

Sakura Head Spa Discovery | 30 minutes | £50

A gentle introduction to head spa therapy and vagus nerve regulation.

Drift into calm with this express ritual designed to soothe the nervous system and melt away tension. Beginning with guided breathwork followed by lymphatic stimulation, and dry facial brushing, the treatment flows into a warm water halo scalp cleanse. A tailored auricular massage stimulates key vagus nerve points, restoring clarity and balance. Finishing with a conditioning scalp massage, this is the perfect taster for those seeking rapid relaxation and a moment of pure stillness.

Sakura Renewal Head Spa Experience | 1 hour | £95

A transformative head spa experience for deep calm, clarity, and parasympathetic reset.

This immersive 60-minute ritual blends traditional head spa techniques with advanced vagus nerve stimulation to harmonise the mind and body. Following grounding breathwork and a stimulating lymphatic drainage massage, the scalp is treated to a warm water halo cleanse and gentle exfoliation. Kobido style massage techniques to rejuvenate and lift. A tailored face, neck, and auricular massage stimulates key vagus nerve points, restoring clarity and balance, before a final conditioning scalp massage completes the journey. Expect improved mental clarity, deep relaxation, and a profound sense of emotional balance.

Sakura Signature Head Spa Ritual | 90 minutes | £130

The ultimate vagus nerve regulation treatment featuring head spa, steam therapy and deeply relaxing back massage.

This luxurious 90-minute signature experience is designed to bring the entire nervous system into deep harmony. Your journey begins with grounding breathwork, stimulating lymphatic drainage and dry facial brushing. Enjoy a gentle halo scalp cleanse and scalp exfoliation before Kobido style lifting facial techniques and a vagus nerve stimulating neck and auricular massage and guided breathwork. A conditioning hair mask and steam is introduced whilst you enjoy a deeply relaxing back massage before waterfall rinse and restorative scalp massage complete the ritual, leaving the mind quiet, the breath unhurried, and the body relaxed.

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