

SPA & TREATMENT EXPERIENCES

Treatments at Ladyburn offer an additional layer of rest, restoration, and personal care within your retreat — allowing guests to deepen their experience in a way that feels individual and unhurried. Sessions can be booked alongside your programme, creating space for both structured work and personal time.

Massage & Bodywork

- Swedish and deep tissue massage
- Aromatherapy massage using bespoke essential oil blends
- Back, neck and shoulder treatments
- Lymphatic drainage massage

Facial Treatments

- Express facial massage
- Luxury facial treatments

Holistic Therapies

- Reflexology
- Reiki and energy-based treatments
- Head, neck, and scalp rituals

Signature Experience

- *Ladyburn Signature Botanical Ritual*
- A bespoke, multi-layered treatment combining massage, facial, and scalp work — designed to leave guests grounded, restored, and deeply relaxed.

Treatments are typically booked individually by guests, with flexible durations ranging from 30 to 120 minutes.

A full treatment menu and pricing can be provided on request.

