



## Indulge & Relax

### With Purbeck Retreats

Purbeck Retreats is a bespoke spa treatment company direct to your accommodation. We also offer group treatments.

Therapies from around the World focusing on pampering & relaxation.

Natural, Organic products & ancient techniques, East meets West with our selection of treatments.

Our concept is to offer treatments you would find in health spas, at the same quality. Relax in luxury in your own sanctuary.

#### Spa Treatments include:

##### Relaxation Massage

A deep full body massage tailored to your needs, organic peach kernel oil is massaged into the skin to nourish & protect. Thai, Swedish & acupressure techniques are incorporated within your massage.

Firm, medium or light pressure, your choice.  
£65 1hr

##### Deep tissue Massage

A deep yet relaxing massage ideal for clients who have a lot of tension in their muscles due to exercise or everyday life. Deep techniques and gentle stretching will melt away any tension leaving your body feeling rejuvenated. £65 1hr

##### Luxury Facial

Your skin will feel nourished & revitalized. Organic natural skincare combined with elements of nature. A deep cleanse, exfoliation, mask & moisturise. A toning & rejuvenating acupressure face massage, soothing scalp massage and relaxing neck/shoulder massage is part of this wonderful treatment.

£60 1hr - Add a 20 min back massage or Thai foot massage for £20

##### Ayurvedic Rejuvenating Face Massage

Eastern techniques tone, detoxify and soothe tension in the facial muscles, a choice of natural anti aging organic pure avocado, evening primrose oil or rosehip oil. A relaxing yet revitalizing treatment. Includes a scalp massage. £45 40 mins  
Add a 20 mins back massage or Thai foot massage for £20

##### Aroma Massage

Experience a relaxing massage or detoxifying massage with specific pre blended organic oils tailored to your treatment. Thai, Swedish & acupressure techniques are incorporated within your massage. Includes a relaxing scalp massage.

£70 1hr 15mins

##### Anti Stress Massage

Recommended for anyone holding back, neck & shoulder tension. Organic oils, a deep strong massage incorporating Swedish & Thai techniques.

£50 40mins - Add a 20mins Thai foot massage with this treatment for £20

##### Ancient Stone Massage

Heat is wonderfully relaxing & healing to the body. Melt the stresses & strains away with this ancient stone massage using warm volcanic stones. Ease muscle tension and soothe the mind.

Face & Body 1hr 30mins £90

Body 1hr £70

##### Thai Foot Massage

A holistic experience, stimulates the organs, combines yoga, Chinese massage & reflexology. Working on the toes, ankles, lower legs & knees. A deep & relaxing treatment. Ideal after a walk in the countryside.

£60 1hr - Add a 20mins back massage with this treatment for £20.

##### Indulgent Face & Body Treatment

Enjoy a relaxing full body massage tailor made to your needs combined with a revitalising facial to feel totally refreshed. Organic natural skincare combined with elements of nature, deep cleanse, exfoliate, acupressure and a soothing scalp massage.

£110 1hr 30mins

All treatments include use of luxury robe & slippers while having a treatment, along with a complimentary spa music & a organic herbal tea to enjoy afterwards.

To book please contact Charlotte @ Purbeck Retreats:  
Tel/Text: 07939 821 901

Email: [purbeckretreats@gmail.com](mailto:purbeckretreats@gmail.com)

To avoid disappointment please book in advance, a deposit maybe required and a small travel fee.

**Gift Vouchers** are available, beautifully wrapped. Treat a friend , family or colleague.