



COMBE GROVE

WELLBEING TREATMENT MENU

Preview only, launch date to be confirmed.

Combe Grove's Wellbeing Clinic aims to achieve a happy balance of integrated holistic wellness for every guest. We strive to provide you with a wellness journey that helps you to slow down, giving you space to breathe. We treat the whole- mind, body and spirit- by integrating ancient healing wisdom with the best of modern science.

Our therapists are passionate and highly skilled to adjust each treatment to your needs and preferences- from pressure to music and aromas.

We use pure, organic products from the South West of England with selected medicinal herbs and aromas to support the therapeutic benefits of your treatment. We invite you to slow down, give yourself space to breathe and enjoy the gift of receiving.



MADE FOR LIFE
FOUNDATION

Registered Charity 1138846

SPACE TO BREATHE



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ELEMENTAL RELAXATION

60 MINS £75.00 / 90 MINS £110.00

A deeply relaxing massage therapy using the 5 elements earth, water, fire, wind and ether. The 5 elements represent the fundamental building blocks used in constant regeneration we call life.

Using wild harvested, dried sage from our land, a smudging ritual (air) helps you enter a deeper dimension of inner harmony. Hot stones bring the heat (earth, fire) into the treatment experience, promoting detoxification, leaving your mind, body and spirit feeling serene and tranquil. Long, full effleurage strokes move the lymphatic and circulatory system (water). A gentle sound breeze using windchimes (ether) finalises this deeply nurturing treatment.

SENSORY MIND BODY SPIRIT JOURNEY

60 MINS £75.00 / 90 MINS £110.00

An unforgettable mind, body spirit experience. This treatment starts with a gentle breeze of our therapeutic wind chimes and deep diaphragmatic breathing. Working with your Vagus Nerve (a circuit that link the neck, heart, lungs and abdomen to the brain) this treatment creates a full body/ mind connection and a deep release of mental and physical tension.

You will receive a restoring back massage which combined with gently energy work on your abdomen leaves you with a sense of ease and releases physical and emotional tension. Reflex point treatment on your feet and a nurturing face massage further add to the feeling of deep inner peace.

All products are plant based and organic, using essential oils for maximum therapeutic mind, body and spirit benefits.

MINDFUL MOMENTS

60 MINS £70.00 / 90 MINS £100.00

Developed to promote inner peace and to return your body and mind to a state of harmony, this treatment works as a counterbalance to a busy lifestyle and active mind. The treatment's journey starts with a calming sound bath using the Tibetan Singing Bowl, which is followed by a foot ritual, scalp treatment and a firm, meaningful shoulder and back massage.

DEEP TISSUE ENERGIZER

60 MINS £70.00 / 90 MINS £100.00

A therapeutic relaxation to alleviate stress and release the discomfort of aching muscles. This treatment is finalised using 100% organic plant-based muscle balm which deeply penetrates your skin, keeping your muscles relaxed for longer.

UPLIFT FACIAL

60 MINS £70.00 / 90 MINS £100.00

This tension-releasing, uplifting facial is extremely beneficial to release toxins, stimulate circulation and reduce age spots. We use traditional massage techniques from India and Japan which result in glowing, toned skin.

CRYSTAL FACIAL THERAPY

60 MINS £70.00 / 90 MINS £100.00

Using a selection of crystals, this deeply harmonising and renewing facial therapy promotes healing and raises vibrational energy for the brightest and healthiest of faces. To deepen your relaxation, it starts with a cleansing foot ritual. The treatment then uses slow, rhythmical and repetitive massage movements and incorporates Tsubo Point Therapy for the optimal skin glow. This facial polishes and perfects the complexion of your skin using organic, plant based products.