

Treatment Menu

Massages



BACK TO BRILLIANCE™

60 mins: £95

Calming and Grounding Relaxation Massage

Experience a transformation from head to toe with deep relaxation. Feel stress, tension and fatigue melt away and restore your body's nervous system through breathwork, head and body massage, and acupressure work. Increase your energy and boost your immune system.

Couples

60 mins: £190

Same as above, but for 2.

BRAINBODY STRETCH™

60 mins: £95
90 mins: £135

Spicy and Dynamic Stretching Massage

Stressed? Always switched on? An athlete? This one's for you. This is a full body treatment to release built-up muscle tension, which reduces recovery time after intense workouts or simply helps you reset after working 24/7. Deep manual stretching and kneading, traction, and mobilisation helps to improve your range of motion, correct posture and ease pain.

BABY YOUR BELLY™

75 mins: £115
90 mins: £135

Pregnancy Massage

Relax and relieve some of the physical stress of your pregnancy. Designed with you and your baby in mind, start off with an exfoliation, footbath and lymphatic massage to reduce swelling and tension. Followed by cupping on the lower legs and feet eases heavy legs, plus a full body and head massage for the ultimate relaxation.

BACK TO BIRCH

30 mins: £50

Back Massage

Fancy a quickie? This shorter massage treatment focuses on one of the most overused and underappreciated parts of the body; the back. Lie on your front and feel expertly taken care of in this short but sweet back massage treatment, sink into the bed, we'll do the rest.

**BACK TO BIRCH |
PREGNANCY MASSAGE**

30 mins: £50
60 mins: £85

Pregnancy Massage

A therapeutic massage designed to support the wellbeing of both Mother and Baby, while gently releasing aches & pains. Suitable after first trimester.



Face | Scalp | Feet

BRAINBODY HACKER™

60 mins: £85

(*does not include scalp exfoliation)

De-Stressing Headspace Treatment

Strengthen your BrainBody connection with this treatment designed to reconnect your mental and physical health. De-stress and relieve anxiety through a series of breathwork, myofascial release, acupressure, cryotherapy, and eye relaxation exercises. Ease tension headaches, migraines, and disturbed sleep. 60 minute session includes a relaxing scalp exfoliation.

OCEAN POOLS™

60 mins: £85

Foot Retreat

Relieve tension and fatigue from your feet and lower legs. This treatment starts with an exfoliation followed by a foot bath to detoxify and begin relaxation. A lymphatic and myofascial massage then reduces swelling and increases circulation. Finish off with a foot mask while relaxing with a head, neck and shoulder massage.

RESTING BIRCH FACE

45 mins: £70

60 mins: £85

Bespoke Birch Facial

Designed to calm, soothe and deeply cleanse, whilst releasing locked tension from stressed facial muscles. This facial is great for the urban congested and stressed skin and helps boost skin cell metabolism, target inflammation and give intensive hydration. The treatment combines use of gua sha and cryo technology, reducing pore size and sebum production, de-puffing, calming and soothing to offer the best boost of radiance.

GRACIOUS YOU

75 mins: £90

90 mins: £110

The Tides Signature Facial

This therapeutic wellness facial incorporates powerful plant and mineral ingredients with high-touch skin therapy to reduce stress and tension from the scalp and the face and encourages healthy skin functioning. A facial mask is applied - bursting with powerful vitamins, minerals, antioxidants, amino acids and fatty acids - along with a relaxing hand, arm and feet massage completing the treatment.

Something a Little Different

UNCHAIN™

60 mins: £95



Back, Shoulder, Neck Treatment

The ultimate treatment to relieve muscle tightness, stiffness and pain in your back, neck and shoulders. After a stress releasing magnesium massage incorporating trigger points and myofascial techniques, the treatment is finished off with a deeply hydrating, soothing and rejuvenating mask of powerful marine extracts and nourishing botanicals. Relieve back pain and improves spinal health.