

## THE SPA AT BROWN'S

Spring offers

---

### DEEP SLEEP RITUAL

£300 | 120 Minutes

A profoundly calming journey created to promote deep, restorative sleep and total relaxation.

Your experience begins with a soothing foot cleansing ritual, followed by a full-body exfoliation to renew and soften the skin. The treatment continues with a deeply relaxing hot stone massage, designed to calm the nervous system, release accumulated tension, and guide the body into a state of profound rest.

Ideal for restoring energy, supporting recovery from travel or jet lag, and encouraging a more balanced sleep cycle.

---

### UNWIND & GLOW EXPERIENCE

£230 | 90 Minutes

A perfect balance of relaxation and skin renewal.

This experience begins with a 30-minute back, neck, and shoulder massage, expertly designed to relieve muscular tension and daily stress. Your journey continues with a 60-minute Forte facial, restoring hydration and luminosity while leaving the complexion radiant, refreshed, and beautifully revitalised.

---

### MEET OUR WELLNESS TEAM

Our dedicated wellness professionals offer a holistic approach to health, movement, and recovery:

- Nahor, Physiotherapist
- Issabel, Osteopath /Pilates Instructor (Monday and Friday)
- Winston, Personal Trainer

Personalised wellness sessions are available upon request and subject to availability.