

THE SPA

AT THE MERCHANT HOTEL

VOYA Hormone Balancing Treatments

Spring Tides

An experience that relaxes a hormonally stressed body from the symptoms of perimenopause/menopause and gives back some of the vitamins and minerals lacking through the absorption of seaweed. Begin your journey with a deeply relaxing, hot oil back of body massage using Balinese and Hawaiian massage techniques, a reflexology pressure point foot massage, stomach massage followed by a soothing facial and scalp massage.

Targets: Hot Flashes, irritability, mood swings, insomnia, fatigue, anxiety, depression, brain fog, aching muscles, headaches, digestive issues and bloating.

75mins • £150

Grounding Sleep Session

A soothing eye treatment with seaweed compresses starts this experience, relieving tired and puffy eyes, followed by a deeply relaxing pressure point facial and scalp massage. Complete the journey as your therapist guides you through meditative breathing as you relax and unwind.

Targets: Irritability, mood swings, trouble sleeping, fatigue, anxiety, depression, lack of focus, brain fog, headaches, hair thinning.

45mins • £95

Nourishing Cocoon Journey

An organic treatment that detoxifies the skin and stimulates the renewal of cells by exfoliating the body with ground down walnut shells. The body is then enveloped in shea and cocoa seed butter with calming and stress relieving properties of lavender and rosemary to soothe and hydrate the skin, while calming the body and mind with a scalp massage.

Targets: Dry and itchy skin, irritability, mood swings, insomnia, aching muscles and joints, lack of focus, brain fog, anxiety and depression.

60mins • £120

To book, please speak to a member of the Spa Team

