

FIRE & ICE JOURNEY

A 90 minute relaxation experience through 12 bio thermal rooms, all designed to enhance your mood and invigorate the senses.

Foot Spa

The perfect way to soak away the stresses of a busy day; immerse your feet in these warm pools infused with essential oils to help put a spring in your step.

Feature Showers

Choose between an invigorating Ice Drench Shower, tiny freezing peppermint infused droplets shadowed with a mix of brilliant lights, or a warm Tropical Rain Shower with large, warm droplets combined with soft lighting to give a soothing all-over body massage - a multi-sensory experience.

Caldarium

Designed by Romans, this mild relaxation room is created for warm air bathing. The soft lighting, citrus aroma and warmth generating from the walls and floor, create a calming and purifying effect, promoting a feeling of well-being.

Aroma Cave

A light aromatic steam room with a mix of humidity and invigorating essence; combined, act as a decongestant to help clear the mind and purify the body. The warming walls and floor stimulate circulation.

Sauna

The warmest of our thermal experiences, the 100-degree dry heat stimulates circulation and is believed to boost the immune system. The warm and quiet environment creates a sense of peaceful relaxation and well-being.

Igloo

The chilled floor, walls and seating create a cold environment where ice remains frozen. The cold air balances the warming effects of the thermal experiences. For a stimulating and refreshing feeling, ice can be rubbed over the body, leaving you feeling completely energised.

Sanarium

Combining the benefits of both a traditional sauna and steam room, the deeply relaxing atmosphere is perfect for escaping the stresses and strains of the modern world, leaving you feeling relaxed, invigorated and calm.

Shower Grotto

Cool and refreshing the three types of cold showers are ideal between heat treatments. Benefits to both body and skin are felt with sudden temperature changes closing the pores, improving tone and clarity. Skin will be glowing and invigorated.

Crystal Steam Room

Revitalise the mind and body with a combination of warm steam and aromatic oils. This comforting experience of warmth and humidity helps to cleanse and purify the skin.

Hydrotherapy Pool

Relax with the next best thing to a full body massage. The multi-featured hydrotherapy pool offers the perfect surrounding to relax and ease tired, tense muscles.

Tranquillity Room

In need of peace and tranquillity, allow yourself to drift and doze in and out of sleep. You will be lulled by the low light and soothing sounds creating the perfect cocoon in which to rest, relax and recharge.

Conservatory

To complete your journey, take time to relax on comfortable loungers in our peaceful conservatory.

Residential Rate - £49 per person

Non-resident Rate - £59 per person

If you're enjoying a spa package or having other treatments, add our Fire & Ice Journey for just **£39 per person**

The Fire & Ice Journey is not recommended before or after Spa Experiences that includes heat, waxing or our advanced-ageing facials. Depending on your Spa Experience reserved you may be advised to enjoy the Fire & Ice Journey and lunch prior to your treatments.