





## **WILDSMITH TREATMENTS**

Designed to support recovery, repair and balance, Wildsmith Treatments are inspired by the universal principle of circadian rhythm and delivered by highly trained practitioners who will guide and help deliver profound results.

Each treatment incorporates Wildsmith Skin's clinically proven, high-performance formulations created to support and transform skin health, with the connection between practitioner and guest enabling expert diagnosis for treatments aligned to the time of the day.

**WILDSMITH RADICAL BOTANY FACIAL 60/90MINS**

130 | 190

An all-encompassing approach to skin health and wellbeing. Our clinically proven facial, utilising award-winning Wildsmith Skin formulas, delivers immediate results – notably toned, smooth and plump looking skin. Incorporating a sequence of breathwork, myofascial release, acupressure, and craniosacral holds to dissipate tension and restore balance. This extraordinary facial surpasses expectations to help ground, centre and re-energise the mind, while delivering cleansed, healthy, radiant looking skin.

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**WILDSMITH REBALANCING MASSAGE 60/90MINS**

130 | 190

A bespoke therapeutic massage using essential oil blends aligned to specific times of day to support the circadian rhythm. Drawing on slow, relaxing massage techniques to restore balance and harmony to the body, whilst improving circulation, reduce muscular tension, alleviate stress and enhance overall wellbeing. Longer treatment includes a scalp massage.

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**WILDSMITH MUSCLE RECOVERY MASSAGE 60/90MINS**

140 | 200

An unscripted form of body work that targets the deeper layers of muscles and connective tissues. Incorporating deliberate strokes, focused pressure and stretching techniques to dissolve tension, ease muscle fatigue and stimulate circulation, creating a sense of relief to the physical body.

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**WILDSMITH SALT SCRUB 30MINS**

60

Compliment your chosen Wildsmith massage and encourage skin renewal with a moisture boosting full body scrub. A blend of natural exfoliators helps buff away dead skin cells to reveal a smooth more refined skin texture and maximise the absorption of rich botanical body oils during your treatment.

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**WILDSMITH SKIN RENEWAL 90MINS**

190

A full body exfoliation treatment, paired with our Restorative or Purifying body wrap. Designed to help regenerate skin, boost circulation, and encourage lymphatic drainage – featuring dedicated essential oil blends to purify and ease fluid retention, or hydrate and soothe muscle fatigue. Emerge with skin feeling soft, smooth and supple.

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**WILDSMITH NEW LIFE 60/90MINS**

130 | 190

An indulgent yet efficacious treatment designed for expectant parents, from the second trimester onwards. Delivered in a relaxed seated posture optimum for pregnancy, deeply restorative massage movements to help ease muscular aches and pains are combined with our nourishing essential oil-free body oil, to help maintain skin tone and promote elasticity. Longer treatment includes a back exfoliation.

