HIDDEN OAKS

AT RIBBLE VALLEY HOLIDAY HOMES

Treatment Menu

Full Body Massages

Restful Body Ritual

This bespoke full-body massage is designed to ease tension, calm the mind and encourage deep, restful sleep. Tailored to your individual needs, this soothing treatment helps promote circulation and relaxation. Perfect for those with busy schedules, or feeling overwhelmed. Take a moment to switch off, recharge and reconnect with yourself – this time is entirely yours!

Vitality Detox Massage

This rejuvenating and invigorating full-body detox massage is designed to release tension, ease muscle tightness and soothe aches. This massage helps reduce the appearance of fluid retention and signs of swelling. Leave feeling refreshed, revitalised and wonderfully re-energised.

Duration - 60 min.

Price - £60

30-Minute Revitalising Escapes

The Weight Lift

This is a deeply relaxing back, neck and shoulder massage designed to ease tension, and release built-up stress. Leave with your shoulders feeling lighter and your lower back relaxed.

Duration - 30 min.

Price - £40

Crown of Calm

This is a soothing scalp massage combined with a focus to the neck and shoulders. Using comforting massage techniques and pressure points , this eases tension and calms the mind. Drift into a state of tranquillity, ready for a restful night's sleep.

Duration - 30 min.

Price - £40

Refresh Your Sole

This is a treatment for the feet and lower legs, designed to soothe tired muscles and encourage blood circulation. Combining relaxing massage techniques with pressure points on the soles of the feet, this treatment promotes relaxation. You will leave feeling refreshed, balanced and restored.

Duration - 30 min.

Price - £40

Glow On The Go

This revitalising facial begins with a deep cleanse and nourishing exfoliation, followed by gentle lymphatic drainage techniques. Using natural, organic products, this treatment enhances your natural glow while deeply hydrating and revitalising your complexion.

Duration - 30 min.

Price - £40

Select any two 30-minute treatments to enjoy a 60-minute combined experience for £65.

Facials

Restorative Radiance Facial

Indulge in a rejuvenating facial using natural, organic products carefully selected for your skin's needs. We'll begin with a personalised skin analysis before creating a bespoke treatment just for you. This treatment also includes a face and décolleté massage, plus a soothing scalp massage to melt away tension and leave you feeling completely relaxed.

Duration - 60 min.

Price - £65

Glow On The Go

This revitalising facial begins with a deep cleanse and nourishing exfoliation, followed by gentle lymphatic drainage techniques. Using natural, organic products, this treatment enhances your natural glow while deeply hydrating and revitalising your complexion.

Duration - 30 min.

Price - £40

Pro-Collagen Facials

Collagen Glow Express

This facial is designed to strengthen the skin barrier and stimulate natural collagen production, while revealing a smoother, more youthful-looking complexion.

Duration - 30 min.

Price - £45

The Ultimate Collagen Renewal

This is a personalised facial, tailored to your skin's needs with a focus on stimulating collagen production. Enjoy specialised firming massage techniques that iron out deep lines and wrinkles. Includes a nourishing mask to replenish and revitalise the skin. Choose to incorporate a relaxing arm, scalp or foot massage.

Duration - 60 min.

Price - £70

Deluxe Treatments

Deluxe Combined Body Massage and Facial

Indulge in a combined full-body massage and facial for the ultimate spa experience. Designed to encourage you to completely unwind and reset. This blissful 90-minute ritual allows you to drift away, restoring balance to both the body and mind. The facial enhances your natural glow while deeply hydrating and revitalising your complexion.

Duration - 90 min.

Price - £85