



**HOSTE ARMS**  
PUB & ROOMS

# TREATMENT CABIN



## FACIALS

THE HOSTE SIGNATURE FACIAL - £38 | 25min A 'quick fix' facial that is unique for maximum results in minimum time.

+FACE WORK OUT - £15 | 15min

Encourage toned, tightened & smoother skin with this 15 minute face muscle work out.

THE HOSTE LUXURY FACIAL - £70 | 55min

This Luxurious facial is specifically tailored for your skin & will include deep cleansing, exfoliation & a treatment specific massage & mask. Customised skincare products including an intensive booster serum are chosen to suit your individual needs to achieve maximum results.

## MASSAGES

THE HOSTE SIGNATURE BACK - £38 | 25min

Relax your muscles & mind with our targeted back massage.

+BODY POLISH - £20 | 20min

Add a back exfoliation to your signature back massage to leave your skin feeling smooth & radiant.

THE HOSTE FULL BODY - £65 | 55min

Relax with our signature full body massage, a full treat for the body & mind.

THE HOSTE LUXURY FULL BODY MASSAGE - £75 | 1 hour 10min

A complete journey into relaxation from head to toe. Includes a luxurious face & scalp massage to help release muscle tension.

THE HOSTE MOTHER-TO-BE MASSAGE - £75 | 1 hour 10min

A beautiful full body massage adapted to suit the needs of pregnancy to soothe all those aches & pains. Plus scalp massage. Must be past your first trimester.

DEEP TISSUE FULL BODY MASSAGE - £95 | 55min

This deep pressured massage aims to relieve muscle imbalances & aid with managing longer term persistent muscle tension.

HOT STONES FULL BODY & SCALP MASSAGE - £85 | 1 hour 10min

The combination of warmed hot stones & flowing movements deeply soothes the muscles leaving you feeling completely de-stressed. A truly unique experience.

INDIAN HEAD MASSAGE - £45 | 40min

A relaxing back massage focusing on the shoulders & neck, followed by a face & scalp massage using pressure points to relieve tension.

REFLEXOLOGY - £50 | 40min

This ancient healing art uses pressure points on the feet as a map to relax your entire body.

SALT & OIL SCRUB - £40 | 40min

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth, and supple.

+ THE HOSTE SIGNATURE BACK MASSAGE - £35 | 25min

HIMALAYAN SALT BLOCK MASSAGE - BACK - £38 | 25min

HIMALAYAN SALT BLOCK MASSAGE - FULL BODY - £60 | 55min

Indulge in the ultimate relaxation experience with our Himalayan Salt Block Massage. This luxurious treatment combines the healing power of Himalayan salt with the soothing benefits of a therapeutic massage, offering you a deeply calming and restorative experience.

## SPA PACKAGES

SPA GARDEN RETREAT - £50 | 40min

Choose from a Hoste Signature Back Massage followed by a scalp massage or a Hoste signature facial followed by a hand or foot massage. Follow your treatment with a relaxing hot or cold drink in the spa garden.

HOSTE TEMPTATION HALF SPA DAY - £90 | 50min

Relax in our spa garden with a hot drink or soft drink. Enjoy a Hoste Signature back massage & facial. Then indulge with a two-course lunch & a glass of wine.

MOTHER TO BE PACKAGE - £85 | 55min

Enjoy a beautiful Hoste signature back massage followed by a Hoste signature Facial & scalp massage adapted to suit of pregnancy to soothe all those aches & pains. Must be past your first trimester.

HIKE & HEAL - £38 | 30min

Relax your tired legs with a deep tissue leg massage followed by a relaxing foot massage. Perfect after a day of activities. Put your feet up in the lounge with a complimentary hot or cold drink afterwards.

TWILIGHT CINEMA PACKAGE - £80 | 55min

Choose between a full body massage or a luxury facial. Then relax in our luxurious cinema at our 6.30pm showing with complimentary popcorn & a glass of fizz!

THE HOSTE DELUXE - £120 | 1 hour 20min

Enjoy our most popular treatments in one session, begin with a back exfoliation & a signature back massage followed by a luxury facial. Complimentary hot or cold drink included.

## OTHER TREATMENTS

### A FACIAL FOR THE BACK - £40 | 30min

This invigorating treat includes a scrub and a deep cleanse with warm purifying mud. This is followed by a stimulating massage, leaving you with a back to be proud of.

### THE BODY EXFOLIATION - £50 | 40min

The perfect way to begin any break away, an invigorating and refreshing all-over exfoliation treatment that will leave your skin soft, revitalised, and hydrated- choose from the salt and oil scrub or the body polish.

### REIKI - £50 | 1 hour

Enjoy an energy healing technique using gentle hand movements, it works through the transfer of universal energy from the practitioner's palms to the client. This will activate the natural healing process of your body and restore physical and emotional well-being.

### THE MUSCLE REVIVER - £40 | 40min

Fancy a bit of you time? Then try our stress-relieving massage that focuses on the face, scalp and back working to alleviate built-up pressure and tightness. Ideal for people who struggle with tension headaches or neck strain.

### THE BODY RITUAL - £65 | 1 hour 15min

This treatment combines a self-heating mud body wrap and massage to restore equilibrium, peace of mind and bring deep relaxation to the body and spirit. Following body exfoliation, a mud wrap is applied to your scalp and gently massaged. Take a refreshing shower and then enjoy an aromatherapy massage leaving you feeling revitalised and with a new sense of wellbeing.

### LYMPHATIC DRAINAGE MASSAGE - £55 | 1 hour

Rejuvenate your body and promote optimal wellness with our Lymphatic Drainage Massage, designed to stimulate the natural flow of lymph and enhance detoxification. This soothing treatment encourages the removal of toxins, reduces water retention, and helps reduce swelling, leaving you feeling lighter and more energized.

Why not add on an extra treat at a special price whilst you wait for your mud wrap to dry, choose from:

A facial | £30

A hot-stones facial | £25

A hand and foot massage | £25

A face and scalp massage | £25

## CANCELLATION POLICY

Cancellations must be received at least 24 hours prior to the appointment time, if cancellations are made within this time period there will be a 25% charge of treatment cost. Please note we currently only have one therapist so treatments will be one after the other.









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