



M O N T I G O
W E L L N E S S

Treatment Menu



House rules.

Arriving early

Note that arriving late will shorten your treatment. Ensuring your treatment ends on time is a sure way of preventing further delays.

Cancellation policy

For cancellations or alterations to your appointment, a minimum of twenty-four hours is required in order to avoid being charged in full.

Health declaration

When making your appointment, make sure you advise us of any health conditions, allergies or injuries that could affect your visit.

Age restrictions

Safety and security is our number one priority at Montigo Wellness. For that reason we are unable to permit persons under 18 in our spa.

Prohibited items

In the interest of safety, please refrain from bringing gels and creams, food, and glass, clay, or ceramic containers into any part of the spa.



Spa essentials.

Sanctuary spaces

To sustain the restful ambience synonymous with Montigo Wellness, we insist that guests keep noise to a minimum in all parts of the spa.

Food and drink

Food and drink is served daily in both our restaurants. There are no dress restrictions at Bobo's, so feel free to head down in your robe.

Flip flop hire

To mitigate our impact on the environment, we advise that guests bring their own flip flops, but we can offer a pair to hire for £5.

Towels and robes

Towel and robe hire is included with all spa rituals, treatments, and mini-breaks, but you may be asked to pay a refundable deposit.

Storage facilities

To provide peace of mind, we request that guests deposit jewellery, phones, and other personal belongings in the lockers provided.



Hydrotherapy facilities

Hydrotherapy pool

The combination of warm water and massaging jets in our swim-in-swim-out pool provides instant relief from muscle and joint pain.

Finnish sauna

The wood-heated sauna has a long tradition in Finland, where its dry heat is used to cleanse the body and cultivate a sense of togetherness.

Crystal steam room

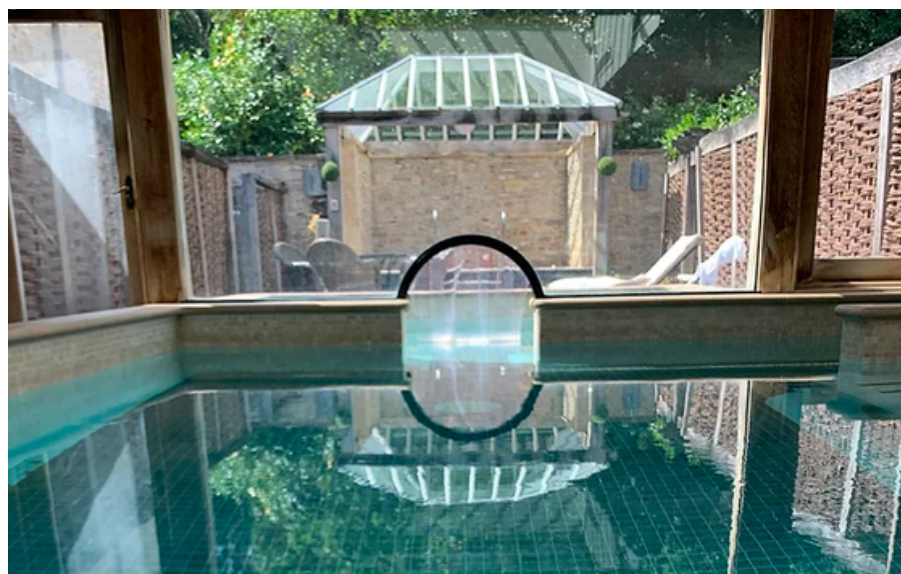
Rest awhile in the humidity of our crystal steam room, designed to harness the energy of Bohemian amethyst and facilitate stress relief.

Laconium

Inspired by the lost thermae of Roman Bath, our laconium is held at a steady temperature and infused with a subtle botanical fragrance.

Whirlpool bath

Set in our restful courtyard garden beneath a timber canopy, our effervescent hot tub provides the perfect respite from the cold.



Signature treatments

Montigo massage

Feel a lifetime of muscle tension melt away as our expert therapists deploy gentle to medium pressure to tackle uncomfortable knots.

30 minutes / £75

60 minutes / £110

90 minutes / £135

Seasonal scrub

Using exfoliating minerals with antibacterial properties, our salt scrub restores the skin's natural glow, leaving it smooth and soft.

30 minutes / £65

Gentle head massage

Ease stress, increase lymph drainage, and experience the sensation of balance with this specialist massage, focused on the head and neck.

30 minutes / £65



Resurfacing facials

Enzyme-powered peel

Improve the texture and appearance of the skin with our powerful retinol-enzyme-based resurfacing peel, engineered by Synergie Skin.

30 minutes / £80

Bespoke facial

Feel refreshed with a Natural Spa Factory facial, designed to gently remove dead skin cells, moisturise, and bring out your natural glow.

30 minutes / £70

60 minutes / £105

90 minutes / £125

Advanced medifacial

Boost your vitamin levels and restore your skin's pH balance with a professional Synergie Skin Medifacial, powered by clean science.

30 minutes / £100

60 minutes / £135

90 minutes / £155



Nail treatments

Signature manicure

Create the right impression at your next dinner party, seminar, or business meeting with an eye-catching chip-resistant nail finish.

30 minutes / £45

60 minutes / £55

Pamper pedicure

Give your trusty feet the attention they deserve with a customised pedicure, designed to moisturise, exfoliate, brighten, and repair.

60 minutes / £55

90 minutes / £65

Nail file and gel polish

Let us cut and file the nails, conservatively groom the cuticles, and apply premium OPI gel laquer, designed to last at least two weeks.

30 minutes / £50

60 minutes / £75



Gentle massage

Balinese massage

Improve the oxygen flow through your body with this time-tested massage that combines acupressure, reflexology and aromatherapy.

30 minutes / £80

60 minutes / £115

90 minutes / £140

Swedish massage

Let go of the pressures on your body and give into the soft touch of your therapist as they apply a rhythmic tapping motion to the skin.

30 minutes / £65

60 minutes / £90

90 minutes / £115

Pregnancy massage

Nurture the maternal body in the weeks and months either side of childbirth with our ever-so-gentle pre- and post-natal treatments.

30 minutes / £75



Tension massage

Thai yoga massage

Feel limber and supple after this unique dry massage ,adapted from ancient Thai methods, which works on the body's meridian lines.

60 minutes / £160

Dua puluh jari

Experience spa therapy as you've never experience it before with a choreographed twenty-finger massage performed by two therapists.

60 minutes / £160

Deep tissue massage

Notice improvements in your posture and general dexterity in this intense dry massage, designed to remedy underlying muscle pain.

30 minutes / £75

60 minutes / £110

90 minutes / £135



Skin therapies

Pacific sugar scrub

Derived from an ancient Balinese formula, our sugar scrub softens, refines, and refreshes the skin in order to stimulate new cell growth.

60 minutes / £105

Hydrating body wrap

Feel vibrance and elasticity return to your skin as our therapists apply a specialist mask, composed of a blend of herbs and spices.

60 minutes / £80

Botanical rice scrub

Fragrant Ashmira Botanica botanicals are blended with Himalayan rock salt and applied to the skin in this nourishing herbal scrub.

60 minutes / £105



Alternative therapies

Molten candle wax massage

Sit back and close your eyes as your therapist melts a sweet-scented candle into a precious massage oil, designed to reinvigorate the skin.

30 minutes / £75

60 minutes / £100

90 minutes / £135

Hot lava shell treatment

With both smooth sides and narrow edges, heated southeast Asian tiger clam shells make a unique tool for a medium to firm massage.

30 minutes / £75

60 minutes / £100

90 minutes / £125

Traditional reflexology

Sit back and relax as a specially trained therapist applies pressure to key parts of the soles, believed to be connected to internal organs.

60 minutes / £80



Beauty bar treatments

Natural hot waxing

Get the silky-smooth skin you always wanted with a professional wax, performed using hyper-allergenic Ashmira Botanica products.

Simple eyebrow shape	15 minutes / £20
Eyebrow wax and tint	30 minutes / £35
Eyelash tint and lift	30 minutes / £35
Full arm and hand wax	30 minutes / £20
Full leg and foot wax	30 minutes / £40
Lip and chin wax	30 minutes / £25
Simple bikini line wax	30 minutes / £30
Full underarm wax	15 minutes / £20
Lip and chin wax	30 minutes / £25

Designer makeover

Artistically inclined, our therapists can create the perfect look for your next special occasion using our full range of beauty products.

90 minutes / £140

bespoke pricing available for bridal parties





MONTIGO
WELLNESS

montigoresorts.com