

# The Spa at The Harper

We think you'll love Irene Forte Skincare products, and the treatments Irene has created for us. The go-to brand for sustainable skincare, it's a natural fit for The Harper. Irene's ethos of science and nature working in harmony means the products we offer have real substance – this is beauty that's more than skin deep, if you will.

## Specials

### The Harper Trio | 55 minutes | £95

Three really is a magic number in this powerful blend of The Harper's signature Back, Neck & Shoulder massage, a tailor-made Irene Forte Express Facial, and a nourishing hot oil scalp massage to finish - the ultimate massage/facial combo with multiple benefits.

### Blossom Back Glow | 40 minutes | £75

Reveal radiant skin with our indulgent Blossom Back Glow treatment – a 40-minute ritual designed to cleanse, exfoliate, and rejuvenate your back before finishing with a refreshing facial boost. The experience begins with a gentle back brushing to stimulate circulation, followed by a deep exfoliating scrub to smooth the skin. After removing the scrub with warm mitts, a nourishing Rosehip back mask is applied to purify and hydrate. Once removed, you'll turn over to enjoy a revitalising “pick-me-up” facial, leaving you glowing from back to front. Perfect before a special event or simply for a self-care treat.

## Facials

### Age Defying Facial | 85 minutes | £110

Hot and cold volcanic stones rebalance, revitalise and relax. A double mask application promotes skin firmness, hydration and radiance. Our signature triple facial massage technique stimulates circulation, oxygen and nutrient flow, enhancing natural collagen production. A fresher, firmer complexion.

### Forte Facial | 55 minutes | £90

A bespoke replenishing facial. Start with a double cleansing and light buffing, followed by our signature facial massage and an application of a mask. A soothing scalp, hand and arm massage releases tension and slowly unwinds a busy mind. Finishing with eye cream, serum and moisturiser.

### The Powerful ‘Pick Me Up Facial’ | 25 minutes | £50

The nourishing cleanse and deep exfoliation will help brighten and illuminate the skin. Feel relaxed with our shoulder and facial massage using our Irene Forte rose facial oils. Finishing with eye cream, serum and moisturiser. This facial is the ultimate pick me up for your skin and mind.

## Reflexology

### Reflexology | 50 minutes | £75

Promotes relaxation as well as balancing the mind and body to promote overall wellbeing, by applying pressure to certain areas of the feet that corresponds with parts of the body.

## Prenatal Pampering

### Full Body Massage and Foot Mask | 55 minutes | £90

Nurture your changing body and calm your mind with this beautifully comforting treatment. Deeply hydrating Oil will be used to melt away muscle tension. Finishing with a refreshing white tea & menthol mask, heavy legs are eased, and the body and mind are left relaxed and restored.

## Massage

### Full Body Tailored Massage | 55 minutes | £85

Experience a customized massage with warm Sicilian oil that nourish, restores, balance and promotes relaxation. With technique like Swedish, this treatment targets your specific needs, easing tension, improving circulation, and relieving stress. Perfect for recharging both body and mind, leaving you feeling refreshed, rejuvenated, and in harmony.

### Oncology Massage | 55 minutes | £85

With soft light movement, this massage will relax your mind and body. Relieve tension and enhance your mood. Help combat your fatigue, aches and pains. For cancer treatment, either ongoing or in remission.

### Back Ritual Massage | 25 minutes | £50

Starting with a refreshing back scrub, removing unwanted skin cells going into a massage designed to relieve tension specifically targeting Back Neck and Shoulders for total relief and relaxation.

### Foot Bliss | 25 minutes | £50

Treat your feet to pure relaxation with our Foot Bliss treatment – a soothing 25-minute escape designed to refresh tired soles and smooth skin. Begin with a revitalising foot scrub, followed by warm mitt removal to reveal softer skin. A hydrating Horse Chestnut mask is then applied and sealed with cosy bootie slippers while you enjoy a calming leg massage. After removing the booties, the mask is massaged in for deep nourishment, finishing with a gentle mitt cleanse. The perfect refresh for tired, overworked feet.

To book your treatment in advance of your stay, please email [spa@theharper.co.uk](mailto:spa@theharper.co.uk). Unfortunately, we must note that our treatment rooms are not currently accessibility-friendly, but we are actively exploring ways to improve access for all our guests.

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