



WB The Well-Being Barn

Escape the outside world and transport your senses to our countryside escape. We are The Well-Being Barn, set in the heart of the Vale of Belvoir, where wellness is simply a way of life.

Caring for your whole well-being is our sole purpose at The Well-Being Barn. With our holistic philosophy, tranquil surroundings and carefully designed treatments defining us, we are dedicated to ensuring you relax, restore and reconnect with yourself. The importance of nurturing your well-being, whether that be through a treatment, a moment in our Head Spa, or through taking a moment for you in our relaxation zone, finding harmony and balance in mind, body and spirit is a lifestyle at The Well-Being Barn.

Our treatment menu isn't like any other. It's different. It stands proud. It focuses on the individual, with tailor-made experiences as a priority. It focuses on energising and restoring body and mind, containing many alternative salon treatments that are focused to reset your balance from within, performed by our experts. It includes treatments that have been solely created with the mindset that beauty is more than skin deep. Our treatment menu, working alongside award-winning brands, not only offers a fusion of techniques from around the world, but combines both modern and ancient techniques, all tailor made to be re-energising, balancing, rejuvenating treatments, ensuring when you visit The Well-Being Barn you will leave revitalised.

Your wellness journey at The Well-Being Barn awaits you.



Facial Therapy

ESPA FACIALS

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and well-being needs, our ESPA Experts create a truly personalised, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored.

ESPA Inner Beauty Facial - 60 minutes - £80

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

// Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage.

ESPA Natural Face Lift - 90 minutes - £95

Reveal visibly resilient, healthy-looking, youthful skin. This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

// Includes: Skin analysis with Skin Vision™ lamp – double cleanse – steam – Japanese Kobido inspired facial massage – stimulating Jade rollers – sculpting & lifting massage techniques – Lifting & Smoothing Mask – scalp massage.

ESPA Express Facial - 30 minutes - £45

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

// Includes: Skin analysis with Skin Vision™ lamp – double cleanse – exfoliation – personalised mask – scalp massage.



Facial Therapy

THE ORDINARY FACIALS

Advanced clinical solutions backed by science.

Deciem is a humble and happy umbrella of good beauty brands like NIOD and The Ordinary. They have been called 'the hottest beauty company right now' and 'the most thrilling thing to happen to skincare'. Selling one product every second it's clear to see this brand is exciting. Everything they do is of exceptional quality and today quality is no longer defined by price.

We are so excited to be the only salon in the world right now to be offering these treatments designed especially for The Well-Being Barn. Cleanse, nourish and rejuvenate your skin and achieve a beautiful complexion all at the same time!

Ordinary – Control that oil, balance me out! - 40 minutes - £50

This facial, that focuses on removing dead skin cells from the surface of any blemished skin, will leave your skin feeling brighter and more balanced. Introducing LED light therapy, lymphatic drainage, massage techniques, salicylic acid 2%, along with other Ordinary products, this facial will ensure your skin is on the right track.

Ordinary – Iron those wrinkles - 40 minutes - £50

Personalised to your needs this facial will target all signs of the ageing process, using LED light technology to target fine lines and wrinkles, Cryo wands to iron out any unwanted fine lines, granactive retanoids, along with The Ordinary science behind their products, you will leave feeling plumped, refreshed and ready to start your new routine at home targeting ageing.

Ordinary – Feed my skin - 40 minutes - £50

This facial is the perfect fit for any dry, dehydrated skin, that needs a boost. Using The Ordinary famous AHA peeling solutions, Amino Acids, and Hyaluronic Acids along with specialised massage techniques to help these products sink deep into your skin, you are guaranteed to feel fresh and revived with your skin feeling noticeably restored and bright once again.





THE *Head Spa* EXPERIENCE

In a world that rarely slows down, stress and fatigue quietly build beneath the surface. Taking time for yourself isn't just a luxury — it's an essential act of care for your body, mind, and spirit. Our Head Spa is designed to gently lift the daily burden of life — offering an oasis of calm where your body, mind, and scalp can fully unwind and reset. Step into a serene space where your senses soften and your scalp becomes the centre of a deeply therapeutic ritual. Our luxurious Head Spa is a journey of renewal — designed to calm the nervous system, release tension and breathe vitality back into your scalp and hair.

Not just a treatment, the Head Spa treatments are more than just a holistic experience. They blend therapeutic care with deep relaxation. Whether enjoyed as a standalone indulgence or in conjunction with other TWB treatments, it will support your overall well-being, providing stress relief, mental clarity, and improved sleep, all while promoting hair health.

The Benefits

STRESS RELIEF

Let go of the weight you carry. The gentle, rhythmic massage techniques used in our Head Spa treatments are designed to ease tension held in the scalp, neck, and shoulders — offering a profound release from stress. As your nervous system settles, your mood lifts and mental clarity returns, bringing balance back to your inner world.

IMPROVED BLOOD CIRCULATION

Each movement is more than a touch — it's a stimulus that awakens the scalp. Enhanced circulation delivers oxygen and essential nutrients directly to the hair follicles, encouraging healthy growth and helping to prevent thinning or hair loss. A well-nourished scalp is the foundation of vibrant, thriving hair.

DETOXIFICATION

Over time, environmental pollutants, product buildup, and excess oils can weigh down the scalp. Our Head Spa treatments deeply cleanse the scalp, removing impurities and revitalising the skin's natural barrier. This detoxifying process creates a healthier environment for growth and soothes common scalp concerns, such as dryness or dandruff.



ENHANCED HAIR HEALTH

Healthy hair starts at the root. The high-performance, nutrient-rich products used in our treatments nourish each strand from the inside out — restoring strength, improving elasticity, and enhancing shine. With regular care, hair becomes more resilient, softer, and radiant with life.

DEEPER SLEEP

True relaxation begins in the mind. The calming effects of a Head Spa extend well beyond the treatment room. Many guests report deeper, more restorative sleep and a sense of stillness that lingers long after their visit — allowing the body to rest and the mind to reset.

MOOD ELEVATION

Aromatherapy, soothing touch and the gentle ambiance of the spa work together to lift your spirits and lighten your emotional load. As endorphins are released, you'll find yourself feeling more grounded, more connected and deeply renewed from within.



Head Spa TREATMENTS

The Serenity Soak - 40 minutes - £50

From the moment you settle in, a personalised consultation and scalp analysis paves the way, ensuring your treatment is tailored to your unique needs. The experience combines targeted techniques with gentle massage where your thoughts quiet and your senses are soothed. Through meticulous cleansing, steam therapy, we lift away impurities, sebum and build-up that everyday shampoos leave behind — allowing your scalp to breathe and your hair to thrive.

As tension melts away, your brain begins to harmonise — allowing both hemispheres to work in sync. This state encourages a shift from active thinking to deeper, restorative brainwave patterns — the frequencies associated with creativity, intuition, and deep relaxation.

You will then have a nourishing leave in hair mask applied leaving you feeling restored.

INCLUDES: Heated eye mask, scalp exfoliation, cleanse and condition, halo jets, nourishing hair steam, scalp massage, pressure point facial massage, hand and arm massage, leave in mask



“AS TENSION MELTS AWAY, YOUR BRAIN
BEGINS TO HARMONISE — ALLOWING
BOTH HEMISPHERES TO WORK IN SYNC.”

The Revitalising Ritual - 60 minutes - £70

This treatment is one that will leave you feeling like you’ve found a new sense of inner calm. Starting with a bespoke consultation and scalp analysis, you will experience a full head treatment to ensure all your senses are smoothed. Through steam, head exfoliation and a deep cleanse we will lift away all impurities.

The environment is quiet, warm, and deeply nurturing. Here, your senses are gently calmed, and your energy is no longer spent on external demands, but redirected inward, a relaxing scalp massage, facial massage and hand, arm, neck, décolleté and shoulder massage will replenish, renew and allow you to reconnect with yourself.

INCLUDES: Cooling Rose Quartz eye mask, scalp exfoliation, cleanse and condition, halo jets, scalp massage, hand, arm, neck, décolleté and shoulder massage, facial massage, nourishing hair steam, leave in mask

The Harmony Haven - 80 minutes - £90

This ultimate upper body reset is designed for all those seeking pure relaxation. Not only will you experience an ultimate hair ritual, the focus is on the full upper body to allow tension to float away.

After a full consultation and hair analysis, you will experience a restorative hair ritual for complete tranquillity. Be indulged with a hand, arm, neck, décolleté and shoulder massage all during your facial ritual that will cleanse away the impurities not just from your hair but also your face for the ultimate upper body nurturing reset. Neck stretches, hot towels, cryo globes and stone quartz rollers will add to your luxury experience. As you lay there in your inner sense of calm your treatment will close with a pressure point foot massage whilst your leave in hair mask is applied.

This is more than a treatment. It’s your time to pause, reflect, and revive — a sanctuary for your scalp, your senses and your soul. It’s 80 minutes of restoration from the roots up.

INCLUDES: Cooling Rose Quartz eye mask, scalp exfoliation, hair cleanse and condition ritual, halo jets, therapeutic scalp massage, hand, arm, neck, shoulder and décolleté massage, neck stretches, hot towels, Stone Quartz rollers, mini facial, cryo globes, nourishing hair steam, leave in mask and pressure point feet massage

Body Therapy + WB Signature Therapy

Our aim is to help you look and feel your best every day, through carefully curated holistic treatments that allow you to restore your sense of inner calm.

The ULTIMATE Well-Being Experience - 100 minutes - £140

Nourish your body, mind and soul with this deeply restorative treatment designed to enhance your complete wellness to achieve that ultimate sense of calm. Focusing on every element of your body from the tip of your toes to the top of your head, using a range of Eastern and Western massage techniques.

Personalised to your individual needs, starting with a bathing foot therapy whilst the therapist discusses your wishes and your carefully chosen aromatherapy blends and crystals, you will immediately be transported to a deeper, profound level of relaxation.

This will be followed by an invigorating full body massage, including Balinese long stretching, acupressure point stimulation and massage that reaches the deeper tissues of your muscles. The therapist will alternate vigorous kneading, cross fibre mobilisation, skin rolling and gentle rocking motions, leaving you feeling rejuvenated, covering every element of the body. It has been carefully created to enhance all elements of your senses and awaken your smell, sound and

touch, leaving you re-charged and re-energised, whilst the tension throughout your body floats away.

Carefully curated by our founder after taking the best bits of massage from her travels around the world, this is no ordinary massage. In essence this treatment is rigorous, yet a lavish therapeutic treatment which aims to bring body, mind and full synchronisation of optimal health, well-being tranquillity and spiritual renewal leaving you to savour the experience and its afterglow.

This is our ultimate signature well-being experience.



The Pure Bliss - 70 minutes - £90

This treatment is an all-time favourite, allow yourself to unwind and relax with our head to toe luxurious treatment. Enjoy our signature upper body massage to include back, neck and shoulder massage, where our therapeutic massage will focus on your individual areas of concern using a variety of massage techniques. Designed to focus on your mind and body this treatment then includes an ESPA express facial ensuring every bit of you is restored and rejuvenated. Whilst in your sense of calm with a face mask treatment, float away with a scalp massage, followed by a hand and arm massage, ensuring every bit of your body is relaxed, recharged and your inner sense of calm is restored.

TWB Full Body Massage - 55 minutes - £80

Our signature full body massage has been carefully designed to ensure every part of the body will feel re-balanced and calm. This therapeutic massage uses a combination of Swedish massage, Deep Tissue techniques and Lymphatic Drainage elements, concentrating on the required muscle groups, easing tension, built up stress and restoring the body. Created around your unique needs, incorporating freestyle moves and targeting specific pressure points, it will increase circulation, soothe tight muscles and strengthen areas of concern. This signature massage will leave you revived and refreshed.



Lymphatic Drainage Massage - 60 minutes - £85

This massage is powerful and will have a profound positive impact on your well-being. Using specialised rhythmic movements to promote lymph flow, remove blockages and drain any excess fluid. The aim of this massage is to cleanse the body, awaken the senses and leave you feeling refreshed. It is a holistic treatment with impact, as the massage encourages deep relaxation as the body is detoxified.



Swedish Back Neck and Shoulder Massage - 25 minutes - £45

Our experts will tailor this back, neck and shoulder massage to you, easing stress and tension where you need it most. Focusing on areas of concern incorporating techniques such as Swedish massage and Deep Tissue ensuring you will leave feeling revived. This massage has been created using the best bits of massage from around the world and will contain freestyle elements tailor-made to your needs.

Hot Stone Massage - 25 minutes - £50 | 60 minutes - £85 90 minutes - £100

Indulge in ultimate relaxation with this aromatherapeutic treatment, designed to soothe both mind and body. A customised full body hot stone massage and scalp massage melts away deep-seated tension, while pure essential oils envelop your senses, easing stress and restoring balance. Leave feeling refreshed, recharged and completely rejuvenated.

Deep Tissue Muscle Massage - 25 minutes - £50 | 60 minutes - £85 | 90 minutes - £100

Alleviate high stress, ease aching muscles and revive senses with this powerful full body deep tissue massage. Expert techniques, combined with active stretching and aromatherapeutic oils, target built-up stress in the neck, shoulders and back. Experience lasting relief from muscular discomfort, leaving you feeling stronger, refreshed and re-energised. This treatment includes a scalp massage and can include hot stones for that extra muscle release and focus on areas of concern to restore flexibility, ease tension and enhance movement with this deeply effective massage.

Head In The Clouds - 45 minutes - £60

A relaxing holistic treatment that uses acupressure massage on the head, face, neck and shoulders. It aims to rebalance your body's energies. This form of massage focuses on the three higher "chakras" - mind, body and spirit and as such hits your energy epicentre. It doesn't seem sufficient to say this treatment will relax you. It's more than this. Using Indian head techniques, it can make you feel detached and serene, leave you sighing and wordless, but also alert and clear-headed, alleviating any brain-fog and stress.

Hopi Ear Treatment - 45 minutes - £45

This holistic treatment is packed full of benefits for your overall well-being. An ancient Indian Relaxation Ceremony that calms the mind and soothes the head and ears. It can help offer relief from issues such as sinus problems, compacted ear wax, hay fever, tinnitus, vertigo, stress and headaches. Using drainage movements and a pressure point facial massage this treatment will rebalance your body's natural flow, calming the mind to restore your overall well-being.

The Reiki Experience - 55 minutes - £60

The power of healing through energy. A Japanese word meaning universal life energy, Reiki is the force that flows through all matter to activate a powerful form of healing. Our Reiki practitioner will use palm healing through which a "universal energy" is said to be transferred through their palms to you, encouraging emotional and physical healing. Reiki aims to provide deep relaxation, relieve emotional stress and tension and help to cope with life's everyday challenges.



ESPA Body Therapy

ESPA MASSAGE

Rediscover inner calm and physical well-being. Here, genuine care is taken to address your individual needs with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energised, with renewed focus and lasting positivity.

ESPA Inner Calm Massage - 60 minutes - £85 | 90 minutes - £100

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

// Includes: *Breathwork – full body aromatherapy massage – scalp massage with Rose Quartz Crystals.*

ESPA Nurture Massage - 60 minutes - £80

Nurture your body and calm your mind with this beautifully comforting treatment. Tailored for those who would prefer not to lay on their front, this gentle massage is personalised to your needs. Using the most gentle massage techniques, comforting pillow supports, this treatment will smooth and nourish your skin, ease any tender muscles and invoke a state of blissful relaxation.

// Includes: *Gentle and soothing massage techniques, full body massage and scalp massage.*



ESPA Body Scrub

Guided entirely by your personal needs, expect instant and long-lasting results from this profoundly renewing ritual. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced and your skin's natural beauty is restored.

ESPA Salt & Oil Scrub - 25 minutes - £50

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

// Includes: *Skin brush - salt & oil full body exfoliation.*



The Rituals

ESPA Back, Face & Scalp Treatment - Hero Treatment - 90 minutes - £100 | 120 minutes - £135

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

// Includes: Back exfoliation – back massage with or without hot stones – Inner beauty facial – scalp massage.

ESPA Body Ritual - 120 minutes - £135

Purify and revive body and mind with this deeply cleansing ritual. Body exfoliation combines with a full body massage and reviving scalp massage. Skin feels refreshed, smooth and intensely nourished. Toxins are eliminated, tension alleviated and your body and mind re-energised.

// Includes: Body exfoliation – Inner Calm massage – scalp massage.



Mother to be

Pre-Natal Relax & Restore - 90 minutes - £100

Embrace the journey of motherhood with this soothing and nurturing treatment. Designed for your unique needs at every stage of pregnancy, gentle, pure formulas hydrate and nourish the skin with a back exfoliation followed by a restoring full body and scalp massage that relieves tension and soothes aching muscles, bringing you deep comfort and leaves you in a state of blissful relaxation.

// Includes: Back exfoliation – focused body massage – scalp massage.

Pre-Natal Relax & Restore - 60 minutes - £75

Embrace the journey of motherhood with this soothing and nurturing treatment. Designed for your unique needs at every stage of pregnancy, gentle, pure formulas hydrate and nourish the skin with a restoring full body and scalp massage that relieves tension and soothes aching muscles, bringing you deep comfort and leaves you in a state of blissful relaxation.

// Includes: Back focused body massage – scalp massage.

Pre-Natal Relax & Restore - 30 minutes - £50

Embrace the journey of motherhood with this soothing and nurturing treatment. Designed for your unique needs at every stage of pregnancy, gentle, pure formulas hydrate and nourish the skin with a restoring full body that relieves tension and soothes aching muscles, bringing you deep comfort and leaves you in a state of blissful relaxation.

// Includes: Focused body massage.

The Leg Ritual - 40 minutes - £45

Revitalise tired, aching, or swollen feet and heavy legs with this luxurious treatment. Enjoy a cleansing and exfoliation ritual followed by a deeply soothing massage, restoring lightness, comfort, and refreshed energy to keep you moving with ease.



Whilst our whole menu is available for men, below are our recommended signature options. Our treatments for men are specifically tailored to your skin type, each one designed to ensure you experience the best physical and therapeutic benefits depending on your needs.

Male TWB Full Body Massage - 55 minutes - £80

Our signature full body massage has been carefully designed to ensure every part of the body will feel re-balanced and calm. This therapeutic massage uses a combination of Swedish massage, Deep Tissue techniques and Lymphatic Drainage elements, concentrating on the required muscle groups, easing tension, built up stress and restoring the body. Created around your unique needs, incorporating freestyle moves and targeting specific pressure points, it will increase circulation, soothe tight muscles and strengthen areas of concern. This signature massage will leave you revived and refreshed.

Male Inner Calm Massage - 60 minutes - £85 | 90 minutes - £100

Male Head Spas - Refer to the Head Spa page for descriptions

Male Head In The Clouds - 45 minutes - £60

Male Inner Beauty Facial - 60 minutes - £80

Male Express Facial - 25 minutes - £40

Male Deep Muscle Massage - 60 minutes - £85 | 90 minutes - £100

Alleviate high stress, ease aching muscles and revive senses with this powerful full body Deep Tissue massage. Expert techniques, combined with active stretching and aromatherapeutic oils, target built-up stress in the neck, shoulders and back. Experience lasting relief from muscular discomfort, leaving you feeling stronger, refreshed and re-energised. This treatment includes a scalp massage and can include hot stones for that extra muscle release and focus on areas of concern to restore flexibility, ease tension and enhance movement with this deeply effective massage.

Male Pedicure - 60 minutes - £45

We've combined luxury, innovation and carefully selected ingredients to bring you this therapeutic pedicure designed for different feet. This luxury pedicure includes a natural exfoliation scrub, a hypoallergenic pedi mask which contains Niacinamide to reduce signs of ageing with heated foot mitts, a foot and lower leg massage with pro-vitamin B, velvety pedi cream, finished with cuticle work and a nail shape.

ESPA Muscle Reviver - 45 minutes - £55

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised and a positive mindset is restored.

// Includes: Back massage – facial massage – scalp massage.

Hands + Feet

The Gel Bottle Manicure - £37.50

Cuticle work, file and gel polish to fingers.

The Signature Manicure - £45 - *add Gel for £5*

We've combined luxury, innovation and carefully selected ingredients to bring you this therapeutic pedicure designed for different feet. This luxury pedicure includes all ESPA products, with a natural exfoliation scrub, a hypoallergenic mask which contains Niacinamide to reduce signs of ageing with heated foot mitts, a foot and lower leg message with pro-vitamin B, a nourishing pedi cream, finished with cuticle work, nail shape and polish application.

Gel soak off and tidy - £25

Gel removal with cuticle work and file.

Builder gel to fingers - £40

Builder Gel Infill - £45

Soak off for Hands/Feet - £5

Add on any nail art - 50p a nail



The Gel Bottle Pedicure - £37.50

Cuticle work, file and gel polish to toes.

The Signature Pedicure - £45 - *add Gel for £5*

We've combined luxury, innovation and carefully selected ingredients to bring you this therapeutic pedicure designed for different feet. This luxury pedicure includes all ESPA products, with a natural exfoliation scrub, a hypoallergenic mask which contains Niacinamide to reduce signs of ageing with heated foot mitts, a foot and lower leg message with pro-vitamin B, a nourishing pedi cream, finished with cuticle work, nail shape and polish application.

The Leg Ritual - 40 minutes - £45

Revitalise tired, aching, or swollen feet and heavy legs with this luxurious treatment. Enjoy a cleansing and exfoliation ritual followed by a deeply soothing massage, restoring lightness, comfort and refreshed energy to keep you moving with ease.

The Gel Bottle Manicure and Pedicure - £70

Combine both your hands and feet in one double treatment back to back.

**If a gel application needs removing that has not been applied by TWB, a gel soak off and tidy will be required before a gel application can be put on again.*





ONCOLOGY *Treatments*

Our range of Complementary Therapies are a way for you to aid yourself care during what can be a highly stressful and sensitive time. Our aim through our Complementary treatments is to allow you to restore that sense of inner calm.

ESPA has developed a collection of nurturing face and body rituals that have been carefully designed to relax and nourish the body, using specially selected products.

All treatments have been created to soothe, relax, nurture and nourish both face and body, leaving you feeling totally cherished. All experiences begin with a consultation, breath-work and visualisation to commence relaxation, with the emphasis on a holistic approach to each person's well-being.



Be Nurtured Facial - 60 minutes - £80

A relaxing, rebalancing and deeply nourishing facial combining advanced skin assessment, expertly tailored facial massage and a bespoke selection of naturally advanced skincare.

Be Nurtured Massage - 60 minutes - £80

A unique experience delivering just what the body and mind need, this personalised massage concentrates on areas of concern to gently sooth tense muscles, relax the mind, boost spirit, and help restore balance to the body, while gentle yet rich oils leave skin feeling nourished.

Be Nurtured Hero Treatment 90 minutes - £100

An adaptation of our most popular and renowned ritual to sooth both mind and body. Relaxing and gently effective, the experience addresses the main areas of tension- the back, the face and the scalp – with nurturing massage to help alleviate stress.

The Reiki Experience - 55 minutes - £60

The power of healing through energy. A Japanese word meaning universal life energy, Reiki is the force that flows through all matter to activate a powerful form of healing. Our Reiki practitioner will use palm healing through which a “universal energy” is said to be transferred through their palms to you, encouraging emotional and physical healing. Reiki aims to provide deep relaxation, relieve emotional stress and tension and help to cope with life's everyday challenges.



Food & Drink Menu

SIGNATURE SMOOTHIES

ALL SMOOTHIES - £4.75

BERRY GO ROUND

Raspberries, Strawberries & Blackberries

OAT OF THIS WORLD

Oats, Banana, Blueberry, Raspberry & Flaxseed

MATCHA MADE IN HEAVEN

Matcha, Peach, Pineapple, Spinach & Banana

AVO GO GO

Avocado, Broccoli, Spinach, Mango, Coconut, Lime & Ginger

DETOX ZING

Blueberry, Banana, Carrot, Courgette & Ginger

PASH'N'SHOOT

Mango, Pineapple & Passionfruit



HOT & COLD

CAPPUCCINO - £3.50

LATTE - £3.50

HOT CHOCOLATE

- £3.50 (plain)

- £4.50 (with cream)

AMERICANO - £2.50

SELECTION OF HERBAL TEAS - £2.50

Drinks

DIET COKE - £2.50

ELDERFLOWER

PRESSÉ - £3

PEACH ICED TEA - £4.00

LET'S Eat

ACAI BOWL-BERRY - £8.50 (V, VG)     

Smooth açai purée layered with fresh fruit, golden granola, and a choice of peanut butter, almond butter or Nutella

ACAI BOWL-CITRUS - £8.50 (V, VG)     

Chilled açai purée layered with juicy citrus fruits, crisp granola, and a choice of peanut butter, almond butter or Nutella

CAPRESE SALAD - £8.50 (V) 

Fresh mozzarella, tomatoes, and aromatic basil, finished with a drizzle of extra virgin olive oil and pesto glaze - **Add Parma Ham - £2**

SMASHED AVOCADO & FETA - £9 (V)  

Creamy smashed avocado on toasted sourdough, topped with crumbled feta, a crunchy superseed mix, fresh rocket, a hint of chilli, and finished with a drizzle of balsamic glaze - **Add Hummus - £2**

SMOKED SALMON BAGEL - £9.50    

Classic smoked salmon with smooth cream cheese on a toasted seeded bagel, topped with rocket and finished with a squeeze of fresh lemon and a sprinkle of crushed black pepper - **Add Avocado - £2**

THE WELL BEING BARN BLT - £9.50   

Crisp bacon, fresh lettuce and juicy tomatoes layered with creamy mayonnaise on a toasted bagel

SOUP OF THE DAY - £7.50 

Enjoy today's handpicked soup creation, accompanied by a slice of fresh bread

Cake

Enjoy a slice from our cake of the week - £4.75



Afternoon Tea

Selection of sandwiches, freshly baked scones with jam and clotted cream, and a slice from our cake of the day. All served with tea, coffee or iced tea - £25

There are gluten free alternatives available for each dish, please ask our hosts for more information.

All food is prepared in our kitchen and may contain traces of nuts

Allergens Key:  Lupin  Nuts  Eggs  Milk  Wheat  Fish  Peanuts  Sesame  Sulphur Dioxide



Our salon is a place to escape and unwind from the daily stress and strain of life. We want you to switch off and enjoy a moment's calm so we ask for a mobile phone and technology free zone.

APPOINTMENTS

To schedule an appointment please either book online, via email, over the phone with one of our hosts or through social media, where we will guide you to help make the right booking for you. To ensure you get the availability you require, we strongly recommend you book in advance due to high demand.

Please note that all payments need to be settled at reception before you leave The Well-Being Barn.

CHILDREN'S POLICY

The Well-Being Barn is a place for you to switch off so, unfortunately, we are unable to accommodate babies or children.

We do offer selected treatments for children over 12 years, however they must be accompanied by an adult. For more information please do speak to one of our hosts.

ARRIVAL TIME

We ask that you arrive in plenty of time to complete your treatment consultation form; we therefore recommend you arrive up to 15 minutes in advance of your treatment. Please note that if you are late this may result in a reduction of treatment time.

CANCELLATION POLICY

As a courtesy to our other guests and our therapists please give at least 48hrs notice if you need to cancel an appointment. Please note that a cancellation fee of 100% applies if an appointment is cancelled less than 48hrs in advance.

HEALTH CONDITIONS

Your health and well-being is of the utmost importance. We therefore ask that you kindly advise us of any health conditions or allergies you may have when completing your consultation form. Treatments will only be carried out on a successful completion of consultation. Our experts reserve the right to withdraw any treatments.

PREGNANCY

We have specially designed treatments for any mother to be. Please ask our team to guide you in selecting which treatments are most suitable during this special time. Within the first trimester we recommend manicure and pedicure only, and no treatments are advised after 40 weeks. In the second and third trimesters guests may enjoy our range of mother to be treatments.

VALUABLES

The Well-Being Barn accepts no responsibility for loss of any valuables at any point during your visit. We ask that all lost property is handed to a host. Items will be kept for 3 months and if not claimed donated to charity. All cars are parked at the risk of their owners.

GIFT CARDS

Please contact a member of our team for an ideal gift for someone special. Please note a postal charge of £2.50 applies.

HOME CARE

The Well-Being Barn isn't only there to allow you to rest and re-energise when in the salon but also whilst at home. Be sure to ask our experts about products for your body, mind and soul, as well as your home, all available in reception.

THE LOUNGE

Any bookings for food in the lounge we ask are pre-booked at least 24 hours prior to ensure we can provide your requests. All food bookings we kindly ask for full payment. Please note that food bookings can't be cancelled but can be moved to an alternative date with 48 hours notice.





WB The Well-Being Barn

Contact us

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