



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 state-of-the-art flotation tank, 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 - £70

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 Mindful Facial - 90 minutes - £90

Soothe your skin and your soul as you alleviate stress and restore natural beauty with this holistic and re-balancing facial. Guided breathing and visualisation combine with pure, calming blends and deeply therapeutic facial massage in this immersive facial experience. Skin feels toned, nourished and back to its very best, while inner peace and a positive spirit are blissfully restored.

// Includes: *Breathing and visualisation – Skin analysis with Skin Vision™ lamp – triple cleanse – facial massage with warm herbal poultice and Rose Quartz Crystals – Overnight Hydration Therapy – scalp massage.*

ESPA Natural Face Lift - 90 minutes - £90

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 - £45

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 - £45

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 - £45

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.

NIOD FACIALS

NIODS advanced, clinical skin care promotes overall skin health by pushing the limits of science in non-invasive skincare.

The science of skin health. Non-Invasive options in dermal science.

NIOD Balance - 55 minutes - £55

This specialised facial offers blends of the highest quality products along with the knowledge of our experts, to deliver you a facial that will leave your skin on the right track, to tackle your concerns not only today but also when at home. If you are struggling with blemishes or breakouts, we will use our skill sets and experience to safely extract melia, blackheads and congestion on the day to help reduce build up. Using gentle face masks over the power of a muslin cloth, your skin will be able to absorb the goodness of this incredible brand and it will leave feeling awakened, cleansed and balanced.

NIOD Age - 55 minutes - £55

With the science behind the products and the knowledge of our experts we will use the highest quality masks, luxury muslin cloths, and cryo wands to deliver a facial that targets your anti-ageing needs. This facial is perfect for anyone that is starting to see signs of ageing and wants to target it now. Unwind with our luxury eye massage techniques, lymphatic drainage and enjoy our heated eye masks whilst your face is being transformed in our hands.

NIOD Hydrate - 55 minutes - £55

If your skin is in need of a hydration boost, then this facial is for you! Ideal for those that work outside in the cold, are exposed to air conditioning in offices, or are generally suffering with their skin being dry. We will start by gently cleansing the skin and introducing steam, opening the pores, so that we can give the skin a deep clean. NIODS Flavanone mud masks will ensure that the moisture is replaced back into your skin during the facial whilst being removed with gentle warming specially applied muslin wrap techniques to guarantee that the products are absorbed and not removed. This facial is not only full of award-winning clinical formulations but backed with integrity.



Body Therapy + TWB 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.

TWB Full Body Massage - 55 minutes - £70

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.

Deep Muscle Back Massage - 25 minutes - £40

Deep rhythmic pressure massage. Alleviate high stress levels, ease aching muscles and revive your senses with this powerful deep tissue massage. Dynamic blends of essential oils and level of pressure are customised to target individual needs. This massage helps relax, recharge and re-energise, whilst tension melts away.

Lymphatic Drainage Massage - 60 minutes - £70

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.

Head In The Clouds - 45 minutes - £50

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.

Swedish Back Neck and Shoulder Massage - 25 minutes - £35

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 ensures 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.

ESPA Nurture Massage - 60 minutes - £70

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

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

Reflexology - 55 minutes - £65

A complementary therapy focused around complete wellness which naturally balances the whole body and mind. It is an ancient Chinese technique that uses pressure point massage to the feet, to restore the flow of energy throughout the body. Through focusing on the reflex area of the foot that correlates to each and every organ in the body, circulation is improved, tension is relieved and the general feeling of well-being is achieved. You will leave feeling more relaxed and equalised.

The Reiki Experience - 55 minutes - £55

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.

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.

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 - £75

| 90 minutes - £95

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 Back, Neck & Shoulder Massage - 25 minutes - £40

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

// Includes: Massage to the back, neck and shoulders.

ESPA Hot Stone Massage - 60 minutes - £75 | 90 minutes - £95

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

// Includes: Full body aromatherapy massage with hot stones – scalp massage.

ESPA Deep Muscle Massage - 60 minutes - £75

| 90 minutes - £95 | 25 minutes - £45

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

// Includes: Targeted massage, with or without hot stones, focussing on areas of concern – scalp massage.

ESPA Restore & Resilience Massage - 90 minutes - £95

Transport body and mind to rediscover a true sense of well-being with the resilience boosting message. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage will boost your energy levels, reduce stress and support your immune system. The perfect combination of reflex zone foot massage, uplifting back massage and calming scalp and sinus massage, allows you to emerge stronger and more resilient, ready to face life's unexpected journeys.

// Includes: Yogic stretching – reflex zone foot massage – back massage – sinus release – scalp massage.

ESPA Mindful Massage - 90 minutes - £95

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

// Includes: Breathwork and visualisation – massage to metamorphic zones of the feet – full body massage – scalp massage with warm Rose Quartz Crystals.





ESPA *Body Wraps & Scrubs*

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. 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 Body Wrap - 60 minutes - £50

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying algae or nourishing marine mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

// Includes: Skin brush – body exfoliation – algae or mud wrap – scalp massage.

ESPA Salt & Oil Scrub - 25 minutes - £40

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 - £95 | 120 minutes - £125**

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 - £125

Purify and revive body and mind with this deeply cleansing ritual. Body exfoliation combines with a nourishing wrap, 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 – marine or algae wrap – Inner Calm massage – scalp massage.*



Mother to be

ESPA Pre-Natal Relax & Restore - 90 minutes - £95

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

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

ESPA Pre-Natal Relax & Restore - 60 minutes - £70

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

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

ESPA Pre-Natal Relax & Restore - 30 minutes - £40

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

// Includes: Focused body massage.

Lighter Legs - 40 minutes - £40

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. Cleanse and smooth those hard-working feet and lower legs, then treat them to an intensely rejuvenating massage – restoring cool comfort and leaving you ready for another day ahead.

// Includes: Foot ritual – lower leg and foot exfoliation and massage.

Men

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.

TWB Full - Body Massage - 55 minutes - £70

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.

Deep Tissue Back Massage - 25 minutes - £40

Deep rhythmic pressure massage. Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Dynamic blends of essential oils and level of pressure are customised to target individual needs. Helps relax, recharge and re-energise, whilst tension melts away.

ESPA Deep Muscle Massage - 60 minutes - £75 | 90 minutes - £95

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage, with expertly blended aromatherapy oils, alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

// Includes: Targeted massage, with or without hot stones, focusing on areas of concern – scalp massage.

Male Pedicure - 60 minutes - £40

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 vanilla 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 peach 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.



ONCOLOGY *Treatments*

Complementary Therapies are treatments that can provide additional help during any cancer diagnosis. They are a way for you to aid your self-care and put yourself and your well-being first. One in three cancer patients use Complementary therapies at some point in their 'Cancer Journey', to help them look and feel their best in 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.

The Oncology Facial - 60 minutes - £70

Reveal a clear, refreshed, naturally beautiful complexion with this oncology facial. Personalised to your needs, with a double cleanse, steam, slow and rhythmical massage, mask to 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 – steam – facial massage personalised mask – scalp massage.



The Oncology Massage - 60 minutes - £70

Our signature oncology massage has been carefully designed to ensure every part of the body will feel re-balanced and calm. Oncology massage is completely different from traditional forms of massage. Oncology massage uses light touch and slow, steady movements, working with the central nervous system to help relax and restore the body. Created around your unique needs, this massage will:

- *Reduce anxiety*
- *Improve physical and emotional confidence*
- *Improve sleep*
- *Improve quality of life*
- *Reduce pain and improvement of mood*
- *Help with neuropathy (pins and needles, numbness in hands and feet) sometimes caused by Chemotherapy*
- *Help to increase circulation*
- *Aid to reduction of nausea*

This signature massage will leave you revived, relaxed and refreshed.

Oncology Hero Treatment - 90 minutes - £95 | 120 minutes - £125

Unravel tension and anxiety, improve your physical and emotional well-being and instantly boost your complexion and restore inner calm with our most popular Hero treatment. Personalised to your journey, this soothing massage combined with the purest aromatherapy oils and a highly-personalised facial will help you to look and feel your very best – restored, beautifully radiant and floating away when you leave the Barn.

// Includes: *Back exfoliation – oncology massage with or without hot stones – oncology facial – scalp massage.*

Breathwork & Hypnotherapy - 55 minutes - £70

Release tension, revive your energy and calm the mind with our bespoke breathwork and hypnotherapy session.

Your time will include a short consultation to discuss your needs if you are undergoing or finished treatment for cancer and ensure safe and bespoke breathing practices are provided that you can takeaway and practice outside the barn. Hypnotherapy for relaxation is included to allow the body to experience deep rest and rejuvenation and can help to ease pain and symptoms of some cancer treatment. Breathwork can help to balance the nervous system, calm the mind and enhance oxygenation at the cellular level, easing fatigue, helping sleep and topping up your energy reserves.

// Includes: *Sound bowl - healing crystals - breathwork - guided relaxation*

Please note: *These sessions do not require removal of clothing and are not appropriate if you have psychosis or certain types of personality disorder such as severe bipolar or epilepsy.*

The Reiki Experience - 55 minutes - £55

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.



The Calm Concierge

BREATHWORK AND HYPNOTHERAPY

Introducing 2 new exclusive services incorporating breathwork, sound and hypnotherapy.

These sessions are designed to promote deep rejuvenation at the cellular level activating the parasympathetic nervous system for deep relaxation and calm in breath, body and mind.

Modern breathwork has become a very popular and effective self care tool over the last few years although it's been used for thousands of years around the world. Science is just catching up with some of the ancient practices. The approaches practiced at TWB are based on Dr Richard P. Brown, Associate Professor of Clinical Psychiatry at Columbia University College of Physicians and Surgeons and Dr Patricia Gerbarg, Assistant Clinical Professor in Psychiatry, New York Medical College, founders of Breath Body Mind TM and Patrick McKeown, founder and Director of Training and Education at Buteyko Clinic International and Oxygen Advantage. Our specialist is a certified breathwork instructor in *these methods*.

"If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly." Dr Andrew Weil

Hypnotherapy uses hypnosis to try to treat conditions or change habits. It is a process which leans into the subconscious mind in order to help a number of

more deep rooted habitual issues such as stress, anxieties, phobias, insomnia, even a lack of confidence.

“Put simply where your problem is due to habitual conditioning (habit formation), accumulated stress or unresolved events in your past then hypnotherapy can be used to access and re-programme these complexes which are being sustained and remain active at the unconscious level” British Society of Clinical Hypnosis

Consultation and Initial Treatment - 55 minutes - £70

For your initial consultation, we will welcome you to The Well-Being Barn, to have an initial consultation to discuss your needs, whether to seek relief from stress and anxiety, alleviate asthma, hayfever, pain or overall wellness. Our specialist will then guide you through a CO2 tolerance test (which gives an idea of potential breathing dysfunction) and perform a brief initial treatment using breathwork and/or hypnotherapy, depending on the outcome of the consultation. It will leave you feeling calm and relaxed and more aware of healthy functional breathing.

Follow up Appointment - 50 minutes - £65

After your initial appointment, all follow up appointments are created to be a bespoke combination of breathwork for you focusing on your specific needs. This treatment begins with a brief consultation and catch up, bespoke breathing exercises followed by a guided balance relaxation, bespoke hypnotherapy (helpful suggestions to your subconscious mind) and sound bowl vibrations over and on the body.

// Can include: *Sound bowl - healing crystals - breathwork - guided visualisation.*

The benefits of breathwork and hypnotherapy can help to improve a variety of conditions including;

- Stress
- Anxiety
- Asthma, Long Covid
- High Blood Pressure
- Immune Support
- Skin Conditions
- Diabetes
- Pain
- Sleep Concerns
- Health and Well-Being

Please note: *These sessions do not require removal of clothing and are not appropriate if you have psychosis or certain types of personality disorder such as severe bipolar or epilepsy.*



Hands + Feet

The Gel Bottle Pedicure - £30

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 a natural exfoliation scrub, a hypoallergenic vanilla 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 peach pedi cream, finished with cuticle work, nail shape and polish application.

ESPA Lighter Legs - 40 minutes - £40

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. Cleanse and smooth hard-working feet and lower legs, then treat them to a rejuvenating and intensely reviving massage – restoring cool comfort and leaving you ready for another active day.

// Includes: Foot ritual – lower leg and foot exfoliation and massage.

The Gel Bottle Manicure - £30

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 manicure designed for different nail types. This luxury manicure includes a natural exfoliation scrub, a hypoallergenic vanilla mani mask which contains Niacinamide to reduce signs of ageing with heated mitts, a hand and arm massage with pro-vitamin B, velvety peach mani cream, finished with cuticle work, nail shape and polish application.

Gel soak off and tidy - £15

Gel removal with cuticle work and file.



THE *Float* EXPERIENCE

The pressures and stress of everyday life requires your brain to use a lot of power to deal with the strain of gravity on the body, however, the float tank is there to alleviate just that, and allow you to find harmony and balance so that your body and mind is freed, ensuring you are able to unwind and fully relax. The float experience is available as an individual treatment, or before or after any other TWB treatments. It offers the purest form of relaxation, as well as aiding meditation, stress relief, pain relief, visualising techniques, and accelerating recovery from injury. It is a holistic treatment. Flotation therapy within Epsom salts, not only aids the bodies recovery process, by releasing vast quantities of endorphins - the body's natural painkiller, but ultimately resets the body's overall balance. A series of floats will help to rejuvenate you.

Once immersed within the float tank your brain will switch off, as a result no longer sending out any commands to the body, resulting in the activity in the logical side of the brain synchronising with the creative hemisphere. This changes your brainwaves from alpha to frequency delta and theta waves, causing you to enter the meditative dream-like state just before you go to sleep, whilst still being fully conscious. The environment within the float tank completely isolates your senses and blocks out all distractions including gravity, temperature, touch, sight and sound (which together account for 90% of normal neuromuscular activity). It ensures you conserve and redirect vast amounts of natural, physical and mental energy. It allows you to stop. It allows you to have some you time. It looks after every part of your well-being ensuring the body, mind and soul is restored, revived, and regenerated.

Bathing in Epsom salts raises your magnesium levels via absorption through the skin. As a result, research shows many positive impacts to your well-being:

Relieve stress – Excess adrenaline and stress are believed to drain magnesium, a natural stress reliever, from the body. Magnesium helps bind serotonin, the happy hormone!

Relaxation – Elevates chemicals in the brain that works to create a feeling of well-being and relaxation.

Migraines – Eases and prevents migraine headaches.

Detoxification – Flushes toxins and heavy metals from the cells in the body. This in turn helps ease muscle pain and clear out harmful substances picked up from our modern environment.

Diabetes – Improved insulin sensitivity aids blood glucose control which can aid in the prevention or severity of diabetes.

Heart Health – Improves heart and circulatory health. Preventing hardening of the arteries, blood clots and lowering overall blood pressure.

Bone Health – Magnesium helps assimilate calcium into the bones.

Better still, when using a float tank the magnesium is absorbed through the skin and the body optimises the levels of magnesium so there is no chance of magnesium levels becoming too high, which can be dangerous.

Epsom salt also provides sulphates, which are difficult to get from food but are easily absorbed through the skin. Sulphates play a role in the formation of brain tissue, joint proteins and the mucin proteins that line the walls of the digestive tract – all of which helps us live a long and healthy life, particularly as we age.

After any float you will experience an enhanced sense of well-being and improved physiological functioning as Floatation is a form of alternative medicine and boasts an extensive wealth of benefits to include:

- *Stimulates the release of endorphins*
- *Creates calm and total relaxation*
- *Rejuvenates the mind and body*
- *Alleviates mental and physical stress*
- *Helps with fatigue and jet lag*
- *Improves sleep and insomnia*
- *Improves creativity, healing, and visualisation*
- *Expands awareness and heightens senses*
- *Enhances mental clarity and deepens your mental state*
- *Improves self-realisation and discovery*
- *Helps with anxiety, depression, and motivation*
- *Helps with phobias and addiction*
- *Helps with PTSD symptoms*
- *Decreases the perception of pain*
- *Relieves bones, joints, muscles*
- *Relieves aches, pains, and strains*
- *Relieves arthritis, migraines, and rheumatism*
- *Relieves fibromyalgia*

- *Helps with pregnancy pain*
- *Increases blood circulation and lowers blood pressure*
- *Improves immunity*
- *Helps athletes produce less cortisol, adrenaline, and lactic acid*
- *Helps athletes visualise their performance for success*
- *Helps athletes master the inner game and synchronise mind, body, and emotion*
- *Reduces the risk of further injury and overtraining*
- *Resets the body's chemical and metabolic balance*
- *Speeds up the healing process and recovery*

HOW DOES IT WORK?

Over 500kg of Epsom salts are added to the tank and mixed with 1000 litres of water creating a highly buoyant environment, similar to the dead sea, where you will naturally float to the surface without any effort. Floating in this way will allow you to escape the forces of gravity, relax any muscles and release all tension. Once you are floating within the pod, with the absence of any sound, there is no external stimulus for the brain to focus on – ensuring you slip into a deep relaxed mental state regenerating your physical and mental functions.

The flotation tank was first invented in 1954 by neuroscientist and psychologist John C Lilly to explore human consciousness. Used by Olympian athletes on a regular basis, floating has been found to maximise their training routines and accelerate recovery from injuries and over training, as well as being exceptionally beneficial both physically and mentally in their individual performances.

WHAT DOES IT DO?

Floating takes the pressure of gravity off joints and muscles and your body is put in to a high state of physical relaxation. Blood pressure and oxygen intake reduce but at the same time blood flow and the distribution of red blood cells increases. This speeds recovery from injury and helps flush any lactate, cortisone and adrenaline that may have built up through training or performance. Floating has been shown to loosen the muscles and give more control over your nervous system. This reduces the risk of any injury.

Athletes have found that modern training methods focus on helping the athlete to master the ‘inner game’ to develop the perfect synchronicity between mind, body and emotion, which is the hallmark of a champion. In the tank the athlete can reach the level of concentration necessary for visualisation to have a quantifiable impact on his or her performance.

Physical exercise can cause a build up of lactic acid, which is often experienced as pain and a cramping of the muscles. It has also been linked with feelings of depression known as ‘post-game let down’ which can also affect part-time joggers. Floating resets the body’s chemical and metabolic balance, reducing the risk of over training.

1 hour float - £45

Buy a course of 5 and get 1 free - £225



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.





WB The
Well-Being
Barn

Contact us

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