

BOVEY CASTLE
— on —
DARTMOOR NATIONAL PARK

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Cancellation policy: Guests who wish to change or cancel an appointment in The Spa are politely reminded that a period of 24 hours' notice is required. Less than 24 hours' notice will result in full payment being charged for each treatment.

All treatments are subject to availability.

THE UK'S FLAGSHIP SUNDĀRI SPA
YOU'VE ARRIVED...



SUNDĀRI

WELCOME TO BOVEY CASTLE...

Set in the heart of Dartmoor National Park, The Spa at Bovey Castle evokes the peace and tranquillity of the countryside, while the rituals of SUNDĀRI envelop mind and body effortlessly. Bovey Castle is the flagship spa for SUNDĀRI in the UK, an exclusive collection of Ayurvedic treatments and products based on ancient Indian healing.



RELAX...

SUNDĀRI means 'beautiful woman' in Sanskrit, the sacred language of India. Ayurveda is over 5000 years old and is a healing science from India, with the core philosophy that each person is unique and should be treated individually.

Created by supermodel Christy Turlington, the SUNDĀRI approach is to identify the dosha of each individual and recommend treatment through the properties of firming, healing, suppling, nurturing and brightening – designed to give the ultimate spa experience.

The SUNDĀRI range has been created from the purest ingredients and rarest distilled essences, gathered from all over the world to create this Western adaptation of traditional Indian medicine.

SUNDĀRI experts have worked with Bovey Castle's team of therapists to create exclusive treatments that complement the serene surroundings of Bovey Castle's 400-acre rural estate.

To maximise the benefits of the treatment and enrich body, mind and soul, all signature rituals begin with personally tailored yoga stretches in one of Bovey Castle's spa suites, balancing the prana life force and relaxing breathing patterns.

Housed in the Orangery, the hotel's Art Deco inspired swimming pool overlooks the sun terrace and River Bovey, offering stunning views of miles of moorland. Bovey Castle's spa facilities also include a Jacuzzi, sauna, steam room and a full range of Precor, cardiovascular and strength equipment in the hotel gym.

The Spa at Bovey Castle offers facials, body and beauty treatments, SUNDĀRI for men, prenatal and postnatal treatments, youth treatments (12–15-year-olds and 16+) and rituals. Residential and spa day SUNDĀRI experiences are available, which include access to the hotel's spa facilities and lunch from Bovey Castle's spa menu.



SUNDĀRI Face.

The SUNDĀRI Facial

Rejuvenate and reawaken your skin with our customised dosha facial. This holistic performance face treatment uses naturally-active lemon, sandalwood and lavender, custom blended for your specific skin needs. Deeply cleansing and gently exfoliating, our signature Marmassage completes this wonderful experience, revealing newly-refreshed and radiant looking skin. Suitable for all skin types.

Time: 50 minutes

Price: £75.00

SUNDĀRI Age Defying Firming Facial

Reclaim your skin's youth. This advanced treatment focuses on improving the firmness, tone and texture of your skin. This facial defies gravity and restores radiance to a time-dulled complexion. Aromatic essential oils relax, balance and clear the mind. This treatment includes the SUNDĀRI instant eye lift and two treatment masks.

Suitable for all skin types.

Time: 75 minutes

Price: £105.00

SUNDĀRI Rooibos Tea and Honey Enzyme Brightening Facial

Reveal brighter, radiant, fresher skin with this intense rejuvenation treatment.

A unique exfoliating complex of rooibos tea, honey and fruit enzymes achieve significant retexturisation of the skin. The skin is left clear, smooth and purified. Neem oil stimulates collagen and elastin synthesis, improving skin elasticity, firmness and cell regeneration. Our signature Marmassage will leave your skin feeling healthy, oxygenated and enlivened.

Suitable for all skin types.

Time: 60 minutes

Price: £100.00

SUNDĀRI Healing Facial

Soothe and purify even the most delicate skin with the benefits of neem. Extracts of the plant are combined with soothing oils and our signature Marmassage to heal and hydrate sensitive or irritated skin, restoring its youthful glow.

The treatment clears and comforts the mind as well as the skin. This treatment begins with the SUNDĀRI back massage.

Suitable for all skin types.

Time: 75 minutes

Price: £100.00

SUNDĀRI Supplifying Facial

Breathe new life into dry or stressed skin with this deeply nourishing, intensely-hydrating facial. Our own Omega3+ complex uses naturally-active ingredients to restore lost lipids, resulting in the softening and awakening of your natural glow.

Aromatic essential oils relax the mind, open the heart and decrease fire to create balance.

Suitable for mature skin.

Time: 50 minutes

Price: £75.00

SUNDĀRI Ākarshan Men's Face Treatment

A targeted treatment for the unique needs of men's skin using the healing power of neem.

Keeps skin fit with enzyme exfoliation, soothes and heals shaving rash with neem and avocado based moisturisers. The skin is left cleansed, soothed, and fresh.

Time: 50 minutes

Price: £75.00



SUNDĀRI Express.

SUNDĀRI Pure Refresh Facial

Refresh includes cleansing with sulphate-free cleansers, hydrating with signature tonic and thorough enzyme exfoliation to remove dull surface skin cells. A relaxing Marma Point Massage with potent botanical infused oils, detoxification with a mineral-rich clay mask and completed with a customised vitamin-rich moisturiser.

Time: 25 minutes

Price: £52.00

SUNDĀRI Firming Bust Treatment

Rejuvenation for the delicate areas at the bust and décolletage. This specialised treatment uses light exfoliation, followed by a mask of gotu kola and peptides to firm and tighten. Offers best results over a series of visits.

Time: 25 minutes

Price: £52.00

SUNDĀRI Cooling Scalp Treatment – Neem and Eucalyptus

Traditionally known in India as the champi, this holistic remedy reduces headaches, anxiety and fatigue. The cooling oil is preferred for its stress-relieving and relaxing properties. The massage targets the head, neck and shoulder areas.

Time: 25 minutes

Price: £52.00

SUNDĀRI Balancing Back Treatment

A facial for the back! This effective and relaxing treatment starts with our Abyhanga back massage, followed by a cleanse, exfoliation and deep cleansing neem and green tea mask. Finished with an oil-free moisturiser to leave your back looking smooth and glowing.

Time: 25mins

Price: £52.00



SUNDĀRI Body.

SUNDĀRI Body Envelopments

A truly balanced and complete spa experience with the aim of revealing your inner radiant being. We begin with an application of warm oil to the whole body, followed by a full body exfoliation and an application of our unique body mask. Customised to achieve maximum benefits and leave your whole body feeling rejuvenated, refreshed and renewed. Also includes an Abhyanga back massage. Choose from firming, suppling or healing.

Time: 60 minutes

Price: £80.00

SUNDĀRI Anti Cellulite Pro-Contouring Firming Treatment

This anti-aging body repair treatment fights the build-up of cellulite in the body, tightens skin and prevents and improves the signs of premature ageing. Concentrating on the hips, stomach and thigh areas with a new anti-cellulite massage, exfoliation and peptide-infused firming mask. The SUNDĀRI Firming Bust Treatment is an ideal add on treatment to complement this anti-aging experience.

Time: 50 minutes

Price: £90.00

SUNDĀRI Abhyanga Massage

Abhyanga is a flowing and profoundly relaxing therapy for all in need of stress relief. This rhythmic and deeply soothing warm oil massage helps to stimulate and move our life force, which drives your body's vital energy. Nerves are soothed as you flow into a deep state of bliss and joy.

Time: 60 minutes

Price: £90.00

SUNDĀRI Hot Stones Massage

Abhyanga is designed to bring the subtle energies of the body into balance through the application of aromatic oils. This rhythmic massage is both revitalising and relaxing. To make this even more relaxing, hot stones are used on the back and face to have a grounding effect and warm the muscles to give a deeper and more effective massage.

Time: 75 minutes

Price: £110.00

SUNDĀRI Shirodhara—Journey to Serenity

A powerful and therapeutic experience based on Ayurvedic healing therapy in use for thousands of years. True Shirodhara changes the balance of your life by awakening the senses, invigorating the soul and giving back a sense of total wellbeing.

An Ayurvedic therapist directs a warm stream of oil onto the forehead, then massages it into the hair and scalp to nourish and condition, while imparting deep relaxation. This is an ideal add on treatment to make your SUNDĀRI experience complete.

Time: 25 minutes

Price: £70.00

SUNDĀRI Relaxing Back, Face and Scalp Treatment

This treatment begins with an Abhyanga back massage. The relaxing facial includes a cleanse, exfoliation, our signature Marma Point Massage, mineral-rich mask and a scalp massage.

Time: 50 minutes

Price: £88.00

SUNDĀRI

Prenatal and Postnatal.

Sundāri Aadi – First Beginnings

Indulge in this ultimate pampering signature treatment for new mums and mothers-to-be. Your treatment will begin with a revitalising foot cleanse and scrub, then receive a relaxing & unwinding back and shoulder massage. Your journey will then take you onto a soothing and purifying mini facial using neem, known as the pharmacy tree in India. While relaxing back with an Omega3 mask on the tummy, to help decrease stretch marks, the lower legs and feet will receive an Ayurvedic massage. You will be left feeling completely rejuvenated from head to toe.


Time: 75 minutes

Price: £100.00



SUNDĀRI

Signature Rituals.



Experience a signature ritual with someone who means the world to you in the privacy of our spa suite, or just indulge yourself. Your signature ritual begins with a cleansing foot ritual, symbolising purification of the body through your feet in preparation for an aromatic journey. You will choose your aromatic oil and customise your experience with prana balancing instruction in yoga and breathing.

Envision Ritual – Massage and Body Polish

The skin is prepared using gloriously-warm nutrient oils for a full body Abhyanga massage, followed by a botanical exfoliating enzyme cream designed to soften and smooth your skin. Finished with a hydrating lotion.

Time: 75 minutes

Price: £125.00

Enlighten Ritual – Back Massage, Body Polish, Envelopment and Facial

Awaken your senses in full as you nourish your body. Infused with herbs and aromas that feed the body, this holistic ritual encompasses an Abhyanga back massage, full body polishing enzyme exfoliation and facial massage to open the marmas and balance the prana energy flow. The treatment is completed in a result-driven envelopment and hydrating massage.

Choose healing, suppling or firming.

Time: 100 minutes

Price: £145.00

Enrich Ritual – Massage and Age Defying Facial

Abhyanga massage, this rhythmic and deeply relaxing massage restores energy and balance, enabling you to drift into a state of sheer nirvana.

Time: 120 minutes

Price: £180.00

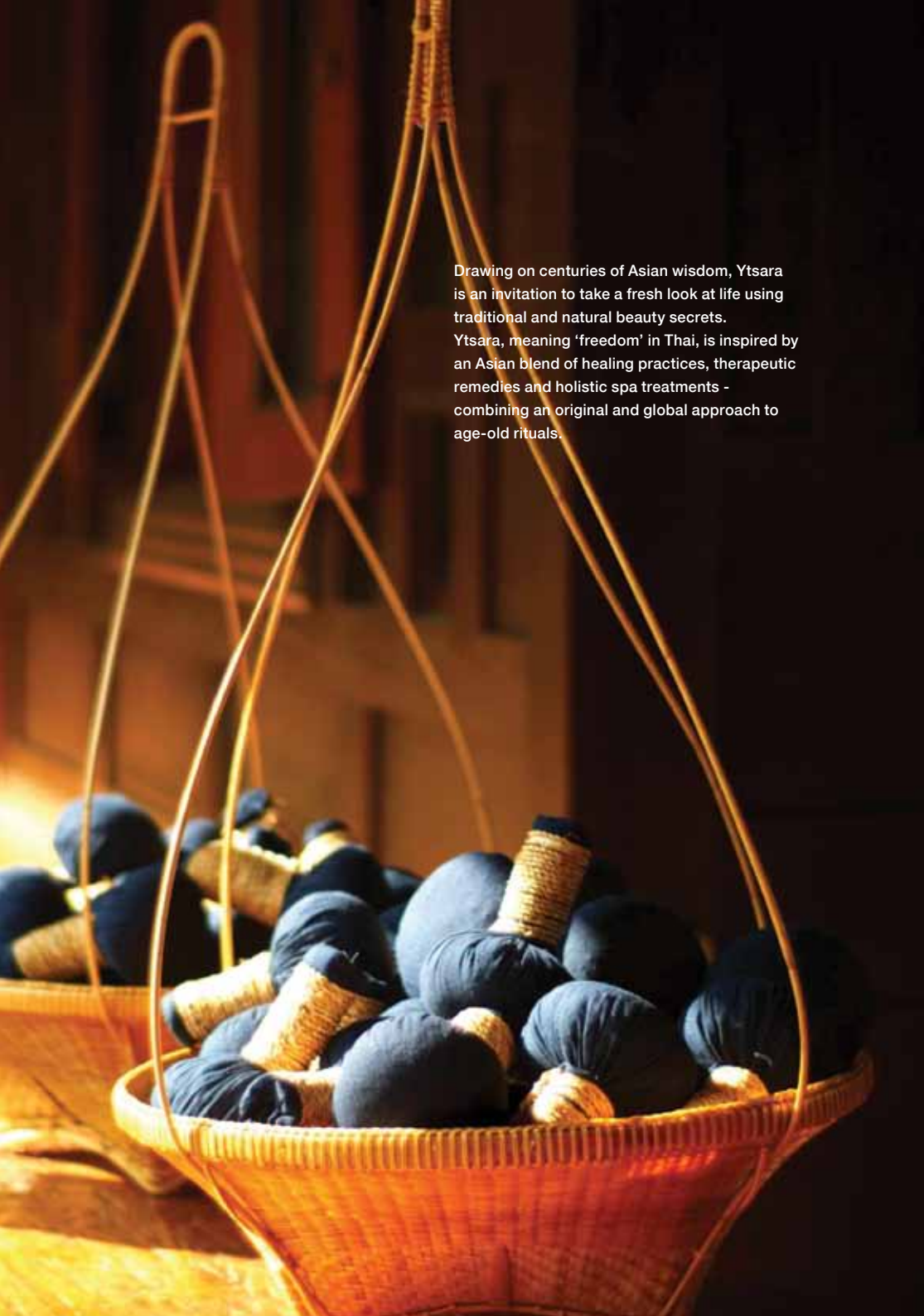
Holistic Ritual – Massage, Body Envelopment, Shirodhara and Facial

Your blissful journey begins with an Abhyanga full body massage. We then commence with a total body exfoliation, followed by a layering of body mask and warm wrap as you relax, unwind, and clear your mind. The therapist then directs warm oil over your forehead and massages it into the hair and scalp. This powerful experience is completed with a full dosha specific facial, encouraging a rare state of pure relaxation and bliss.

Time: 165 minutes

Price: £300.00

YTSARA



Drawing on centuries of Asian wisdom, Ytsara is an invitation to take a fresh look at life using traditional and natural beauty secrets. Ytsara, meaning 'freedom' in Thai, is inspired by an Asian blend of healing practices, therapeutic remedies and holistic spa treatments - combining an original and global approach to age-old rituals.

Naplai – Recovery Head Massage

This outstanding treatment releases tensions and naturally firms and lifts stressed skin. The treatment starts with the application of the traditional Thai hot herbal poultice over the back, neck and shoulders to relieve stress, soothe tensions and revitalise. Stimulating face oil, using a rejuvenating blend of rosewood and lavender, complements the treatment by refreshing the skin and promoting total recovery.

Time: 40 minutes

Price: £57.00

Kamatan – Path to Tranquillity

Pacify the mind and touch serenity with a complete de-stressing treatment. Calm your senses as your body is soothed by a hot herbal poultice of sweet basil and a warm oil massage. While tension is slowly eased away under a caring touch, you will be guided in tranquil meditation for total peace of mind. This treatment improves mental clarity leaving a sense of wholesome well-being.

Time: 80 minutes

Price: £125.00

Mohom – Indigo Healing Art

Experience the ancient healing art of Hmong shamans, used to treat muscular aches and pains. A steamed indigo herbal compress, filled with pure remedial ingredients, is thoroughly pounded over your body. Surrender to a deep tissue massage using palms, thumbs and elbows to loosen muscles and stimulate blood circulation. Indigo, the symbol of the Buddha of medicine, is said to improve muscular tone and drain away toxins. China mandarin essential oil will enhance energy flow and normalise your life force in an aura of calm and harmony.

Time: 80 minutes

Price: £130.00

Anamai – Body Reviver

Anamai meaning 'vigorous health' strengthens your body and gives empowerment with its unique healing massage. A combination of acupuncture, gentle stretching and oil massage is applied to your body to release blockages and tune your energy flow. Meanwhile, warm herbal cushions filled with therapeutic botanical ingredients infuse their healing powers into your system. This treatment helps to reinforce your immune system, reduce stress, improve posture and enhance your vitality.

Time: 80 minutes

Price: £125.00

Taolay – Face Lifting Bliss

Taolay uses the intelligence of 100% natural ingredients to help firm the skin. Pure regenerative plant extracts activate cell renewal, while skin is deeply cleansed and purified. Slowly drift into a luxurious relaxation with a warm sesame poultice dipped in warm rosewood oil, and gently glided onto your face to tone passive facial muscles and activate microcirculation. After a final quenching touch of neroli, enjoy the blissful sensation of renewal and the precious feeling of eternal youth.

Time: 60 minutes

Price: £100.00



Nangfa – Angel Bliss for Children

Invite your child to discover the world of wellbeing. Gentle pressure is applied to the scalp, legs and feet and a grounding oil massage is performed on the back and the arms. This treatment improves the quality of sleep and soothes the nervous system for young children and teenagers alike, strengthening the immune system. For children aged 6 – 15 years. Children must be accompanied by an adult. Recommended treatment for guardian to have at the same time – Naplai Recovery Head Massage £57.00.

Time: 50 minutes

Price: £70.00

Lazy Man Yoga

Release stiffness and muscular tension with this unique stretching massage. While lying comfortably, a therapist will gently stretch your limbs and your back. Then a warm herbal compress is massaged onto your body. The ritual ends with an acupressure scalp massage to release tension hidden in the cranial area, leaving you ready for relaxation or activity.

Time: 60 minutes

Price: £95.00

Maphrao – Warm Coconut Soother

Following the Zen philosophy of returning to nature, amazing tropical wonders infuse this treatment with life, energy and beauty. A rich, red jasmine rice scrub softens and invigorates your skin. Then drift into the delights of southern Thailand, when warm extra virgin coconut oil is drizzled onto your body. A warm sesame and coconut poultice is gently glided to massage, nourish, soothe and condition your skin. Exhilarating sweet scents permeate your mind and nurture your soul.

Time: 80 minutes

Price: £130.00

SomChai – Golfer's Tonic

A steamed indigo herbal compress, filled with pure remedial ingredients, is worked over your body. Surrender to a deep tissue massage to the back of the body using palms, thumbs and elbows to loosen muscles and stimulate blood circulation. Then enjoy a deep exfoliation to remove impurities and help lift ingrown hairs, followed by a quenching facial mask to rehydrate the epidermis. This advanced treatment incorporates a vital energy point massage, which will ease away stress and tensions to legs and feet. Finally, restore health and vitality to the face with a toning face elixir and a hydrating serum, which enhances muscle tone and leaves the skin fresh and supple.

Time: 75 minutes

Price: £115.00

Complementary Therapies.

Full Body Massage (Swedish or Deep Tissue)

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage.

Time: 50 minutes

Price: £88.00

Full Body Massage

A tailor-made massage treatment to target your specific concerns and problem areas. Muscles are relaxed and tension is eased away.

Time: 80 minutes

Price: £120.00

Reflexology

An ancient therapy first used by the Egyptians, this continues to be enjoyed in today's society. Working on the pressure points of the feet, your therapist will identify problematic areas within the body, aiding relaxation, easing tension and promoting a total feeling of wellbeing.

Time: 50 minutes

Price: £72.00

Indian Head Massage

Indian head massage is based on the Ayurvedic system of healing, which has been practiced in India for more than a thousand years. This deeply calming and relaxing seated massage treatment is especially good for relieving stress, tension, fatigue, insomnia, headaches and sinusitis.

Time: 50 minutes

Price: £72.00

Blissful Back Massage

A luxurious back treatment combining hot stones and Swedish massage that will leave you deeply relaxed.

Time: 25 minutes

Price: £57.00

Back Massage (Swedish or Deep Tissue)

A muscle relieving treatment concentrating on the back, neck and shoulders.

Time: 25 minutes

Price: £52.00

For Your Hands & Feet.

Bovey Luxury Manicure

Tension is gently eased away with a skin softening exfoliation and massage from elbow to finger tip. A combination of creams and oils condition the skin and cuticles, strengthening nails and relaxing the arm. This is followed by the nails being filed and polished.

Time: 50 minutes

Price: £60.00

Bovey Luxury Pedicure

A therapeutic footbath, removal of hard skin and cuticle work followed by a relaxing foot massage. Nails are finished with a file and polish chosen from our OPI range.

Time: 60 minutes

Price: £70.00

Supplifying Hand or Foot Treatment

Hands or feet are brought back to life with an invigorating scrub, relaxed with Ayurvedic inspired massage techniques, nourished with Omega3 rich products and left feeling beautifully moisturised. This treatment does not include file and polish.

Time: 25 minutes

Price: £35.00

File and Polish

An express file and polish with your chosen colour from our OPI range.

Time: 25 minutes

Price: £25.00

French Polish

Have your nails finished with the classic French polish, adding 15 minutes on the above treatments.

Time: 15 minutes

Price: £10.00





Beauty.

Beauty Class

Using GloMinerals make-up, our therapists will guide you through a full make-up from colour selection to application, so you learn the tricks of the trade and can give your make-up a professional finish in the future.

Time: 50 minutes

Price: £60.00

Express Beauty

Pop in for a high-speed makeover before dinner and let our experts apply everything from your foundation base to your lipstick to create a look that suits you and the occasion.

Time: 25 minutes

Price: £40.00

A H Francis Eyelash Extensions

Eyelash extensions by A H Francis are made from a naturally curved synthetic material. They look identical to human lashes and are applied individually to the natural lashes with a professional adhesive, creating a strong bond that lasts for weeks. A **48-hour patch test** is required before this treatment is performed.

Time: 120 minutes

Price: £100.00

A H Francis Eyelash In-fills

Recommended every two – three weeks.

Time: 25 minutes

Price: £35.00

Spa Day Experiences.

Half Day Spa Day - £140

(Recommended arrival time 11.00am)

To include tea/coffee on arrival

Full use of the facilities to include swimming pool, sauna, steam room and Jacuzzi.

A two course lunch in the Castle Bistro, choosing from our healthy option Spa Menu!

SUNDĀRI Pure Refresh Facial & Hot Stone Back Massage – 50 mins

OR

SUNDĀRI Full Body Exfoliation and Abhyanga Back Massage – 50 mins

Full Day Spa Day - £190

(Recommended arrival time 9.30am)

To include tea/coffee on arrival

Full use of the facilities to include swimming pool, sauna, steam room and Jacuzzi

A two course lunch in the castle Bistro, choosing from our healthy option Spa menu!

SUNDĀRI Body Envelopment – 50mins

and

SUNDĀRI Age-Defying Firming Facial or Sundari Healing Facial – 75mins

These two treatments can be combined to have consecutively or you may choose to have one in the morning and one in the afternoon.