

BODY MASSAGE TREATMENTS

Our Spa team pride ourselves on our body massage treatments, with our award winning therapists using only the best products and techniques to gently reduce all stresses and strains, leaving you feeling uplifted and rejuvenated. Experience the ultimate in relaxation to take care of the mind, body and soul.



All of our massage treatments can be tailored to your pressure requirements, with Bamboo used to provide deeper pressure and a truly unique massage like you've never experienced before.

The Mere's Signature Four Hands Massage
85 minutes £280 55 minutes £190


The ultimate indulgence for those who truly need to relax. During our four hands massage your therapists will work on you simultaneously in synchronisation to release and unwind your body. Using a range of Swedish and Aromatherapy massage techniques, your therapists will ensure that all your cares and strains are banished from the body, leaving you in a state of sheer bliss.

Aromatherapy Associates
Tranquillity Ritual Massage
85 minutes £95 

This is an intense massage ritual combining eastern and western traditions to dissolve every ounce of stress. After choosing an oil for 'deep sleep', 'mind de-stress', or 'feel good', enjoy a head to toe treatment that will leave your body and mind feeling utterly relaxed. Your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to help to relieve muscular tension and lymphatic drainage movements to encourage healthy circulation and detoxification.

Couples Massage Lesson
55 minutes £99 per couple  

Our couple's massage lesson is perfect for those who wish to de-stress and to reconnect with their loved one. In the intimate setting of one of our luxurious treatment rooms, your dedicated therapist will guide you on how to relax your partner, and relieve their stresses and strains. A great way to show your partner that you care, and to continue the experience at home. We will also treat you to a massage oil to take away with you to continue your spa journey.

Lava Shell Full Body Massage
55 minutes £80 / 85 minutes £105 


Lava shells are a 100% natural tiger clam shell and is the ultimate treatment for working out all the knots and tension. This is a deep relaxing massage that releases tension and soothes aches and pains whilst working at deeper level to achieve great results every time.

CARITA Couture Full Body Massage
55 minutes £80

The CARITA Couture full body massage is quite simply sheer bliss - a unique massage that helps to ease muscular tension and awaken the body, mind and spirit. Your skin is enveloped in an exquisite verbena infused massage oil enriched with Vitamin E and Hazelnut oil for intensive nourishment. Your therapist then adopts a variety of massage techniques, pressures and rhythms to leave you in a deep state of relaxation and your skin feeling silky-soft.

Aromatherapy Associates
De-Stress Muscle Release
55 minutes £75 / 85 minutes £95

This deeply restorative treatment involves Swedish and cross-muscle fibre massage techniques to soothe sore joints and tackle the sites of pain. Your therapist will also select essential oils for the maximum impact – such as black pepper, rosemary and ginger to disperse built-up lactic acid or lavender to act as a natural anti-inflammatory.

Aromatherapy Associates Ultimate
Aromatherapy Experience, Full Body Massage
55 minutes £75 / 85 minutes £95 

Every part of your body will feel deeply relaxed and recharged following this personalised treatment designed to soothe you physically and emotionally. Using a therapeutic oil blend selected after consultation with your therapist, carefully applied pressures stimulate the nervous system, whilst Swedish and neuro-muscular techniques relieve tension.