



Lovegrove
at The Ollerod



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Overall wellbeing is at the core of The Ollerod: whether you're here for an hour or a week, our aim is that you will feel nourished, uplifted, relaxed and satisfied on all levels. Each Lovegrove Essentials treatment provides a holistic and bespoke experience, and the different elements are tailored to meet your needs on that day.

On the day: Make your way to reception when you arrive. If it's your first visit, please allow time to complete a consultation form. Following your treatment, enjoy a specially-designed, freshly made drink that complements your chosen experience, at a private table in our beautiful garden, or in front of a warm fire. Unwind with a book or simply take time to relax, for as long as you need. The drinks are included as part of your treatment.

Special requirements: If you don't see what you need – please ask. Lovegrove Essentials therapists are also trained to work with individuals with a wide variety of conditions, including those with limited mobility and people recovering from cancer. The treatment room is on the ground floor easily accessible from the car park



Treatment Menu

Lovegrove Essentials Facial Treatment

A profoundly relaxing and unique experience, the whole body is gently positioned, from the feet to the head, for maximum release. The Lovegrove Essentials range of organic and natural products are used with different organic teas to deep clean, hydrate, calm, nourish and balance your skin. The whole treatment encourages a profound sense of peace and stability, to leave you feeling deeply rested, calm and radiant. Suitable for all ages, for deep cleansing young skins, for soothing sensitive skins, this treatment is adapted to suit your skin type and condition on the day.

60-minute consultation & treatment - £69

Therapeutic Body Massage

Following a consultation, the focus and depth of the massage is adapted to suit your specific needs. A combination of lighter effleurage movements and deep tissue work encourage muscle tissue release, joint mobilisation and lymph drainage. The result is a very restful experience, bringing deep physical release to the tissues, easing areas of pain and tension, and relaxation to body and mind.

60-minute consultation & treatment - £60

Back, Neck and Shoulder Massage

An area where we often store tension which can lead to headaches, eye strain, and soreness in neck and shoulder muscles which can be very debilitating. This treatment covers the whole back from hips to shoulders, the upper chest, neck and head.

30-minutes consultation & treatment - £40

Bespoke Massage

Choose from a range of options:

Feet, Feet and Legs, Head, Hands, Nurture, Colon, Structural, Reflex, Detox, and Replenish. Your massage can be carried out either seated or lying prone, and clothed, if you prefer.

Prices based on time - £40 per 30 minutes, £50 per 45 minutes.

Natural Nails - Manicure or Pedicure

A mini manicure or pedicure to shape your nails and tidy your cuticles, then massage with a nourishing oil. Choose between having your nails au naturel - buffed to a natural shine with paste polish, or varnished with A KURE BAZAAR high-quality, non-toxic, long-lasting nail varnish.

30-minutes - £35

Deep Relaxation & Breathwork Treatment

This treatment is designed to relax the body and mind to release tension, stress and anxiety. Using simple and highly effective yoga techniques for settling the body on the couch, you are guided through the process of relaxing and releasing the body, followed by instructions to connect with and condition the breath. (Please wear loose, comfortable clothing.)

45-minutes consultation & treatment - £60



To complete your experience...

Energise

Feeling a little flat? Mental stress, anxiety and pressure can deeply affect our everyday lives and our health, depleting our reserves and leading to fatigue and low immunity. Follow your treatment with our Energise Drink, a delicious blend of kombucha, mint, lime & rosemary, all packed with antioxidants, minerals and vitamins, to give you a revitalising boost.

Pamper & Indulge

No time for you? Always go, go, go? Stop and spend a little bit of time away from it all, being completely pampered and entirely indulged. The natural mood-boosting properties of organic cacao, cinnamon & a hint of chilli, served hot with soya or dairy milk will stimulate serotonin production and leave you feeling totally blissed out.

Hydrate & Nourish

Extreme weather, late nights and lack of sleep all take their toll on our bodies and minds, leading to cellular dehydration. Our Hydrate & Nourish Drink is a thirst-quenching blend of crushed ice, coconut water, cucumber and lemon that replenishes lost fluids & electrolytes, and hydrates your body at cellular level.

Super De-Stress

If you need a beautifully calming oasis in an otherwise chaotic world, then try the Super De-Stress drink after your treatment. A warm blend of chamomile, ginger & basil, this soothing drink helps to reduce anxiety, lower stress levels and center your focus on what's really important: **You**.

If you have any questions about your treatment or how to choose what's right for you, please email: hannah@lovegroveessentials.com / +44 (0)7971 434336 or ask to speak to a Therapist.



LOVEGROVE®
E S S E N T I A L S

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