



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 leave feeling nourished, uplifted, relaxed and satisfied on all levels. Lovegrove at The Ollerod is not just about a treatment – we want you to have an experience, one which is tailored to meet your needs in body and mind. The different elements of each treatment have been carefully created to provide a truly holistic and bespoke experience.

Here's how it works.

- Select the Experience from the list below
- Select your preferred treatment from the Treatment Menu. (Each treatment will be bespoke to you - the products used will depend on what your skin & body need most and the techniques will depend on your chosen experience.)
- Make your booking

On the day: Please make your way to reception when you arrive. Following your treatment, enjoy a specially-designed, homemade drink that complements your chosen experience (either 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.

Questions about the treatment or how to select the one that's right for you? Please email hannah@lovegroveessentials.com / +44 (0)7541 587668 or ask to speak to a therapist.

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. We incorporate special techniques into your chosen treatment that will leave you feeling invigorated, buoyant and ready to take on the world. Your treatment, followed by our Energise Drink (either hot or cold), packed with antioxidants, minerals and vitamins, will give you a revitalising boost.



Super De-Stress

If you're looking for an experience that offers a beautifully calming oasis in an otherwise chaotic world, then Super De-Stress is the one. Whether facial or body massage, the Super De-Stress experience has been specifically created to reduce anxiety, lower stress levels and help you centre your focus on what's really important: You. The experience comes with our Super De-Stress Drink, a smoothie blended from Organic Cacao, Oat Milk & Oat Straw, all of which are natural mood elevators and rich in iron, magnesium and calcium.



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 by us! Your facial or body treatment will nourish you to your core and leave you feeling relaxed and enriched. The experience is complemented with the natural mood-boosting properties of Organic Cacao blended with Soya Cream. We designed the Pamper & Indulge Drink to 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. The Hydrate & Nourish Experience will restore tired skin and bring back your natural glow. We believe in encouraging hydration and nourishment both inside and out, and your treatment will be paired with our Hydrate & Nourish Drink – a blend of fresh Coconut & Watermelon – sources rich in minerals and antioxidants that replenish lost fluids and electrolytes, and hydrate your whole body, from the inside.

Each Experience is bespoke and we always try to remain as flexible as possible. If you'd like to mix things up, and try something different, just let a member of the team know when you book your treatment.

Treatment Menu

Lovegrove Essentials Facial Treatment

A profoundly relaxing experience, the whole body is gently positioned, from the feet to the head, for maximum release. A thorough cleanse is followed by a herbal tea exfoliation treatment. Depending on your skin type, different organic teas are selected to deep clean, hydrate, calm, nourish or balance your skin. The deep massage for the face, neck and shoulder, penetrates the skin, working holistically to nourish the cells and release deep-seated stress and tension. To settle the skin and refine the pores, the Aromatic Face Mask is followed by a soothing floral Organic Toning Mist. The whole treatment encourages a profound sense of peace and stability and is finished with Lovegrove Essentials Moisture Cream, enriched with precious essential oils of Rose and Neroli, to leave you feeling deeply rested, calm and radiant.

60-minute consultation & treatment - £80

Therapeutic Body Massage

The focus and depth of the massage is adapted to suit your particular needs on the day. A combination of deep tissue and lighter effleurage movements encourage joint mobilisation, muscle tissue release and lymph drainage. The massage encourages the removal of toxins, relieves tension and promotes cell renewal. The result is a profoundly restful experience, bringing deep physical release to the tissues, and relaxation to body and mind.

60-minute consultation & treatment - £70

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. This treatment covers the whole back from hips to shoulders, the upper chest, neck and head. It can be carried out either seated or lying prone, as you prefer.

30-minutes consultation & treatment - £50

Bespoke Massage

Choose from a range of options, which include:

Back massage, Full body, Feet, Feet and Legs, Head, 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 - £50 per 30 minutes, £60 per 45 minutes, £70 per hour for the treatment

Luxurious Hand or Foot Treatment

A deeply nourishing and relaxing treatment for the lower arms & hands, or lower legs & feet, including exfoliation and nail-shaping. The whole area is then massaged with a skin-softening massage balm and a nourishing nail oil. (No polish).

30-minutes consultation & treatment - £35

Deep Relaxation & Breathwork Treatment

This treatment is designed to relax the body and mind to release tension, stress and anxiety by encouraging the body to switch off the sympathetic (fight or flight) to parasympathetic (rest and relaxation) nervous system. This treatment changes the balance of hormones and leads to improved mental and physical health. It also quiets the brain and develops a sense of comfort and peace, putting you back in touch with your 'higher self'. 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 simple instructions to connect with and condition the breath. (Please wear loose, comfortable clothing.)

45-minutes consultation & treatment - £60

*Our therapists are qualified in a wide range of treatments.
If you need something that we don't have on our menu, please ask!*



Drinks Menu

Following your treatment, unwind with your drink in our garden in the summertime, or in front of log fire in the winter. Each drink has been carefully created by Lovegrove Essentials and The Ollerod to complement your Experience – making sure that you are cared for body and mind. All of these drinks are dairy-free with no added sugar. There's no rush - so take all the time you need.



Energise (Hot or Cold)

Green Energy Hot

Relax and recharge with Matcha Tea & Lemon Juice.

Packed with antioxidants, Matcha tea also boosts the metabolism and detoxifies the body. It provides a good source of fibre, chlorophyll, vitamins, selenium, zinc and magnesium, whilst also calming and relaxing the mind and body. A big squeeze of fresh lemon juice adds an energising kick and a refreshing taste.

Green Energy Cold

Refresh and recharge with Kale & Pomegranate Juice.

Both of these ingredients are a great source of antioxidants, vitamins and minerals, helping remove free radicals, protect cells from damage, and reduce inflammation. In addition to vitamin C and vitamin E, pomegranate juice is a good source of folate, potassium, and vitamin K. Kale is one of the most nutrient rich foods on the planet, rich in minerals and vitamins A, B6, C and K.



Hydrate & Nourish

Quench your thirst with Coconut & Watermelon.

Coconut water is rich in minerals and antioxidants. It replenishes fluids and electrolytes, making it perfect for restoring hydration. This is blended with delicious, nutritious watermelon, which has every electrolyte known to humans and vitamins that help hydrate skin and hair.



Super De-stress

Bliss out with an Organic Cacao, Oat Milk & Oat Straw Smoothie.

As well as being deeply relaxing, cacao is also high in iron, magnesium and calcium. It's a natural mood elevator and anti-depressant. Blended with oat milk and oat straw to provide even more iron, and reduce feelings of stress, anxiety and fatigue.



Pamper and Indulge

Get your hot chocolate fix with Organic Cacao and Soya Cream.

The nutrients in cacao are endless! It's great for strengthening hair and nails, but is also a mood-booster, helping the body to release endorphins. With coconut sugar and soya cream, this dairy-free hot chocolate will really hit the spot.

Treatment prices include one of the above drinks and VAT.

Fancy a glass of bubbly instead? Not a problem! Just let us know and we'll make it happen.



LOVEGROVE®
E S S E N T I A L S

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