



Lovegrove at The Ollerod



LOVEGROVE®
E S S E N T I A L S

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Lovegrove at The Ollerod

A core part of our ethos at The Ollerod is to look after body and mind. Working in partnership with Lovegrove Essentials, we invite you to unwind, re-balance & restore with our award-winning Wellness experience. Each Lovegrove Essentials treatment provides a holistic & bespoke experience, tailored to meet your needs, with plenty of time to relax afterwards.

On the day: Make your way to reception. If it's your first visit, please allow time to complete a consultation form. Choose a freshly made drink to have after your treatment 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 & people recovering from cancer. The treatment room is on the ground floor & is easily accessible from the car park.



Treatment Menu

Lovegrove Essentials Healing Touch Facial Treatment

A unique & profoundly relaxing experience, this treatment encourages a profound sense of peace & stability. Suitable for men & women of all ages, the treatment is adapted to suit your skin type & condition on the day, to leave you feeling calm, radiant & deeply rested.

60-minute consultation & treatment - £69

Therapeutic Body Massage

The focus & depth of this massage is adapted to suit your needs. A combination of lighter effleurage movements & deep pressure encourages muscle tissue release, improves joint mobility & lymph drainage. The result is a very restful experience, bringing deep physical release to the tissues, pacifying the nervous system, easing areas of pain & tension, to leave you feeling calm & relaxed in both body & mind.

60-minute consultation & treatment - £60

Back, Neck and Shoulder Massage

Periods of stress, travel, long working hours & concentration can build up tension in our neck & shoulder muscles, leading to headaches, eye strain, muscle soreness & mental fatigue, all of which can be very debilitating. This treatment covers the whole back, from hips to shoulders & neck, including the upper arms & chest.

30-minutes consultation & treatment - £40

Bespoke Massage

Foot & Lower Leg - with optional nail treatment.

Hand & Lower Arm - with optional nail treatment.

Indian Head Massage – includes shoulders and arms.

Remedial work on a problem area.

Your massage can be carried out either seated or lying prone, & clothed if you prefer.

Prices based on time - £40 per 30 minutes, £50 per 45 minutes, £60 per hour

Deep Relaxation & Breathwork Treatment

A treatment designed to relax the body & mind, to release tension, stress & anxiety. Using simple & highly effective techniques for calming & settling the body, you will be guided through the process of relaxing & releasing your body, followed by instructions to connect with & condition your breath.

(Please wear loose, comfortable clothing.)

45-minutes consultation & treatment - £50 (with Hannah)

Kansa Wand Massage Treatments

In Ayurvedic healing, this sacred metal alloy (tin, copper & a trace of zinc) is used to enhance & maintain health & strength, to increase & balance energy (Prana), & to support general well-being. Clients often notice an immediate sense of comfort & calm when the wand makes contact with the skin.

Wonderful for the face, skin, eyes, scalp, neck & feet.

30-minutes - £40 (with Hannah)

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.



To complete your experience...

Energise (cold)

Kombucha, Mint, Lime & Rosemary

Packed with antioxidants, minerals & vitamins, the Energise Drink will give you a revitalising boost.

Pamper & Indulge (hot or cold)

Organic Cacao, Cinnamon & a hint of Chili

The natural mood-boosting properties of cacao (served with soya or dairy milk) will stimulate serotonin production & leave you feeling totally blissed out.

Hydrate & Nourish (cold)

Coconut water, Cucumber & Lemon

This crushed ice delight will replenish lost fluids & electrolytes, hydrating your body to restore tired skin & bring back your natural glow.

Super De-Stress (hot)

Chamomile, Ginger & Basil

This soothing drink helps to reduce anxiety, lower stress levels & re-center your focus on what's really important.

Lovegrove Essentials award-winning products are available from the Treatment Room or Reception. Please check the web site for our monthly special offers