



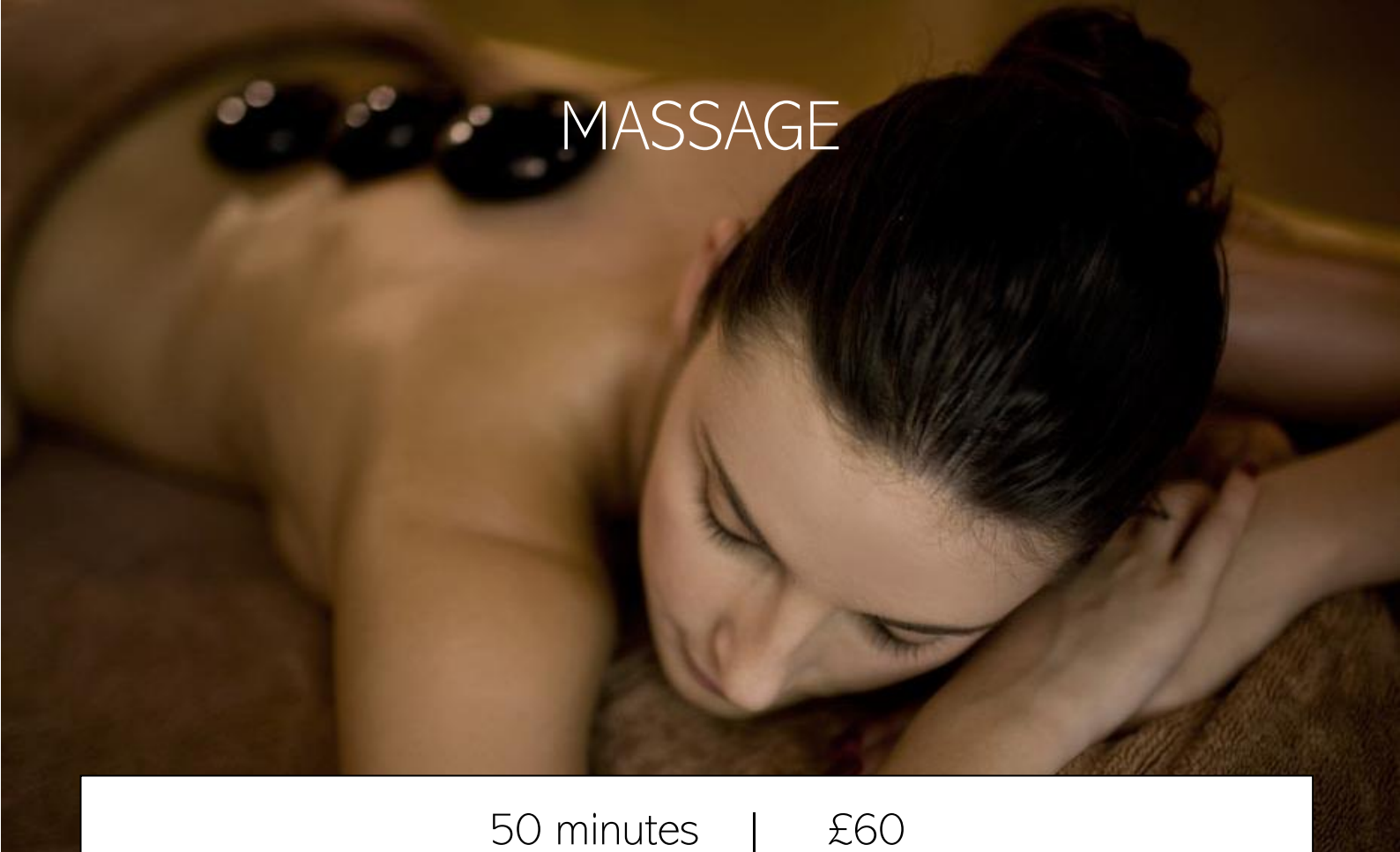
Restorative Rituals

The Spellbind Wellness Sanctuary's extensive range of rituals / therapies draw on a philosophy of well-being that combines body, mind and spirit to create treatments that impart a deeply felt sense of relaxation in luxurious, private surroundings.

Choose between a revitalizing facial, soothing massages and holistic healings or combine several offerings into a package individually-tailored to your needs.

At Spellbind Wellness Sanctuary you can relax, unwind and indulge as we pamper you from head to toe.





MASSAGE

50 minutes | £60

75 minutes | £75

After a brief pre-treatment consultation, your therapist will customise the pressure to your comfort and goals, and every massage includes mindful lymphatic drainage to reduce puffiness, support circulation, and leave you feeling light, balanced, and calm.

INDIAN HEAD THERAPY

Rooted in the familial traditions of India, where generations lovingly pass the ritual from parent to child - authentic Indian Head Therapy works with the body's **chakras** to restore balance and ease. Your treatment weaves **deep, rhythmic massage** from the mid-back across the shoulders and neck into the scalp using traditional **neem-infused oils**, inviting profound release (many guests drift into sleep), before concluding with a flowing **pressure-point facial** and a gentle **closing of the crown chakra** for grounded calm and luminous clarity.

AROMATHERAPY

Rooted in centuries-old traditions from ancient Egypt, India and China, and refined as modern clinical practice in early-20th-century France, our aromatherapy ritual begins with the **art of blending**: a licensed aromatherapist composes **pre-blended oils** like music, reading top, heart and base "notes" to create harmonious, skinloving formulas that the guest genuinely enjoys (only a qualified, insured aromatherapist is permitted to blend). During your treatment, **Swedish-inspired strokes** deliver those aromas through the olfactory pathways to the limbic system while botanicals absorb through the skin, inviting deep calm that **lingers long after** - a **firm-yet-gentle** massage that reaches deeply without overwhelming. Ideal for guests who prefer a nurturing alternative to heavier styles or who live with sensitivities.

SWEDISH

Born in 19th-century Sweden and often attributed to Per Henrik Ling, Swedish massage is widely regarded as the profession's foundation, using classic **effleurage, petrissage, friction, tapotement and gentle vibration** - the core movements on which reputable hands-on modalities are built. At Spellbind Wellness Sanctuary, your ritual flows with a silken carrier oil or **pre-blended oils crafted by our licensed aromatherapist**, sweeping away tension while subtly **desquamating** so skin feels soothed and fresher as your whole system settles into deep calm.

DEEP TISSUE

Grounded in Swedish technique, this treatment uses slow, purposeful strokes; targeted petrissage, cross-fibre friction and sustained pressure to unravel stubborn knots while maintaining a calm, flowing rhythm. It can be woven into a **Swedish massage** with our in-house **pre-blended oils**, or delivered as an **aromatherapy treatment** with a bespoke blend crafted by a **licensed aromatherapist** for maximum therapeutic effect—easing stiffness, improving mobility, and leaving you deeply relaxed.

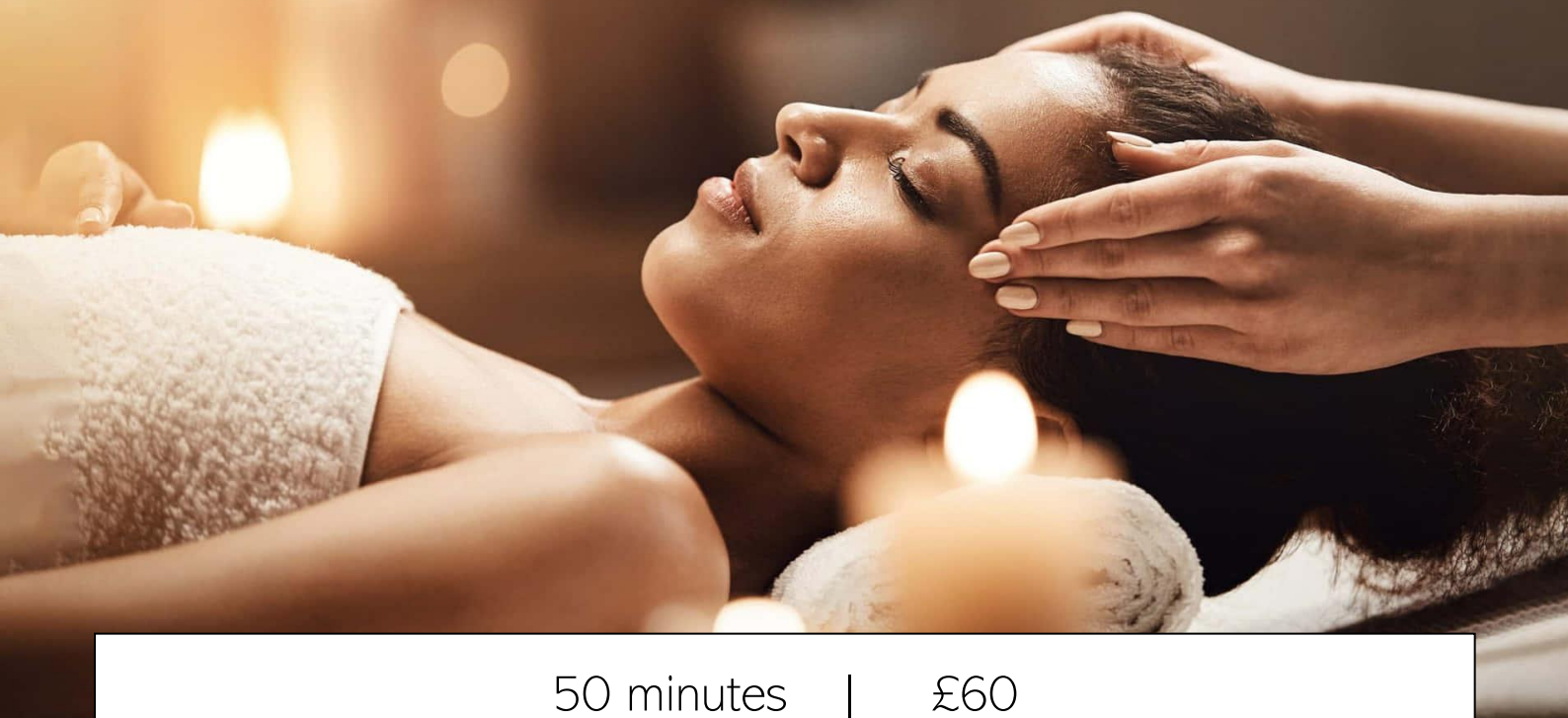
HOT STONE

Smooth, **gently heated basalt stones** are used as an extension of your therapist's hands, gliding in **long, flowing strokes** to cocoon muscles in comforting warmth and melt away deep-set tension. The heat encourages supple tissue, eases stiffness and settles the nervous system for a profoundly restorative calm.

THAI HOT STONE

This treatment marries heated stones with **Thai bodywork principles**; rhythmic acupressure along energy lines (sen), focused compressions and gentle assisted stretches, to free tight fascia and restore fluid movement. Expect a firmer, more targeted session that maintains soothing warmth while improving mobility and post treatment lightness.

FACIAL



50 minutes | £60

75 minutes | £75

Every facial includes mindful lymphatic drainage to reduce puffiness, support circulation, and leave you feeling light, balanced, and calm.

For lasting luminosity, we recommend a treatment every six weeks.

TROPIC REVIVIFY

Powered by **award-winning Tropic** formulas that are **freshly made to order**, predominantly **organic** and entirely **plant-derived**, this ritual marries expert facial massage and soothing **lymphatic drainage** with skin-loving actives and beautiful natural aromas. Dull surface cells are **gently brushed away**, pores are deeply cleansed, and skin feels **fresher, clearer and comfortably taut**, with the look of fine lines softened, so you'll leave feeling proudly **make-up optional**.



HOLISTIC

REIKI

Guided by our Reiki Healers, this gentle, **non-invasive ritual** uses light, still touch to channel restorative energy, soothing the nervous system and rebalancing the body's subtle pathways. Rooted in early-20th-century Japanese lineage, it invites deep rest, emotional clarity and a **grounded calm** that lingers long after you leave.

Master		Jo	the highest level in Reiki, achieved through years of disciplined training and attunement
Practitioner		Debbie	

60 minutes		£60
75 minutes		£75

CRYSTAL HEALING

Rooted in time-honoured traditions, this restorative ritual uses carefully selected crystals—placed along the body's chakra points and energy lines to realign the subtle field, quiet the mind, and encourage emotional clarity. Your healer creates a harmonious crystal layout and holds still, attentive space (with gentle breath cues or sound if desired), inviting deep calm and a grounded lightness that lingers long after your session.

Practitioner		Debbie
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80 minutes		£60
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EXPERIENCE

The Art of Well-Being

Pioneering a new era of wellness escapism in the Isle of Man, Spellbind Wellness Sanctuary will dedicate your mind, body and soul to the pursuit of feeling good.

We hope to welcome you soon.

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