

EXPERIENCE

The Art of Well-Being

Immerse yourself in a luxury self-care experience designed to rejuvenate you, both mentally and physically.

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.

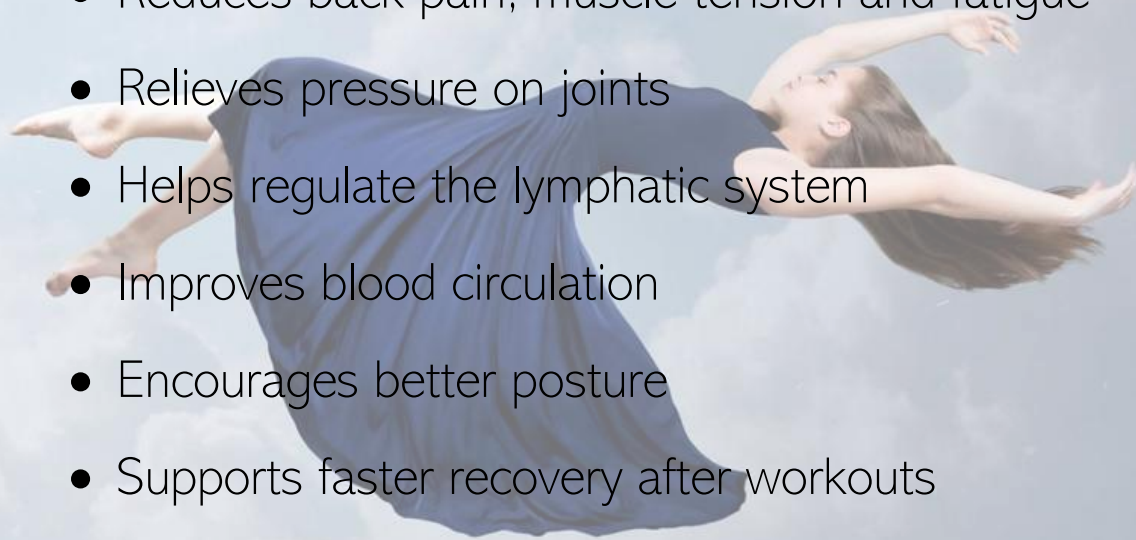


ZERO GRAVITY MASSAGE CHAIR

weightless comfort, ultimate relaxation

£15 for 15 minutes

- Reduces back pain, muscle tension and fatigue
- Relieves pressure on joints
- Helps regulate the lymphatic system
- Improves blood circulation
- Encourages better posture
- Supports faster recovery after workouts
- Helps combat headaches
- Boosts sleep quality



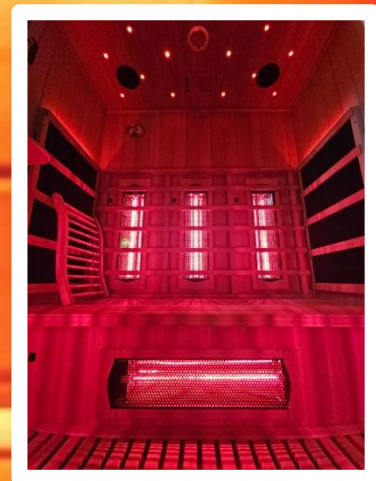
INFRARED SAUNA

renew & recover

1 pax: £20 for 20 minutes, £30 for 40 minutes

2 pax: £30 for 20 minutes, £40 for 40 minutes

- Relieves joint pain and inflammation
- Improves heart health
- Improves skin tone and appearance
- Helps with Chronic Fatigue Syndrome
- Enhances athletic recovery
- Aids in weight loss
- Reduces cellulite
- Eases menopause symptoms



CONTRAST THERAPY

reset your nervous system

Cold =

Clarity + Focus

Hot =

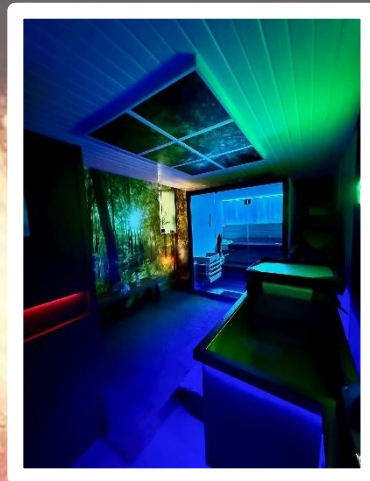
Calm + Recovery

Together = Total Reset

One session. Instant difference.

1 pax: £55 for 60 minutes*, 2 pax: £100 for 60 minutes*

**allocated hour includes time to change*



CONTRAST THERAPY

embrace the cold

- Increases metabolism
- Induces the release of endorphins
- Boosts willpower and emotional resilience
- Fights anxiety
- Improves circulation
- Accelerates muscle recovery
- Supports lymphatic system
- Improves aging



The Art of Well-Being Package

£155 per person

RESTORE ♥ REBALANCE ♥ RECONNECT

Step into a sanctuary of healing with our signature Half Day Package (4 hours) – thoughtfully designed to support your body's natural rhythms and reset your nervous system.

- ♥ Choose from a therapeutic spa treatment tailored to your needs.
- ♥ Step into a deeply immersive, Multisensory Steam Experience, where the elements unite for total renewal.
- ♥ Engage in Contrast Therapy in our dedicated space:
 - Soothing Infrared Sauna
 - Reinvigorating Cold Plunge
 - Detoxifying Chromotherapy Steam Sauna
- ♥ Release tension in our Zero Gravity Massage Chairs, designed to calm the body and realign posture.
- ♥ Nourish yourself with our curated Be Nourished IOM food package, served in our private Party Pod – a space for mindful eating and gentle reflection.

This is your time to slow down, reconnect with your body, and leave feeling lighter, clearer, and deeply restored.



The Eventide Glow Package

£125 per person

ESCAPE ♥ UNWIND ♥ REFLECT

Step into your therapeutic sanctuary for our Sundown Package (3 hours) – the ultimate relaxation course designed for people looking to escape from life's hectic pace.

- ♥ Relax into our Release and Renew massage; harmonised to your bespoke requirements.
- ♥ Engage in Contrast Therapy in our dedicated space:
 - Soothing Infrared Sauna
 - Reinvigorating Cold Plunge
 - Detoxifying Chromotherapy Steam Sauna
- ♥ Choose between:
 - Releasing tension in our Zero Gravity Massage Chairs, designed to calm the body and realign posture, or
 - Stepping into a deeply immersive, Multisensory Steam Experience, where the elements unite for total renewal.
- ♥ Nourish yourself with our curated Be Nourished IOM food package, served in our private Party Pod – a space for mindful eating and gentle reflection.

Immerse yourself in a luxury self-care experience thoughtfully crafted to rejuvenate you, both mentally and physically.



We hope to welcome you soon.

VISIT US AT THE COURTYARD, TYNWALD MILLS

WhatsApp / Tel: 07624 228777

Email: spellbindwellness@outlook.com