



La Sultane de Saba at Greenwoods Spa

La Sultane de Saba unleashes the secrets of precious rituals and recipes that date back to the time of the Queen of Sheba. Discover the power of natural ingredients which are used to create magnificent fragrances and decadent textures. When combined with these effective rituals from around the world, your mind and body will be transported, and your senses indulged, in a journey of pure relaxation and wellness.

Consultations are carried out before certain treatments (indicated below with ©) to allow clients to select the preferred fragrance and 'journey' which each encompasses its own set of benefits:

Moroccan Journey includes: Ayurvedic; Green Tea & Ginger; Orange Blossom; Rose
Balinese Journey: Lotus & Frangipani flowers

Body:

La Sultane Moroccan Hammam Ritual

50min £70.00

Deeply nourishing and intensely cleansing ritual which rejuvenates, eliminates toxins and stimulates circulation. Beginning with a black soap cleanse whilst in the hammam, before a full body Moroccan-style exfoliation. Then the signature blend of melted shea butter and fragranced body oil is warmed for a full body massage.

La Sultane Moroccan Deep-Cleansing Rassoul Ritual

50min £50.00

Pure rassoul lava clay, known for its powerful purifying properties, is warmed with a luscious honey, rose and ginger mask and melted shea butter. The body is enveloped in this highly effective warm wrap which removes impurities, conditions, smoothes and restructures the skin's tissue leaving skin noticeably radiant and beautifully soft.

La Sultane Renewing Rose Ritual

50 min £85.00

La Sultane uses the rose range throughout this treatment to balance and harmonize the mind and body, whilst using age-old rituals to renew the skin, including a rose mineral sea-salt exfoliation, rich nourishing rose wrap and finishing with a rose veiling of the skin. Whilst wrapped, an Indian head massage is carried out using the rassoul through the hair.

The treatment can be extended with a full body warm rose and shea butter massage. **80min £95.00**

La Sultane Green Tea Tingler

50 min £75.00

The ultimate uplifting, circulation-boosting treat to fight off that orange peel and make way for super smooth, radiant skin! This will include an uplifting surge of green tea & ginger exfoliating sea salts to activate microcirculation, encourage skin cell renewal and promote a healthy glow. Followed by a purifying lower body wrap to target problem areas and a deep tissue massage across the lower body to promote lymphatic drainage. A perfect treat for getting legs in tip top shape or even just as an uplifting energising boost.

Balinese Flower Ceremony

80min £110.00

The powerful and beautiful scented frangipani and lotus flowers are cultivated locally from Bali, and have been the essence of beauty rituals for generations – this treat is so indulgent it was traditionally reserved for royalty.

Beginning with a candle-lit, warm rose petal foot bath...the scent permeates the room, promoting deep relaxation. A rich creamy rice and coconut scrub is specially applied to thoroughly buff and polish the entire body. The body is then cocooned in a luscious Balinese shea butter and milk mix allowing a surge of moisture which cleanses before sinking in and deeply nourishing the skin. Finishing with a shea butter candle massage. The skin is left smoother than silk and the scents of Bali lasts the entire day...and night!

La Sultane de Saba Sweetness in Bloom**50min £75.00**

Specialised treatment for expectant Mum's, focussing on key areas whilst promoting a total sense of calm.

Using the delicate, sweetly fragranced Orange Blossom throughout, known for it's excellent calming properties. Beginning with a specialised foot ritual to relieve swollen, tired legs and feet. Whilst the legs are resting, a traditional black soap and eucalyptus cleanses the face and eases any decongestion before a facial massage is given to smooth fine lines and tone the skin. A honey, rose & ginger mask, packed with nutrients and sweet enough to eat, is then applied which soothes and softens the face and neck. Finishing with a pure treat for the tummy using warm melted shea butter massage which effectively works to prevent/reduce the appearance of stretch marks.

La Sultane Muscle Melt Moroccan Massage**50min £65.00**

Using La Sultane's rich signature blend of warm oil and melted shea butter, a full body massage is given to offer deep relaxation and relieve tension. Taking your choice of oil, the warm mixture is gently drizzled over the entire body and an intensive muscle relaxing massage is performed using deep massage moves and flowing techniques to leaving your muscles soothed and mind and body relaxed.

La Sultane Skin Softening Signature**80min £95.00**

Transport yourself to the fragrant gardens of Marrakech with this truly Moroccan experience and full top to toe treatment.

Using all the traditional techniques as used in the Parisian Spas, the body and face is deeply cleansed and exfoliated using the black soap and eucalyptus oil with kessa mitt. Then a warm signature blend is drizzled over the body for a full deep-relaxing massage.

A skin renewing face, neck and scalp massage concludes this delightful experience and skin is left looking youthful and positively radiant.

La Sultane Back Cleanse Smoothie**20min £45.00**

This is a wonderful taster treatment to thoroughly cleanse and exfoliate the back. Black soap with eucalyptus is used for a Moroccan-style, deep- cleanse exfoliation – packed with vitamins to nourish the skin whilst the antiseptic properties of the eucalyptus clears the pores. Finishing with a tension-relieving Moroccan massage to soothe muscles in those hard to reach areas. For optimum results carry out treatment during or after hammam.

La Sultane Smoothing Salt Glow**35min £45.00**

A full body exfoliation using fragranced mineral salts in oil to remove dead skin and boost circulation. The green tea & ginger is a great fragrance for this to make it a truly energising and circulation boosting experience. An essential treatment for healthy, silky-smooth skin.

La Sultane de Saba Hand/Foot Ritual**both 35min hand £35.00 foot £45.00**

A 7-step traditional Moroccan ritual to transform the hands/feet into tip top shape. With a cleansing and nail whitening treatment, complete exfoliation, buffing and tidying before slipping into a relaxing hand/foot massage followed by an intense softening and nourishing warm honey, rose & ginger wrap.

Facials:

La Sultane Signature Moroccan Facial

50min £60.00

A Moroccan facial featuring all the traditional techniques as used in the Parisian Spas. This La Sultane classic is a powerful deep-cleansing and nourishing facial.

The products are selected based on skin type to ensure maximum benefits. Starting with a deep black soap and eucalyptus steam to deeply cleanse pores and purify skin. A facial massage helps circulate and tone the skin before applying a 2-part layered mask based on skin type, which draws out impurities, balances sebum levels and nourishes the skin. The mask is peeled off leaving skin noticeably cleansed, toned with a youthful radiant glow!

Mini Moroccan Facial

20min £40.00

A mini Moroccan facial featuring the key techniques used in the Parisian Spas. This facial treatment will brighten, rejuvenate, and balance all skin types.

It begins with a deep cleanse using black soap and steam, then a gentle exfoliation and (optional) extractions. Following this, your choice of a massage using facial oil or an application of a skin specific face mask. Treatment concludes with application of sugar cane & prickly pear day cream to help smooth fine lines.

La Sultane Deluxe Skin Refining Facial

50min £70.00

Harnessing the anti-aging powers of La Sultane de Saba's renowned prickly pear oil to help boost collagen production and reduce fine lines. Including a toning facial massage, skin smoothing sugar cane exfoliation and intensive moisture boosting mask before prickly pear cream lightly veils the face.

To complete this facial experience a deep head and neck massage will leave you totally relaxed. Skin is left smoother, rejuvenated and radiant.

La Sultane Repairing Argan Facial

50min £70.00

This 'liquid gold' facial uses the highly effective argan oil taken from the Moroccan argan tree. Renowned for its powerful anti-oxidants, vitamin E and essential fatty acids – this is great for healing, encouraging skin cell regeneration and smoothing the skin. A complete and effective facial including a deep head and neck massage to leave you feeling totally relaxed and your complexion noticeably smoother and glowing.