



**YTSARA
TREATMENTS**

**ROWLEY MANOR
COUNTRY HOUSE
HOTEL**

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ALL TREATMENTS COMMENCE WITH A FOOT CLEANSING RITUAL

FACE

FACIAL YOGA for total rejuvenation – 30mins

All skin types

Considered more precious than gold, Jade stone brings beauty, balance and vibrancy to your face. Sacred Lotus, combats the effects of aging while Marine extracts increases inner moisture. Deep sculpting Guasha massage stimulates blood circulation thereby oxygenating and nourishing the tissues, plumping up the skin and smoothing away wrinkles. Skin is toned, lively and radiant.

Includes: Cleanse, exfoliation, Guasha Jade stone massage, hydration

SKIN BOOSTING for soothed radiance – 30mins

All skin types

Enjoy a deep, express face care that leaves your skin fresh and clear. Calming and detoxifying ingredients balance and purify the skin, whilst gentle Luffa particles smooth the skin's texture.

Includes: Cleanse, exfoliation, mask, hydration

SKIN DRINK for total nourishment and hydration – 60mins

Dry, dehydrated skin

ULTIMATE FUSION FACIAL for deep relaxation and visible results – 90mins

All skin types

Eastern and Western skincare techniques are blended together in this ultimate face ritual. Chinese Guasha Jade stone massage, Thai warm poultice and French massage techniques work in synergy to awaken the skin's optimum potential. Deeply rejuvenating on a holistic and physical level. Your skin is glowing, luminous and healthy.

Includes: Cleanse, exfoliation, Guasha Jade stone massage, Thai silk poultice massage, mask, targeted eye and neck treatment, hydration

FACE TREATMENT ENHANCERS

Include one or more treatment enhancers as an 'add-on' for a personalised and targeted treatment. All 15 mins

WARM POULTICE FACIAL MASSAGE to stimulate blood circulation and enhance relaxation

FLAWLESS EYE CONTOUR to erase signs of fatigue around the eye area

MINI AGELESS HAND FACIAL to restore softness and youth to the hands

RELAXATION

COCONUT HEAD MASSAGE for a calmed mind and nourished hair – 45mins

Targeting the hotspots of the shoulders, neck and head, a massage focusing on pressure points correlating to the body's chakras, promotes whole body energy flow. Organic Coconut Oil and a warm poultice further evokes relaxation and a conditioning hair wrap intensely nourishes the hair.

GARDEN OF DEEP CALM for quiet harmony – 60mins

Restore your body, mind & spirit with Thai style and western massage techniques. Malabar Grass melts tension away while Sweet Orange and Vetiver help to create an inner peace. Oils of Rice Bran, Sweet Almond, Soy and Wheat Germ help soothe and nourish the skin.

TRANQUIL JOURNEY for total relaxation – 90mins

Slow, deep movements work in tune with your breathing whilst a warm and calming, herbal poultice melts away tension. Everything around you has slowed down. Your mind and body are reconnecting.

BACK, NECK & SHOULDER MASSAGE – 30mins

Experience the healing effects of Thai style massage combined with western massage techniques and tropical essential oils. Focusing on the key areas where tension becomes stored and providing a much needed dose of restoration.

DEEP PRESSURE

ULTIMATE DEEP PRESSURE for intense muscle healing therapy – 90mins

Relieve stiff and sore muscles with a deep muscular treatment that combines steamed therapeutic herbs with a rare essential oil found only on two remote islands in the Pacific Ocean. The ancient 'Tok Sen' technique is used specifically on the back allowing vibrations to work deep in the muscles. Rainforest clove has the ability to suppress pain while Tangerine, Pink Grapefruit and Rosemary drain toxins out from your muscles.

DETOX

INNER RESET RITUAL to detox the body and mind – 90mins

A massage followed by exfoliation of Pink Himalayan Salt and Shatangju -a key aid in the release of toxins - stimulate the natural detox process. Ageold Asian massage rituals and liver detoxifying techniques rebalance your inner ecosystem whilst a soothing head massage clears the mind of congested thoughts.

CONTOUR

WARM BAMBOO ANMA to sculpt figure – 90mins

Warm bamboo, called Take in Japanese, represents youth, prosperity and serenity in Asia. The warm Bamboo is slowly rolled on target areas to break down fatty deposits at the same time increasing circulation and relaxing muscles. Used in combination with Ytsara Sculpting oil, this treatment fights cellulite, tones muscles, stimulates lymphatic system and detoxifies the organs.

TOP TO TOE

J'ADORE TOP TO TOE INDULGENCE for face and body – 60mins

An indulgent top to toe treat which starts with a renewing body polish leaving the skin feeling silky smooth. Then relax and enjoy a soothing back and leg massage designed to relieve tension and restore vital tranquility, using Ytsara's Inner Reset Body Oil and heated Sea Salt cushion. The treatment ends with a hydrating facial including a deep exfoliation and hydrating masque enriched with sacred lotus, goji berry and hyaluronic acid to plump and restore, whilst receiving a relaxing scalp massage.

HANDS

AGELESS HANDS FACIAL – 30mins

Skin on your hands reveals your age so they should be treated with the same care as your face. Pea Extract and a special blend of Citrus compounds, Licorice and Mulberry work to fade dark spots, Pearl Tea helps to dramatically increase antioxidant activity while Macadamia Nut oil restores the skin barrier and Geranium provides deep moisture.

FEET

SMOOTH SOLES – 30mins

A Himalayan Salt exfoliation and soak to the feet softens the skin and soothes aches whilst the neck and shoulders are massaged. Then lay back and enjoy further relief through a soothing foot and calf massage.

SOOTHING STEPS – 60mins

A treatment helping to soothe heavy painful, legs with a contrast of hot and cold to stimulate blood circulation. A cool compress and warm poultice along with gentle massage and reflexology points erase pain and give lightness back to the legs.

BODY TREATMENT ENHANCERS

Include one or more treatment enhancers as an 'add-on' for a personalised and targeted treatment. All 15 mins

POULTICE Include a steamed, herbal poultice as part of your massage treatment for added warmth, relaxation and indulgence

FOCUS POINT Additional time spent working on a specific area chosen by the guest

HEAD MASSAGE Aids relaxation, eases tension and enhances clarity of mind

FOOT TREATMENT A foot exfoliation and massage to erase fatigue and balance energy

Infused with Asian wisdom and empowered by French science

Ytsara aligns with our core values which is to take care of one's self through personal wellness choices and to choose natural ingredients for our skin.

Ytsara reminds us to stop and reconnect, and take time for ourselves.

Ytsara enables guests to choose 100% natural and vegan skincare solutions that are scientifically proven to work

Spend a few hours or stay overnight with us
& pamper yourself to a rejuvenating wellness
experience at Rowley Manor Hotel with
unique to Yorkshire 'Ytsara' relaxing
treatments.

Please call 01482 848248 to book

&

visit our website

www.rowleymanor.com