



ILA SPA COTSWOLDS

REST, RELAX, RECONNECT

## BREATHE

A holistic healing hideaway offering two different pathways: one to help you find stillness and relaxation, the other to help boost your inner vitality and energy levels.

All of our experiences start with a pioneering five-minute Oxygen Infusion to help combat pollution, clear the mind, cleanse the body and re-energise every cell.

Also, experience Omega 432 Sound Healing free with every treatment.

## MASSAGES



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### KUNDALINI BACK EXPERIENCE

*60 minutes*

- *for exhaustion, stress and chronic fatigue*

Ideal for emotionally exhausted souls, this focused back experience has an extraordinarily soothing and restorative effect on the sympathetic and parasympathetic nervous systems. Chakra and sound healing activate the body's subtle flow of energy: tension is lifted, negativity is released, and your body is brought back to a state of awareness and balance.

### KU NYE MASSAGE

*60 / 90 minutes*

- *for dry skin, recovery and increased vitality*

This therapeutic experience honours and respects the ancient Tibetan traditions of healing with organic and wild-grown essential oils chosen to balance the five elements of the physical body. Authentic techniques include cupping, acupressure, kneading, effleurage, warm quartz crystals, hot poultices and an invigorating head massage. Stimulating the lymphatic system and energising the meridian system, this is a highly rejuvenating massage.

### POTALI DEEP TISSUE TREATMENT

*60 / 90 minutes*

- *for stiff aching muscles, computer shoulders and deep rest*

An effective full-body experience which releases deeply-held patterns of tension, removes toxins and pacifies your mind. Hot stones relax and soothe muscles, juniper berry and lemongrass cleanse and detoxify and the whole experience has been lovingly designed to be both remedial and relaxing: ideal for anyone needing a strong release of physical tension from the body.

### MOTHER TO BE

*60 minutes*

- *for a nourishing and nurturing experience during pregnancy*

Pregnancy is a sacred time of grace for a woman, a time of receiving love and of nurturing peace and stillness. The Mother to Be treatment has been designed with this in mind. Enjoy a nourishing, tension releasing full body massage which includes a light technique and hot poultices being applied to each marma energy point to bring deep peace of bliss.

## FACIALS



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### RENEWED RECOVERY FACE THERAPY *60 minutes*

- *Brightens the complexion and evens skin tone*

Using ila's Renewed Recovery Collection, this medicinal face therapy draws on intensely healing rainforest extracts to cleanse and refresh clogged up, polluted or scarred skin. Lymphatic drainage techniques, warm herbal poultices and an Amazonian mud mask encourage toxin release, reduce puffiness, increase blood supply and boost collagen. Skin tone is brightened and powerful anti-ageing ingredients work to even dark patches (especially around the eyes) and soften fine lines and wrinkles.

### GOLD CELLULAR AGE RESTORE THERAPY *90 minutes*

- *For extreme hydration and cellular rejuvenation*

This highly effective experience encompasses a blend of the world's most precious ingredients: three types of naturally occurring Gold, the rarest of Frankincense from the Gardens of Ethiopia and Hyaluronic Extract. These ingredients work to increase collagen production and hydration as well as instantly reducing inflammation. They are delivered into the skin using cleansing and healing lymphatic massage techniques, alongside ila's unique and highly renowned sonic wave therapy which magically plumps up skin from the inside out.

### ANANDA FACE THERAPY *60 minutes*

- *For a radiant glow and indulgent nourishment*

Using ila's Glowing Radiance collection, this divine therapy begins with an Aloe Vera and Pomegranate cleanse and a gentle Blackcurrant and Honey exfoliation to the face. This is followed by a powerful Damascene Rose Otto and Sandalwood oil Marma massage to stimulate energy to skin cells and restore natural luminance. A Green Clay mask reduces inflammation and leaves the skin glowing.

## QUICK FIXES

### REFLEXOLOGY

*30 minutes*

A relaxing treat for the feet, with an invigorating salt scrub and mask to smooth, Ila's Vital Energy cream to soften and a Marma point massage to stimulate energy flow throughout the entire body. On a subtle level the feet are connected to the Manipura chakra, the centre of our confidence and strength which encourages you to put your best foot forward.

### TIBETAN HEAD MASSAGE

*30 minutes*

With or without oil

Much of our fatigue and tension finds its way into the head and neck; it's also where we store feelings, emotions and memories. This concentrated scalp and neck massage clears and revitalises the mind to improve concentration and promotes a greater feeling of calm and peace.

### MINI POLLUTION RESCUE FACIAL

*30 minutes*

This restorative three-part facial uses a deep cleanse, lymphatic drainage and an Amazonian mud mask to rejuvenate and regenerate skin cells. A perfect quick-fix for city-damaged skin, anyone with uneven skin tone, or jet lag, sun spots or problematic skin.

### WAKE-UP EYE THERAPY

*30 minutes*

A gentle yet powerful experience which uses Marma point stimulation, eye massage and a hydrating mask to relieve tension, reduce dark circles and restore radiance and sparkle. Ideal for hot, tired or over-strained eyes.

### DIGITAL NECK AND BACK REVIVER

*30 minutes*

This express Tibetan-style back and shoulder massage combines cupping, acupressure and kneading to stimulate the flow of energy along the spine and strengthen the nervous system.

## QUICK FIXES



## MINI RITUALS

### ENERGISING AND REJUVENATING RITUAL

*2 hours*

This complete body ritual starts with 20 minutes of Pranayama and an oxygen boost, focusing attention on the breath to calm the mind and re-energise the body. Next a 30-minute Tibetan-style back massage combines a unique blend of massage oils with gentle cupping and kneading to stimulate the flow of energy along the spine and strengthen the nervous system. Finally, the 70-minute Gold Cellular Age Restore Therapy leaves skin rejuvenated, energised and relaxed.

### RELAXING AND NURTURING RITUAL

*2 hours*

Ideal for emotionally exhausted souls, this nurturing ritual has an extraordinary restorative effect and totally relaxes your nervous systems. A powerful oxygen boost is followed by an hour's relaxing back massage combining ancient Marma therapy and warm herbal poultices. Next, focus is shifted to the face; a 40-minute facial uses a deep cleanse, lymphatic drainage and an Amazonian mud mask to nourish and regenerate skin cells. Finishes with 15 minutes of Sound Healing - complete bliss.

Both served with light refreshments.

## INTENSIVE RECOVERY COURSES

### GOLD CELLULAR AGE RESTORE THERAPY

*6 sessions*

Ideal for those seeking strong skin solutions, before a wedding, post-pregnancy or as an intensive anti-ageing programme. A course of 6 x 60 minute facial treatments, with the option of 1 month of facial product and sonic wave therapy for home use.

Treatments should be taken once weekly - within 2 months for optimum results.

### ANANDA FACE THERAPY

*6 sessions*

Ideal for those times in your life when your skin is exhausted and you crave an injection of radiance and vitality. Perhaps you are run-down, overworked, recovering from an illness or you simply want to pamper yourself (or someone else). A course of 6 x 60 minute facial treatments, with the option of 1 month of facial product for home use.

Treatments should be taken once weekly - within 6 weeks for optimum results.

## SOUND HEALING

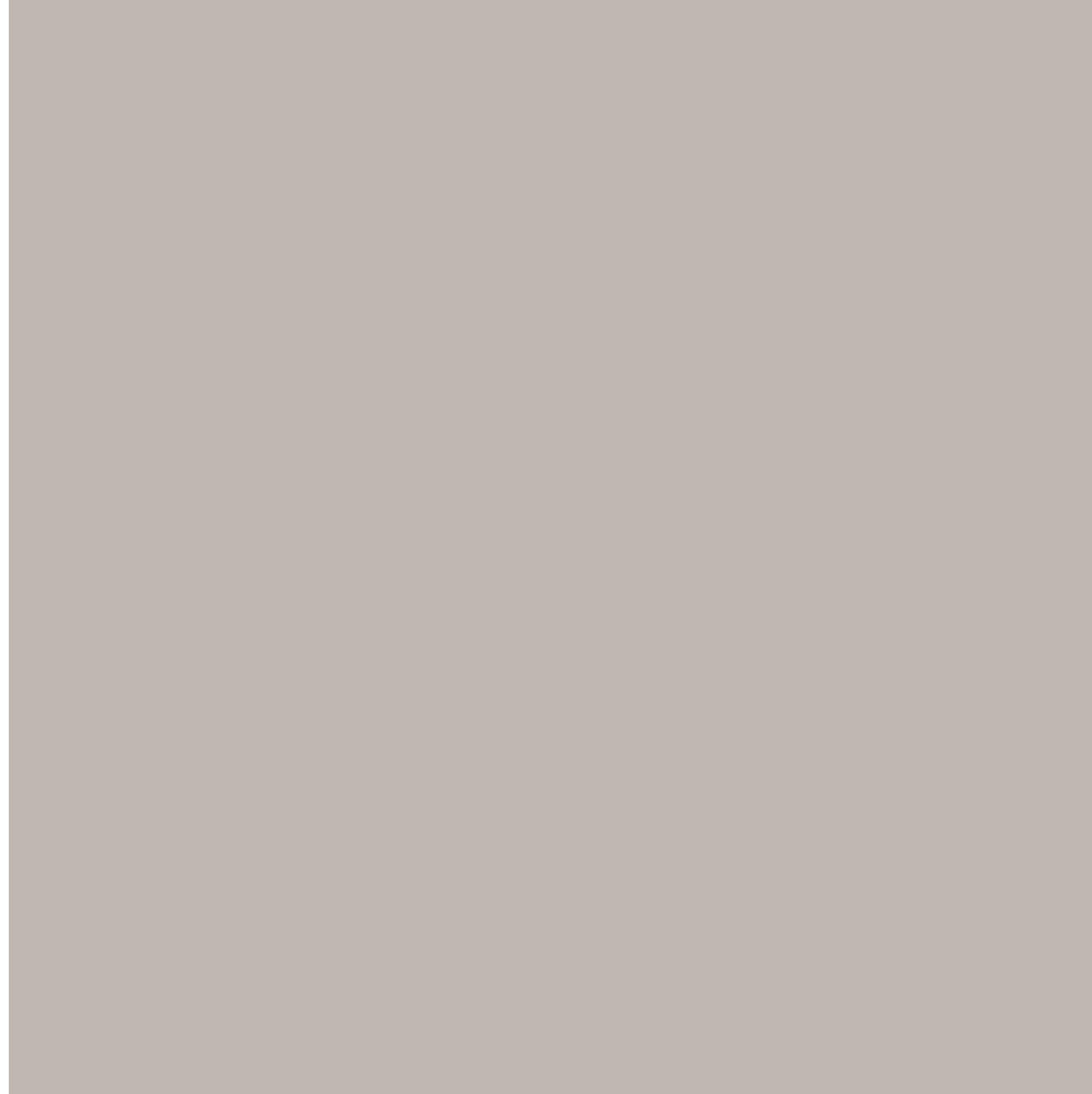


## SOUND HEALING

### OMEGA 432 SOUND HEALING

Sound healing with ila's beautiful crystal bowls provides a gentle pathway to the peace and joy which is our true essence. All you need to do is lie down and absorb the vibration of Omega 432, which is the resonance of harmony, nature, love and the universal heartbeat. Scientific research has clearly demonstrated the positive effects listening to 432 has on the brain, nervous system and even blood. The results have astonished doctors; revealing an improvement in immunity and neuro-endocrine function as well as a profound relaxation response in brain wave activity. Put simply, when we hear this sound, our cells calm down and function optimally, returning us to our centre.

Free with every treatment booked.





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