the retreat



SITBACK relax

Nestled in the heart of Exeter, The Retreat is your sanctuary of calm, a place to unwind, recharge and reconnect. Our carefully curated treatments are designed to leave you feeling restored in both body and mind. Whether you are seeking deep relaxation, revitalisation or a moment of indulgence, we invite you to explore our range of treatments and let us take care of the rest.

BODY treatments

Bespoke Massage

Perfect for combatting a busy lifestyle, this full-body massage offers more than just muscle relaxation, it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

25/50/90 minutes | £50/£90/£120

Pregnancy Massage

This tranquil and restorative mother-tobe massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics which are safely formulated to be used during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.

Please note: You must be past 12 weeks to have this treatment.

25/50 minutes | £50/£90

Hot Stone Massage

This deeply transformative treatment incorporates heated volcanic stones which are worked into the body, persuading the muscles to relax with warm body oil to soothe a tired mind and relieve aching muscles.

25/50/90 minutes | £55/£95/£125

Indian Head Massage

Indian head massage is a relaxing holistic treatment that uses acupressure massage on the head, face, neck and shoulders. It aims to re-balance your body's energies.

25 minutes | £45



WRAPS

Intensely Cleansing Salt Scrub

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. The fragranced salt will gently buff away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

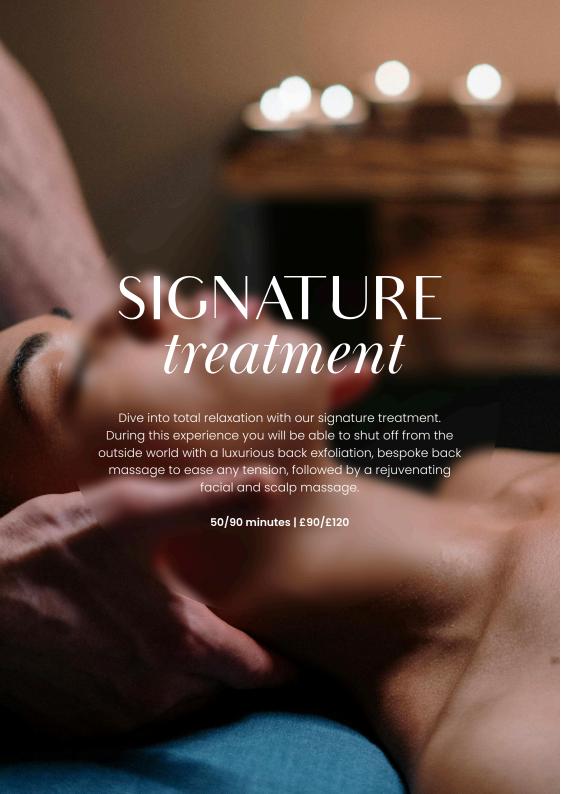
25 minutes | £60

Frangipani Body Wrap

A deeply grounding experience for skin that's never felt softer. Velvety monoi oil is swept over the body for super hydration, quenching thirsty skin and parched areas. The body is softly cocooned and warmed while the mood-balancing aromatics and skin conditioning oils soak in. Neck, shoulder and scalp massages ease you further into relaxation.

50 minutes | £90

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FACIALS

Elemis Express Facial

The perfect introduction to ELEMIS' facials. Whether you're looking to recharge, resurface or rejuvenate, this custom facial provides healthy looking, glowing skin in just 25 mins.

25 minutes | £50

Elemis Expert™ Touch Reveal Facial

Resurface, Smooth & Glow. Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing glowing skin that looks visibly resurfaced and smooth.

50 minutes | £90

Elemis Expert™ Touch Define Facial

Energise, Rejuvenate & Sculpt. This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin.

50 minutes | £90

Elemis Expert™ Touch Nourish Facial

Cleanse, Rebalance & Revive. Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

50 minutes | £90

Elemis Expert™ Touch Renew Facial

Hydrate, Lift & Firm. Improve skin firmness whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment, the complexion looks supremely hydrated, lifted and firm.

50 minutes | £90

NAILS

Gel Manicure

express | 25 minutes | £30 luxury | 50 minutes | £45

Gel Pedicure

express | 25 minutes | £30 luxury | 50 minutes | £45

SPA DAY packages

Afternoon Tea & Treat

- » 2 hour use of Spa
- » 25 minute treatment
- » Afternoon Tea

package | from £95

Ultimate Spa Retreat

- » 2 hour use of Spa
- » 90 minute deluxe signature treatment
- » Glass of bubbles
- » £20 Lunch allowance at Colson's Bar

package | from £155

Bubbles & Bliss

- » 2 hour use of Spa
- » 50 minute treatment
- » Glass of bubbles

package | from £115

Opening Hours

Monday - Sunday 10am - 6pm

