

# The Spa at The Harper

We think you'll love Irene Forte Skincare products, and the treatments Irene has created for us. The go-to brand for sustainable skincare, it's a natural fit for The Harper. Irene's ethos of science and nature working in harmony means the products we offer have real substance – this is beauty that's more than skin deep, if you will.

## Specials

**The Harper Trio** | 55 minutes | £95

Three really is a magic number in this powerful blend of The Harper's signature Back, Neck & Shoulder massage, a tailor-made Irene Forte Express Facial, and a nourishing hot oil scalp massage to finish - the ultimate massage/facial combo with multiple benefits.

**Full Body Tailored Massage** | 90 minutes | £125

Experience a customised longer massage with warm Sicilian oils that nourish, restores, balance and promotes relaxation. With technique like Swedish this treatment targets your specific needs, easing tension, improving circulation, and relieving stress. Perfect for recharging both body and mind, leaving you feeling refreshed, rejuvenated and in harmony.

## Facials

**Age Defying Facial** | 85 minutes | £110

Hot and cold volcanic stones rebalance, revitalise and relax. A double mask application promotes skin firmness, hydration and radiance. Our signature triple facial massage technique stimulates circulation, oxygen and nutrient flow, enhancing natural collagen production. A fresher, firmer complexion.

**Forte Facial** | 55 minutes | £90

A bespoke replenishing facial. Start with a double cleansing and light buffing, followed by our signature facial massage and an application of a mask. A soothing scalp, hand and arm massage releases tension and slowly unwinds a busy mind. Finishing with eye cream, serum and moisturiser.

**The Powerful 'Pick Me Up Facial'** | 25 minutes | £50

The nourishing cleanse and deep exfoliation will help brighten and illuminate the skin. Feel relaxed with our shoulder and facial massage using our Irene Forte rose facial oils. Finishing with eye cream, serum and moisturiser. This facial is the ultimate pick me up for your skin and mind.

## Prenatal Pampering

**Full Body Massage and Foot Mask** | 55 minutes | £90

Nurture your changing body and calm your mind with this beautifully comforting treatment. Deeply hydrating Oil will be used to melt away muscle tension. Finishing with a refreshing white tea & menthol mask, heavy legs are eased, and the body and mind are left relaxed and restored.

## Massage

**Full Body Tailored Massage** | 55 minutes | £85

Experience a customized massage with warm Sicilian oil that nourish, restores, balance and promotes relaxation. With technique like Swedish, this treatment targets your specific needs, easing tension, improving circulation, and relieving stress. Perfect for recharging both body and mind, leaving you feeling refreshed, rejuvenated, and in harmony.

**Back Ritual Massage** | 25 minutes | £50

Starting with a refreshing back scrub, removing unwanted skin cells going into a massage designed to relieve tension specifically targeting Back Neck and Shoulders for total relief and relaxation.

**Foot Bliss** | 25 minutes | £50

Treat your feet to pure relaxation with our Foot Bliss treatment – a soothing 25-minute escape designed to refresh tired soles and smooth skin. Begin with a revitalising foot scrub, followed by warm mitt removal to reveal softer skin. A hydrating Horse Chestnut mask is then applied and sealed with cosy bootie slippers while you enjoy a calming leg massage. After removing the booties, the mask is massaged in for deep nourishment, finishing with a gentle mitt cleanse. The perfect refresh for tired, overworked feet.

To book your treatment in advance of your stay, please email [spa@theharper.co.uk](mailto:spa@theharper.co.uk). Unfortunately, we must note that our treatment rooms are not currently accessibility-friendly, but we are actively exploring ways to improve access for all our guests.

IRENE  
FORTE  
NATURA E SCIENZA

