

# The Spa at The Harper

IRENE  
FORTE  
NATURA E SCIENZA

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. Recognised as the 'New Natural', it's akin to a Mediterranean diet for your skin, nourishing it from the outside in with over 75 active ingredients. Each product is handmade, nutrient-rich and certified vegan, so it's no surprise that Irene Forte Skincare is accredited by Positive Luxury for sustainable excellence. We're feeling better already...

## Massage

Deep Tissue 55 minutes | £85

Reaching deeper muscle layers, this releases connective tissue restrictions to reduce muscle tension and improve posture.

Swedish 55 minutes | £85

A therapeutic massage that works on the soft tissue to help balance and calm the nervous system.

Back, Neck & Shoulder 25 minutes | £50

A classic massage designed to target and release tension in these areas.

Head in the clouds 40 minutes | £60

Float away during our signature treatment. A deeply relaxing holistic treatment that uses acupressure massage on the face, neck, and shoulders. Using Indian head techniques, you will leave feeling Serene, and with your inner calm beautifully restored. Treatment includes a 20-minute back massage.

## The Upgrades

Scalp Massage 15 minutes | £15

Relax the mind and relieve tension migraines with our indulgent scalp massage. Warm oil will be applied to further heighten relaxation and to provide nourishment to the scalp.

Lighter legs 15 minutes | £15

Soothe tired, aching, or swollen feet and heavy legs with this luxurious and revitalising treatment. Scrub and smooth hard-working feet, then treat them to an intensely reviving massage – leaving you feeling lighter and ready for another active day.

## 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 Sicilian Rose 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.

## 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.

## Facials

Regenerating 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

Tailored from an in-depth skin analysis, using a choice of:  
Forte Purifier: for combination skin, to deeply cleanse and refine the skin's texture.  
Forte Brightener: for dull and tired skin, to help regain its radiance and luminosity.  
Forte Hydrator: for dry and dehydrated skin, deeply nourishing to leave it silky smooth and hydrated.

Express Facial 25 minutes | £50

The ultimate quick fix, for tighter skin and more sculpted facial muscles. Expect a hard workout! After exfoliation, our signature double facial massage technique targets facial pressure-points, and finishes with a Rose Face Oil workout. Knuckling and skin rolling stimulate circulation and enhance natural collagen production.

## Beauty services

For the hands, choose from the Express Manicure (25 minutes, £30) for a quick file and polish, or the Classic Manicure (45 minutes, £40) for nail shaping, cuticle care, a nourishing hand massage and a polish of your choice.

For the feet, a Classic Pedicure (60 minutes, £60) includes nail shaping, cuticle care, hard skin removal, a relaxing foot massage, and a polish of your choice.

For the hands or feet, a Gel Soak Off (15 minutes, £10). If you require a Gel Soak Off prior to a treatment, please let The Spa know upon booking.

To book your treatment in advance of your stay, please email [spa@theharper.co.uk](mailto:spa@theharper.co.uk)

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