



MIND AND SENSE ZONES

Guests who have a treatment booked in the treatment rooms can also use the Mind and Sense Zones to enhance wellness of mind, body and soul.

VISUAL

Relax and absorb scenes of lapping waves, wildflower meadows and breathtaking mountainscapes on the video mood wall.

Perfect for: Groups. Chill out on low, soft leather seating and swing chair.

RELAX

Rest in this space designed for complete peace, quiet and deep relaxation

Perfect for: Individuals. Large lounge beds.

AUDIO

Centre mind and body listening to meditation and sound healing tracks through personal headsets.

Perfect for: Individuals or couples. Booth seating.

MIND

Exercise the mind with puzzles. Reach a state of mindfulness with mandala colouring therapy or lose yourself in a good book from our literary wall.

Perfect for: Everyone. Individual reading chairs and bench seating.