

# A STATE OF MIND, BODY AND PLAY

FLOW is the name we give to our wellbeing philosophy and the experiences we create to support it.

FLOW starts the moment you arrive. It rises as you give yourself to the nurture of spa immersions, the challenge of movement, and the cerebral stimulation of stillness in meditation. It encourages sleep, mindfulness, nutrition, fun and fitness. It helps you show your body and mind love, and amplifies your connection with nature's divine intelligence.





IRIS is the world's most advanced audio technology company harnessing the neurology and science of human engagement with sound through cutting edge software that enables the world to Listen Well, combining a dramatic improvement in audio quality with increased audience engagement.

Music is unique in its ability to light up brain activity, IRIS is scientifically proven to enhance our neurological response to sound, invoking 'flow', a mind state of simultaneous relaxation and mental focus. IRIS increases Beta, Gamma & higher Gamma brain activity, creates enhanced Alpha Asymmetry, a sign of positive mental activity, and reduces heart rate and increases heart rate variability, both positive heart health signs.

## NOURISHED

Nourished is a 3D printed, personalised gummy packed full of high impact vitamins and nutrients. Guests can build their own 7-layer stack, packed with vitamins and nutrients from a wide range of over 30 active ingredients. Nourished make each and every stack fresh, in their UK lab. This is to ensure they provide at least 99.5% of the NRV or indicated dose when you consume them. The vitamin gummies are also sugar free, and are free from all major allergens, as well as being halal and Kosher friendly. All packaging is recyclable and home compostable.



**BALANCE**

**UNWIND**



**FLOW**

**FLOW**



Spa Menu

FACIALS  
LOOK GOOD  
FEEL GOOD

FLOW

**SIGNATURE FACIAL**

Our signature facial is designed to be deep cleansing, anti-inflammatory and nourishing using seaweed, algae plump and vitamin B3. Oxygen brightens and plumps the skin whilst a lymphatic drainage massage using cold pressed broccoli seed oil helps drain away toxins, reduce inflammation, lifts and tone the muscles. This stimulates the circulation and improves cell health with rich antioxidants and essential amino acids.

90min · USD270

**PRODUCTS USED**

Raspberry seed oil, Marine cleanser, Salicylic powder, Refining seaweed masque, Eye bright contour, Algae plump

**PLUMP**

A hydrating, plumping and sculpting facial experience perfect for dry, dehydrated and mature skin. Seaweed, algae, witch hazel and vitamin B3 are applied to restores moisture levels, stimulate collagen production and improve cellular health. Detoxifying gua sha massage improves circulation and sculpts the face and neck. This treatment leaves your skin looking hydrated, plumped and energised.

60min · USD220

**PRODUCTS USED**

Raspberry seed oil, Marine cleanser, Salicylic powder, Bio restore membrane, Kelp bioferment, Eye bright contour, Algae plump, EcoMarine moisturiser

**DEEP CLEANSING + LIGHT**

Targeted to help clear congested, stressed skin that is prone to breakouts. Seaweed extracts reduce inflammation, detoxifies and calms the skin. A gentle steam helps to remove impurities, whilst antibacterial blue LED light therapy rebalances sebum production to reduce the chance of future breakouts. With the light therapy in progress, we deliver a therapeutic scalp massage using broccoli seed oil, followed by a balancing foot massage.

60min · USD220

**PRODUCTS USED**

Raspberry seed oil, Broccoli seed oil, Marine cleanser, Salicylic powder, Refining seaweed masque, Eye bright contour, Algae plump, EcoMarine moisturiser



**VITAMIN SEA RADIANCE**

When sun damage has taken its toll, or you simply want to brighten your complexion naturally, this restorative facial delivers a radiant all-over glow. Gentle resurfacing whisks away dry, damaged skin and a customized mask targets dark spots and speeds up healthy skin regeneration.

60min · USD220

**PRODUCTS USED**  
 Organic algae,  
 Vitamin sea serum,  
 Ocean cleansing milk.  
 Custom mask

**BEACH REPAIR FOR MEN**

This anti-aging facial helps protect and restore skin damaged by the hands of time, sun exposure and razor burn. The face is deep-cleansed and exfoliated then treated with a mask tailored to the skin's specific needs. Drift away with a relaxing face, shoulder, neck and head massage while the mask works it's magic.

60min · USD220

**PRODUCTS USED**  
 Vitamin C, Ocean  
 cleanser, Atmosphere  
 protection cream,  
 Custom mask

**DEEP SEA FIRING**

Restore your skin’s glow with the ultimate age-defying facial. The cleanest, purest ingredients of White Algae, White Tea, and Copper Peptides blend with Hyaluronic Acid, Vitamin C, Probiotics, and an intense marine-based oxygen serum to give the skin a superior boost. A curated dual layer treatment mask and relaxing Vagus Nerve wellness massage, visibly smoothes fine lines, brightens dark spots, deeply hydrates, releases facial tension, and stimulates collagen production. Our most extensive facial therapy offering also includes a brightening hand and arm exfoliation and mask, plus an eye and lip smoothing treatment to moisturize, firm, and tone dry and sun-damaged skin.

90min · USD270

**PRODUCTS USED**

White algae, White tea, Copper peptides, Hyaluronic acid, Vitamin C

**PLUMPING OXYGEN ALGAE INFUSION**

Blending Algae Plump serum with pure oxygen gives you the most incredible glow! The oxygen vaporises the Algae Plump serum allowing the hyaluronic acid, algae and niacinamide to penetrate deeply into the skin, visibly improving the skin’s moisture levels, softening fine lines and leaving your skin looking radiant.

15min · USD30

**PRODUCTS USED**

Haeckels Algae, Plump serum, Hyaluronic acid, Algae, Niacinamide



**EYE REJUVENATOR**

This treatment is targeted to tackle the delicate under eye area. A refreshing deep cleanse is followed by the application of our Bio Restore Membrane under eye patches. The patches are infused with hyaluronic acid, witch hazel, aloe vera and cucumber to soothe, hydrate and tone the under-eye area. Whilst the active ingredients are working, choose from a relaxing hand or scalp massage. Once the patches are removed, a gentle lymphatic drainage massage using our Eye Bright serum helps to further stimulate circulation, reduce dark circles, lift and tone.

15min · USD30

**PRODUCTS USED**

Bio Restore Membrane  
under eye patches  
hyaluronic acid, Witch  
hazel, Eye Bright serum



# MASSAGES

## MIND BODY

## RESTORATION

### FLOW SIGNATURE BODY MASSAGE

60min · USD210  
90min · USD250

Targeted, deeply restorative and relaxing. Soothing, FLOWing strokes allow the body to “let go”, whilst deep tissue and acupressure techniques ease problematic muscular tension. A true treat for the skin, mind and body.

#### PRODUCTS USED

Choice of Hakhata – Jajoba, Coconut oil, Lemongrass, Neroli

Madu – Jajoba, Coconut oil, Lavender and Chamomile

Plain coconut oil for pregnancy



**VAGUS NERVE MEDITATIVE MASSAGE**

90min · USD235

The Vagus Nerve is the longest cranial nerve in the body – reaching from the brain to the gut. It helps regulate stress, rest and digestion. This unique massage experience was created to activate the calming effects of the Vagus Nerve response via steaming aromatic warm compresses, gentle neck and Swedish body massage strokes, cranial holds and a soothing essential oil blend formulated to invite an uplifting, meditative state of consciousness. This precious essence of Juniper, Chamomile, Lavender, Jojoba and Lemon tree works to mitigate feelings of stress, while stimulating

**PRODUCTS USED**  
Essence of Juniper, Chamomile, Lavender and Jojoba

**BALINESE MASSAGE**

60min · USD200

A traditional full body massage passed down and remained unchanged for generations. Using firm long gliding strokes, skin rolling, palm pressure, light stretching and thumb slides, each therapist aims to deliver a deep sense of mental disconnect which allows the muscles to relax and entice the body back into balance. Treatment pressure is regulated to suit each individual, with extra focus spent on areas in need of additional care.

**PRODUCTS USED**  
Choice of Hakhata – Jojoba, Coconut oil, Lemongrass, Neroli  
Madu – Jojoba, Coconut oil, Lavender and Chamomile

**THAI TRADITIONAL MASSAGE**

90min · USD250

**HOT STONE MASSAGE**

90min · USD250



Spa Menu

# WATER FOR MINDFULNESS, CIRCADIAN RHYTHMS, RESETS & BIO-HACKS

FLOW

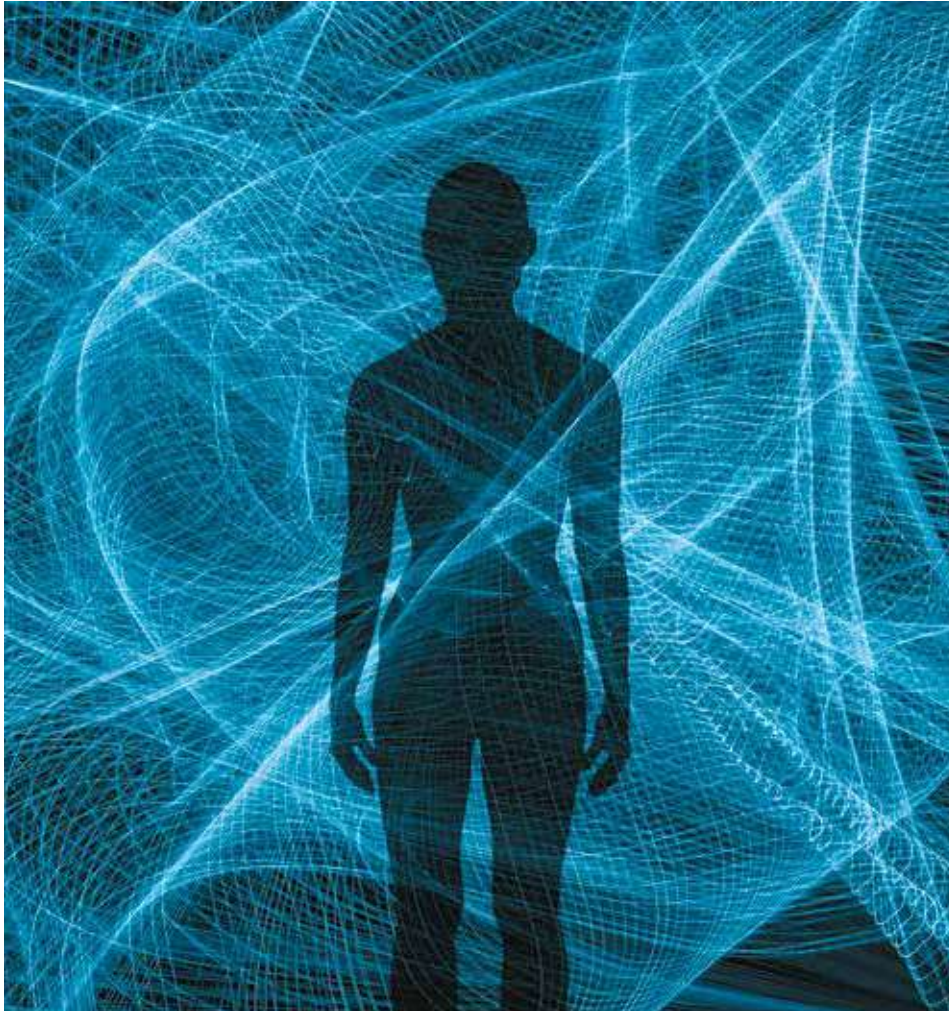
**FLOAT POD – SENSORY DEPRIVATION THERAPY**

60min · USD150

Several psychological and medical benefits of sensory deprivation include an improvement in mood and sleep patterns, a reduction in anxiety, stress, and chronic pain. Many report spiritual experiences, deep inner peace, sudden spiritual insight, and feeling as if they were born anew.

Water is heated to skin temperature and saturated with Epsom salt providing buoyancy that ensures a floating sensation. Isolated from all outside stimulation, including sound, sight, and gravity when the pods door is closed (optional). As you float weightless in the silence and darkness, the brain enters into a deeply relaxed state and the magic starts to work. When combined, floating and sound deliver an enhanced float experience.





## DREAM SCAPES

Dream Scapes are like landscapes for the mind. Using sounds, music, entrainment and guided imagery, they first of all relax the conscious mind, then gently engage and transport the floater to a place of deep learning in the subconscious where they can alter behaviour, improve performance and relieve physical conditions far more effectively than with floating alone. Each is one hour long, they are easy to follow and unlike simple relaxation sessions off the web, they are specifically designed to be used in the float environment.

### FLOAT POD WATER HYGIENE

Our float pod is equipped with state-of-the-art hygiene technology. The main filter device holds a replaceable 10-micron filter bag, capable of filtering debris in the water as small as 1/4 the size of the diameter of a human hair. Water is also pumped by a UV light array, taking care of any micro-organisms that survives the extreme salt content of the water.

## AQUATIC BODYWORK

Water therapy has been an integral practice in traditional ancient medicine. As you float, a skilled therapist continuously supports, stretches, cradles and rocks you. The union of these motions in 36degree water creates deep mental and physical relaxation where your muscles are free to release more tension. Watsu is ideal for targeting joint mobility, pressure point muscle release, injuries and anxiety induced tension.

60min · USD200

## CONTRAST HYDROTHERAPY – HOT AND COLD IMMERSION THERAPY

### COLD EFFECTS ON THE BODY

Cold water immersion lowers heart rate, constricts blood and lymphatic vessels, and shunts blood back to your core to maintain its temperature. This sends oxygenated blood to your internal organs and pumps lymph fluid through nodes. This encourages waste out of the body and triggers white blood cells to destroy foreign bodies.

### COLD EFFECTS ON THE BRAIN

The surge of cold increases your brain's production of norepinephrine and stimulates the sympathetic nervous system. The skin also houses a high density of your body's cold receptors, so immersion in cold water sends huge electrical impulses from your peripheral nerve endings up into the brain. This alleviates symptoms of anxiety and depression and improves alertness, focus, and cognition.

### HEAT EFFECTS ON THE BODY

As your body temperature increases, so does your blood plasma volume. This expansion dilates your blood vessels keeping your arteries soft, supple, and compliant. To prevent your core from overheating, more blood is directed to your limbs. Increased blood FLOW drives oxygen deeper into muscles and joint tissue which shortens the time it takes injuries to heal and increases the body's ability to recover from athletic performance. It also soothes aches and chronic pain.

### HEAT EFFECTS ON THE MIND

Sauna benefits sends richly oxygenated blood to the brain to improve cognitive functions. Regular sauna use reduces the risk of dementia, Alzheimer's and other forms of mental decay, potentially by reducing inflammation and the inflammation markers linked to these specific illnesses. Rounds of sauna use also provide you with a technology free meditative space. Here you can quiet the mind, soothe anxiety, and stabilize your mood.

For optimal health benefits, scientific based evidence advises alternating 15min of sauna or water heat, to 1-5min of cold immersion (twice over).



Spa Menu

BODY  
IMMERSIONS  
SKIN  
REVITALIZATION

FLOW



**SEAWEED, SEA BUCKTHORN AND WALNUT SHELL BODY SCRUB**

An invigorating full body exfoliation with walnut shell, willow bark, seaweed, neroli and lime, leaves your skin smooth, soft and refreshed.

60min · USD180

**PRODUCTS USED**  
Salicylic powder,  
Orange citrus body  
cleanser, seaweed  
massage oil

**HYDRATING NEROLI BODY WRAP**

This indulgent body treatment leaves your skin feeling smooth, soft and hydrated. Using a body brush the skin is exfoliated and the circulation stimulated before our warm neroli and lime body balm is applied. You will then be cocooned in a heated blanket and receive a relaxing head massage whilst the cream soaks deeply into the skin providing nourishment and hydration. The treatment is concluded by massaging over the body with a hydrating massage oil of your choice.

60min · USD180

**PRODUCTS USED**  
Neroli and lime body  
balm, Botany Bay  
fragrance

### EARTH & SEA SCRUB

An invigorating full-body scrub, featuring organic algae and sea salts harvested from around the world, exfoliates and softens your skin. A blissful application of anti-aging coconut oil leaves you feeling relaxed, refreshed and renewed.

60min · USD180

#### PRODUCTS USED

Organic algae, Sea salt, Anti-aging coconut oil

### SUN SALUTATION

Give sun-kissed skin a full body refresh from head to toe with a hydrating scalp, face and body mask. Mineral-rich organic sea algae, cooling aloe vera gel and antioxidant green tea extracts reduce redness and irritation while soothing and cooling sun-damaged skin. The face is treated with cool compresses soaked in sea minerals and a fresh Gigartina algae gel mask to rejuvenate skin and reduce inflammation.

90min · USD210

#### PRODUCTS USED

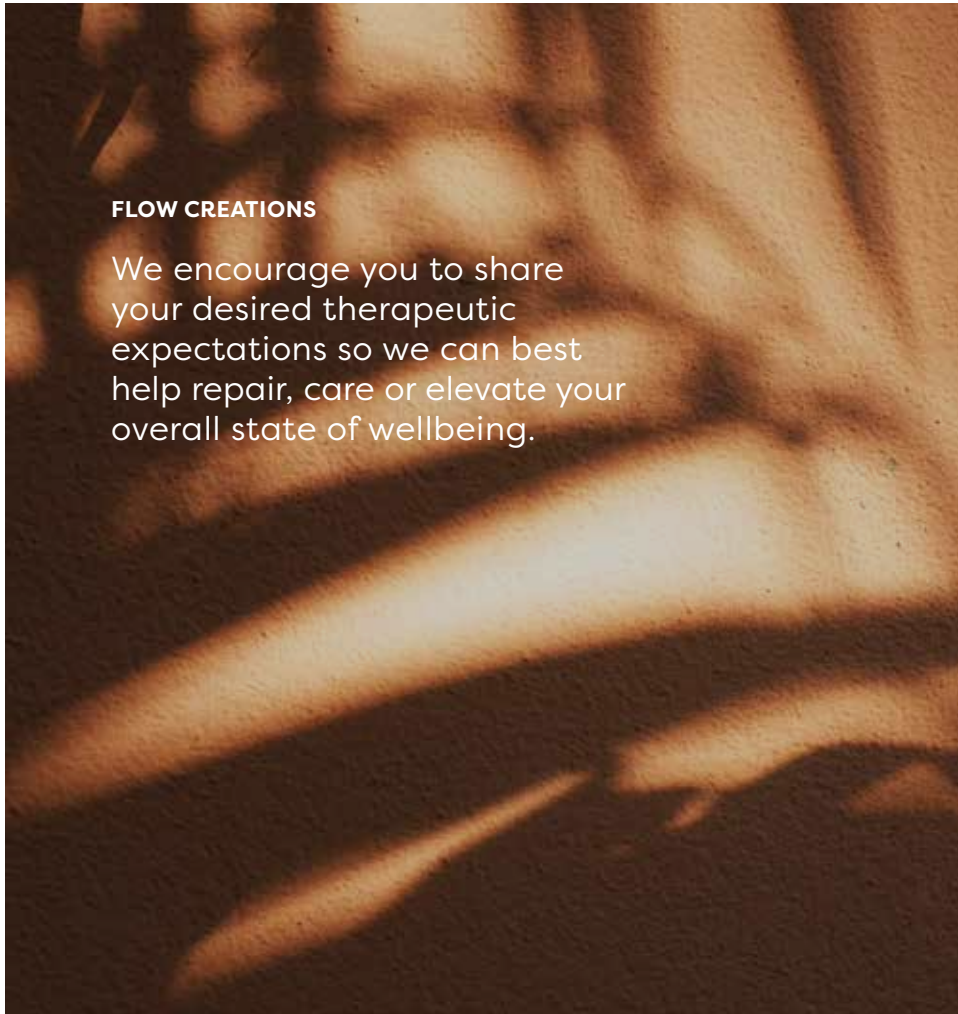
Organic sea algae, Aloe vera gel, Green tea extracts, Gigartina algae gel

#### STEPS

Soothing Body Wrap / Sun Repair Facial Treatment / Scalp Massage / Algae Hair + Scalp Mask

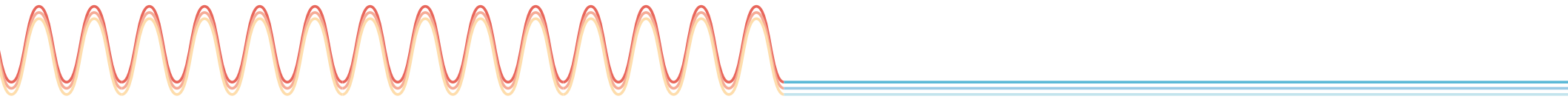
### FLOW CREATIONS

We encourage you to share your desired therapeutic expectations so we can best help repair, care or elevate your overall state of wellbeing.



SOOTHE

LIBERATE



FLOW

FLOW



**SALON**



**FLOW**

## HANDS & FEET

**ALL NAIL WORKS ARE PERFORMED USING SUNDAY'S NAIL POLISH. THE PERFECT 10-FREE NONTOXIC, VEGAN, AND CRUELTYFREE FORMULA THAT DELIVERS HIGHSHINE, AND LONG-LASTING BRILLIANT COLOR, SO YOU CAN LOOK AND FEEL FANTASTIC. NO COMPROMISES.**

### **PEDICURE AND MANICURES TECHNIQUES BY HAECKELS**

Haeckels manicures and pedicures specifically care for the hands and feet, specifically addressing dry, ageing skin; rough cuticles; and nail health. Our beautician will consult with you to help you determine the body care products that best meet your needs.

90min · USD180

### **MANICURE**

Specific care for the hands that address dry, ageing skin; rough cuticles; and nail health. Our beautician will consult with you to help you determine the body care products that best meet your needs. Your choice of any Sunday's vegan polish.

60min · USD90

### **PEDICURE**

Specific care for the feet that address dry, ageing skin; rough cuticles; and nail health. Our beautician will consult with you to help you determine the body care products that best meet your needs. Your choice of any Sunday's vegan polish.

60min · USD130

## HANDS & FEET

### NATURAL PARAFFIN WAX

Our medical grade Paraffin wax is blended with apple stem cell, vitamins A, C, E, Green and White Tea extracts that creates the most powerful heated moisturizer available.

Exceptional for dry skin, eczema, psoriasis, sore/achy or arthritic joints. The perfect skin care addition to a manicure or pedicure.

30min · USD80

### HAECKELS FOOT AND LEG REVIVER

Soak away tension by immersing your feet in a powerful blend of dead sea salts, seaweed, arnica and lavender. Whilst your feet soak you will receive a shoulder and neck massage to ease away tightness. A thorough walnut shell exfoliation of the lower legs and feet will follow, finished by a reviving foot and leg massage to improve the circulation.

30min · USD120

### OSEA RESTORATIVE HAND AND FOOT REPAIR

A rich and luxurious reparative coconut oil balm infused with Jasmine, Açai, Passionfruit and Citrus Oils is massaged into the hands and feet, then cocooned in warm linens to penetrate and repair rough, dry or callused skin. Softens skin and stimulates cell repair with omega fatty acids, minerals, antioxidants and skin-soothing peptides.

30min · USD120

## HAIR

### OSEA WILD GIGARTINA HAIR MASK

A warm, nutrient-rich organic seaweed infusion is slowly poured along the hairline and massaged into the scalp with a nourishing dose of Açai and Passion Fruit Oils. These oils are rich in hair loving omega fatty acids and are blended with aromatherapeutic essential oils of Cypress, Lime and Grapefruit.

30min · USD120

### HAIR WASH & STYLE

A deep cleansing hair and scalp treatment using botanical extracts of grapefruit and lime. A mind melting head and shoulder massage is followed by a cool blow dry.

Short · USD80

Medium · USD100

Long · USD120

#### HAIR CUT

Ladies · USD130

Gents · USD90

Kids · USD50

### HAIR BRAIDS

Chic and cool. Bead it, braid it and own it.

60min · USD110



## FACE

### REVIVE + BRIGHTEN FACIAL

A perfect way to brighten and revive your skin! The treatment begins with a thorough cleanse to remove impurities from the skin. Then, using our salicylic powder, we exfoliate the skin making it look smoother and brighter. You may also choose one of the following:

- A lifting facial massage using cold pressed oil
- Refining Seaweed Facial Masque
- Relaxing scalp massage, with cold pressed broccoli seed oil to nourish

The treatment grand finale is a touch of Algae Plump facial serum and Ecomarine moisturiser.

30min · USD120

### HAECKELS EYE LIFT

This treatment is targeted to tackle the delicate under eye area. A refreshing deep cleanse is followed by the application of our Bio Restore Membrane under eye patches. The patches are infused with hyaluronic acid, witch hazel, aloe vera and cucumber to soothe, hydrate and tone the under-eye area. Whilst the active ingredients are working you can choose from a relaxing hand or scalp massage. Once the patches are removed, a gentle lymphatic drainage massage using our Eye Bright serum helps to further stimulate the circulation, reduce dark circles, lift and tone.

Products used: Marine cleanser, Bio restore membrane, Eye bright contour, Ecomarine moisturiser

15min · USD30

## FACE

### **HAECKELS PLUMPING OXYGEN ALGAE INFUSION**

This deeply hydrating treatment infuses Haeckels' Algae Plump serum with pure oxygen to give you the most incredible glow! Skin is prepared by being cleansed and exfoliated, then the oxygen, hyaluronic acid, algae and niacinamide infusion is applied to the skin. This method of delivery allows the active ingredients to penetrate into the deeper layers of the skin with instant plumping results.

Products used: Marine cleanser, Earth marine water, Algae plump, EcoMarine Moisturiser

15min · USD30

### **OSEA OCEAN AWAKENING**

Freshen up with a cleansing facial massage, custom treatment mask, and nourishing moisture veil. Does not include extractions, hand massage, or professional level exfoliation.

30min · USD120

### **OSEA REFINING EYE & LIP TREATMENT**

A potent plant-based amino acid compound encourages pro-collagen synthesis while gently firming and moisturizing the sensitive skin around your eyes and lips. The cooling and nourishing eye treatment releases tension in the "11's" and orbital area, hydrates the delicate eye area and reduces puffiness.

Products used: Beta Glucan, Hyaluronic Acid, Bioactive seaweed, Resveratrol, Botanical extracts

30min · USD120

