



Founders Cove Legacy Offer

Fern Tree Spa Treatment Choices

Awaken Deep Tissue Massage

Relieve pain and muscle tension throughout the body with this firm, deep tissue massage, improving flexibility and mobility.

Thai Massage

Combining passive stretching and gentle pressure with the body's energy lines increases flexibility, relieves muscle and joint tension, and balances the body's energy systems.

Muscle Memory Massage

Designed for the physically active, focusing on deep tissue work and full range of motion stretches. Ideal for golfers and tennis enthusiasts.

Soothing Aloe & Lavender Wrap

Soothe, cool, calm and hydrate sun-drenched skin with our unique blend of aloe vera and lavender.

Jamaican Allspice Sugar Scrub

Exfoliate with a blend of sugar and allspice. Soothing oatmeal and essential oils are then massaged into your skin leaving it soft and smooth.

Hydrating (Manicure + Pedicure)

Moisturize dry skin and brittle nails whilst reducing aches and pains with a warm paraffin treatment.

Ocean & Oxygen Facial

An oxygen marine radiance booster with BHA's, antioxidant vitamins C, A and E.

Soothing Coconut Milk Soak

Refresh your skin in a warm bath of oats steeped in coconut milk, a recipe rooted in age-old traditional rituals.

Private Yoga (60 mins)

Choose: Detox, Restorative, Traditional Hatha (Iyenga style), or Vinyasa.

Private Pilates

Full body workout that will improve muscle tone, balance and posture.