



FIREFLY SPA · SILVERLAKE

Treatment Menu

Two rhythms, one escape.



Set within the breathtaking natural landscape of Silverlake, Firefly Spa is a sanctuary where wellbeing and nature exist in perfect harmony. A space to slow down, reconnect and restore both mind and body.

Our carefully curated collection of wellbeing experiences is designed to nurture the body, calm the mind and support your natural sense of balance, drawing quiet inspiration from the living landscape of the estate that surrounds you.

Each experience is thoughtfully personalised allowing you to embark on a wellbeing journey that is uniquely your own.



FOR THE SKIN

ESPA Facials

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends.

Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored.

ESPA Active Nutrients Glow from within Facial 60 min · £105

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality.

Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining steaming, exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

INCLUDES

Skin analysis with Skin Vision™ lamp – cleanse & exfoliation (including Foreo) steam – Gua Sha facial massage – double mask – hand & arm Gua Sha massage

ESPA Inner Beauty Facial 60 min · £105

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aroma therapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

INCLUDES

Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage

ESPA Eye Lift 30 min · £55

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

INCLUDES

Skin analysis with Skin Vision™ lamp – cleanse – exfoliation to face and eye contour – eye contour massage – firming eye mask



FOR DEEP REST

ESPA Massage

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed, and you emerge energised with renewed focus and lasting positivity.

ESPA Inner Calm Massage 60 min · £115 90 min · £145

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

INCLUDES

Breath work – full body aromatherapy massage – scalp massage with Rose Quartz Crystals

ESPA Hot Stone Massage 60 min · £115 90 min · £145

Discover lasting relaxation for mind and body with this aroma therapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

INCLUDES

Full body aromatherapy massage with hot stones – scalp massage

ESPA Muscle Reviver 60 min · £115

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored.

INCLUDES

Back massage – facial massage – scalp massage

FOR THE BODY

ESPA Body Treatments

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced, and skin's natural beauty is restored.

ESPA Back, Face & Scalp Treatment 90 min · £145 120 min · £185

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

INCLUDES

*90 minutes: Back exfoliation – back massage – Inner beauty facial – scalp massage
120 minutes: Back exfoliation – back massage with hot stones – Inner beauty facial – scalp massage*

ESPA Pre-Natal Relax & Restore 60 min · £115 90 min · £145

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

INCLUDES

Back exfoliation (if required) – focussed body massage – scalp massage

Active Legs 60 min · £105

Soothe tired, aching or swollen feet and heavy legs after a long and active day on your feet with this luxurious and revitalising treatment. Cleanse and smooth hard-working feet and lower legs, then treat them to a rejuvenating and intensely reviving massage – restoring cool comfort and leaving you ready for another active day.

INCLUDES

Foot Ritual – lower leg and foot exfoliation and massage

IN THIRTY MINUTES

Express Treatments

Short on time? Focused treatments with instant, visible results — a moment of calm to slip into your day.

ESPA Personalised Express Facial 30 min · £55

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

INCLUDES

Skin analysis with Skin Vision™ lamp – double cleanse – exfoliation – personalised mask – scalp massage

ESPA Back Neck and Shoulder Massage 30 min · £55

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

INCLUDES

Massage to the back, neck and shoulders

ESPA Scalp Massage 30 min · £55

A deeply soothing scalp massage designed to release tension and encourage complete relaxation. This restorative experience combines Mediterranean red clay to gently purify, with vitamin C rich watercress to nourish the hair and scalp. Expert massage techniques alleviate muscular tension and quiet a busy mind, allowing stress to melt away as the body unwinds. The scalp feels refreshed, hair beautifully conditioned and overall wellbeing restored.

INCLUDES

Massage to scalp, neck and shoulder

ESPA Body Exfoliation 30 min · £55

This refreshing treatment begins with gentle body brushing, followed by a cooling polish with natural apricot seed kernels to smooth and renew the skin. Spearmint invigorates while soothing aloe vera deeply hydrates and calms the skin. The treatment is completed with a personalised body moisturiser, tailored to your skin's needs, for refreshed, smooth and glowing skin.

INCLUDES

Full body brush – full body exfoliation – finishing body moisturiser



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