

field trip spa

AT NO.124 BRIGHTON

Our skilled therapists await the chance to listen to your needs and tailor highly beneficial treatments to address them. They are passionate about enhancing wellness, and their work focuses on transformation and renewal.

By pinpointing and targeting the root causes of muscular aches and pains, they can alleviate tension, stress and discomfort and boost wellbeing, recovery, flexibility, and mood. And the vegan, natural skincare products they use are both sustainably crafted and visibly effective. Here in Brighton, we also use a range of sea salts and seaweeds to enhance your experiences.

TREATMENTS FOR TWO

THE COPPER COVE

90 MINUTES | £295 (FOR TWO)

This extra-special shared ritual is made possible by our opulent copper tub in a treatment room dedicated to those who like to enjoy spa time together. To begin your experience, you are left to bathe in privacy and peace with two glasses of fizz (or non-alcoholic substitutes); the organic, magnesium-rich salts in the water will detoxify muscles, drawing out any tension-causing aches and pains.

Then, side-by-side, it's time for a back, neck and shoulder massage. After that the choice is yours between a eucalyptus-infused foot massage or a deeply relaxing bespoke facial, both of which finish with a dreamy scalp massage.

TIME TOGETHER

60 MINUTES | £230 (FOR TWO)


This massage and facial duo is for those who like to enjoy their treatment time together. The ritual begins with a side-by-side tension-melting back, shoulder and neck massage. Then you'll both receive a bespoke mini facial, together with a soothing face, neck, shoulder, and scalp massage. The two of you will be left feeling totally stress-free, and thanks to the active ingredients in the wonderful organic products applied, you'll also be saying hello to the natural radiance of your skin.

SIDE-BY-SIDE MASSAGE

60 MINUTES | £250 (FOR TWO)

A deeply soothing full-body massage for two. Our skilled therapists will tailor this relaxing treatment to your individual needs, whilst you are side-by-side with your loved one or friend, in our treatment room for two.

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RITUALS

LESSEN YOUR STRESS

60 MINUTES | £105

This ritual starts with a targeted massage that releases the tension held in your neck, back and shoulders. Then, you will receive a full organic facial to restore the natural balance of your skin along with a scalp massage that will deepen your level of relaxation even further. The combination will leave you feeling released, realigned, hydrated and revitalised.

EASE YOUR TENSION

60 MINUTES | £105

Areas that hold the most tension are given TLC in this ritual designed to rectify aches and pains. The massage begins with your neck, back and shoulders first, then moves onto the hardworking feet. After a refreshing wild mint scrub, a foot massage stimulates circulation and revives you in readiness for another day's exploration of Brighton. To complete the ritual, you'll relax during the sheer pleasure of an indulgent scalp massage.

RELAX REGIMEN FOR HIM

60 MINUTES | £105

This made-for-men ritual begins with a revitalising back, neck and shoulder massage to release muscular tension. Then, enjoy an organic facial tailored to male skin that will deeply cleanse along with a relaxing face and scalp massage. Your skin will feel profoundly refreshed, and with the massages having boosted circulation and the release of endorphins, you'll feel that your mood has been boosted, too.

DEEP SEA SCRUB

60 MINUTES | £105

This seaside-inspired ritual helps to reveal brighter skin through a combination of mineral rich sea salts, stress-soothing adaptogen superherbs and organic British-grown hemp seed. The body scrub is further personalised by our Therapist to suit your mood with a thoughtfully selected aromatherapy blend, leaving you feeling brand-new and baby-soft.

TOP-TO-TOE GLOW

90 MINUTES | 120 MINUTES
£160 | £210

The most luxurious of our individual rituals begins with an invigorating lemongrass back scrub, helping to remove dead skin cells and awaken the skin. Our therapist then applies organic aromatherapy oils during a relaxing, back, neck and shoulder massage; this releases muscle tension, boosts circulation and leaves your skin silky smooth. Next, you will enjoy a foot scrub and massage helping your body to fully relax and realign. Not forgetting the face, the ritual then moves into a rejuvenating organic facial and scalp massage, leaving you with a radiant glow.

*The 120-minute version includes a full-body scrub and massage.

TIME OUT FOR MUM-TO-BE

*Only suitable after the first trimester

60 MINUTES | £105

This specialist ritual starts with a soothing back massage adjusted for pregnancy. Our therapist will gently work on alleviating tension whilst also making sure you feel profoundly relaxed because, there's no doubt about it, you deserve it. Then the choice is yours – a circulation-boosting foot treatment or an organic facial, both ending in blissful scalp massage.

MASSAGE

FULL-BODY MASSAGE

60 MINUTES | 90 MINUTES
£115 | £165

Our massage therapists are highly skilled. They focus their experience, passion and healing hands on making a genuine difference to your muscular comfort and sense of wellbeing. And they will take your lead as to what you would like to address and how you would like to feel during this full-body massage.

HOT SANDSTONE MASSAGE

90 MINUTES
£175

Relax and enjoy the therapeutic powers of heat in this seashore-inspired (think pebble beach!) full-body massage. By applying warmed sandstone pods filled with salt-water, our therapists will pay attention to any areas of muscle tension to melt away your aches and pains, leaving you feeling blissfully relaxed and realigned.

*Must be booked 24-hours in advance

DEEP-TISSUE MASSAGE

60 MINUTES | 90 MINUTES
£135 | £185

Our therapists can work further into your muscles, using deep-tissue techniques if you prefer firmer pressure or suffer from chronic tension.

REFLEXOLOGY

60 MINUTES | 90 MINUTES
£105 | £155

Tap into the ancient philosophy of this specialised foot massage to help promote overall health and wellbeing. To further the benefits of your Reflexology session you can opt to include a back, neck and shoulder massage within your treatment.

SKINCARE

BESPOKE FACIAL

60 MINUTES | 90 MINUTES
£105 | £155

After a consultation, a member of our talented team will customise a treatment designed to target your areas of skin concern and boost your natural radiance. Choosing from a range of incredible, organic and sustainably sourced ingredients, they will deeply cleanse and hydrate your skin to promote a fresh, glowing complexion. Your facial will also include a relaxing neck, face and scalp massage to help you truly unwind whilst your skin is nourished and refreshed.

The 90-minute version includes the addition of a specialist facial massage using contouring tools. Designed to lift and tone, this targeted treatment will re-energise tired skin whilst helping to de-stress.

HOT SANDSTONE FACIAL

60 MINUTES
£115

This deeply relaxing facial is a sensory experience designed to lift, tone and brighten your skin. Our therapist combines the use of warmed pebble-beach inspired sandstone pods with our bespoke facial techniques, resulting in a continuous flow of sleep-inducing warmth. The result is both beautifully glowing skin and blissful relaxation.

*Must be booked 24-hours in advance

Upgrade your facial with
some TLC for the body
+£50

Allow our therapist to target stress, tension and tightness by adding 30-minutes of massage therapy focused on your back, neck and shoulders (subject to availability).

A FEW NEED-TO-KNOWS BEFORE YOU JOIN US DOWN IN THE TREATMENT ROOMS:

DRESS CODE

For maximum comfort, we recommend guests wear loose-fitting clothes. We would greatly appreciate it if you could shower before arriving for your appointment to help us maintain our high cleanliness levels. Guests staying with us at the hotel are very welcome to make the journey between their room and the treatment rooms in the ultimate comfort of robe and slippers.

We ask that all guests wear underwear for their treatment/s.

ARRIVING AT THE TREATMENT ROOMS

Please arrive at the treatment rooms reception 10-minutes ahead of your booked treatment time. It's also important to note that arriving later than the recommended time will mean a shorter or cancelled treatment.

CANCELLATIONS

We hugely appreciate seven days' notice for cancellations and booking changes. But we won't charge for appointments cancelled with at least 48 hours' notice. In the event of a cancellation within 48 hours, we will have to charge the full amount of the booked treatment/s.

ACCESSIBILITY

There is one accessible treatment rooms on our lower ground floor, but The Copper Cove is accessed by stairs. To avoid any disappointment, we recommend you get in touch with a team member before booking your appointment to discuss any requirements you have.

MOBILE PHONES

Please set your phone to silent to maintain the oh-so-relaxing peace of the treatment rooms. And please be sure to respect other people's privacy when taking photos.

HEALTH CONCERNS

When booking, please let us know of any existing medical conditions, allergies or concerns. It means that we can advise in advance if the treatment/s are unsuitable and recommend the best alternatives or tailored treatments. Our therapists reserve the right to decline to perform a treatment on the day if, for any reason, they feel it would not be in a guest's best interests. Treatments are booked at the guests' own risk, and the treatment rooms do not accept responsibility for allergic reactions.

PREGNANCY

Our Bespoke Facial and Time Out for Mum-To-Be treatments can be safely enjoyed during pregnancy, but we ask that bookings are only made for beyond the first trimester. Please ask for more details if you have any questions or concerns.

CHILDREN

Sorry, treatments are for over-18s only.

VALUABLES

We cannot accept responsibility for any loss or damage to personal belongings, so it's best to leave valuables at home or in your hotel room if possible. Don't forget to check your robe pockets before handing it back into reception.

PARKING

There's a public car park just a 5-minute walk away called Regency Square Car Park that we would recommend using.

PRICES AND TREATMENT MENU

Our therapists may change available treatments, products and prices without notice. We can promise, though, that your booked treatment and price will always be honoured, so there are no surprises.