BULL

ZEN AT BULL

Treatment menu

Our treatment suite on the first floor of Bull, behind a quiet door. Book online at bullburford.com/treatments or call us on 01993 822220.

MASSAGE

From half an hour on the back to ninety minutes head to toe, to melt tension and restore deep relaxation.

Relaxing Back Massage — 30 min · £55

A soothing 30-minute back treatment designed to help you unwind and switch off. Gentle, flowing techniques relax the muscles in the back, neck, and shoulders, easing everyday tension and promoting a deep sense of calm.

Deep Tissue Back Massage — 30 min · £60

A focused 30-minute treatment designed to relieve tension where you need it most. Targeted techniques ease tightness in the back, neck, and shoulders, helping to release built-up stress, improve comfort, and leave you feeling refreshed and re-energised.

Relaxing Full Body Massage — 60 min · £95

A deeply relaxing, full-body experience tailored to your needs. Expert touch melts away tension, restores balance, and leaves you in a state of pure tranquillity.

Deep Tissue Full Body Massage — 60 min · £105

A deeply therapeutic, full-body treatment designed to target deeper layers of muscle and tension. Skilled techniques work slowly and precisely to release tightness, improve mobility, and restore natural balance, leaving your body feeling lighter, looser, and profoundly restored.

Deep Tissue Full Body Massage — 90 min · £145

Our deep tissue full body massage, with an extra half an hour. More time on the areas that need it most, working slowly and precisely through deeper layers of muscle to release tightness and restore mobility, leaving your body lighter, looser and profoundly restored.

Lava Shell Massage — 60 min · £110

Classic luxury: warm lava shells glide over your body to melt tension and soothe muscles, delivering deep relaxation and radiant softness.

Deluxe Full Body Massage — 90 min · £135

A deeply relaxing, full-body experience tailored to your needs. Expert touch melts away tension, restores balance, and leaves you in a state of pure tranquillity. Includes a face and scalp massage.

FACIALS

Bramley facials shaped around your skin, and a face and scalp massage when you simply want to switch off.

Bespoke Bramley Facial
60 min · £110

Tailored to your unique skin needs, this facial, using our unique combination of essential oils and active ingredients, will help to hydrate and nourish dry skin, deep cleanse congested and oily skin, and soothe and rejuvenate sensitive or ageing skin. You will leave with a complexion that feels wonderfully fresh and glowing.

Apple Peel AHA Facial
60 min · £110

This targeted AHA treatment uses powerful glycolic, lactic and malic acid (derived from apple peel) to help refine and rejuvenate your skin, encouraging new cells to the skin's surface, whilst toning and firming the facial muscles, revealing a soft and luminous glow. It incorporates a relaxing facial massage that helps to release any build-up of toxins to improve skin tone and radiance. You, and your skin, will be left feeling completely revitalised.

Probiotic Rose Quartz Facial
60 min · £110

The perfect facial for skin affected by hormonal changes, stress or pollution. This activating and re-setting treatment includes a refining AHA facial peel and a toning massage with our probiotic rest day serum. Cooling rose quartz crystals are used throughout the treatment to heal and soothe the complexion and bring your body back to a state of equilibrium. For ultimate relaxation, you will also choose between either a therapeutic abdominal or soothing foot massage.

Mini Bramley Facial
45 min · £80

A mini version of our Bespoke Bramley Facial, created specifically for your skin's needs, helping it feel and appear refreshed and a brighter version of itself. A perfect starter facial, gentle enough for young skin (age 10+) and mothers-to-be.

Face & Scalp Massage
30 min · £60

A soothing, revitalising treatment designed to release tension and refresh your mind. Gentle massage techniques stimulate circulation across the face and scalp, helping to relax facial muscles, reduce stress, and leave your skin feeling refreshed and naturally radiant.

Deluxe Face & Scalp Massage
60 min · £95

A deeply indulgent experience that allows you to fully unwind. Extended, flowing techniques work across the face, scalp, neck, and shoulders to melt away tension, boost circulation, and promote a luminous complexion, leaving you in a state of complete relaxation from crown to complexion.

RITUALS

Longer treatments that bring massage and exfoliation together, for when an hour feels like an afternoon.

Winter Warmer
45 min · £79

A hot stone back massage and a warming scalp massage, followed by a hot chocolate to finish. A winter special.

Ultimate Winter Warmer
75 min · £99

An upgrade Winter Warmer experience including a bespoke facial to extend your relaxation.

Sleep Ritual

45 min · £85

A deeply calming treatment designed to prepare the body and mind for restful sleep. Beginning with a soothing scalp, neck and shoulder massage, slow, rhythmic techniques work to release tension and quiet the mind. This is followed by a grounding foot ritual to ease the body into a state of deep relaxation, helping to calm the nervous system and encourage rest.

Your ritual is completed with a moment of stillness and a take-home Ancient + Brave True Nightcap, so you can continue the experience at home and support a deeper, more restorative night's sleep.

Hydrating Ritual

45 min · £85

A refreshing, skin-reviving treatment designed to deeply hydrate and restore. Beginning with a gentle back exfoliation to smooth and renew the skin, this is followed by a relaxing back massage to ease tension and improve circulation. A nourishing body cream is then applied to leave the skin soft, supple, and replenished.

The ritual continues with a mini facial to cleanse, hydrate, and boost radiance, leaving your complexion fresh and glowing. Your experience is completed with a take-home Ancient + Brave True Hydration, helping to support optimal hydration from within and prolong the benefits of your treatment.

Glow Ritual

45 min · £85

A radiance-boosting treatment designed to nourish the skin and restore a healthy, natural glow. Beginning with a relaxing back massage to release tension and improve circulation, the ritual flows into a hydrating facial tailored to brighten, smooth, and revitalise the complexion.

Gentle techniques and carefully selected products work to enhance skin vitality, leaving it soft, luminous, and refreshed. Your experience is completed with a take-home Ancient + Brave True Collagen (or Wild Collagen), supporting skin health, elasticity, and glow from within so the results continue beyond your treatment.

Revitalise Ritual

45 min · £85

A revitalising treatment designed to energise the body, smooth the skin, and restore overall vitality. Beginning with a full-body exfoliation, this ritual gently buffs away dull, dry skin to leave the body feeling fresh, polished, and renewed. A back massage follows, using flowing techniques to release tension and stimulate circulation, helping to awaken both body and mind.

Your experience is completed with a take-home Ancient + Brave True MCT Oil, supporting sustained energy, focus, and daily vitality, allowing you to continue the benefits of your ritual long after you leave.

Back, Feet & Scalp Unwind

60 min · £100

Surrender to deep relaxation with this comprehensive upper-body ritual. Begin with a rejuvenating back exfoliation to smooth and refresh the skin, followed by a tension-releasing massage of the back, neck, and arms. A tailored facial restores your natural glow, while a soothing scalp massage completes the experience, leaving you centred, radiant, and completely renewed.

Full Body Scrub

45 min · £75

A rejuvenating treatment that starts with dry body brushing, followed by a scrub to buff away dead skin cells, finishing with a warm body oil application to deeply hydrate, soften, and restore a radiant glow to your entire body.

NAILS

Gel manicures and pedicures.

Gel Manicure

45 min · £55

Treat your nails to a premium The GelBottle gel manicure for a flawless, long-lasting finish. Your appointment includes nail shaping, cuticle care, nail preparation, and the application of your chosen The GelBottle colour, finished with a high-shine top coat for a beautiful, durable result.

Gel Pedicure

45 min · £65

Enjoy perfectly polished toes with a luxurious The GelBottle gel pedicure. Your treatment includes nail shaping, cuticle care, nail preparation, and the application of your chosen The GelBottle gel colour, finished with a high-shine top coat for a smooth, long-lasting finish.

Deluxe Gel Manicure

60 min · £75

Elevate your nail care with our Deluxe GelBottle Manicure, a luxurious treatment that combines expert nail grooming with indulgent hand care for beautifully polished, healthy-looking hands.

Your treatment includes nail shaping, detailed cuticle care, gentle exfoliation and soothing hot towels. Your nails are then expertly prepared and finished with your chosen The GelBottle gel colour and a high-shine top coat for a flawless, chip-resistant finish. Your treatment concludes with a relaxing hand and lower arm massage to leave your skin feeling soft, smooth, and revitalised.

Deluxe Gel Pedicure

60 min · £85

Indulge in the ultimate foot care experience with our Deluxe GelBottle Pedicure. This luxurious treatment is designed to leave your feet feeling soft, refreshed, and beautifully pampered while giving your toenails a flawless, long-lasting finish.

Your treatment includes nail shaping, cuticle care, hard skin removal and exfoliation. Your nails are then expertly prepared and finished with your chosen The GelBottle gel colour and a high-shine top coat for exceptional shine and chip-resistant wear. Your treatment concludes with a soothing foot and lower leg massage.

Gel Polish Removal

20 min · £25

Our professional gel removal service safely removes your existing gel polish while helping to maintain the health and integrity of your natural nails. Using a gentle soak-off process, the gel is carefully removed without excessive filing or damage to the nail plate. It's finished with light nail shaping, cuticle care, and nourishing cuticle oil to leave your nails clean, healthy, and well-conditioned.

Removal is available for gel products suitable for soak-off removal. If your gel was applied by another salon, additional time may be required depending on the product used.

MOTHER-TO-BE

Gentle treatments for mothers-to-be from the second trimester onwards.

Mother-to-Be Massage

60 min · £105

A nurturing prenatal massage designed to provide comfort, relaxation, and gentle relief during pregnancy. Using soft, flowing techniques tailored to your body's changing needs, this treatment helps ease tension in the back, hips, legs, and shoulders while supporting overall wellbeing. Carefully adapted positioning ensures complete comfort and safety, allowing you to fully unwind and enjoy a calming, restorative experience for both you and your baby.

For your comfort and safety, all pre-natal treatments are available from the second trimester onwards (after 12 weeks of pregnancy).

Mother-to-Be Face & Body Ritual

90 min · £155

A deeply nurturing 90-minute treatment designed to support and pamper you during pregnancy. It begins with a gentle, flowing massage to ease tension in the back, hips, legs, and shoulders, helping to relieve discomfort and promote deep relaxation. This is followed by a soothing, pregnancy-safe facial to hydrate, restore radiance, and leave your skin feeling soft and refreshed. Thoughtfully tailored to your comfort with supportive positioning throughout, this calming ritual offers a moment of pure relaxation for both you and your baby.

For your comfort and safety, all pre-natal treatments are available from the second trimester onwards (after 12 weeks of pregnancy).

ADD TO YOUR TREATMENT

Choose these when you book, after picking your treatment.

Scalp Massage

15 min · £25

A soothing scalp massage to release tension and calm the mind. Gentle, rhythmic techniques stimulate circulation and relax the scalp, helping to ease stress and promote deep relaxation.

Foot Massage

15 min · £25

A relaxing 15-minute foot massage to ease tension, improve circulation, and leave your feet feeling refreshed and revitalised.

Hand & Arm Massage

15 min · £25

A soothing 15-minute hand and arm massage to release tension, improve circulation, and leave your hands and arms feeling refreshed and revitalised.

Nourishing Hand or Foot Mask

10 min · £15

A deeply nourishing mask for hands or feet, to restore softness, hydration, and comfort to dry or tired skin, leaving it smooth, refreshed, and beautifully cared for.

Dry Body Brushing

15 min · £25

An energising ritual using a firm-bristled natural brush on dry skin. Sweeping motions towards the heart clear away dead cells, boost blood flow, and wake up the body. The perfect start to a massage, helping your chosen body oil to absorb deeply.