



JAMES MUTKIN

The Four Gates Ritual is a two-hour restorative experience that centres on the body's outer gateways – the hands, feet, neck, and head - gently reconnecting you to balance through touch and sensation. Drawing on Shiatsu acupressure, Chinese medical massage, elemental oil flow, craniosacral therapy, and the option of auricular acupuncture or acupressure, the ritual guides the body into a state of alignment, openness, and calm.

The journey concludes with a soothing head and scalp massage, leaving you centred, light, and deeply at ease. Each session is complemented by breathwork, cleansing rituals, and a nourishing spa lunch with full access to our facilities.

Complete your experience with a weekday lunch at The Rosebery or a weekend brunch at The Aubrey.

2 hours

Weekday with lunch at The Rosebery GBP 400

Weekend with brunch at The Aubrey GBP 400

- Purifying foot and hand cleanse
- Restorative hand massage
- Grounding foot massage
- Releasing neck massage
- Auricular acupressure with ear seeds or acupuncture (optional)
- Breathwork to reconnect and regulate
- Subtle craniosacral therapy
- Soothing head and scalp massage