



Donnington Valley  
HEALTH CLUB & SPA

# Welcome to Donnington Valley Health Club and Spa

Donnington Valley Health Club and Spa  
01635 551188



## Contact Us

To make an appointment please contact the Spa Treatments Reception where we will be delighted to assist you.

### To book a Spa Day or Treatment:

Telephone: 01635 551188  
Email: [treatments@donningtonvalley.co.uk](mailto:treatments@donningtonvalley.co.uk)

### To book a Spa Break, call Reservations:

Telephone: 01635 551199

### For Health Club and Membership enquires:

Telephone: 01635 551188  
Email: [healthclub@donningtonvalley.co.uk](mailto:healthclub@donningtonvalley.co.uk)

### Or book online at

[www.donningtonvalley.co.uk](http://www.donningtonvalley.co.uk)

## Gift Vouchers

The perfect gift. Vouchers are available for a specific treatment, a spa day or spa break. Let us help recommend the best option for you, otherwise you can always choose a voucher to a value.

Terms and conditions apply.

## Symbols Used Throughout This Brochure

Below is a legend for the symbols used throughout this brochure. Should you be unclear if a particular treatment may be suitable for you please do not hesitate to contact one of the Spa team.



Treatments suitable for men



Treatments suitable for during pregnancy



Treatments using Hot Stones



Treatments using Hot Poultice



Treatments using Hydrotherm

# Before you arrive

Donnington Valley Health Club and Spa  
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## Spa and Beauty Treatments

On arrival at the Health Club and Spa prior to your treatment or if you receive your confirmation by email you will be asked to complete a Health Questionnaire to assess your well being and to allow for changes to your treatments if required.

## What to Bring?

Hotel Residents are welcome to visit the Spa in the robe supplied if they are on a Spa Break or staying in an Executive Bedroom.  
Please wear undergarments or dry swim wear underneath your robe. A dressing gown, slippers and a towel will be provided for all Spa Day guests upon arrival for your day.

## Who can come?

Treatments from the Colour Princess Indulgence Package are available for teenagers between the ages of 12 and 18. All other treatments are only available to over 18's. Children who are under 16 are allowed to use the Swimming pool when accompanied by an adult between the hours of 10am and 12 midday and 3pm and 5pm Monday to Sunday. Children who are under 16 may not use the Heat Treatments in the pool area.

## Spa Etiquette

- The Spa is an area for relaxation, please respect other guests' rights to privacy and please refrain from using your mobile phone. Please note that smoking is prohibited within the Spa area and terraces.
- Members and guests should take responsibility to safe guard their personal belongings and property. Lockers are available for storing belongings and should be used at all times. Donnington Valley Health Club and Spa will not be liable for any liability claim or expense arising directly or indirectly from any loss, theft or damage to personal belongings or property in any Club premises (including the lockers).
- We ask that all guests arrive at least 10 minutes before their treatment time and check in at the treatment reception on the 2nd floor. If for some reason you are running late for your treatment your treatment will be shortened and no discount will be offered. If there is insufficient time to complete the treatment, the cancellation policy will apply. Non-arrival for treatments will incur full treatment costs being charged.

- Any changes you would like to make to any treatments booked should be made at least 24 hours prior to arrival and are subject to availability.

## Terms and Conditions

### Cancellation Policy

We ask that all Spa Day and treatment bookings must be cancelled 24 hours prior to the treatment time, otherwise a full charge applies.

### Medical Conditions

- If you have a medical condition or are undergoing treatment please check with treatment reception for treatments suitable for your needs. If you are unsure whether a medical condition would prevent you from having a particular treatment please take professional advice or contact Donnington Valley Spa directly.
- If you are pregnant or breast feeding please be aware that some treatments may not be suitable. Please ask one of the spa team of you have any concerns.
- The Health Club and Spa has the right to decline or will offer an alternative treatment if contraindications occur and the therapist feels it to be necessary.
- We politely remind you that it is essential that you advise us of any medical conditions and allergies prior to arrival so that we can ensure treatments are suitable. We accept no responsibility for providing alternative treatments if correct information has not been given at time of booking.
- A health questionnaire is available online for you to fill in prior to your visit: [www.donningtonvalley.co.uk/spa\\_healthquestionnaire.asp](http://www.donningtonvalley.co.uk/spa_healthquestionnaire.asp)

### Opening Hours

Please check with the Spa or visit [www.donningtonvalley.co.uk](http://www.donningtonvalley.co.uk) for our current opening times.

# Signature Facial and Body Treatments

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Spa Find luxurious mineral treatments utilise the natural powers of mud, salt and seaweed to tone and firm the body and face, ease muscle tension and deeply relax the body and mind. Almost every skin condition or complaint is partly caused by a mineral or vitamin imbalance within the body. By using Spa Find products, the mineral levels within the body can once again begin to normalise and bring inner health back into balance.

## Instant Elegance Facial / 25mins



A mini-facial incorporating a full cleansing and toning sequence with an exfoliation to brighten the skin and a nourishing mud mask to suit your skin type, leaving your skin feeling completely refreshed.

## Intensive Mineralising Facial / 25mins



A mini-facial incorporating a full cleansing and toning sequence followed by pressure point and lymphatic drainage techniques to boost circulation and revitalise the skin. The treatment is completed with a facial massage to relax you and ease any tension in the face, neck and shoulders, leaving the skin glowing and uplifted.

## Exquisite Eyes / 25mins



A naturally anti-ageing eye treatment, targeting fine lines and wrinkles as well as combating dark circles and puffiness. Immediate results can be seen with this treatment and skin is left feeling nourished and soft.

## Essential Elements Facial / 55mins



A prescriptive mineral facial which is suitable for all skin types and incorporates a consultation and skin analysis, allowing the therapist to treat the main concerns and recommend a personalised home care programme. The therapist will welcome you by performing the unique Spa Find Greeting Massage to totally relax and unwind the body before the facial commences.

# spa find

NATURAL MINERAL THERAPY



## Hot Poultrice Facial / 1hr 10mins

A unique facial exclusive to Donnington Valley. This luxury facial incorporates a unique massage with warm poultices. Later in the facial these poultices are opened to reveal a mask that is applied to the skin which is made of Dead Sea Mud. It is excellent for tired, dull and sallow skin. It begins with a welcome massage that automatically puts you at ease and allows you to fall into a state of deep relaxation.

## Aqua Sun Mineral Treatment / 25mins



Aquasun Therapy recreates a beach experience by combining bathing in warm Dead Sea mineral water with hot air jets to massage the body, whilst a low-level UV sun canopy lightly tans the body and promotes a sense of well-being and invigoration. A healing treatment fantastic for boosting the circulation and helping to disperse toxins and break down cellulite while nourishing eczema and dry skin conditions. Also effective for treating seasonal affective disorder.

## Spa Find Silhouette Inchwarp Treatment

### 1hr 20mins - Part Body / 1hr 50mins - Full Body



This treatment aids detoxification, helping with cellulite and water retention. The specialised wrapping technique tones and firms the body whilst safely removing toxins from within the body, providing inch loss.

## Heavenly Hydration Salt Brushing Treatment / 25mins

This luxury full body exfoliation revitalises the body and mind, leaving the skin soft and smooth. It naturally exfoliates the skin without irritation and stimulates lymphatic circulation, therefore helping with cellulite.



# Signature Body Treatments

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Neom Luxury Organics was launched in 2005 with a clear vision and a huge amount of passion. A product range was created that was as organic as they were effective, as gorgeous and pampering as they smelt divine and perhaps most importantly, as effective as their synthetic counterparts. Beautiful organic products that also work as holistic treatments because their essential oil content is so high.

NEOM  
LUXURY ORGANICS

## Refresh Body Reviver / 1hr 20mins



A completely uplifting and energising treatment, the perfect pick me up. The treatment commences with a cleansing and exfoliating foot ritual, followed by a full body exfoliation to cleanse and enliven the skin. A full body massage is then carried out with warm poultices, using a cheerful blend of Sicilian Lemon and fresh Basil oil.

## Refreshing Back Poultice Reviver / 55mins



This treatment commences with a back cleanse and exfoliation to prepare the skin for the massage. A relaxing back massage is carried out with the use of warm poultices to aid relaxation and to ease muscle tension.

## Real Luxury Body Indulgence / 1hr 20mins



A touch of true luxury to completely soothe and relax you from head to toe. The treatment commences with a cleansing and exfoliating foot ritual to the feet, followed by a full body exfoliation to soften and hydrate the skin. A full body massage with hot stones is then carried out using a soothing, relaxing blend of Lavender, Jasmine and Brazilian Rosewood. A relaxing Facial Pressure Point Massage and Scalp Massage ends this treatment in the perfect way.

## Real Luxury Back Stone Indulgence / 55mins



This treatment commences with a back cleanse and exfoliation to prepare the skin for the massage. A relaxing back massage is carried out with the use of hot stones and a relaxing blend of Lavender, Jasmine and Brazilian Rosewood. One stroke of the hot stone is equivalent to ten of the therapist's hands.



# ESPA for the Face

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# ESPA

With a classic, elegant look to their product range ESPA select ingredients for their quality and universal appeal. An unusual combination of aromatherapy, hydrotherapy, thalassotherapy and phytotherapy means a comprehensive range of products and treatments can be offered, with the philosophy focused on enhancing an individual's lifestyle in a way that is both holistic and versatile.

## ESPA Regenerating Facial / 55mins



An intensive boost for maturing, stressed or distressed skin, products from the ESPA range are included in this facial to give concentrated protection and nourishment. Focused on regenerating, firming and nourishing, this facial leaves the skin fresh, revitalised and toned.

## ESPA Rehydrator Facial / 55mins



Suitable for dry, dehydrated, stressed and tired complexions. Gentle deep cleansing and exfoliation prepare the skin for a rejuvenating massage with ESPA Botanical Rescue and Face Treatment Oil. Whilst the nourishing face mask works to drench your skin with moisture, you can also enjoy the benefits of a relaxing head massage.

## ESPA Skin Brightener Facial / 55mins



This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull lifeless sallow skin. This facial includes a special application of a skin brightener rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet to improve radiance and the appearance and texture of the skin.

## ESPA Re-Balancing Facial / 55mins



Skin problems can appear unexpectedly and can often be caused by stress, diet or an ineffective skin care regime. A harsh polluted environment may also cause the skin to become sensitised. Specific massage techniques and aromatherapy products, combined with a warm marine mud mask to cleanse and decongest the skin, leaving it calm, clear and rebalanced.

## ESPA Skin Rescue Facial / 25mins



A taster facial which commences with a thorough cleanse followed by a relaxing massage to aid lymphatic drainage and stimulate the skin, completed with a moisturiser for your skin.

# ESPA for the Body

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# ESPA



## **Aromatherapy Back, Face and Scalp / 1hr 25mins**

All together an amazing pamper treatment which starts with a back cleanse and a back massage to start the relaxation process. Followed by the full ESPA Aromatherapy Facial incorporating a Scalp Massage while the mask is left on the skin.

## **Detoxifying Algae Envelopment / 1hr 10mins**

This therapeutic, balancing and detoxifying treatment involves skin brushing, gentle exfoliation and algae rich in minerals and enzymes. Designed to ease away tension, helps boost the metabolism and speed up the elimination of toxins. Includes a full scalp treatment for total relaxation.

## **Full body Aromatherapy Massage / 1hr 10mins**

A full body massage with the use of ESPA Massage Oils, using acupressure points to aid relaxation and work on restoring energy levels. Includes a facial and scalp pressure point massage.

## **Total Holistic Body Treatment / 1hr 25mins**

This all-encompassing treatment commences with full skin brushing and exfoliation to prepare the skin leaving it feeling soft and smooth. This is then followed by a luxurious body massage and facial using a blend of essential oils chosen to suit you.

## **ESPA Spearmint Body Polish and Skin Brushing / 25mins**

The treatment begins with skin brushing to the body to increase the circulation and aid lymphatic drainage; perfect to improve the appearance of cellulite; this is followed by the Body Polish which contains extracts of spearmint and phytoplankton. Phytoplankton is a natural sea weed based ingredient which is used to remove dead skin cells to soften and smooth the texture of the skin.

# Clarins for the Face

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Clarins are award-winning beauty specialists offering skin care for the face and body and effective sun protection. Their pioneering products deliver the very best results and are a pleasure to use.

Botanically based, they contain ingredients especially selected for their proven effectiveness. The basis for all their treatments is the 'Clarins Touch,' a unique professional massage method utilising over 80 intricate hand movements.

## Clarins Pro-Active Intensive Facial / 1hr 10mins

A Clarins four-phase cleansing and exfoliating routine before the final clever lift-off mask. Offers the face the equivalent of seven-days treatment in one single application. A luxurious treatment with remarkable results. Your therapist will choose the most suitable treatment from the five listed below for your skin type and concerns.

- The Youth Booster - *boosts vital cell metabolism*  
Richly replenishes mature skin facing hormonal changes, leaving it velvety smooth and youthfully radiant, with less noticeable lines.
- The Skin Firmer - *energizing and firming properties*  
Restores deep-down youthful firmness and luminosity to skin that's starting to look less supple, smooth and fresh as the years go by.
- Radiance Ritual - *skin protective antioxidants*  
An immediate radiance and vitality boost for dull, tired-looking skin that has lost its sparkle.
- Thirsty Skin Soother - *intensive moisture retaining powers*  
Delivers a moisture rush to dehydrated or sensitive skin, to counteract the effects of pollution, air-conditioning and stress.



Taut skin feels silky-soft, comfortable and glowing again.

- Oily Skin Rescuer - *softening and purifying*  
Pure genius at regulating excess oiliness and rescuing oily or combination skin from breakouts.

## Make-Up

### Bridal

#### 40mins trial / 40mins on the day

Session one includes a consultation on dress colour, skin type and the look that is desired, followed by an application of make-up. The on the day session will include a fuller application of make-up which will last, look fantastic in photographs and give you a radiant look on your special day.

### Make-Up To Go / 25mins

Book in for an express make-up where you choose the shades from our latest colour collections and head back to work or out for the evening looking gorgeous.

# Clarins for the Body

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## **Fruit and Salt Scrub / 40mins**

This innovative three-in-one exfoliation treatment uniquely combines a mixture of pure sea salt crystals from the South of France, lemon and pineapple fruit enzymes and dried flowers chosen for their skin-refining properties. When mixed with Clarins 100% pure plant body oils, the result is a luxurious and warming experience that leaves skin feeling like new. Choose from:

- Relaxing with essential oils of Geranium, Camomile and a handful of Lavender flowers.
- Revitalising with essential oils of Rosemary, Rosewood and Safflowers.

## **Relaxing or Revitalising Body Wrap / 55mins**

Skin loves this intensive deep-cleansing treatment which combines a bespoke blend of mineral-rich white clay and warmed oils. Impurities are eliminated and circulation is boosted, leaving the skin much smoother and softer.

Choose from:

- Relaxing with soothing Basil and Camomile aromatic oils
- Revitalising with energizing Mint and Rosemary aromatic oils

## **Fruit and Salt Scrub combined with Wrap / 1hr 40mins**

This is the combination of the Fruit and Salt Scrub followed with the Wrap. A complete pamper experience maximizing the benefits of each treatment as they have been combined.

## **Clarins Pro Active Body Touch / 1hr 25mins**

Pro-Formula body products fuel the skin with a concentrate, equivalent to seven days treatment, in one application of active plant extracts and aromatic oils. The massage movements of the 'Clarins Touch' stimulate the lymphatic system and blood circulation to restore the skin's natural balance and energy.

- **Figure Shaper**  
Prevents the body from storing excess fats. Intensive stimulating treatment refines the appearance of skin, perking up overall tone and helping your body to look smoother and more streamlined. Circulation is boosted, reducing fluid retention.
- **Intensive Body Firmer**  
Firming. Restores youthful firmness and deep-down luxurious softness to skin that's starting to lose condition. Your body looks and feels more supple, toned and revitalized, your skin is nourished and stretch marks are less noticeable.
- **Super Hydrator**  
Excellent skin nourishing properties. Drenches dry or dehydrated skin in moisture, dramatically transforming its texture. Suddenly your body feels smooth and silky-soft to the touch.
- **Anti-Ageing Special**  
Nourish and smooth skin tone. A youth boost for skin that looks dry, dull and lined, this makes a real impact on smoothness, softness and luminosity. It's particularly good for skin that's showing signs of ageing and sun damage (like age spots) or simply neglect.

We have a variety of massage treatments available to suit your needs. If you prefer something to relax you and leave you feeling pampered, the poultice massage is the treatment for you. For something truly relaxing and exceptionally effective on those aching muscles and joints try Hydrotherm.

## Lomi Lomi Full Body Hawaiian Massage / 1hr 25mins



Lomi Lomi is a massage that uses specific techniques to help relieve tension, increase circulation and relax the body. The literal translation for Lomi Lomi is to "Break up into small pieces with the fingers". It cleanses and relaxes the body, both physically and spiritually in order to achieve internal harmony. In some ways the Lomi Lomi massage resembles a Swedish massage, however Lomi Lomi practitioners incorporate some vigorous deep tissue techniques and predominately use their elbows and forearms to massage with instead of their hands. The journey commences with a luxury full body exfoliation.

## Lomi Lomi Back Hawaiian Massage / 40mins



This treatment has all the benefits of the full body massage above. The journey begins with a back exfoliation and the massage concentrates on the back, neck and shoulders.

## Shiatsu Deep Tissue Full Body Massage / 1hr 25mins



This massage incorporates the ancient art of Shiatsu, Swedish massage and Deep Tissue massage. Using each of these techniques this treatment helps to relieve tension and stress by releasing the lactic acid build up within the muscles. The treatment commences with an invigorating body exfoliation.

## Shiatsu Deep Tissue Back Massage / 40mins



As with the full body massage this treatment incorporates the ancient art of Shiatsu, Swedish massage and Deep tissue massage. The Journey begins with a back exfoliation and the massage concentrates on the back, neck and shoulders.

## Full Body Hot Stone Massage / 1hr 25mins



A deeply relaxing massage using Hot Stones to release any tension from the body and leave the mind at peace. The treatment begins with a warm foot compress followed by the Hot Stone Massage.

## Hot Stone Back Massage / 40mins



This treatment concentrates solely on the back, neck and shoulder area using Hot Stones to release tension.

## Hot Poultice Full Body Massage / 1hr 25mins



Spa Find Heaven Massage is based on the ancient Thai and Egyptian techniques using hot mud / salt or aromatic herbs and spices within muslin to create a poultice. The poultice is used to alleviate pain or inflammation by opening the pores, bringing a medicinal heat to the muscles to induce relaxation. This type of massage targets the muscles, concentrating on the major energy meridians that run throughout the body. It aims to harmonise the body, loosen energy blockages and stimulate the blood circulation.

## Hot Poultice Back Massage / 40mins



The benefits of the full body massage above, this treatment concentrates solely on the back neck and shoulder area.

## Sanyo Chair Massage / 25mins



A stimulating massage concentrating on the back and legs, great for areas of tension. Perfect to loosen up the areas of tension prior to a hands on massage with one of our therapists.

# Hydrotherm

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## Hydrotherm Massage

The very best in massage therapy, this memorable and effective full body massage will cast you away into a world of bliss. Feel your tension easing as your muscles melt into cushions of warm water; fully supported with no need to turn over, no face hole, cricked neck or hanging arms, you can completely relax and unwind as your therapist nurtures and restores your body using effective techniques like no other. We also have a Back Neck and Shoulder Massage with Hydrotherm to focus on this area which generally holds the stresses and tensions of everyday life.

## Treatments with Hydrotherm

Warm water filled cushions can be combined with most beauty & holistic treatments on offer; turning treatments into the ultimate in comfort, relaxation and luxury. Any treatments listed in our brochure with the Hydrotherm logo can be carried out with the added benefits of Hydrotherm.



## Full Body Massage with Hydrotherm / 55mins



Immerse yourself into warm and supportive water filled cushions, as you escape and unwind during this exquisite full body massage. Your therapist takes you on a journey into a world of luxury and bliss that will truly make a difference. This calming but deeply effective treatment will leave you feeling completely relaxed and restored.

## Back, Neck and Shoulder Massage with Hydrotherm 25mins



Discover a world of difference in this fantastic back, neck and shoulder massage. Uniquely combining traditional and three dimensional techniques, carried out on cushions of warm water that soothe your body, this profound and effective massage will leave you feeling relaxed yet invigorated.

# Alternative Therapies

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Otherwise known as Complimentary therapies, these treatments are based on the interaction between the mind, body and energy systems combining them.



## Hopi Ear Therapy / 45mins



A relaxing stress-free natural therapy, to relieve blocked ears from excessive wax, headaches, sore throats, sinusitis and catarrh. This gives you a pleasant feeling of warmth and balances the pressure in the ears.

## Reflexology / 55mins



This treatment works on the ancient theory that the foot represents the body as a whole. The therapist works with different techniques on the various pressure points to give a holistic treatment aiming to relieve stress and tension of the body inside and out.

## Electro-Reflexology / 25mins



Electro-waves are used to stimulate reflex zones on the feet, to aid circulation and improve relaxation and enhancing the body's natural healing powers.

## Indian Head Massage / 25mins



A safe simple and effective therapy using a series of massage strokes to treat the areas most vulnerable to stress, namely the upper back, shoulders, head and neck. The techniques promote hair growth, soothes away tension, rebalances energy flow and clears any areas of negativity.



# Pre and Postnatal Treatments

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**A time for true pampering! These treatments are all designed for this special time and focus on treating mummy and baby.**

**These treatments are suitable for after twelve weeks of pregnancy. Any treatments marked with Ⓟ are suitable during pregnancy.**

## **Mummy Moment / 55mins**

Ⓟ

A luxurious pregnancy ritual that incorporates a back massage, scalp massage, a mini facial and a luxurious foot and leg massage. The treatment helps to nourish and hydrate the skin, leaving the skin soft and radiant while relaxing both Mummy and Baby at the same time.

## **ESPA Mum To Be / 55mins**

Ⓟ

A total body treatment which has been specifically designed for pregnant and nursing mothers. A light full body exfoliation, with back cleanse and massage. This treatment aids relaxation with the use of marine muds and nourishing oils. The skin feels refreshed, toned and rejuvenated.



## **Mother to Be Pampering Face and Body Treatment / 1hr 10mins**

Ⓟ

Pure indulgence for the face and body, adapted to your pre and postnatal stage of pregnancy and how you look and feel. Eases backache, fluid retention, stress, fatigue and tired legs, as well as improving skin tone and elasticity. Afterwards, you'll feel energized and wonderfully relaxed with baby-soft skin.



# Self Tanning Treatments

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For a flawless finish, there's nothing quite like a professional touch - that's why we offer spray tanning treatments which deliver a flawless finish in minutes, or a cream tan application for a longer lasting result.



## Original Tan / 55mins



The Original Tanning Treatment is a luxurious pampering hour-long treat which delivers exceptionally smooth, rich bronze results. The treatment begins with a full body exfoliation to prepare the skin for tanning. The therapist will then custom-blend the bronzing lotion and apply to the entire body before buffing to finish.

## Spray Tan Treatment / 15mins



The Spray Tan Treatment is the quickest way to get a professional finish. Delivered in around 15 minutes, the spray is quick drying.

## Full Body Exfoliation / 25mins



A full body exfoliation to remove dead skin cells and rejuvenate the skin leaving it feeling soft and allowing the tan to be applied evenly.

## Spray Tan with Exfoliation / 55mins



The treatment commences with the full body exfoliation to remove any dry or dead skin cells, followed by a full body application of the spray tan.

## Clarins So Natural Self Tanner / 1hr 10mins



This crème de la crème of self tanning treatments for face and body includes a deeply pampering massage and gives skin a gorgeous, long-lasting, glowing, golden colour that looks as natural in winter as it does in summer – and you can even get dressed immediately.

Before treatment advice:

- Skin should be free from self tan, perfume, deodorant and aromatherapy oils.
- Waxing or shaving should be completed at least 24 hours prior to the treatment.
- The evening or morning before your treatment, exfoliate your entire body and pay special attention to dry areas of your body such as hands, elbows, knees and feet.
- Wear dark, loose fitting clothing with dark coloured underwear.
- We recommend you have a patch test prior to your first treatment.

When scheduling your tanning treatment, please be advised of the following:

- Do not shower or bathe for a minimum of 4 hours after your treatment.
- Do not participate in any activity which may cause perspiration for at least 12 hours after the treatment.
- Tans with a guide colour can be left on overnight although it may transfer onto bed linen. It will wash out of cotton, but not so easily from man-made fibres or wool.



# Jessica Natural Nail Care

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Jessica's unique nail care philosophy is behind each and every product of the extensive Jessica Cosmetics line that offers products specifically targeted to treat each different nail type.

The Jessica Nail Care System is about promoting the well-being of the natural nail. The System is a synthesis of technique, philosophy and products. Any man or woman can achieve healthy nails with proper care and maintenance.

**We offer a large number of the kaleidoscope of Jessica nail colours.**

**All Jessica Manicure and Pedicure treatments include a complimentary Midi Size Nail Colour.**

## **Jessica Manicure / 40mins**

A nail consultation with cuticle work and a hand massage, completed with a colour of your choice.

## **Jessica Luxury Manicure / 55mins**

The Jessica Manicure with a little added luxury. The hands are treated to 10 minutes in heated mittens to help moisturise and ease tension.

## **Jessica Deluxe Manicure / 1hr 10mins**

A facial for the hands and nails, commencing with the La Remedi cleanse and exfoliation, followed by the Luxury Manicure. An intensive liposome treatment is then used with the heated mittens. A mask follows and the treatment is completed by the colour of your choice.



## **Jessica Pedicure / 55mins**

With the choice of Calming Green Tea, Energising Ginger or Revitalising Citrus, cuticle work is carried out with heated booties used to aid circulation and nourish. While the heated booties are nourishing your feet, lay back and relax. The treatment is completed with the colour of your choice.

## **Jessica Luxury Pedicure / 1hr 10mins**

A vital therapy for the stress of modern life this treatment adds a mask to our standard Jessica pedicure to nourish, stimulate and freshen the feet. While the heated booties are nourishing your feet, lay back and enjoy a top to toe massage programme on our Sanyo massage chair. Treatment is completed with the colour of your choice.

## **La Remedi Mini Hand Treatment / 25mins**

A mini facial for the hands, cleanse, exfoliation, followed by an intensive massage and completed with a rejuvenating mask. (Colour is not included in this treatment.)

## **File and Paint – Fingers or Toes / 25mins**

Shaping of the nails followed by the application of the colour of your choice.

# Jessica Geleration

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The beauty of Jessica, in a Gel! With the health of the natural nail in mind, Geleration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. Geleration is available in Jessica's most popular colours.

## **Geleration Gel Overlay Manicure / 40mins**

Includes a hand exfoliation, massage, cuticle care and nail shape finished with Jessica's Geleration gel polish.

## **Geleration Gel Overlay Deluxe Manicure / 55mins**

Includes the benefits of the luxurious La Remedi Hand Treatment. Your hands will be smoother, silkier and firmer. Cuticles will be cared for, nails will be shaped and finished with Jessica's Geleration gel polish.

## **Geleration Gel Nail Shape and Polish / 25mins**

Nails are filed, shaped and finished with Jessica's Geleration gel polish.

## **Geleration Refresh Manicure with Clear Gel / 25mins**

A clear gel is applied over your existing Geleration manicure. Hands are massaged and cuticles conditioned.

## **Geleration Refresh Manicure / 25mins with Coloured Gel**

As above and including a coat of your existing Geleration gel polish to make your Geleration manicure last even longer.



## **Geleration Sculptured Manicure / 90mins**

Includes a hand exfoliation, massage and cuticle care with a full set of Geleration Sculpted nails finished with Jessica's Geleration gel polish.

## **Geleration Sculpted Nails (per nail) / 10mins**

Sculptured nails are formed with gel in line with the shape of the natural nail. No tips are applied. This gives the option of extending the natural nail if desired. The nails do need to be a certain length for this treatment to be carried out, please check with one of our therapists if this is suitable for you.

## **Geleration Gel Overlay Pedicure / 55mins**


Choose from either Calming Green Tea, Energising Ginger or Revitalising Citrus for this luxurious foot and leg treatment. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with Jessica's Geleration Gel Polish.

## **Gel Removal / 25mins (prior to a Geleration Manicure or Pedicure)**

We recommend the gel is removed every 2 to 3 weeks before a further application of gel. This allows for a change of colour if required and to keep the nails looking and feeling healthy.

# Treatments for Men

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Most of our treatments are suitable for our male guests, therefore treatments marked with a  are suitable for men.

Below we have listed some treatments which are specifically designed for men.



## Serenity Body Indulgence / 1hr 25mins



A touch of true luxury to completely soothe and relax you from head to toe. The treatment commences with a cleansing and exfoliating foot ritual to the feet, followed by a full body exfoliation to soften and hydrate the skin. A full body massage with hot stones is then carried out using a soothing, relaxing blend of Lavender, Jasmine and Brazilian Rosewood. A relaxing facial pressure point massage and scalp massage ends this treatment in the perfect way.

## Clarins Skin Blitz Facial / 55mins



Shaving bumps and irritation, stress and tiredness, greyness and congestion... Whatever life has hit your skin with, this super-relaxing bespoke facial will target and treat it. Your face will look and feel refreshed, healthy and smooth.

## ESPA Men's Purifying Facial, Shoulder and Scalp Massage / 55mins



Specifically formulated by ESPA for the male complexion. Natural balms and oils help purify, hydrate and revitalise the skin. Ideal for city dwellers, frequent air travellers or those with a stressful / hectic lifestyle.

## Golfer's Foot Ritual / 25mins



A foot ritual exfoliation and cleansing of the feet. The feet are massaged up to the knees while you enjoy a top to toe massage on our Sanyo Massage Chair.



# Spa Days

Donnington Valley Health Club and Spa  
01635 551188

**We have designed a collection of day packages, with something suitable for everyone.**

**Donnington Valley Hotel and Spa's leisure facilities include a luxurious modern 18m swimming pool, steam room, sauna, aroma room and monsoon shower with a sun terrace for you to enjoy in the nice weather.**

**A large, air-conditioned gym is situated within the leisure club plus a state of the art studio with over 40 classes a week to choose from.**

The Sonoma Suite boasts 6 contemporary treatment suites all elegantly designed with en-suite shower facilities, a Spray Tanning Room, Signature Aqua Sun Treatment Suite and Paradise Ridge our relaxation room which is the perfect place to relax and come round after your treatments with views over the Golf Course.

When you arrive at Donnington Valley Spa your day will begin with a welcome smoothie or hot drink. You can then get yourself changed into your fluffy robe and slippers ready to let the relaxation commence. Your spa lunch can be served with a glass of wine or a soft drink with no need to change out of your robe. Lunch is completed with a refreshing sorbet and you are then free to relax on poolside or in Paradise Ridge.



Our Full Spa Day packages include:

- Use of the facilities for the day between 10am and 5pm.
- A welcome smoothie or hot drink.
- Robe, slippers and towels for the day.
- A specially chosen gift associated with your day and the treatments included in your package.
- A healthy Spa lunch served with a glass of wine or a soft drink completed with a refreshing sorbet.

All day and half day packages in the Spa Indulgence Collection are subject to availability and treatments cannot be exchanged or shared with another person. If you would like to participate in one of our studio classes please register at the Health Club Reception; there is a £5 charge per person per class. A robe, slippers and a towel will be provided for all Spa Day guests upon arrival for your day. Spa Day guests are advised to bring 2 items of swimwear so they can keep one dry to wear in treatments and at lunch. To avoid disappointment please book any further treatments in advance.

All Spa Day Packages require full prepayment at time of booking.

We can accommodate groups, but these are subject to availability on certain days. Please contact the Spa to check availability.

# Spa Days

Donnington Valley Health Club and Spa  
01635 551188

## Sonoma Touch of Bliss

A Spa Day for those who want to step away from the stresses of everyday life. The day includes an exfoliating foot ritual and one of the following two treatments: The *Refresh Body Reviver* includes a full body massage, carried out with warm poultices using a cheerful blend of Sicilian Lemon and fresh Basil oil. The *Real Luxury Body Indulgence* includes a full body massage with hot stones using a soothing, relaxing blend of Lavender, Jasmine and Brazilian Rosewood. A relaxing facial pressure point massage and scalp massage ends this treatment in the perfect way.

## Sonoma Detox Therapy

This day package includes the perfect combination of treatments. The *Spa Find Silhouette Inchwrap Treatment* aids detoxification, helping with cellulite and water retention. The specialised wrapping technique tones and firms the body whilst safely removing toxins from within the body, providing inch loss. In the time that you are wrapped up the *Exquisite Eyes treatment* will be carried out. A naturally anti-ageing eye treatment, targeting fine lines and wrinkles as well as combating dark circles and puffiness. Immediate results can be seen with this treatment and skin is left feeling nourished and soft.

## Sonoma Holistic Touch

A pampering spa day, which commences with the *Aromatherapy Back, Face and Scalp*, an altogether amazing pamper treatment which starts with a back cleanse and a back massage to start the relaxation process. Followed by the full ESPA Aromatherapy Facial incorporating a scalp massage while the mask is left on the skin.

## Sonoma Polished to Perfection

A day designed to brighten and refine the skin leaving it feeling like new. The *Clarins Fruit and Salt Scrub* is combined with the *Clarins Body Wrap* to enhance the benefits. The Fruit and Salt Scrub is an innovative three-in-one exfoliation treatment uniquely combines a mixture of pure sea salt crystals from the South of France, lemon and pineapple fruit enzymes and dried flowers chosen for their skin-refining properties. When mixed with Clarins 100% pure plant body oils, the result is a luxurious and warming experience that leaves skin feeling like new. Choose from:

- Relaxing with essential oils of Geranium, Camomile and a handful of Lavender flowers.
- Revitalising with essential oils of Rosemary, Rosewood and Safflowers.

The Body Wrap combines a bespoke blend of mineral-rich white clay and warmed oils, the skin loves this intensive deep-cleansing treatment. Impurities are eliminated and circulation is boosted, leaving the skin much smoother and softer. Choose from:

- Relaxing with soothing Basil and Camomile aromatic oils.
- Revitalising with energizing Mint and Rosemary aromatic oils.

## Sonoma Mama-Licious

A special day designed with this special time in mind. A day for you to relax and take time out for you. Suitable from three months of pregnancy up to your due date. The pamper treatment *Mummy Moment* is a luxurious pregnancy ritual that incorporates a back massage, scalp massage, a mini facial and a luxurious foot and leg massage. The treatment helps to nourish and hydrate the skin, leaving the skin soft and radiant whilst relaxing both Mummy and Baby at the same time. We have then added the *Jessica Pedicure* to this package as it helps with that increasingly hard to reach area.

# Spa Days

Donnington Valley Health Club and Spa  
01635 551188

## Sonoma Retreat Spa Day

This half day spa package includes:

- Use of the facilities for four hours between 09.00 to 13.00 or 13.00 to 17.00
- A welcome smoothie or hot drink
- Robe, slippers and towels for use during your visit
- A healthy Spa lunch served with a glass of wine or a soft drink
- A 25min treatment from the list below

## Sonoma Twilight

Available Monday to Friday.

Use of the Spa facilities between the hours of 5pm and 9pm. Perfect for those who want to escape after their hard day. Treatment times are available Monday, Tuesday, Wednesday and Friday 5pm to 7pm or 5pm to 9pm on a Thursday. This half day spa package includes:

- A welcome smoothie or hot drink
- Robe, slippers and towels for use during your visit
- A 25min treatment from the list below
  - Aqua Sun Mineral Treatment
  - Instant Elegance Facial
  - Intensive Mineralising Facial
  - Exquisite Eyes
  - Heavenly Hydration Salt Brushing Treatment
  - Sanyo Chair Massage
  - Jessica File and Paint Fingers
  - Jessica File and Paint Toes
  - Spray Tan
  - Electro-Reflexology
  - La Remedi Hand Treatment
  - Make Up To Go
  - ESPA Spearmint Body Polish and Skin Brushing
  - ESPA Skin Rescue Facial
  - Men's Golfers Foot Ritual



## Sonoma Recharge for Men

A top to toe day for the modern day man. The relaxation starts with the Back, Neck and Shoulder Massage with Hydrotherm, combining traditional massage techniques with the Hydrotherm water cushions to ease away stress and tension, leaving you totally relaxed, yet invigorated. You then can choose one of the following men's facials:

- The Clarins Skin Blitz Facial is great for shaving bumps and irritation, stressed / tired / dull or congested skin. Whatever life has hit your skin with, this super-relaxing bespoke facial will target and treat it. Your face will look and feel refreshed, healthy and smooth.
- The ESPA Men's Purifying Facial, Shoulder and Scalp Massage is specifically formulated by ESPA for the male complexion. Natural balms and oils help purify, hydrate and revitalise the skin. Ideal for city dwellers, frequent air travellers or those with a stressful / hectic lifestyle.

## Sonoma Bridal Beauty

This package includes all the little touches that complete a special day, but the treatments are left for you to decide, making it tailor made to you. It is perfect for 'before your big day' but equally great for a hen day, or even a special birthday. Enjoy a glass of 'bubbly' and pastries when you're relaxing by the pool or in our relaxation room. Choose from one of the treatments in each of the lists below:

### 25 minute treatment options

- Aqua Sun Mineral Treatment
- Instant Elegance Facial
- Intensive Mineralising Facial
- Exquisite Eyes
- Heavenly Hydration Salt Brushing Treatment
- Sanyo Chair Massage
- Jessica File and Paint Fingers
- Jessica File and Paint Toes
- Spray Tan
- Electro-Reflexology
- La Remedi Hand Treatment
- Make up to Go
- ESPA Spearmint Body Polish and Skin Brushing
- ESPA Skin Rescue Facial

### 55 minute treatment options

- Essential Elements Facial
- Espa Skin Brightener Facial
- Espa Rehydrator Facial
- Espa Regenerating Facial
- Espa Rebalancing Facial
- So Natural Self Tanner
- Original Tan
- Jessica Luxury Manicure
- Jessica Pedicure
- Clarins Relaxing Body Wrap
- Clarins Revitalising Body Wrap

All day and half day packages in the Spa Indulgence Collection are subject to availability and treatments cannot be exchanged or shared with another person. If you would like to participate in one of our studio classes please register at the Health Club Reception, there is a £5 charge per person per class. A robe, slippers and a towel will be provided for all Spa Day guests upon arrival for your day. Spa Day guests are advised to bring 2 items of swimwear so they can keep one dry to wear in treatments and at lunch. To avoid disappointment please book any further treatments in advance.

All Spa Day Packages require full prepayment at the time of booking.

We can accommodate groups, please contact the Spa to check availability.

## Party / Corporate Options

We have a couple of options that are available for Corporate Groups or Private Parties. Including the use of the spa facilities. Please call for more information and availability.

## Skin Consultation Parties

Join our therapists to learn how to pamper and treat your skin and learn about the skin care products we use. Choose from the leading product house Clarins, ESPA or Spa Find.

## Tanning Party

Perfect if you have a party or hen group to get ready for. A spray tan will be carried out leaving you ready for your party, relax in your robe in our relaxation room with a glass of bubbly as a pre-party treat.

## Colour Princess Package

Monday to Thursday. A treat for the teens (ages 12 to 18) giving this age group the opportunity to experience some taster treatments.

- Touch of Colour / 10mins
- File and Paint Fingers or Toes / 15mins

This package does not include use of the Spa Facilities. Includes a midi nail polish. Price on Application

## Make-Up Lesson

A session with trained therapists who will discuss colours for your skin and the season. Followed by the make-up application and techniques being explained.

# Signature Spa Breaks

With 111 luxury bedrooms, an award winning restaurant and wine list, not to mention the challenging 18 hole golf course, Donnington Valley Hotel and Spa is ideal for taking the time out to enjoy a Spa Break. At Donnington Valley, we have created a selection of indulgent Spa Breaks for your enjoyment.

All of our Spa Breaks are based on two people sharing a Classic Room and include a full English breakfast, a 3 course evening meal in our fantastic WinePress Restaurant and of course, full use of the Spa facilities throughout your stay.

Our Signature Spa Breaks include a welcome smoothie on arrival at the Spa, a Bento Box lunch with drink on your day of departure, a signature gift specially chosen to suit your treatments and to add to the luxury you will be upgraded to one of our beautiful Executive Rooms.

## Sonoma Holistic Touch

A pampering spa break, which commences with the Aromatherapy Back, Face and Scalp, an altogether amazing pamper treatment which starts with a back cleanse and a back massage to start the relaxation process. Followed by the full ESPA Aromatherapy Facial incorporating a scalp massage while the mask is left on the skin.

Donnington Valley Health Club and Spa  
Spa Breaks - 01635 551199



## Sonoma Touch of Bliss

A Spa break for those who want to step away from the stresses of every day life. The break includes one of the following treatments; both commence with a cleansing and exfoliating foot ritual to the feet, followed by a full body exfoliation to cleanse and enliven the skin. The Refresh Body Reviver includes a full body massage, carried out with warm poultices, using a cheerful blend of Sicilian Lemon and fresh Basil oil and The Real Luxury Body Indulgence includes a full body massage with hot stones using a soothing, relaxing blend of Lavender, Jasmine and Brazilian Rosewood. A relaxing facial pressure point massage and scalp massage ends this treatment in the perfect way.

## Sonoma Detox Therapy

This break includes the perfect combination of treatments. The Spa Find Silhouette Inchwrap Treatment aids detoxification, helping with cellulite and water retention. The specialised wrapping technique tones and firms the body whilst safely removing toxins from within the body, providing inch loss. In the time that you are wrapped up the Exquisite Eyes treatment will be carried out. A naturally anti-ageing eye treatment, targeting fine lines and wrinkles as well as combating dark circles and puffiness. Immediate results can be seen with this treatment and skin is left feeling nourished and soft.

# Spa Breaks

Donnington Valley Health Club and Spa  
Spa Breaks - 01635 551199

Our flexible spa breaks give you the chance to select the treatments of your choice. Enjoy one night at Donnington Valley in a Classic Bedroom with dinner in our Winepress Restaurant, breakfast and a treatment from the list below. Wherever possible, please choose your treatment at the time of booking to avoid disappointment. Please book any additional treatments required in advance.

## 25 minute treatment options

- Aqua Sun Mineral Treatment
- Instant Elegance Facial
- Intensive Mineralising Facial
- Exquisite Eyes
- Heavenly Hydration
- Salt Brushing Treatment
- Sanyo Chair Massage
- Jessica File and Paint Fingers
- Jessica File and Paint Toes
- Spray Tan
- Electro-Reflexology
- La Remedi Hand Treatment
- Make Up To Go
- ESPA Spearmint Body Polish and Skin Brushing
- ESPA Skin Rescue Facial
- Men's Golfers Foot Ritual

## 55 minute treatment options

- Essential Elements Facial
- ESPA Skin Brightener Facial
- ESPA Rehydrator Facial
- ESPA Regenerating Facial
- ESPA Rebalancing Facial
- Mummy Moment
- Original Tan
- Jessica Luxury Manicure
- Jessica Pedicure
- Clarins Relaxing Body Wrap
- Clarins Revitalising Body Wrap
- Refreshing Back Poultrice Reviver
- Real Luxury Back Stone Indulgence
- Clarins Men's Skin Blitz Facial
- ESPA Men's Purifying Facial
- Shoulder and Scalp Massage



# Treatment Prices

Donnington Valley Health Club and Spa  
01635 551188

## Signature Facial Treatments

Instant Elegance Facial	£34.00 / £39.00
Intensive Mineralising Facial	£34.00 / £39.00
Exquisite Eyes	£34.00 / £39.00
Essential Elements Facial	£55.00 / £65.00
Hot Poultice Facial	£65.00 / £75.00



## Signature Body Treatments

Aqua Sun Mineral Treatment	£34.00
Silhouette Inch wrap Treatment Full Body	£85.00 / £95.00
Silhouette Inch wrap Treatment Part Body	£70.00 / £80.00
Heavenly Hydration Salt Brushing	£34.00
Refresh Body Reviver	£80.00 / £90.00
Refreshing Back Poultice Reviver	£60.00 / £70.00
Real Luxury Body Indulgence	£80.00 / £90.00
Real Luxury Back Stone Indulgence	£60.00 / £70.00



## Clarins for the Face

Clarins Pro Active Intensive Facial	£65.00 / £75.00
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## Clarins for the Body

Clarins Fruit and Salt Scrub	£45.00
Clarins Body Wrap	£62.00
Clarins Fruit and Salt Scrub and Body Wrap Combined	£85.00
Clarins Pro Active Body Touch	£80.00

## Espa for the Face

Espa Regenerating Facial	£62.00 / £72.00
Espa Rehydrator Facial	£62.00 / £72.00
Espa Rebalancing Facial	£62.00 / £72.00
Espa Skin Brightener Facial	£62.00 / £72.00
Espa Skin Rescue Facial	£34.00 / £39.00



## Espa for the Body

Aromatherapy Back, Face and Scalp Massage	£76.00 / £86.00
Total Holistic Body Treatment	£76.00 / £86.00
Detoxifying Algae Wrap	£72.00 / £82.00
Full Body Aromatherapy Massage	£72.00 / £82.00
Espa Spearmint Body Polish and Skin Brushing	£34.00



## Donnington Valley Massage Therapy

Lomi Lomi Hawaiian Full Body Massage	£76.00 / £86.00
Lomi Lomi Hawaiian Back Massage	£48.00 / £56.00
Shiatsu Deep Tissue Full Body Massage	£76.00 / £86.00
Shiatsu Deep Tissue Back Massage	£48.00 / £56.00
Full Body Hot Stone Massage	£76.00 / £86.00
Hot Stone Back Massage	£48.00 / £56.00
Hot Poultice Full Body Massage	£80.00 / £90.00
Hot Poultice Back Massage	£50.00 / £58.00
Sanyo Chair Massage	£34.00
Hydrotherm Full Body Massage	£70.00
Hydrotherm Back, Neck and Shoulder Massage	£40.00



## Jessica Natural Nail Care

Jessica Manicure	£42.00
Jessica Luxury Manicure	£50.00
Jessica Deluxe Manicure	£57.50
La Remedi Mini Hand Treatment	£30.00
Jessica Pedicure	£49.50
Jessica Luxury Pedicure	£58.00
File and Paint (Fingers or Toes)	£26.50

## Jessica Geleration

Geleration Gel Overlay Manicure	£48.00
Geleration Gel Overlay Deluxe Manicure	£63.50
Geleration Gel Nail Shape and Polish	£40.00
Geleration Refresh Manicure with Clear Gel	£30.00
Geleration Refresh Manicure with Colour Gel	£35.00
Geleration Sculptured Manicure	£68.00
Geleration Sculptured Nail	£8.00 per nail
Geleration Gel Overlay Pedicure	£56.00
Gel Removal	£6.00

## Make-Up

Bridal	£60.00
Make-Up To Go	£30.00

## Self Tanning

Clarins So Natural Self Tanner	£65.00
Original Tan	£60.00
Spray Tan	£33.00
Spray Tan with Exfoliation	£45.00
Full Body Exfoliation	£25.00

# Treatment Prices

Donnington Valley Health Club and Spa  
01635 551188

## The Essentials

Full Leg and Bikini Wax	£35.00
Full Leg Wax	£29.00
Half Leg Wax	£18.50
Bikini Wax	£10.50
Under Arm Wax	£10.50
Facial Wax	£10.50
Back Wax	£18.50
Chest Wax	£18.50
Eye Brow Shape	£10.50
Eye Lash Tint	£15.50
Eye Brow Tint	£10.50
Eye Lash and Brow Tint	£20.50

A patch test is required 24 hours before having any tinting to the lashes or eyebrows.

## Pre and Post Natal Treatments

Mummy Moment	£60.00
Espa Mum to Be	£65.00
Mother to Be Pampering Face and Body Treatment	£65.00

## Alternative Therapies

Reflexology	£65.00 / £75.00
Hopi Ear Therapy	£30.00 / £35.00
Electro-Reflexology	£30.00
Indian Head Massage	£34.00 / £39.00

## Men's Treatments

Serenity Body Indulgence	£80.00 / £90.00
Espa Men's Purifying Facial	£55.00 / £65.00
Clarins Skin Blitz Facial	£55.00 / £65.00
Golfer's Foot Ritual	£34.00

## Spa Days & Corporate Options

Make Up Lesson, Skin Consultation Party, Tanning Party	POA
Colour Princess	£35.00

## Spa Days

Sonoma Touch of Bliss	Sun - Thurs	£135.00
	Fri - Sat	£155.00
Sonoma Detox Therapy	Sun - Thurs	£150.00
	Fri - Sat	£170.00
Sonoma Holistic Touch	Sun - Thurs	£130.00
	Fri - Sat	£150.00
Sonoma Polished to Perfection	Sun - Thurs	£140.00
	Fri - Sat	£160.00
Sonoma Mama-Licious	Sun - Thurs	£160.00
	Fri - Sat	£180.00
Sonoma Bridal Beauty	Sun - Thurs	£160.00
	Fri - Sat	£180.00
Sonoma Recharge for Men	Sun - Thurs	£150.00
	Fri - Sat	£170.00
Sonoma Retreat	Sun - Thurs	£75.00
	Fri - Sat	£85.00
Sonoma Twilight	Mon - Fri	£55.00

## Spa Breaks\*

Sonoma Experience Spa Break		
<i>25minute Treatment Included</i>		
Weekend Spa Break	Fri - Sat	£135.00
Midweek Spa Break	Mon - Thurs	£115.00
Sunday Night Spa Break		£105.00

### *55minute Treatment Included*

Weekend Spa Break	Fri - Sat	£165.00
Midweek Spa Break	Mon - Thurs	£145.00
Sunday Night Spa Break		£135.00

## Signature Spa Breaks\*

Sonoma Touch of Bliss	Sun - Thurs	£210.00
Sonoma Touch of Bliss	Fri - Sat	£230.00
Sonoma Holistic Touch	Sun - Thurs	£199.00
Sonoma Holistic Touch	Fri - Sat	£219.00
Sonoma Detox Therapy	Sun - Thurs	£250.00
Sonoma Detox Therapy	Fri - Sat	£270.00

\* Prices are per person per night based on two people sharing. Prices were correct at time of printing but may change.

**Please be aware there is a 7 day cancellation policy for all Spa Breaks. No refunds will be given if a treatment is not taken. A deposit will be required at booking stage to cover the cost of treatments, this is non refundable and non transferable. Please check availability for Spa Treatments at the time of booking your hotel accommodation.**

## Spa Breaks Upgrade Options

For a single room, please add £60 to the prices to give you single room occupancy. For an Executive room please add £20 per person. To extend your stay for 2 or more nights please add £95 per person per night. This will include your accommodation, full English Breakfast and a 3-course evening meal in the WinePress Restaurant. For a combined Spa/Golf Break, swap 30 minutes treatments for 2 rounds of golf. For that extra special touch, why not order a delivery of Champagne on ice, canapés, strawberries and cream, scattered rose petals, or a Donnington Valley Spa product hamper?

**01635 551188**

[www.donningtonvalley.co.uk](http://www.donningtonvalley.co.uk)

Donnington Valley Health Club and Spa

Old Oxford Road | Donnington | Newbury | Berkshire | RG14 3AG



donnington valley

HOTEL • SPA • GOLF

