

# Treatment List



## *Welcome to Donnington Valley Spa*

Take time out and treat yourself to the me time you deserve. Our spa is a light, uplifting space with a list of heavenly treatments, professional therapists and a menu designed to leave you feeling relaxed, revitalised and carefree in a clean, safe environment.

Along with an exclusive range of signature treatments, we also offer luxurious face and body treatments by Decléor, the trusted expert and innovator in aromatherapy skincare.

Our facilities include an 18 metre swimming pool, aromatherapy room, steam room and sauna. For those more active we have a state of the art gymnasium, dance studio and a full class timetable. Once the hard work is done, enjoy our relaxation room and outdoor terrace.

Understanding that beauty and wellbeing are intrinsically linked, we offer a unique sensorial experience, superior facilities, and the finest four star spa in Berkshire. We have won a Gold Award at the Best Spa & Wellbeing Experience Annual Beautiful South Awards!

### —— // 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 monetary voucher.

Vouchers are available to purchase within the hotel and spa and also via our website. [www.donningtonvalley.co.uk](http://www.donningtonvalley.co.uk)

All of our gift vouchers are valid for a 12 month period.

### —— // KEY // ——

M Treatment suitable for men

P Treatments suitable during the 2nd and 3rd trimester. If you are in your 1st trimester please seek advice from our spa team.

### —— // CONTACT US // ——

To book a Spa day, treatment or for Health Club and Membership enquiries:

T 01635 551188

E [healthclub@donningtonvalley.co.uk](mailto:healthclub@donningtonvalley.co.uk)

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

To book a Spa Break, call Reservations on:

T 01635 551199

E [reservations@donningtonvalley.co.uk](mailto:reservations@donningtonvalley.co.uk)

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

## —— // SIGNATURE TREATMENTS // ——

Donnington Valley's exclusive range of signature treatments have been designed to deeply relax and regenerate while releasing mental and emotional tension and fatigue, leaving you feeling carefree and balanced.

### **Sonoma Jasmin Treat Facial**

**25 mins | £40 MP**

Awakens even the most tired of complexions in the shortest of times. The Sonoma Jasmin Treat Facial revitalises the mind and body, leaving the skin luminous and as fresh as the morning dew.

### **Sonoma Scalp Massage**

**25 mins | £40 MP**

This heavenly scalp treatment incorporates a pressure point massage to help relieve tension and promote relaxation.

### **Back, Neck and Shoulder Massage**

**25 min | £48 MP**

A massage concentrating on the areas which hold the most amount of tension, namely the upper back and shoulder area.

### **Sonoma Warm Stone Massage**

**55 mins | £80 M**

Warm stones glide over your whole body gently releasing tension and soothing aching muscles. Your personalised treatment will rebalance energy levels and restore tranquillity to body and mind.

### **Sonoma Aromatherapy Full Body Massage**

**55 mins | £75 M**

**1hr 25mins | £105 M**

Everyday stresses and strains simply disappear with our heavenly Sonoma Aromatherapy Massage to either relax, refine, tone or stimulate. The incredibly soothing sensation of the Warm Aromatherapy Oils, expertly blended from an exquisite elixir of natural essential oils, melt away tension and ease stress for renewed energy and velvety skin.

### **Sonoma Indulgence Face and Body Ritual**

**1hr 25mins | £105 M**

The most blissful way to soothe the body and mind, you will feel revitalised and the energy levels rebalanced. Skin is left deeply cleansed, perfectly replenished and glowing with youthfulness and vitality.

### **Aqua Sun**

**25 mins | £35 M**

Bathe in warm water while air jets gently massage your body to boost circulation, disperse toxins whilst nourishing dry skin conditions. The low level UV canopy is a source of vitamin D and is particularly good for treating seasonal affective disorder (SAD) and promoting a sense of well-being.

### **Pre – Aqua Sun advice**

The Aqua Sun cannot be carried out:

- If you have been in a tanning booth the same day or if you have been sun-bathing
- If your skin is very sun sensitive
- If you have suffered with any past skin conditions such as Melanoma.

If you are currently suffering from any medical conditions or taking prescribed medication, we may not be able to carry out the treatment. This will be discussed with the therapist once your health questionnaire has been completed.

## —— // FACIAL TREATMENTS // ——

### **Ultimate Vitamin Glow Facial**

**55 mins | £72 MP**

This internationally renowned, multi-award winning facial is power-packed with vitamins and anti-oxidants. Stress simply melts away thanks to five deeply relaxing massage techniques and the ideal rebalancing aromatic elixir for your complexion. Our deliciously warm and decongesting mask softly cocoons skin, providing the perfect environment for it to flourish. Skin is left deep cleansed, perfectly replenished and glowing with vitality.

### **Discovery Facial**

**25 mins | £40 MP**

Discover what makes Decléor facials world famous with this divine 'taster'. When you're short of time but want to bring back an irresistibly healthy complexion, this is the perfect rescue remedy. For rapid results, your expert therapist uses a combination of massage, Essential Oils and a gentle polish to smooth and revitalise tired skin leaving it fresh and radiant instead.

### **Illuminating Facial**

**55 mins | £72 MP**

Stress simply melts away thanks to this deeply relaxing aromatherapy face massage. Using a professional mask your therapist will select either the power-packed Aromaplasty mask which contains sunflower and wheatgerm or the soothing Harmonie calm mask for a moisturized, luminous skin. The skin will feel softly cocooned as is left deep cleansed, perfectly replenished and glowing with vitality.

### **Lifting Aromatherapy Face Massage**

**55 mins | £72 MP**

**1hr 25mins | £102 MP**

A treatment ideal for those targeting the signs of ageing and the need to destress and bring a sense of well-being. This facial includes a deeply relaxing, toning and firming aromatherapy face massage and a professional mask.



## — // BODY TREATMENTS // —

### **Polish and Nourish**

**25 mins | £40 M**

Sugar exfoliating grains alongside fruit enzymes are used to buff and polish skin leaving it in supreme condition. This re-energises and restores vitality for skin that's beautifully nourished and velvety soft.

### **Soft Feet**

**25 mins | £40 MP**

Tired, sore feet are lovingly conditioned and nourished in this luxuriously comforting treatment. Focused on restoring dry, cracked heels to smooth and silky, purifying and hydrating ingredients target any rough areas, including callouses. Aching feet and calves are also soothed thanks to a divine leg and foot massage. Skin is left polished, velvety and beautifully supple making it the ideal pre-holiday or post-party ritual.

### **Soft Hands**

**25 mins | £40 MP**

Indulgently rich moisturising products combine with skin smoothers and soothers to nurture hard-working hands. The perfect remedy for dry and damaged skin, this conditioning treatment works to nourish and restore split cuticles and hang nails plus strengthen weak, brittle nails. Includes a delicious hand and arm massage to leave you feeling ultra-relaxed and pampered. Superbly restorative after nail extensions.

### **Lemon and Mango, Firm and Tone Wrap**

**55 mins | £72 M**

This collagen-boosting body wrap tones slackened skin, repairs sun damage and helps improve the look of stretch marks. Zesty essential oils work to erase the appearance of imperfections and strengthen skin whilst also combatting wrinkles. Deliciously nourishing, this sculpting envelopment hydrates and moisturises too, improving hydration levels for radiant, firm and soft skin all over.

## — // MEN'S TREATMENTS // —

Most of our treatments are suitable for our male guests, therefore treatments marked with an (M) are suitable for men.

### **Intensive Energising Face Treatment**

**55 mins | £72 M**

Over-worked and skin showing the strain? This fatigue-fighting, anti-ageing treatment also targets and treats shaving bumps and irritation. An invigorating and hydrating pure energy mask made from Oak and Green Clay decongests deep down to re-energise skin. Combined with stress releasing massage techniques and AROMESSENCE™ serum, skin is left relaxed, smooth and healthy looking.

### **Gentleman's Pedicure**

**40 mins | £43 M**

A vital treatment for the stress of modern life, this treatment combats dry, hard skin on the feet while treating dry cuticles and aching feet. Heated booties are used to nourish and deeply moisturise the feet followed by a luxurious massage to the foot and lower leg.

### **Gentleman's Manicure**

**25 mins | £38 M**

A luxury hand treatment, to combat dry skin, cuticles and tired hands. The hands are exfoliated, cuticle work carried out and the nails will be cut and filed. The treatment is then completed with a luxury hand and lower arm massage to combat stress and tension.

### **Express Energising Face Treatment**

**25 mins | £40 M**

The high-speed solution to re-energise skin, this half hour anti-ageing treatment can be slotted into the busiest diary. Developed to re-charge and revive skin instantly, it includes a thorough exfoliation and revitalising massage to give tired skin a lease of new life. Leaves every skin type clear and fresh thanks to highly potent clove oil. Every busy man's key to better looking skin.



## —— // NAIL CARE // ——

We have a large collection of polishes to choose from and treatment prices include the colour of your choice to take away with you.

### **Pedicure**

**55 mins | £50 P**

A vital treatment for the stress of modern life, this treatment combats dry, hard skin on the feet while treating dry cuticles and aching feet. Enjoy a top to toe massage on our Sanyo Chair Massage. Followed by a colour of your choice.

### **Manicure**

**55 mins | £50 P**

This luxurious treatment commences with a cleanse, exfoliation and cuticle work. A blissful hand massage is carried out followed by a colour application of your choice.

### **File and Paint Fingers or Toes**

**25 mins | £28 P**

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

## —— // GEL NAILS // ——

Our Gel formula delivers a long lasting, flawless finish that is dry in seconds and is available in our most popular colours.

### **Gel Overlay Manicure**

**55 mins | £50 P**

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

### **Gel Overlay Pedicure**

**55 mins | £50 P**

Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with Gel Polish.

### **Gel Nail Shape and Polish**

**40 mins | £43 P**

Includes cuticle care, a nail shape and finished with gel polish.

### **Gel Removal**

**25 mins | £12 P**

Professional Geleration Removal. We regret to inform you that we cannot remove any other brand of gel polish other than Geleration from Jessica.



## —— // PRE NATAL TREATMENTS // ——

A time for true pampering! These treatments are all designed for this special time and focus on treating mummy and baby. Treatments marked with a (P) are suitable for guests in their 2nd and 3rd trimester of pregnancy.

### **Radiant Mum To Be**

**55 mins | £75 or 1hr 25mins | £105 P**

Pregnancy can take its toll on your body so relax and let a highly trained therapist safely and gently treat you to a nurturing and indulgent experience. This blissful treatment includes bespoke gestures created specifically for pregnancy including a relaxing back massage plus tension releasing leg massage to lighten 'heavy' legs. This deeply relaxing treatment includes a hydrating tummy mask to actively help hydrate the skin and encourage elasticity.

## —— // FINISHING TOUCHES // ——

### **Professional Tanning**

The Vita Liberata professional tanning collection created in Ireland, offers a range of advanced organic, odour-free and complexion enhancing treatments for our clients. From our natural looking, fast-drying spray tan solution to our at-home retail products, the Vita Liberata professional collection has been created to give the most natural tanning results as well as providing anti-ageing skincare benefits.

### **Spray Tan Treatment**

**Full body | 25 mins | £33 MP**

This naturally organic Spray Tan Treatment is the quickest way to get a professional finish. The Vita Liberata spray tan comes in three different shades, ensuring that there is a spray tan to suit all.

**Full Leg and Bikini Wax – 55 mins | £40 P**

**Full Leg Wax – 40 mins | £34 P**

**Half Leg Wax – 25 mins | £23 P**

**Bikini Wax – 25 mins | £17 P**

**Under Arm Wax – 10 mins | £15 P**

**Facial Wax – 10 mins | £14 P**

**Eye Brow Shape – 10 mins | £14 MP**

**Back Wax – 25 mins | £26 M**

**Chest Wax – 25 mins | £26 M**

**Eye Lash Tint\* – 25 mins | £18 P**

**Eye Brow Tint\* – 10 mins | £13 P**

**Eye Lash and Brow Tint\* – 25 mins | £25 P**

\*A patch test is required at least 24 hours prior to your first tinting appointment, after a change to your medical history or if you have not had tinting with us in the last 6 months.





—— // SONOMA SPA DAY COLLECTION // ——

### Sonoma Harmony

Monday - Thursday | £173pp

Friday - Sunday | £193pp

Our Sonoma Harmony Spa Day includes:

- Full use of our Spa and Leisure facilities: Monday to Saturday between 10am and 5pm or Sunday from 12pm to 7pm
- A welcome hot drink or smoothie accompanied by a light breakfast
- Robe, slippers and towel for the day
- Donnington Valley Gift
- A Bento style lunch or our Classic Afternoon Tea
- Two 55 Minute treatments from our list of inclusive options

### Sonoma Purity

Monday - Thursday | £146pp

Friday - Sunday | £166pp

Our Sonoma Purity Spa Day includes:

- Full use of our Spa and Leisure facilities: Monday to Saturday between 10am and 5pm or Sunday from 12pm to 7pm
- A welcome hot drink or smoothie accompanied by a light breakfast
- Robe, slippers and towel for the day
- Donnington Valley Gift
- A Bento style lunch or our Classic Afternoon Tea
- A 55 Minute and 25 Minute treatment from our list of inclusive options

### Sonoma Indulge

Monday - Thursday | £116pp

Friday - Sunday | £136pp

Our Sonoma Indulge Spa Day includes:

- Full use of our Spa and Leisure facilities: Monday to Saturday between 10am and 5pm or Sunday from 12pm to 7pm
- A welcome hot drink or smoothie accompanied by a light breakfast
- Robe, slippers and towel for the day
- Donnington Valley Gift
- A Bento style lunch or our Classic Afternoon Tea
- A 55 Minute treatment from our list of inclusive options

### Sonoma Retreat

Monday - Thursday | £82pp

Friday - Sunday | £92pp

Our Sonoma Retreat Spa Day includes:

- Full use of our Spa and Leisure facilities for four hours: Monday to Friday: 9am - 1pm or 1pm - 5pm Saturday: 9am - 1pm Sunday: 1pm - 5pm
- A welcome hot drink or smoothie
- Robe, slippers and towel
- Donnington Valley Gift
- A Bento style lunch or our Classic Afternoon Tea
- A 25 Minute treatment from our list of inclusive options

—— // INCLUSIVE TREATMENT OPTIONS FOR SPA DAYS AND SPA BREAKS // ——

#### 55 Minute Treatment Options

- Manicure
- Pedicure
- Sonoma Aromatherapy Massage
- Lemon and Mango Firm and Tone Wrap
- Ultimate Vitamin Glow Facial
- Intensive Energising Face Treatment for Men
- Radiant Mum to Be

#### 25 Minute Treatment Options

- File and Polish Fingers
- File and Polish Toes
- Soft Hands
- Soft Feet
- Jasmin Treat Facial
- Sonoma Scalp Massage
- Polish and Nourish



# *Before You Arrive and Aftercare*

## **Spa and Beauty Treatments**

We recommend that all guests arrive at least 10 minutes prior to their scheduled appointment to allow yourself enough time to complete a Health Questionnaire. Please note the time stated for the treatment includes both the consultation and the time for you to prepare for your treatment.

## **Nail Care**

- Your treatment time does not include polish removal, so please remove your nail colour prior to your appointment to prevent other areas of your treatment being shortened.
- Please advise us when booking if you require a gel removal prior to your application. If you have any other brand of gels on your nails other than Geleration, we regret to inform you that we will be unable to remove this for you.

## **Tanning – Before you arrive**

- Skin should be free from self-tan, perfume, deodorant and moisturisers.
- Waxing or shaving should be completed at least 24 hours prior to your treatment.
- Leading up to your treatment, exfoliate your entire body paying special attention to dry areas.
- Wear dark, loose fitting clothing.

## **Tanning – Aftercare**

- Do not shower or bath for a minimum of 6 hours after your treatment.

## **Waxing**

We are unable to carry out waxing if:

- You have had a hot bath prior to your waxing treatment.
- You have used the heat treatment or pool facilities.
- You have had a light chemical peel or microdermabrasion treatment within the last seven days.
- You have been in a tanning booth on the day of your waxing treatment.
- You have had laser skin resurfacing within the past year.

## **Tinting**

- A patch test is required at least 24 hours prior to your first tinting appointment, after a change to your medical history or if you have not had tinting with us in the last 6 months

## **Medical Conditions**

- Please advise us if you have a medical condition, allergy or you are undergoing treatment prior to your arrival, so we can ensure your treatments are suitable for you.
- 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.
- If you are pregnant or breast feeding please be aware that some treatments may not be suitable for you. Please contact Donnington Valley Spa directly for further advice.
- A health questionnaire is available online for you to fill in prior to your visit:  
[www.donningtonvalley.co.uk/spa-questionnaire](http://www.donningtonvalley.co.uk/spa-questionnaire).

## **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).

## **Terms and conditions**

- Please understand that late arrivals will not receive an extension to scheduled treatments. If there is insufficient time to complete the treatment the cancellation policy will apply.
- Any changes that you would like to make to your treatment should be made 24 hours prior to arrival and are subject to availability.
- Treatments are suitable for guests aged 18 and over.
- We ask that all Spa Days are paid for in full upon booking.

## **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 will apply.