

Treatment List



Welcome to Donnington Valley Spa

Take time out and treat yourself to the me time you deserve. The Spa is an oasis of tranquillity that blends health and wellness. Whether you desire a therapeutic treatment or just wish to indulge in bliss, we're inviting you to relax and rejuvenate in the comfort of our spa with our highly trained team.

Germaine de Capuccini offer a uniquely tailored approach to skin care. With products designed to treat not just a specific skin concern but also a specific skin type ensuring you get the right results from your skincare. Our range of signature, facial and body treatments are delivered by our highly trained therapists and provide an experience like no other.

Our facilities include an 18 metre swimming pool, Jacuzzi, aromatherapy room, steam room and sauna. For those more active we have a brand new Matrix Gym, 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 even 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

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

—— // CONTACT US // ——

To book a spa day, treatment or for health club and membership enquiries:

T 01635 551188

E healthclub@donningtonvalley.co.uk

W www.donningtonvalley.co.uk

To book a spa break, call reservations on:

T 01635 551199

E reservations@donningtonvalley.co.uk

W 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.

Serenity Ritual

85 mins | £110

Sonoma Deep Sleep, Lavender and Rose and Face and Body ritual is perfect for stress, lack of sleep and dehydrated skin. A truly British treatment using nourishing plant-based ingredients, your therapy commences with our warm oil lavender candle back massage and is completed with our soothing, nourishing Rose & Honey Elixir Calming Facial - be prepared to relax!

Detox Ritual

85 mins | £110

Sonoma Herbal Green Tea and Sybarite Silk Body Envelopment a deep cleansing exfoliation, massage and nourishing body wrap. Perfect for those whose skin feels suffocated from daily aggressions. Your treatment commences with a deep cleansing exfoliation with a Bamboo Scrub. This is followed by an anti-oxidising and remineralising green tea massage which works to eliminate toxins and repair scars and photo-sun damaged skin.

Energy Ritual

85 mins | £110 | P

Superfood Baobab Oil Body and Scalp ritual an energising full body massage and exfoliation. Using ethically sourced Baobab seed oil, this African-inspired full body massage promises an invigorating, stress-reducing experience. The blend of natural oils provides anti-inflammatory benefits, a reduction in stretch marks and increased skin elasticity; making it the ideal pregnancy body treatment.

Sonoma Aromatherapy Full Body Massage

55 mins | £78

85 mins | £105

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.

Back, Neck and Shoulder Massage

25 min | £50 | P

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

Aqua Sun

25 mins | £35

Bathe in warm water while air jets gently massage your body to boost circulation, disperse toxins and nourish 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.



— // ADVANCED FACIALS // —

Express Royal Jelly De-Stress Facial

25 mins | £45 | P

Royal Jelly De-Stress Facial

55 min | £75 | P

Strengthening facial for tired, stressed skin.

Packed with antioxidants and essential nutrients, our Royal Elixir facial is ideal for tired and stressed skin. The skin regains its strength and natural immunity against daily aggressions. 97% of clients claim their skin is left more smooth, radiant and with a healthy appearance.

Timexpert Hydraluronic

55 mins | £85 | P

Plump, Hydrate and Improve your skin. A new dimension of hydration is delivered to the skin by exclusive ingredient formulations plumping and adding volume. Hyaluronic Acid (HA) is released to the deepest layers of the skin, allowing recovery and preserving of naturally occurring HA in the skin. Whilst the slow release technology delivers and retains moisture reserves for longer lasting effects.

This therapy is elevated with a unique facial massage tool, that works as a cooling method across the facial contours to actively plump lines. A cosmetic alternative to aesthetic injections with exalted improvement in the appearance of lines, wrinkles and hydration levels of the skin.

Timexpert C+ Radiance

55 mins | £90 | P

Illuminating facial to combat the first signs of ageing.

An innovative facial treatment that increases firmness and generates new collagen whilst reducing dark spots and evening pigmentation. Incorporating a patented formulation which increases the benefits of Pure Vitamin C by 6 times. To complement the hands on therapy, a massage ball is utilised to lift facial muscles, release tension and increase blood flow for increased glow.

Timexpert Rides Neo-Age Collagen Boost

85 mins | £100 | P

Advanced facial to reduce expression lines and wrinkles.

Developed following our latest research into how wrinkles form, our exclusive, high-performance formula treats both dynamic (expression) wrinkles and static (ageing) wrinkles. This revolutionary programme provides substantial results in just 30 days.

BTX-Tripeptide neutralises the effect of the facial dermo- contractions whilst Tissulage Tech regenerates the extracellular matrix, rebuilding damaged tissue and compacting the structure of the skin. The volume and length of wrinkles (both fine and deep) is reduced whilst skin firmness and suppleness is improved.

Timexpert SRNS Repair And Regeneration

85 mins | £100 | P

Anti-ageing face and eye treatment based on epigenetics.

Every day, thousands of our cells are damaged by lifestyle and environmental aggressions. Over time, the gene structure within these cells becomes unable to repair itself and stops producing essential proteins that naturally slow down the ageing process.

This facial re-activates these dormant genes and boosts cellular regeneration using “Epigenol” and “Zinc-Glycine Complex”.

A powerful all-round anti-ageing treatment that provides firming, wrinkle reduction, revitalisation, improved pigmentation and hydration. 99% of clients have firmer, more supple and nourished skin after a single session.

— // FACIAL ENHANCERS // —

Add-on to any Germaine de Capuccini facial

LED-Xpert Skin Light Therapy

15 mins | £20

An intense light therapy to stimulate tissue regeneration, add to any facial, suitable for all skin types.

A New Dimension to Professional Treatments Led-Xpert Mask, based on photo-biological therapy to stimulate tissue regeneration. Designed to work alongside Germaine de Capuccini products, it improves and maximises results. High Power, High Purity Light, with High Density Diodes provide an effective treatment on the skin. With effective results from the very first session, Led-Xpert Skin Light Therapy is a non-invasive, relaxing treatment that can be added on to your facial therapies. A choice of 4 treatment programs can be performed on the face and décolletage.

- **RED:** Rejuvenation - Red Light-Regenerating Effect stimulates the natural rejuvenation processes of the skin: production of collagen and elastin, improvement of lines and wrinkles and suppleness of the skin.
- **PURPLE:** Imperfections - Blue Light + Red Light slows down the development of bacteria responsible for acne. Provides smoother, more matt skin, + regenerates
- **GREEN:** Hyperpigmentation - Green Light + Red Light reduces dark spots and prevents their appearance, lightens up and evens the tone Illuminates, + regenerates
- **ORANGE:** Sensitivity - Red Light Reduces redness and increases the tolerance threshold Soothes and relieves skin, + regenerates



—— // BODY TREATMENTS // ——

Mediterranean Candle Massage

55 mins | £80

A warming body massage.

Choose one of our Mediterranean inspired massage candles; lavender, olive or citrus which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

Sperience World of Aromas

55 mins | £78

A Feng Shui inspired full body massage.

Based on traditional Chinese philosophy, our Sperience Elements massage is specifically catered for you by matching one of our 5 active oils to your zodiac sign. During this sensual massage, your therapist will relieve tension and negative energy throughout your body. Oil blend choices: Relax, Detox, Energize, Hydrate or Stimulate.

Sperience Obsidian and Onyx Semi Precious Stone Massage

55 mins | £80

A soothing massage Using natural healing stones.

A soothing massage using Obsidian and Onyx Ritual Stones, known for their natural healing properties. Taken from the volcanic lands of Mexico, Obsidian Stone creates negative ions which help to rebalance the positive ions caused by pollution, poor diet and stress. Negative ions are an essential element to health. They increase oxygen flow to the brain giving increased mental and physical energy. White Onyx is a naturally dense stone which is cooling on the body and has an anti-inflammatory effect. This massage combines hands on, warm pindas and the stones to soothe and relax the mind, body and soul, whilst boosting the blood flow and improving oxygenation to the skin tissues.

Green Tea Detox Therapy

55 mins | £80

Full body lymph drainage massage with Green Tea jelly.

This detoxifying body massage will help to eliminate toxins from the mind and body. Ideal for those finding it hard to sleep, suffering with skin concerns or headaches.

Why not upgrade your back massage to include our deep heat thermo oil, to increase micro blood circulation to treat muscular aches and pains? | £5.

Tranquil Scalp Massage

25 mins | £45 | P

Stress relieving neck and scalp massage.

A nourishing and moisturising neck and scalp massage utilising the benefits of ethically sourced Baobab seed oil. A highly effective stress relieving experience, ideal to add to any face or body treatment.

Walkers Leg Therapy

25 mins | £45 | P

Luxury leg and foot therapy with Baobab.

Perfect for tired, achy legs this energising therapy uses ethically sourced Baobab seed oil to nourish, repair and protect the skin. Your therapy commences with an exfoliation, followed by a leg massage and a touch of Dreamy Legs gel, leaving you radiant and walking on air!

Deeply Nourishing Hands

25 mins | £45 | P

A facial to the hands.

An intense hydration and anti ageing therapy for the hands, deeply nourishing and firming restoring a youthful appearance to the hands. Improves wrinkles and pigmentation marks.

—— // EXFOLIATION // ——

The exfoliating treatment can be combined with any full body massage.

Baobab Seed Exfoliation

25 mins | £40 | P

A luxurious exfoliation to nourish and protect the skin.

Using the seed of the baobab combined with the nourishing oil to gently exfoliate and hydrate the skin- our best-selling exfoliator for the body.

—— // WRAP // ——

Sybarite Silk Envelopment

55 mins | £75

A luxurious smoothing full body exfoliation and hydrating wrap.

This therapy commences with a body exfoliation to eliminate dead skin cells. The skin is enveloped with a velvety smooth silk extract. Like a second skin, this exquisite mask deeply hydrates the skin and provides it with a satin appearance and a silky touch. Improves skin firmness, and luminosity and is deeply hydrating.



—— // MEN'S TREATMENTS // ——

Most of our treatments are suitable for our male guests, with these two specifically designed for men.

For Men C+ Energy Facial

55 mins | £80

Relaxing, healing and energising facial.

This deep cleansing facial uses extracts of birch sap, trace elements and Vitamin C to treat your specific skin type, needs and concerns. Your therapy commences with a skin analysis, warm pinda welcome touch and aroma inhalations with ylang ylang and lavender to relax your mind and body.

This is followed by a deep cleanse, exfoliation, massage to the face, neck and décolletage and mask application. Whilst your face mask is working to treat your skin, relax with a soothing scalp massage. Your facial is then complete with gentle neck stretches to release tension.

Express De-Stress Facial

25 mins | £45

Strengthening facial for tired, stressed skin.

Packed with antioxidants and essential nutrients, our De Stress facial is ideal for tired and stressed skin. The skin regains its strength and natural immunity against daily aggressions. 97% of clients claim their skin is left more smooth, radiant and with a healthy appearance.

—— // PRE NATAL TREATMENTS // ——

A time for true pampering! These treatments are all designed for this special time and focus on treating mummy and baby. In addition to the treatments below our manicures, pedicures and finishing touches treatments along with our facials* are also suitable during pregnancy.

Phytocare Baobab Ritual

85 mins | £110

Full body exfoliation and massage with scalp massage.

Using ethically sourced Baobab Seed oil, this African-inspired ritual, promises an invigorating and stress-reducing experience. The blend of natural oils provide anti-inflammatory benefits, a reduction in stretch marks and increased skin elasticity, making it the ideal treatment during pregnancy. Your ritual includes a warm pinda protocol and foot cleanse, full body exfoliation with baobab seed scrub, relaxing full body and scalp massage with baobab oil and an energizing leg massage using our cooling Dreamy Legs gel.

New Life Massage

55 mins | £78

A firming massage adapted to suit pregnant ladies.

Our collagen body cream which firms, hydrates and tones the skin is combined with relaxing massage movements and warm pindas to soothe tension in the muscles whilst firming and toning the skin.

* Excludes the LED-Xpert Skin Light Therapy

Key

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



—— // WELLNESS RECOVERY TREATMENTS // ——

This range of treatments by Germaine de Capuccini is specifically designed for cancer patients, those on intensive medication or anyone in need of a completely soothing and de-stressing experience. Carefully selected products target skin related side effects caused by chemotherapy, radiation treatments and other strong medication.

NATURAL HEALING STONES

Our wellness therapies include the use of our exclusive Obsidian and Onyx Ritual Stones, known for their natural healing properties. Taken from the volcanic lands of Mexico, obsidian creates negative ions which help to rebalance the positive ions caused by pollution, poor diet and stress. Negative ions are an essential element to health. They increase oxygen flow to the brain giving increased mental and physical energy.

White onyx is a naturally dense stone which is cooling on the body and has an anti-inflammatory effect. On the face onyx can aid the relief of headaches, nausea and sensitive or irritated skin. On the body hot obsidian it boosts blood flow and improves oxygenation of the tissues.

Rose and Honey Harmony Stone Facial

55 mins | £75

Soothing stressed and sensitive skin.

This facial is designed to help alleviate symptoms of dry, flaky and sensitive skin. Pure Rose Hip Oil, known for its healing properties, is combined with our de-stressing Royal Jelly Elixir to revitalise dull tone whilst helping the skin regain its natural immunity against daily aggression. Your facial is complete with our 5 rose petal mask which soothes sensitivity brought on by emotional and physical stress. A gentle and healing massage with Obsidian and Onyx stones helps to restore peace to the mind and soul.

Calming Hand, Foot and Scalp Therapy

85 mins | £110 | P

Intense nourishment and hydration.

Chemical treatments can cause extreme dryness on the hands and feet whilst stimulating hair loss. This therapy is designed to counteract these problems. Your therapy begins with a gentle exfoliation on the hands, feet and nail beds, without the use of water baths to help maintain a healthy pH level. A deeply hydrating mask is then applied to relieve extreme dryness and dehydration. Finally, completely relax and unwind with our revitalising scalp massage - using Baobab hair oil to revitalise the hair and soothe the scalp.

Aloe and Mint Cooling Body Therapy

85 mins | £110

Light touch body and scalp massage.

This gentle therapy combines the power of semi-precious stones to restore harmony to the mind, with a gentle cooling massage to soothe the body. Your light touch massage uses Aloe Vera to deeply hydrate the skin, Lemon Oil to purify and Mint to refresh the body. Rose Hip Oil soothes, nourishes and reduces irritation. Your therapy is completed with a de-stressing scalp pressure massage to aid relaxation. Ideal after Radiation therapy.

Phytocare Baobab Body Ritual

85 mins | £110 | P

Full body exfoliation, body and scalp massage.

This relaxing and indulgent ritual uses ethically sourced, organic Baobab oil packed with antioxidants, vitamins and omegas to nourish and protect the skin. Your ritual begins with a gentle full body exfoliation using Baobab seed shells to remove dead cells. A soothing lymphatic massage with Baobab oil will then provide the skin with anti-inflammatory, nourishing, and hydrating benefits. To complete your totally stress-reducing experience, our relaxing Baobab Scalp Therapy will help to revitalise the hair and soothe the scalp.



—— // 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

25 mins | £43 | P

Includes a nail shape finished with gel polish.

Gel Removal

25 mins | £15 | P

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

—— // 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 | P

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 | £45 | P

Full Leg Wax

40 mins | £35 | P

Half Leg Wax

25 mins | £25 | P

Bikini Wax

25 mins | £20 | P

Under Arm Wax

10 mins | £15 | P

Facial Wax

10 mins | £15 | P

Eye Brow Shape

10 mins | £15 | P

Back Wax

25 mins | £28 | P

Chest Wax

25 mins | £28 | P

Eye Lash and Brow Tint*

25 mins | £25 | P

Eye Lash Tint*

25 mins | £18 | P

Eye Brow Tint*

10 mins | £13 | 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.



—— // SPA DAY COLLECTION // ——

Sonoma Harmony

Monday - Thursday | £178pp

Friday - Sunday | £198pp

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 Indulge

Monday - Thursday | £120pp

Friday - Sunday | £140pp

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 Purity

Monday - Thursday | £150pp

Friday - Sunday | £170pp

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 Retreat

Monday - Thursday | £85pp

Friday - Sunday | £95pp

Our Sonoma Retreat Spa Day includes:

- Full use of our Spa and Leisure facilities for four hours: Monday to Friday: 10am - 2pm 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

- Sonoma Aromatherapy Massage
- Royal Jelly De-Stress Facial
- Manicure
- Pedicure
- New Life Massage

25 Minute Treatment Options

- File and Polish Fingers
- File and Polish Toes
- Deeply Nourishing Hands
- Walkers Leg Therapy
- Express Royal Jelly De-Stress Facial
- Tranquil Scalp Massage



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.

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.

Treatments at a Glance

Signature Treatments

Serenity Ritual		85 mins	£110
Detox Ritual		85 mins	£110
Energy Ritual	P	85 mins	£110
Sonoma Aromatherapy Full Body Massage		55 mins	£78
Sonoma Aromatherapy Full Body Massage		85 mins	£105
Back, Neck and Shoulder Massage	P	25 mins	£50
Aqua Sun Mineral Treatment		25 mins	£35

Advanced Facials

Express Royal Jelly De-Stress Facial	P	25 mins	£45
Royal Jelly De-Stress Facial	P	55 mins	£75
Timexpert Hydraluronic	P	55 mins	£85
Timexpert C+ Radiance	P	55 mins	£90
Timexpert Rides Neo-Age Collagen Boost	P	85 mins	£100
Timexpert SRNS Repair And Regeneration	P	85 mins	£100
LED-Xpert Skin Light Therapy		15 mins	£20

Body Treatments

Mediterranean Candle Massage		55 mins	£80
Sperience World of Aromas		55 mins	£78
Sperience Obsidian and Onyx Semi Precious Stone Massage		55 mins	£80
Green Tea Detox Therapy		55 mins	£80
Tranquil Scalp Massage	P	25 mins	£45
Walkers Leg Therapy	P	25 mins	£45
Deeply Nourishing Hands	P	25 mins	£45
Baobab Seed Exfoliation	P	25 mins	£40
Sybarite Silk Envelopment		55 mins	£75

Mens Treatments

For Men C+ Energy Facial		55 mins	£80
Express De-Stress Facial		25 mins	£45

Pre and Post Natal Treatments

Phytocare Baobab Ritual	P	85 mins	£110
New Life Massage	P	55 mins	£78

Wellness Recovery Treatments

Rose and Honey Harmony Stone Facial		55 mins	£75
Calming Hand, Foot and Scalp Therapy	P	85 mins	£110
Aloe and Mint Cooling Body Therapy		85 mins	£110
Phytocare Baobab Body Ritual	P	85 mins	£110

Nail Care

Pedicure	P	55 mins	£50
Manicure	P	55 mins	£50
File and Polish	P	25 mins	£28

Gel Nails

Gel Overlay Manicure	P	55 mins	£50
Gel Overlay Pedicure	P	55 mins	£50
Gel Nail Shape and Polish	P	25 mins	£43
Gel Removal	P	25 mins	£15

Finishing Touches

Full Body Spray Tan	P	25 mins	£33
Full Leg and Bikini Wax	P	55 mins	£45
Full Leg Wax	P	40 mins	£35
Half Leg Wax	P	25 mins	£25
Bikini Wax	P	25 mins	£20
Under Arm Wax	P	10 mins	£15
Facial Wax	P	10 mins	£15
Eye Brow Shape	P	10 mins	£15
Back Wax	P	25 mins	£28
Chest Wax	P	25 mins	£28
Eye Lash and Brow Tint*	P	25 mins	£25
Eye Lash Tint*	P	25 mins	£18
Eye Brow Tint*	P	10 mins	£13

*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.

Key

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

TO BOOK

TREATMENTS AND SPA DAYS: 01635 551188

SPA BREAKS: 01635 551199

