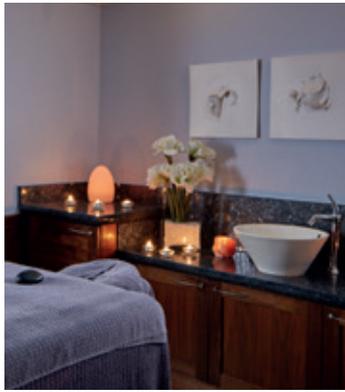
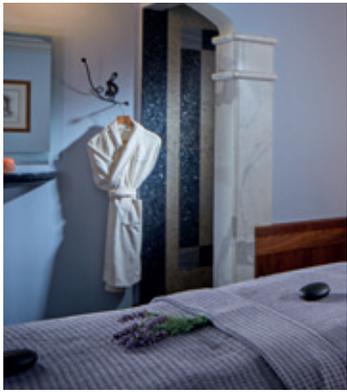




WELCOME TO THE SPA



Pennyhill Park, an Exclusive Hotel & Spa



FOR AN HOUR,
A DAY OR AS LONG
AS YOU WISH...





.....

AWARD-WINNING FACILITIES

.....

Spacious and calming,
The Spa is the ultimate mental and
physical retreat from the outside world...

...an adult only environment
blending together 45,000 sq.ft of
unrivalled facilities and treatments
that are just as 'feel good'
as they are effective.

Discover the underwater music in one
of our eight indoor and outdoor pools or
head to the sensory room complete with
'stars in the sky' lighting.

Next, enjoy the thermal sequencing
journey of herbal steam rooms,
laconiums and ice igloo.

If all this leaves you with an appetite,
stay robed and take a seat in Themis,
The Spa's relaxing restaurant.

DISCOVER

A PLACE TO MAKE YOUR OWN...

THE SPA IS THE ULTIMATE MENTAL AND PHYSICAL RETREAT FROM THE OUTSIDE WORLD - AN EXCLUSIVELY ADULT ENVIRONMENT, SUMPTUOUSLY SPACIOUS AND CALMING. STEP INSIDE AND FEEL THE PEACEFUL TRANQUILLITY.

ALFRESCO DECKING

Lounge by the pool, enjoy a cocktail or order a snack

EXERCISE STUDIO

Sprung floor studio offering a range of classes to keep you fit

EXPERIENCE SHOWERS

Choose from highland mist, tropical rain or falls of the spa

FOOT SPAS

Choose revitalising cold or relaxing warm

GYM

Everything you need to tone, stretch and get in shape | 3,000 sq. ft.

HERBAL SAUNAS

Very high air humidity through steam enriched with essence | 42°C to 45°C

HERBAL STEAMS

Herbal infused steam rooms with three different essences | 38°C to 42°C

DRY HEAT SAUNA

35°C intense dry heat

ICE IGLOO

Stimulate the circulation and cool the body

INDOOR BALLROOM POOL

25m x 10m | underwater music and fibre optic lighting | 31°C

INDOOR HOT TUB

Invigorating warm bubbles activated by placing a hand over the sensors | 37°C

INDOOR TO OUTDOOR HYDROTHERAPY POOL

Activate the different experiences by placing a hand over the sensors | 36°C to 38 °C

LACONIUMS

Mild radiant warmth from heated walls, seats and floors | 32°C to 34°C

NAIL SUITE

Introducing Jessica Expert Nails

OPEN AIR HOT TUBS

The central hexagonal tub has a bubble lounger on either side | 38°C to 28°C

OPEN AIR POOL

18m x 8.5m | surrounded by luxury decked loungers | 23 to 24°C in summer

OPEN AIR POOL BAR

For a glass of something chilled and bubbly as well as tasty snacks

PLUNGE POOL

Close the pores and cleanse the body | 16°C

QUIET ROOM

Comfy loungers for reading or relaxing

SENSORY ROOM

Warm, gel filled beds for deep relaxation

TEPIDARIUM

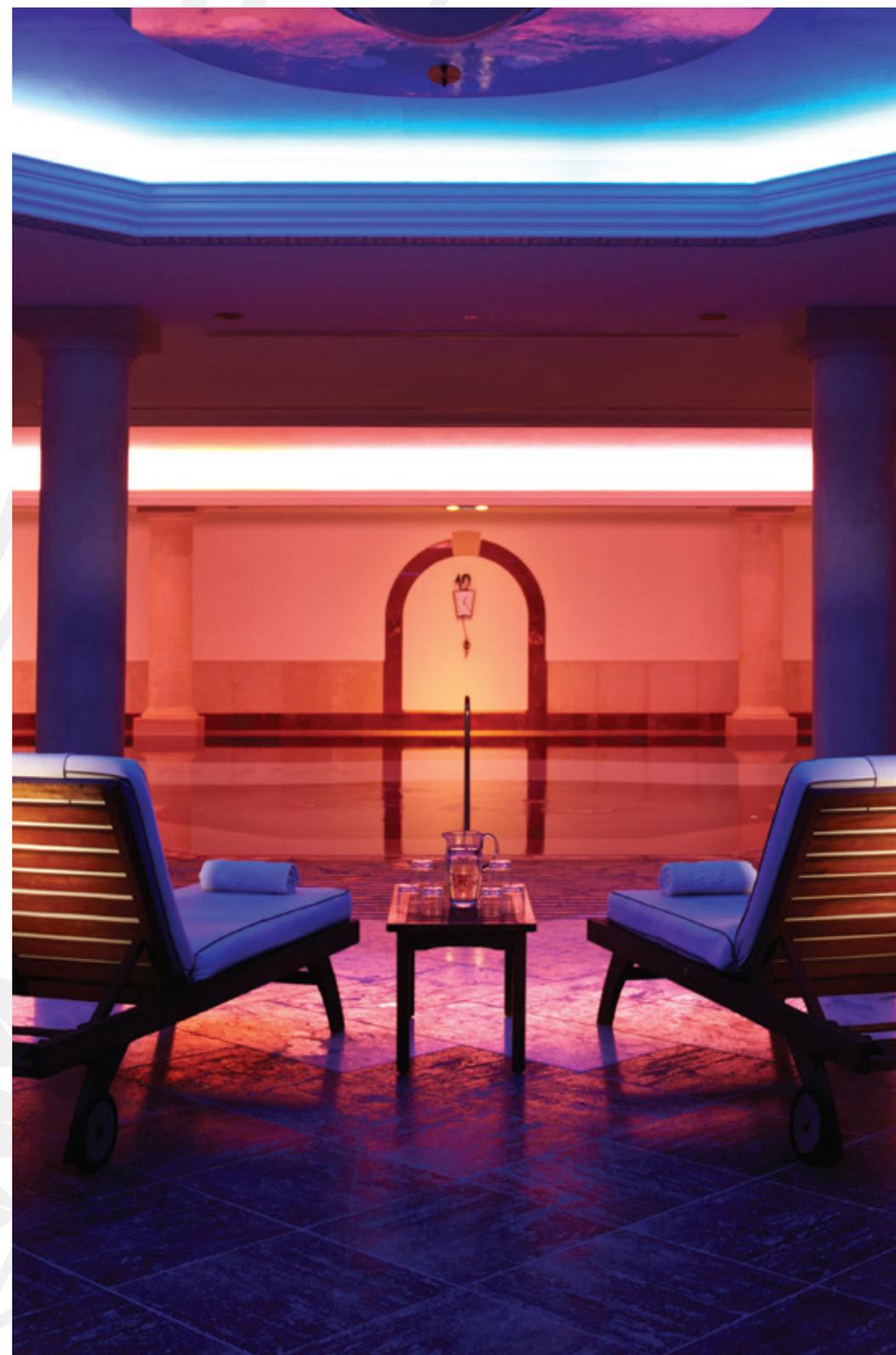
Gently heated ceramic couches, shaped to the contours of the body

THEMIS RESTAURANT

Stay in your robe and slippers for a bite to eat

TREATMENT ROOMS

21 spacious rooms - some large enough to enjoy treatments together





BLOSSOM WITH ONE OF OUR RELAXING SPA DAYS

All our spa days begin with a delicious welcome smoothie and include a two-course lunch in our spa restaurant, as well as use of all our wonderful spa facilities. Bathrobes, towels and slippers are all provided for your use during your day.

STEP ONE:

Simply book your day with 4 hours, 3 hours, 2 hours or 1 hour of treatments included.

	Monday - Thursday	Friday - Saturday
4 HOURS	£420	-
3 HOURS	£330	£380
2 HOURS	£250	£280
1 HOUR	£170	£190

STEP TWO:

Next, select from our treatment options:

Oxygen Facial | Radiance Facial | The Citrus Essence Facial | State of Equilibrium
Recharge | Divine Duo | The Spa Massage | Energising Massage | Manicure | Pedicure

Alternatively, choose one of our specialised spa days on the next page.

SPA DAYS

COUPLES SPA DAY

Developed especially for couples.

Relax and unwind together in one of our couples treatment rooms where your therapists will perform simultaneous treatments.

Your therapy will begin with a stimulating scrub followed by a purifying body wrap. Whilst the wrap is drawing out toxins and cleansing your skin your therapist will perform a tension releasing scalp massage. To complete your therapy our energising body oil will be smoothed over tense muscles in a personalised full body massage.

Includes smoothie on arrival, 120 minute treatment each and two-course lunch.

£500 for two people (Mon - Thurs)

£560 for two people (Fri)

TRAIN AND TREAT SPA DAY

Our train and treat spa day gives you the perfect balance of personal training and relaxing therapies for a guilt free spa experience! Start your day with a 60 minute personal training session with one of our experts and then choose from any of our 60 minute treatments to restore body and mind.

Includes smoothie on arrival, 60 minute personal training session, 60 minute treatment of your choice and two-course lunch in The Spa's Themis restaurant.

£220 (Mon - Thurs)

£250 (Fri)

ULTIMATE SPA DAY

Begin your day with valet parking on arrival, then relax and unwind together while you enjoy your treatments in our couples' treatment room.

Our Ultimate Spa Day comes with a Rasul Experience for two, 120 minute body massage and facial treatment and a hand, foot & scalp massage ritual.

Make full use of our award-winning spa facilities in your very own personalised robes and at the end of the day, a selection of spa products and your personalised robes are for you to take home and keep as a memento.

Your day also includes a welcome brunch with our Spa Chef on arrival as well as a Nyetimber Sparkling Afternoon Tea.

£950 for two people (Mon - Thurs)

MOTHER TO BE SPA DAY

A special luxury spa ritual for mums to be (over three months), designed to calm, ease feelings of discomfort and relax both mother and baby.

First we will make you comfortable. Then your lower back, legs and arms will be massaged and soothed using our unique Sweet Mandarin & Neroli Pregnancy Oil. Your experience is completed with a relaxing scalp and foot massage.

Includes a smoothie on arrival, 90 minute treatment and two-course lunch in The Spa's Themis restaurant.

£190 (Mon - Thurs)

£210 (Fri)

DIAMONDS ARE FOREVER SPA DAY

BY NATURA BISSÉ

Our 'Diamonds are forever' package includes a 60 minute Diamond Energy Facial by the highly recognised Natura Bissé. A triple 'A' treatment, anti-ageing, anti-stress and antioxidant rich, this gorgeous pampering facial gets skin glowing with products that contain the finest Damask rose extract sourced from Morocco. The skin is significantly brightened with deep exfoliation, followed by diamond nectar serum with a sculpting massage to lift sagging skin. Finally, while a cooling algae mask firms the skin, hands are massaged with divine rose oil.

Includes a sparkling elderflower drink on arrival, 60 minute Diamond Energy Facial by Natura Bissé and a two-course lunch with a sparkling cocktail in The Spa's Themis restaurant.

£195 (Mon - Thurs)

£215 (Fri - Sat)

TWO TREATS IN ONE DAY!

Enjoy afternoon tea in The Spa's Themis restaurant or our comfy lounge before retreating to use The Spa facilities and enjoy a 50 minute treatment.

When booking your treatment with us please state which type of treatment you would like from the following options - facial, massage or body scrub. All three of these therapies incorporate our spa product range to nourish and repair.

£132 (Mon - Thurs, 3.30pm - 10pm)

£150 (Fri, 3.30pm - 9pm)

RECOVERY RETREATS

We are knowledgeable in creating specialised spa days for anyone with an acute medical condition, undergoing or recovering from chemotherapy or any other intense treatment. Please contact us so we can design a spa day around your personal needs.

STRESS RELIEVER EVENING

A little after work treat or just an escape for a few hours, our stress reliever evening is the perfect way to unwind, relax and recharge your inner spirit after a busy day.

Or why not take the opportunity to enjoy The Spa with a friend or loved one before dinner in one of our restaurants in the hotel?

Your spa therapy can be a choice of a 30 minute de-stressing back massage, tension relieving scalp massage or refreshing facial.

£95 (Mon - Thurs, 5.30pm - 10pm)

GOLD SPA DAY

Begin your day with a glass of golden bubbles on arrival then, after relaxing in our award-winning spa, indulge yourself with a luxurious 90 minute Gold Scrub & Wrap treatment. During this deeply relaxing treatment, we will exfoliate, nourish and smooth your skin.

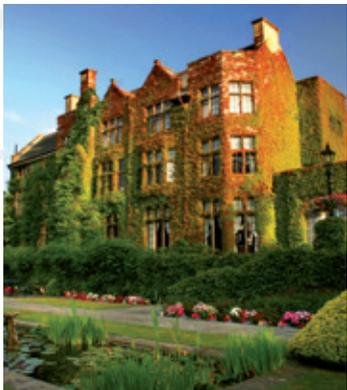
Includes a glass of bubbles on arrival, two-course Themis lunch, 90 minute treatment and take home product.

£215 (Mon - Thurs)

£235 (Fri - Sat)

SPA BREAKS

Embracing the energy of the beautiful English Surrey countryside, we have created a magical retreat away from the stresses and strains of everyday life.



LUXURY SPA BREAK

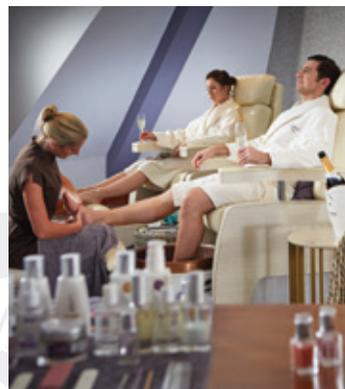
Our spa break package includes a luxury overnight stay with £40 per person towards dinner in The Brasserie, breakfast, a two-course lunch in our spa restaurant, Themis and a 60 minute treatment each.

For more information and pricing, please visit our website:

exclusive.co.uk/the-spa

or call us on:

+44 (0) 1276 486150



CHOOSE YOUR TREATMENTS

Our philosophy is natural and holistic, so all the five-star treatments and facilities have evolved to produce results based on these principles. All our therapists are experts in their trade and will tailor-make your treatment, depending on your physical and emotional needs on the day.

FACIALS

DIAMOND ENERGY BY NATURA BISSÉ

A triple 'A' treatment; anti-ageing, anti-stress and antioxidant rich, this gorgeous pampering facial gets skin glowing with products that contain the finest Damask rose extract sourced from Morocco. The skin is significantly brightened with deep exfoliation, followed by diamond nectar serum with a sculpting massage to lift sagging skin. Finally, while a cooling algae mask firms the skin, hands are massaged with divine rose oil.

Sheer bliss!

60 MINUTES
£105 (Mon - Thurs)
£115 (Fri - Sun)

THE CITRUS ESSENCE FACIAL BY NATURA BISSÉ

An antioxidant treatment that restores vitality to sun-damaged skin and helps minimise the signs of premature aging. 100% pure vitamin C will stimulate collagen production and renew skin firmness. Ideal for anyone seeking to recapture skin luminosity and firmness through a relaxing citrus aromatherapy experience. Its delicious citrus fragrances and rich textures make this treatment an unforgettable experience.

60 MINUTES
£100 (Mon - Thurs)
£110 (Fri - Sun)

OXYGEN FACIAL BY NATURA BISSÉ

Ideal facial for congested and stressed skin, this facial uses the Natura Bissé Oxygen range, which releases molecules of pure oxygen deep into the skin to help remove toxins and deliver hydration. The perfect solution for the frequent traveller, smokers or those who live in the city. Pores are purged and fine lines are plumped with oxygen. Also a great choice for combination / oily skins and those who work out.

Expect a fresher-faced complexion.

60 MINUTES
£100 (Mon - Thurs)
£110 (Fri - Sun)

DIAMOND LIFE FACE INFUSION RITUAL BY NATURA BISSÉ

The skin is massaged with pomegranate extract to ensure radiance even before the carboxi style exfoliation, a method which oxygenates the skin whilst smoothing and renewing the complexion. Next comes the Youth Elixir, a serum designed to help skin act younger is massaged with a bi phase technique using a magnetic tool followed by a tightening rhythmical manual massage. Finally a double mask is applied - a chromo rejuvenating mask followed by a refreshing infusion mask for luminosity. A facial unlike no other... the results are second to none.

90 MINUTES
£190 (Mon - Thurs)
£200 (Fri - Sun)



NATURA BISSÉ OXYGEN BUBBLE

Purity and detox in a completely isolated atmosphere...

Natura Bissé has created an exclusive place in which to perform treatments, where the air you breathe will be 99.9% pure. Immerse yourself in a serene environment filled with soft aromatic notes that take your mind on an exquisite journey to well-being. It is a singular experience, providing exceptional results that rejuvenate and purify.

Please note: all Natura Bissé Oxygen Bubble treatments must be booked in advance

RADIANCE FACIAL

Your skin will be deeply cleansed during this facial. Experience a hand and foot massage whilst the mask leaves your skin feeling replenished with a radiant glow and the face and scalp massage will have you feeling completely relaxed.

60 MINUTES
£90 (Mon - Thurs)
£100 (Fri - Sun)

SKIN BOOSTER FACIAL

This skin boosting facial includes a deep cleanse and exfoliation along with a relaxing facial massage to boost your skin's radiance.

30 MINUTES
£52 (Mon - Thurs)
£65 (Fri - Sun)

DEEPLY NOURISHING GOLD FACIAL

Let your skin be deeply nourished in a layer of gold. Allow your skin to soak up our luxurious products enriched with caviar and pearl. Enjoy a relaxing facial, scalp, hand and foot massage and then leave with truly exquisite skin.

60 MINUTES
£95 (Mon - Thurs)
£105 (Fri - Sun)

SPA CLARISONIC FACIAL

Your facial begins with the Clarisonic experience - the sonic method works with the skin's natural elasticity removing make-up, dirt and oil. Gentle, yet powerful, the Clarisonic oscillates with more than 300 movements per second to gently cleanse skin and remove impurities. Your skin is then prepped to soak in the facial oils and masks with a tension relieving shoulder, face and scalp massage.

70 MINUTES
£105 (Mon - Thurs)
£115 (Fri - Sun)

GENTLEMAN'S TONIC FACIAL

This treatment is tailored to the specific needs of male skin. It incorporates a deep cleanse and facial polish followed by a replenishing mask to help protect against environmental damage and the effects of razor burn. Your skin will feel refreshed, clear and vital.

70 MINUTES
£105 (Mon - Thurs)
£115 (Fri - Sun)

STATE OF EQUILIBRIUM FACIAL

To restore balance for all skin types, this facial is customised for your skin's present needs using a combination of essential fatty acids, vitamins and botanical marine extracts. You will enjoy a host of cell plumping actives leaving the complexion fresh and vital.

60 MINUTES
£90 (Mon - Thurs)
£100 (Fri - Sun)

TREATMENTS

FACE & BACK THERAPIES

DE-STRESS

BY NATURA BISSÉ

A luxurious oxygen therapy for the face combined with a pressure point massage for the back, this treatment detoxifies and hydrates targeted areas whilst providing a complete sense of well-being. The perfect solution for the frequent traveller, smokers or those who live in the city.

60 MINUTES

£105 (Mon - Thurs)

£115 (Fri - Sun)

RECHARGE

BY NATURA BISSÉ

Recharge your skin with the antioxidant benefits of pure vitamin C. This treatment is a true sensory therapy for the face and includes a pressure point massage for the back. Its delicious citrus fragrances and rich textures combine to create an unforgettable experience.

60 MINUTES

£105 (Mon - Thurs)

£115 (Fri - Sun)

DIVINE DUO

The perfect massage and facial treatment duo. Begin your therapy with an aromatic muscle relaxing back massage. As the second part of your therapy gets underway, surrender to the very best skincare recipes for a boosting facial. Your skin will be cleansed, polished and hydrated creating the perfect pick me up!

60 MINUTES

£95 (Mon - Thurs)

£105 (Fri - Sun)

HOLISTIC THERAPIES

REFLEXOLOGY

Used in China as a method of wellbeing and relaxation for over 1,000 years, this Oriental massage focuses on points on the feet which relate to specific parts of the body to heal and rebalance energy levels.

60 MINUTES

£95 (Mon - Thurs)

£105 (Fri - Sun)

REIKI

Literally meaning 'universal life force energy' this is the system for channelling energy to someone for the purpose of healing. It works by dissolving and eliminating toxic energy and substances, whether those substances are physical, emotional, mental or beyond. This helps to create a harmonious environment so that natural healing can take place.

60 MINUTES

£90 (Mon - Thurs)

£95 (Fri - Sun)

WE HAVE SPECIALIST THERAPISTS FOR ALL OUR HOLISTIC TREATMENTS.

BOOKING IN ADVANCE IS RECOMMENDED - PLEASE ENQUIRE FOR AVAILABILITY.

MASSAGE

THE SPA MASSAGE

A full body massage tailored to your exact needs, working on nerve endings, relaxation and muscular stress. Balancing Ylang Ylang, Chamomile and Evening Primrose Oil.

60 MINUTES

£95 (Mon - Thurs)

£105 (Fri - Sun)

80 MINUTES

£120 (Mon - Thurs)

£130 (Fri - Sun)

THE ELEMENTAL MASSAGE

This balancing and restorative massage combines aromatherapy infusions with skilful therapeutic techniques to optimum effect. If you need to relax or unwind, detox or recharge, this treatment will help you find your equilibrium and bring harmony to mind and body.

Following a consultation, your therapist will prescribe an infusion: wood for rejuvenation, fire for zest, earth for balance, metal to detox or water to soothe. We draw on Eastern and Western therapeutic techniques to make this treatment a truly holistic experience tailored to your individual needs.

60 MINUTES

£95 (Mon - Thurs)

£105 (Fri - Sun)

80 MINUTES

£120 (Mon - Thurs)

£130 (Fri - Sun)

PURELY ENERGISING MASSAGE

Invigorate and energise with this tension relieving prescriptive massage, incorporating traditional Swedish massage techniques to boost circulation and restore vitality. Tense muscles will be soothed with the aid of one of two oils. Choose from Purifying Seaweed or Energising Rosehip Oil.

60 MINUTES

£95 (Mon - Thurs)

£105 (Fri - Sun)

80 MINUTES

£120 (Mon - Thurs)

£130 (Fri - Sun)

DE-STRESS HOT STONE MASSAGE

Created especially for you! The smooth, pure warm and cool surfaces of the stones glide over the body without effort, concentrating on tension and blocked energy flow. Stones are placed and used as massage tools for deep muscle and mind relaxation and to instil a feeling of calm and balance to your entire body and mind.

60 MINUTES

£120 (Mon - Thurs)

£130 (Fri - Sun)

80 MINUTES

£140 (Mon - Thurs)

£150 (Fri - Sun)

PREGNANCY MASSAGE

A special massage for mums to be (over three months), designed to calm, ease feelings of discomfort and relax both mum and baby. First we will make you comfortable! Then your lower back, legs and arms will be massaged and soothed, using a relaxing pregnancy oil.

60 MINUTES

£95 (All week)

80 MINUTES

£120 (All week)

UPPER BODY DE-STRESS

Invigorate and energise with this tension relieving back massage, using Swedish massage techniques to restore vitality and ease tense muscles.

30 MINUTES

£55 (Mon - Thurs)

£65 (Fri - Sun)

TREATMENTS

SCRUBS & WRAPS

DIAMOND ROSE BODY RITUAL

BY NATURA BISSÉ

An exquisite body ritual with anti-ageing properties of Damask rose and a unique combination of exfoliation techniques to ensure a body free of stress and tension. The ritual incorporates a gentle rhythmic exfoliation to refine the skin's texture. Deep stretching relaxes the muscles whilst regulating the flow of energy. Increasing the treatment to 90 minutes includes a further rose body oil massage. Whichever you choose, the skin is left smooth and radiant with a discrete veil of diamond dust.

60 MINUTES

£100 (Mon - Thurs)

£110 (Fri - Sun)

90 MINUTES

£150 (Mon - Thurs)

£160 (Fri - Sun)

INFUSED WRAP

Our detoxifying wrap infused with green, red and white tea, along with energising mint will invigorate your senses, increase circulation and help remove toxins and reduce fluid retention. After showering, we will apply Radiance Dry Body Oil leaving you feeling purified and revived! Perfect after a long flight, stressful working week or for a total pick me up.

60 MINUTES

£90 (Mon - Thurs)

£100 (Fri - Sun)

THE SPA BODY SCRUB

Choose from Nourishing Nectarine & Honey, Purifying Green Tea and Coconut or Energising Lime and Lemongrass. Experience a full body aromatic exfoliation and relax with a delightful scalp massage. Then be soothed with an application of our Radiance Dry Body Oil leaving skin feeling hydrated and brand new!

60 MINUTES

£90 (Mon - Thurs)

£100 (Fri - Sun)

GOLD CEREMONY WRAP

Our luxurious wrap will coat you in gold from head to toe. This anti-ageing body wrap will leave your skin hydrated and radiant whilst you relax with a delightful scalp massage. After showering we will smother you in our Gold Dry Body Oil leaving your skin silky and smooth!

60 MINUTES

£95 (Mon - Thurs)

£105 (Fri - Sun)

ZONE IN AND UPGRADE

Add on to any treatment to enhance the individual focus for your very own signature treatment.

LAVENDER FOOT UNWIND

Add to facial, body and massage treatments.

Ease away tension from aching feet with this luxurious foot soak and scrub. Indulge your feet in some serious time-out with this restorative foot tonic!

10 MINUTES - £15

FACIAL ZONE IN

Add to massage and body treatments.

Give your skin a boost with our spa skincare range. Your therapist will assess your skin then tailor-make a reviving mini facial for you.

20 MINUTES - £30

30 MINUTES - £45

MASSAGE ZONE IN

Add to facial and body treatments.

Your therapist will 'zone-in' on your favourite area; back, neck shoulders, face, scalp, hands or feet for a fabulous 20 or 30 minute bespoke massage.

20 MINUTES - £30

30 MINUTES - £45

SIGNATURE THERAPIES

GROUNDING FOOT THERAPY

Soak away tension starting with a serene aromatic foot soak, whilst your feet will be uplifted and smoothed with our nourishing foot scrub.

Then, one foot at a time your feet will be refreshed and grounded with a foot mask and a pressure relieving foot massage that will bring comfort to your entire body.

40 MINUTES

£50 (Mon - Thurs)

£60 (Fri - Sun)

RASUL EXPERIENCE FOR TWO

Enhance your spa visit with an experience in your very own private temple. We will introduce you to the ritual and then leave you to enjoy and indulge.

Begin by applying the facial mask to your face and neck, apply the hair mask to each other's hair to restore and nourish. Smother the body scrub over your whole body and then apply the rich body mud all over your companion. Take a seat in your Rasul chamber, inhaling the delicate steam which is said to cleanse the respiratory system. The ritual ends with a warm tropical shower then complete your skin nourishment with an application of body lotion.

60 MINUTES

£60 for two people (Mon - Thurs)

£80 for two people (Fri - Sun)

TREATMENTS

JESSICA
NAIL TREATMENTS

JESSICA DELUXE MANICURE

Jessica's prescriptive manicure with the luxurious added benefits of thermal heated mittens for deeper penetration of oils and creams. This treatment choice is excellent for increasing circulation and relieving stiff, painful joints.

70 MINUTES
£65 (Mon - Thurs)
£70 (Fri - Sun)

GELeration MANICURE

Includes hand exfoliation, massage, cuticle care and nail shape, finished with Jessica's GELeration Soak-Off gel polish. Any existing gel polish must be removed prior to treatment.

60 MINUTES
£60 (Mon - Thurs)
£65 (Fri - Sun)

JESSICA DELUXE PEDICURE

Jessica's ZenSpa pedicure with the luxurious added benefits of thermal heated booties for deeper penetration of oils and creams. This treatment choice is excellent for increasing circulation and relieving stiff, painful joints.

70 MINUTES
£65 (Mon - Thurs)
£70 (Fri - Sun)

GELeration PEDICURE

Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed and toe nails are shaped then finished with Jessica's GELeration Soak-Off gel polish. Any existing gel polish must be removed prior to treatment.

60 MINUTES
£60 (Mon - Thurs)
£65 (Fri - Sun)

MAN-I-CURE

A hand and nail treatment specially designed for men. A maintenance manicure for men on the move. Your nails are cut and filed, cuticles are soaked and tidied and we use a skin balancing hand scrub to remove dry skin. Followed with a hand massage we finish with a buff to shine, leaving your nails clean with a neat finish.

50 MINUTES
£45 (Mon - Thurs)
£50 (Fri - Sun)

PEDICURE FOR MEN

A relaxing, yet grooming treatment. Your feet are soaked and exfoliated with a rich salt scrub, toenails are cut and filed then cuticle work is carried out, followed by a stress relieving foot massage.

50 MINUTES
£45 (Mon - Thurs)
£50 (Fri - Sun)

Mii
BEAUTY TREATMENTS

WEDDING MAKE-UP

This is your big day and you want to look fabulous, so let us take care of that for you...

Our expert make-up artists can guide you towards your ideal look, whether a natural or sultry drama ensuring you turn heads and feel amazing on your day. Your 120 minutes can be split into two sessions: a 60 minute trial session and a 60 minute application on your wedding day.

120 MINUTES
£150 (All week)

KISSED BY MII TAN

The tan is applied via a special spray tanning system which sprays a fine mist of bronzing solution over your body resulting in an even, streakless, natural looking tan. For pre-treatment and after care advice please visit our 'good to know' page.

20 MINUTES
£25 (Mon - Thurs)
£35 (Fri - Sun)

MAKE-UP

Let our experienced make-up artists give you the latest look. Working with you and considering colour and facial structure you will be ready to wow at your special event.

60 MINUTES
£75 (All week)

BROWS AND LASHES

Eyebrow shape
20 MINUTES
£30 (Mon - Thurs)

Eyelash tint
30 MINUTES
£35 (Mon - Thurs)

Eyebrow tint
10 MINUTES
£15 (Mon - Thurs)

Eyelash and eyebrow tint combination
30 MINUTES
£40 (Mon - Thurs)

If you have not had an eyelash/eyebrow tint at The Spa previously, or within the last six months, a patch test is essential 24 hours prior to treatment.

RETAIL THERAPY



TAKE A BIT OF YOUR SPA TIME HOME

Browse our spa products and testers in the Spa Shop.

From moisturisers containing crushed diamonds and vibrant nail polishes to aromatherapy oils and make-up to boost your confidence, there's a wide range of products to choose from - many with testers so you can try before you buy. If you find something you like, simply take it to reception and the team will pop it in a bag for you.

THE SPA, AN EXCLUSIVE RANGE

Our philosophy is natural and holistic, so all our treatments and facilities have evolved to produce results based on these strong principles. Our products have no parabens, no SLS, no MI, no Mineral Oils and there's been absolutely no testing on animals.



elemental herbology

Elemental Herbology acknowledges the changing seasons as well as the different aspects of an individual's environment and is dedicated to creating natural and effective skincare.

Natura Bissé Barcelona

Natura Bissé combine the most avant-garde trends with technological innovation and the traditional therapies of different cultures to ensure a world-class experience like no other. It's results surpass every expectation and ensure visible rejuvenation after the first application.



clarisonic

kissed
by Mi

Mi

JESSICA®

FITNESS



GYM

Our 3,000 sq. ft. gym has a full range of Artis Technogym™ equipment each with its own entertainment system as well as a comprehensive free weights area, stretch, Kettlebell and Arke wall. Staff are on hand to help you achieve your goals.

PERSONAL TRAINING

Personal training is available to all our spa guests and hotel residents. Your personal training session will address fat loss, muscle tone, strength and sports specific training.

60 MINUTES - £65

HEALTH ASSESSMENT

Our fitness experts will consider your personal goals and undertake a behavioural analysis and a health screening. At the end of the session you will take away a personalised programme designed specifically for your needs.

120 MINUTES - £130

STUDIO*

We offer a wide range of classes led by excellent instructors, most of which take place in our beautiful Junckers sprung floor studio.

Classes range from Aqua, Spinning, Pilates and Yoga through to Zumba and Tennis Aerobics. There's something for everyone.

WARRIOR CIRCUITS*

These sessions are great for fat loss, strength, cardiovascular fitness, coordination, agility and flexibility and they're fun! What more could you want? It's time to be a circuit warrior.

*Please see Spa Reception for class charges.

SPA MEMBERSHIP

With a limited membership of 500, this is truly a spa to call your own. There is always a place for you, be it a comfy lounge by one of the pools or a seat in thermal heaven.

To make an appointment with our Membership Manager call:

+44 (0) 1276 486150



CHOOSE SOW BLOSSOM

Simply choose a treatment, spa day or overnight spa break from our easy to browse spa journal and you're ready to grow!

Plant the seed to your personal rejuvenation
Explore The Spa: exclusive.co.uk/the-spa

Or call us on

+44 (0) 1276 486150

We look forward to welcoming you to The Spa. We will give you a map on arrival so you can make the most of our extensive facilities and your time with us.

PROFESSIONAL
beauty 2015
WINNER *Awards*



THE SPA

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