



WELCOME TO THE SPA



Pennyhill Park, an Exclusive Hotel & Spa

# 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 - call us now on

**+44 (0) 1276 486156**

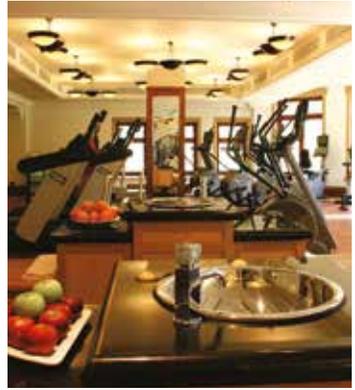
or email us at [enquiries@thespa.uk.com](mailto:enquiries@thespa.uk.com)

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.

THE SPA

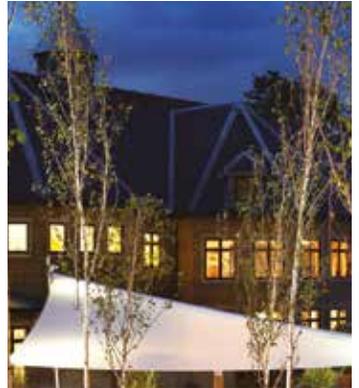
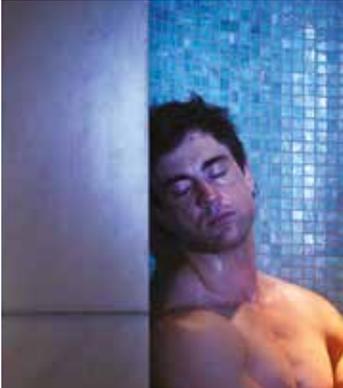
**Pennyhill Park, an Exclusive Hotel & Spa**  
London Road, Bagshot, Surrey, GU19 5EU

[thespa.uk.com](http://thespa.uk.com)



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









.....

# AWARD-WINNING FACILITIES

.....

Blend together 45,000 sq. ft. of pure relaxation, unrivalled facilities and treatments that are just as 'feel good' as they are effective and you have the most perfect spa experience you could wish for.

Revitalise in one of the five-star treatment rooms or submerge yourself in one of our eight indoor or outdoor pools and hot tubs. Make the most of the silence of the sensory relaxation lounge or grab a book and luxuriate in the warmth of heated tepidarium tiled beds. Next, enjoy the best in body spoils with our 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.

### **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*

### **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*

### **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 BAR**

*Introducing Leighton Denny 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 | 23/24°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*

### **SENSORY ROOM**

*Warm, gel filled beds for deep relaxation*

### **TEPIDARIUM**

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

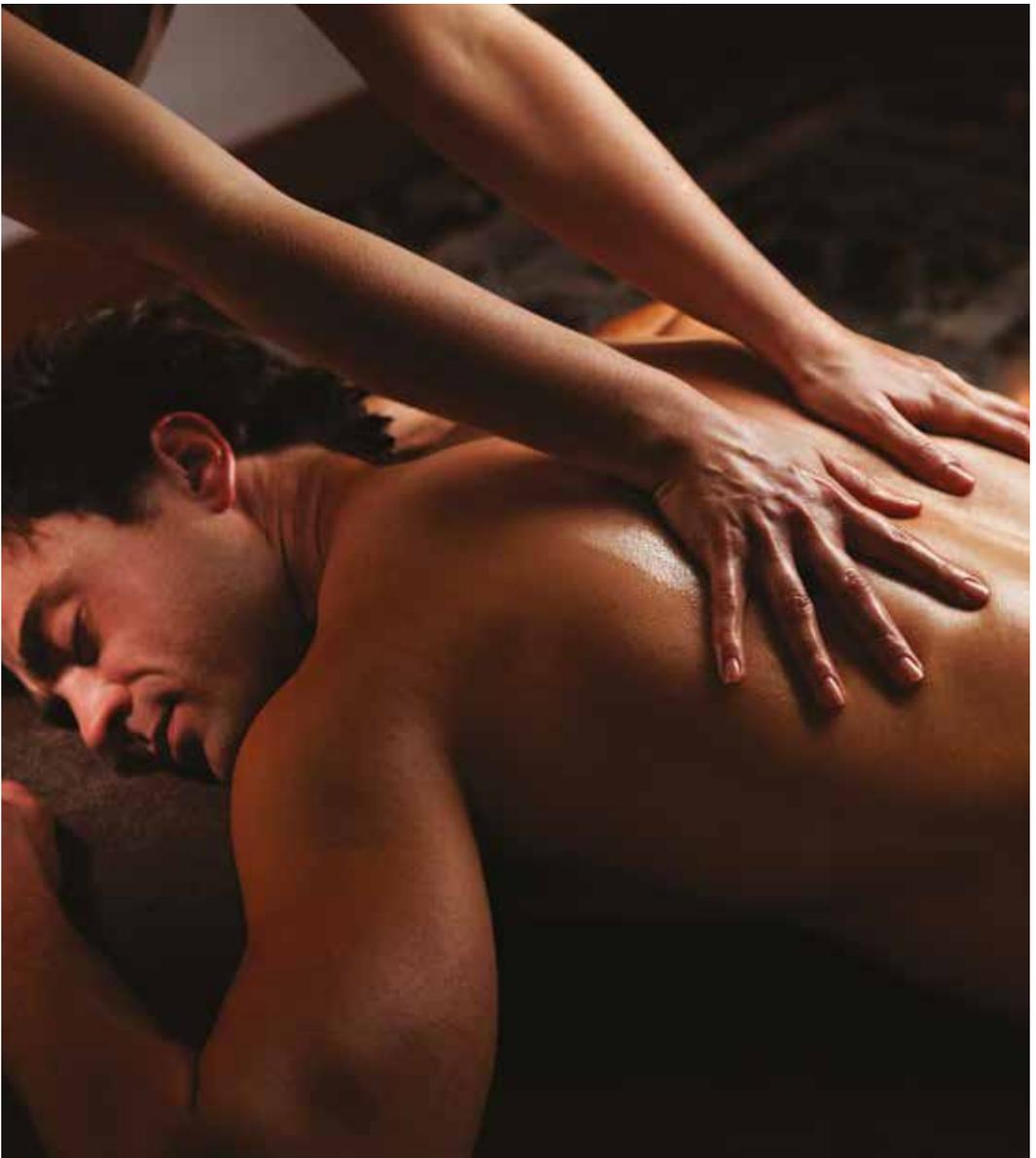
### **THEMIS RESTAURANT**

*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
<b>4 HOURS</b>	<b>£420</b>	<b>-</b>
<b>3 HOURS</b>	<b>£330</b>	<b>£380</b>
<b>2 HOURS</b>	<b>£250</b>	<b>£280</b>
<b>1 HOUR</b>	<b>£170</b>	<b>£190</b>

## STEP TWO:

Next, select from our 60 minute treatment options:

Chakra Facial | State of Equilibrium | Pure Aroma Duo | Spa Aromatherapy Body Scrub  
Herbal Cocoon Body Wrap | The Spa Therapeutic Massage | Vitality Massage

*To upgrade to any alternative 60 minute treatment: £20 supplement per treatment.*

*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 natural rosemary salt scrub followed by a hydrating and cleansing Kaolin clay body wrap. Whilst the rich clay is drawing out toxins and cleansing your skin your therapist will perform a tension releasing scalp massage using our rosemary and nettle conditioning treatment through your hair.

To complete your therapy, organic lavender and rosemary 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 in The Spa's Themis restaurant.

**£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, one hour personal training session, one hour treatment of your choice and two-course lunch in The Spa's Themis restaurant.

**£220** (Mon - Thurs)

**£250** (Fri)

## 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 organic pregnancy oils. To complete your experience your skin will be balanced with a soothing organic facial and scalp massage. A cooling foot gel will then be applied to leave you feeling recharged and positively glowing!

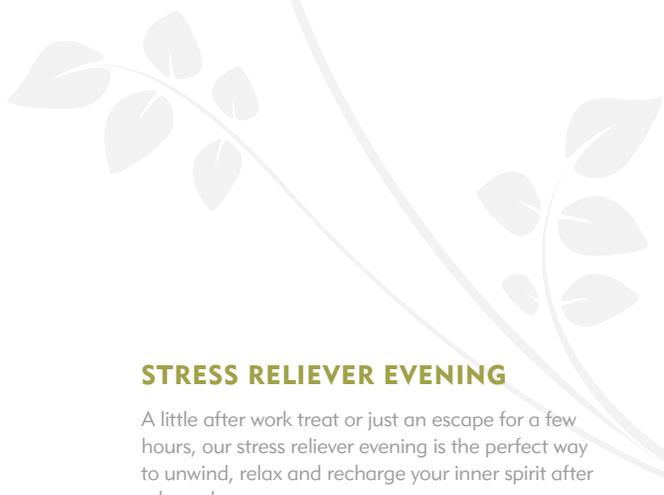
Includes a smoothie on arrival, 90 minute treatment and two-course lunch in The Spa's Themis restaurant.

**£190** (Mon - Thurs)

**£210** (Fri)

---





## **FIRE AND WATER MEN'S SPA DAY**

Choose from an Elemental Herbology facial to help protect against environmental damage and the effects of razor burn - leaving your skin refreshed and clear OR a truly balancing massage combining aromatherapy infusions and therapeutic massage techniques to ease tense muscles.

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

**£170** (Mon - Thurs)

**£190** (Fri)

## **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 organic spa product range to nourish and repair.

**£132** (Mon - Thurs, 3.30pm - 10pm)

**£150** (Fri, 3.30pm - 9pm)

## **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)

## **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.

## **TO COMPLETE YOUR EXPERIENCE, WHY NOT ADD A PERSONAL TRAINING SESSION, STUDIO CLASS OR TREATMENT UPGRADE?**

Please speak to the Reservations Team when booking your spa day.

**+44 (0) 1276 486156**

# SPA BREAKS

Embracing the energy of the beautiful English Surrey countryside, we have created an array of magical retreats from the stresses and strains of everyday life. Indulge in the ultimate escape with an overnight spa break.

## WEEKDAY SPA BREAK

All of our weekday spa breaks include an overnight stay with breakfast the following morning, a 60 minute treatment\* each and **£25** per person towards dinner in the Brasserie.

*Available Monday - Friday*

## SATURDAY NIGHT SPA BREAK

Our Saturday night spa break includes a luxury overnight stay with breakfast the following morning and a 60 minute treatment\* each.

*Available Saturday nights only*

## SUNDAY NIGHT SPA BREAK

Our Sunday night escape includes an overnight stay in one of our gorgeous bedrooms with breakfast the following morning, **£25** per person towards dinner in the Brasserie and a 60 minute treatment\* of your choice each.

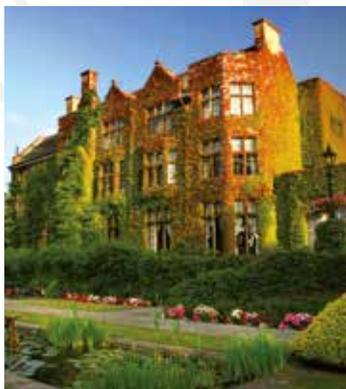
*Available Sunday nights only (excluding Bank Holiday Sundays)*

For more information and pricing, please visit our website:

**[www.thespa.uk.com](http://www.thespa.uk.com)**

or call us on:

**+44 (0) 1276 486156**



\*The 60 minute treatment choice excludes the De-Stress Stone Massage. To upgrade to this treatment a £20 upgrade fee will apply.



# CHOOSE YOUR TREATMENT

## FACIALS

### SPA CLARISONIC FACIAL

Clarisonic began with an innovative vision to transform skin and became the creator of the Sonic Skin Care System, the leader in beauty device technology.

Your facial will begin with the Clarisonic experience, redefining skin care through Clarisonic's patented sonic technology. The sonic method works with the skin's natural elasticity removing make-up, dirt and oil. Gentle yet powerful, the Clarisonic oscillates back and forth with more than 300 movements per second to gently cleanse skin and remove impurities. Your skin will then be prepared and prepped to soak in the nourishing organic facial oils and masks that follow with a tension relieving shoulder, face and head massage. This facial will introduce you to the ultimate cleanse and the very best in natural skincare inspired by aromatherapy.

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

### CELLULAR REPAIR FACIAL

Combining an intensive infusion of clinically-effective, nutrient rich actives with age-defying collagen to help lift, firm, hydrate and repair the skin. Your therapist will prescribe a bespoke treatment plan including extensive cleansing and exfoliation, massage and nourishment to repair your skin and restore a healthy and vital complexion.

**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)

# EVENTS



Our philosophy is natural, holistic and organic, 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.

## CHAKRA FACIAL

Enjoy the benefits of organic skincare and the powers of Chakra Crystals with this deeply cleansing and balancing facial.

Your skin will be deeply cleansed using our 100% organic facial balm, polished to perfection with our smoothing facial polish and deeply repaired with our rich Kaolin masks. During your facial Chakra Crystals will be used to help restore your energy levels whilst you surrender to the powers of a therapeutic shoulder, face and scalp massage.

Your Chakra's will be left soothed and your skin smoothed!

### 60 MINUTES

£90 (Mon - Thurs)

£100 (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)

## SKIN REVIVE FACIAL

This skin reviving facial includes facial cleansing and exfoliation along with a deeply relaxing facial massage to boost your skin's radiance.

### 30 MINUTES

£48 (Mon - Thurs)

£60 (Fri - Sun)

# TREATMENTS

## FACE & BACK THERAPIES

### WARMING STONES BACK AND FACIAL TREATMENT

Experience the ultimate warming indulgence treatment, incorporating the art of aromatherapy and natural skincare.

Begin to unwind with a hot stone back massage followed by an organic deep cleansing facial helping to boost your skin's radiance and deeply relax and clear your mind.

#### 60 MINUTES

£90 (Mon - Thurs)

£100 (Fri - Sun)

### PURE AROMA DUO

The perfect treatment duo. Begin your therapy with an aromatic muscle relaxing back massage complete with an application of our unique spa muscle melt cooling gel.

As the second part of your therapy gets underway, surrender to the very best natural and organic skincare recipes for a reviving facial. Your skin will be cleansed, polished and hydrated creating the perfect pick-me-up.

#### 60 MINUTES

£90 (Mon - Thurs)

£100 (Fri - Sun)

## MASSAGE

### THE SPA THERAPEUTIC MASSAGE

Therapy through aroma and the ultimate power of touch!

A cossetting body massage tailored to your exact needs, working on nerve endings and muscular stress. You will be guided through a choice of our handmade organic oils to achieve your desired state of mind.

Our organic aromatherapy blends range from our uplifting signature rosemary and citrus aromas to the deeply meditative jasmine and frankincense blend to ensure deep relaxation.

#### 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)

### VITALITY 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 our muscle melting balm and an organic blend of ylang ylang and ginger body oil to balance and warm.

#### 60 MINUTES

£95 (Mon - Thurs)

£105 (Fri - Sun)

#### 80 MINUTES

£120 (Mon - Thurs)

£130 (Fri - Sun)

WE HAVE SPECIALIST THERAPISTS FOR ALL OUR HOLISTIC TREATMENTS.

BOOKING IN ADVANCE IS RECOMMENDED - PLEASE ENQUIRE FOR AVAILABILITY.

### 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)

### THAI MASSAGE

Increase your energy and relieve muscle tension. Our skilled Thai Massage therapists will use a combination of acupressure, shiatsu and yoga stretches to open up your body's energy paths and improve flexibility.

Traditional Thai Massage is performed fully clothed, so please wear loose comfortable clothing for your treatment.

#### 90 MINUTES

£140 (Mon - Thurs)

£150 (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 hand blended organic pregnancy oils.

#### 60 MINUTES

£95 (All week)

#### 80 MINUTES

£120 (All week)



# TREATMENTS

## SCRUBS & WRAPS

### SPA AROMATHERAPY BODY SCRUB

Choose from uplifting rosemary and citrus to cleanse and uplift or warming cinnamon and clove to stimulate and give a boost of anti-oxidants. Both of the gorgeous scrubs are handmade using the finest essentials oils, shea butter, sugar and salts. Experience a full body aromatic exfoliation, then be soothed with an application of nourishing body cream or rich butter. You will leave smelling gorgeous and feeling brand new from head to toe!

**60 MINUTES**

**£90** (Mon - Thurs)

**£100** (Fri - Sun)

### ROSE DAMASK AND DETOX SALT BODY SCRUB

Detoxifying salts will be smoothed over your skin to increase circulation and vitality, before sealing your limbs with an ultra-hydrating rose damask body lotion. A wonderful scrub leaving your skin silky, hydrated and nourished.

**60 MINUTES**

**£90** (Mon - Thurs)

**£100** (Fri - Sun)

### HERBAL COCOON BODY WRAP

To reduce fluid retention, invigorate circulation and shift toxins we will wrap you in a warm, Kaolin clay wrap infused with ho leaf, geranium, May Chang, peppermint and lemon.

After showering, we will smother you in a circulation boosting serum leaving you feeling purified and revived. Ideal after a long haul flight.

**60 MINUTES**

**£90** (Mon - Thurs)

**£100** (Fri - Sun)

## SIGNATURE THERAPIES

### SPA DREAMING

Using our finest organic spa skincare range your entire being will be smoothed and uplifted with this unique tailor-made treatment. To start, your feet will be cleansed and grounded with our lavender and grapefruit oil foot soak. You will then be treated to a stimulating natural sugar and salt body scrub followed by a hydrating and cleansing Kaolin clay body wrap. To completely immerse you into your 'dreamlike' state, your therapist will perform a tension releasing scalp massage using our rosemary and citrus conditioning treatment through your hair. As you start to drift away your body and mind will be brought back to balance with a rhythmic soothing body massage and reviving facial including some of Mother Nature's finest ingredients such as organic fruit oils, flower waters and precious balms.

**180 MINUTES**

**£260** (Mon - Thurs)

**£290** (Fri - Sun)

### ROSEMARY AND LAVENDER BODY THERAPY

Enjoy the traditional healing powers of rosemary and lavender. Your therapy will begin with a stimulating natural rosemary salt scrub followed by a hydrating and cleansing Kaolin clay body wrap. Whilst the rich clay is drawing out toxins and cleansing your skin your therapist will perform a tension releasing scalp massage using our rosemary and nettle conditioning treatment through your hair.

To complete your therapy organic lavender and rosemary oil will be smoothed over tense muscles in a personalised full body massage.

**120 MINUTES**

**£180** (Mon - Thurs)

**£200** (Fri - Sun)

### NATURALLY YOU

Designed to pamper you from your head to your toes!

This treatment starts with a full body aromatic exfoliation, followed by a soothing application of nourishing body cream. Your face will then be treated with a skin brightening organic facial and a soothing head massage. You will leave smelling gorgeous and feeling perfect.

**90 MINUTES**

**£135** (Mon - Thurs)

**£145** (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 organic 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**

### GROUNDING FOOT THERAPY

Soak away tension starting with a serene aromatic foot soak, whilst your feet will be uplifted and smoothed with our handmade salt and sugar scrubs.

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

**40 MINUTES**  
**£50 (Mon - Thurs)**  
**£60 (Fri - Sun)**

### WITH BABY

A special treatment 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 our unique pregnancy oils. To complete your experience your skin will be balanced with a soothing organic facial and scalp massage. A cooling foot gel will then be applied to leave you feeling re-charged and positively glowing!

**90 MINUTES**  
**£130 (All week)**

### RASUL EXPERIENCE FOR TWO

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

### THE RASUL

Begin by applying The Spa organic rich kaolin clay mask to your face and neck, apply The Spa 'Rosemary & Nettle' hair conditioner treatment to each others hair to restore and nourish. Smooth the salt, sugar and 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 The Spa organic body lotion.

**60 MINUTES**  
**£60 for two people (Mon - Thurs)**  
**£80 for two people (Fri - Sun)**



# TREATMENTS

## IMMACULATE MANICURE

The award-winning manicure includes a diamond dust exfoliation with a rich cream massaged into your hands and arms. This is a deeply nourishing treat. Your nails are shaped, cuticles soaked and tidied and finished with an application of Leighton Denny high performance nail polish. For the ultimate in luxury and glamour for hands that only deserve the best.

### 70 MINUTES

£60 (Mon - Thurs)

£65 (Fri - Sun)

## CUSTOM MANICURE

Nails are shaped, cuticles are soaked and tidied followed by a hand massage and finished with an application of Leighton Denny high performance nail polish. A perfect maintenance treat for busy hands.

### 50 MINUTES

£45 (Mon - Thurs)

£50 (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)

## PRISTINE PEDICURE

Enjoy a luxurious foot soak and exfoliation followed by soothing foot massage with a rich Sole Pleasure foot cream. Your feet are then wrapped and placed into heated booties to absorb a deeply exfoliating foot mask. Nails are shaped, cuticles tidied and finished with an application of Leighton Denny high performance nail polish. This treatment is perfect for hard working feet leaving you feeling like you're walking on air.

### 70 MINUTES

£60 (Mon - Thurs)

£65 (Fri - Sun)

## CUSTOM PEDICURE

Nails are shaped, cuticles are soaked and tidied followed by a foot massage and finished with an application of Leighton Denny high performance nail polish. Designed to make the best of your feet without the fuss.

### 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)

## ARTISTIC COLOUR GLOSS MANICURE OR PEDICURE

Artistic Colour Gloss is a versatile product, which is the ultimate long-lasting non-peeling, quick light-cured, chip-proof polish that provides a super shiny, high-gloss finish.

*Please note for the Artistic Manicure and Pedicure to be at its most effective nails and cuticles need to be in good condition.*

*This treatment does not allow for the removal of any other gel nail product. Please advise when booking if you require us to soak off your Artistic Colour. If you have any other brand of gel colour on your nails we regret that we will not be able to remove this for you.*

### 60 MINUTES

£55 (Mon - Thurs)

£60 (Fri - Sun)

### 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)

### ST.TROPEZ SPRAY TANNING

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.

*Pre Treatment Advice - to get the best from your tan, exfoliate and moisturise your skin regularly prior to having the St.Tropez treatment. This will give a smoother surface for the therapist to apply the tan. A much better result will be achieved and the tan will last longer. Always have a trial run 4-6 weeks before any important occasion, in the rare case of allergies or unexpected results.*

### 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)

*After Care - to maximise how long your tan will last gently exfoliate, using the St.Tropez Body Polisher every 2-3 days as the tan starts to fade and use the St.Tropez Body Moisturiser as it will help to prolong the life of the tan.*

*Please note your skin will need to be free from any spa products prior to your tan and you will not be able to use the spa facilities post your tanning treatment as you will need to leave the tan guide colour on your skin for at least 8 hours.*

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

### 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.

### THE SPA PRODUCTS

All our spa products are handmade exclusively for us by a team of talented and devoted aromatherapists based in a beautiful farmhouse workshop in Dorset.

We are especially proud to state that our natural and organic skincare range does not contain parabens, synthetic perfumes, mineral oils, lanolin or synthetic colours. The range includes an array of wonderful aromas including jasmine and frankincense, vanilla and bergamot as well as our reviving signature blend of rosemary and citrus to uplift and refresh your skin.

Many of the key ingredients for our products are sourced from small organic suppliers including beeswax and honey from our very own bee hives.



#### 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.



ST. TROPEZ

clarisonic

Mi

LEIGHTON  
DENNY  
EXPERT NAILS



# FITNESS

## GYM

Our 3,000 sq. ft. gym has a full range of Technogym equipment each with its own entertainment system as well as a comprehensive free weights area, stretch and cool down zone.

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**

## 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 478456**

## 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 Spinning, Pilates and Yoga through to Street Dance, 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.

