



As our world becomes busier, we need to take time out to relax and recharge our batteries.

Whether you have a whole weekend, a day, half a day, or even just half an hour or so, you'll find something to revive your senses at one of our Spas. Using products and treatments that are tailored to your lifestyle and needs, you'll leave feeling refreshed and ready to face the world once more.

Our luxurious treatment and relaxation rooms are set in tranquil and peaceful surroundings, providing the perfect environment and ambience to help you relax and unwind.

All our product ranges are carefully selected to complement the luxurious environment that each Spa offers. We are committed to natural ingredients that offer proven benefits and, where possible, options to continue the good work at home.

ESPA

Scientifically advanced, natural skin care products that combine progressive therapy techniques to deliver luxurious treatments with outstanding results.

NaturaBissé
BelezaTona

A leader in research, development and innovation, NATURA BISSÉ's formulas are created with the maximum concentration of cutting-edge, highly effective, active ingredients ensuring you achieve the results you desire in indulgent and relaxing spa treatments.

J
JESSICA®

Considered the world's leading authority on natural nail care, with a range of Jessica nail products to achieve and maintain naturally beautiful nails.

CND®
Hands. Feet. Beauty.

Creative Nail Design is an industry-leading advocate for the role of nail care in professional beauty and fashion, including SHELLAC® 14+ day nail colour and VINYLUX® Weekly Polish.

Mii

Giving you the confidence to create a look that is uniquely, completely and unmistakably you. 'Mii Make Up' beautifully balances your skin, helping your natural radiance shine through.

kissed
by Mii

Effortlessly easy tanning application to guarantee you a natural healthy tan.

Please check before you visit as not all product ranges are available at each Spa.

irresistible upgrades

If you would like to experience something different or simply make the most of your time with us, why not upgrade your Spa treatment?

We've highlighted treatments where upgrades work well, so whether it be increasing your treatment time, introducing hot stones or adding on a refreshing eye lift to your facial, simply look for our recommendations to personalise your Spa experience.

* Additional charges apply.

gift vouchers

The perfect gift, whatever the occasion. Personalised vouchers in a presentation folder, available to a value of your choice, a specific treatment or Spa Day. To buy a gift voucher visit spa-and-fitness.co.uk or just visit the Spa.

make it a day to remember

Spend over £100* on Spa Treatments and enjoy full use of the Spa facilities as part of your experience.

**Applies per person – for treatments taken on a single visit.*

for your face

ESPA facials

ESPA facials begin with a detailed consultation and in-depth skin analysis using Skin Vision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you to include cleansing, exfoliation, steam and extraction where necessary, with a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs, helping you to achieve the best possible results. To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

OPTIMAL SKIN PROFACIAL - 55 minutes
Rebalance, hydrate and revitalise with this targeted facial that unites the pioneering formulas of our Optimal Skin collection with expertly tailored facial techniques. Tri-phase cleansing technology is enhanced with Clarisonic brushing for a deep cleanse, while new Optimal Skin ProMoisturiser targets the delivery of nutrient-rich, hydrating actives to where your skin requires them the most. Instantly reviving and brightening the complexion, this facial ultimately helps to protect against environmental damage and delay the early stages of skin ageing.

ENZYME FACIAL - 55 minutes

This powerful and highly effective natural facial peel dramatically smoothes, softens and evens skin tone. A Clarisonic brush cleanse, followed by an intense enzyme peel containing botanical extracts and pumpkin enzymes deeply exfoliates and removes dead skin cells, followed by an application of soothing rose quartz crystals to help cool and calm, revealing an ultra-smooth, glowing complexion.

ESPA SKIN SOLUTIONS FACIAL - 55 minutes

Reveal exceptional results whatever your skincare concern with this entirely bespoke expert facial from ESPA. Following skin analysis with our SkinVision™ lamp, naturally advanced spa skincare products rich in plant and marine extracts are selected according to your individual needs, and used alongside tailored massage to deeply cleanse, exfoliate, purify and boost your complexion. This customized treatment is then completed with a divinely relaxing scalp massage.

*ADVANCED ENZYME FACIAL - 85 minutes

A powerful and highly effective facial to boost cell regeneration and give an instantly smooth and radiant complexion. A deep Clarisonic brush cleanse is followed by an intense enzyme peel containing botanical extracts and pumpkin enzymes to deeply exfoliate and remove dead skin cells. After a soothing massage using rose quartz crystals to help cool and calm, a Lifting and Smoothing mask is applied, containing concentrated seaweed extracts, argan oil and menthol, to give your skin a more plumped and firmer appearance.

*ADVANCED SKIN RADIANCE FACIAL - 85 minutes

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion with our advanced new facial treatment. Suitable for all skin types and ages, this treatment combines our unique Optimal Skin ProCleanser, which gently exfoliates as it melts into the skin, with a deep Clarisonic brush cleanse and brightening mask to remove dead skin cells. An age-defying and sublimely relaxing massage using rose quartz crystals follows, finishing with a Lifting and Smoothing mask and our revolutionary new Skin Radiance Intensive Serum-to powerfully brighten, firm and even skin tone, leaving your complexion smooth, supple and looking radiantly healthy.

** Why not upgrade your facial with an ESPA Eye Lift? (Allow an extra 15 minutes)*

girls night in

Grab your favourite girls for the ultimate night in, with no need to worry about taxis or the inclement weather.

Including overnight accommodation, tapas-style supper, use of the Spa facilities and a choice of chick flick dvds to watch in your room. Make the most of your Girls Night In and treat yourself by prebooking some Spa treatments.

Visit shirehotels.com for full information and to book online.



NATURA BISSÉ facials

A leader in research, development and innovation, NATURA BISSÉ's formulas are created with the maximum concentration of cutting-edge, highly effective, active ingredients ensuring each client achieves the results they desire in indulgent and relaxing spa treatments.

VITAMIN C BOOST - 55 minutes

Revitalises · Stimulates · Firms

This antioxidant facial helps minimize the signs of premature ageing and restores vitality to sun damaged skin. 100% pure vitamin C will stimulate collagen production and renew skin firmness.

OXYGEN RELAX - 55 minutes

Purifies · Brightens · Balances

The revitalising power of pure oxygen will decongest and brighten a dull complexion, restoring clarity and reenergises cellular function, revealing a hydrated skin for the perfect healthy glow.

AGE INTENSE - 55 minutes

Firms · Nourishes · Tightens

A unique cocktail of amino acids, vitamins and iris root combat premature ageing and maintain plump hydrated and wrinkle free skin. This repairing treatment will stimulate the skin's cellular function to fight premature ageing caused by hormonal fluctuations.

SKIN COMFORT - 55 minutes

Soothes · Comforts · Calms

Rebuild skin tolerance and reverse micro inflammation which leads to premature ageing. Specifically designed with 30 pro-tolerance ingredients to instantly reinforce the skin, this tailored facial is a serious answer for hypersensitivity and rosacea.



for your body

TRADITIONAL FULL BODY MASSAGE - 55 minutes

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This Swedish massage to back, legs, arms, abdomen, neck and shoulders is ideal as an introduction to massage, with stimulating movements to help soothe tired aching muscles and leave you relaxed and revived.

ESPA LIFESAVING BACK TREATMENT - 55 minutes

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and body mask applied to the back using individually chosen essential oils combined with warmed Marine Mud. This relaxing treatment will leave you refreshed and renewed.

ESPA AROMATHERAPY MASSAGE - 70 minutes

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs, with a variety of oils for you to choose from.

ESPA BACK, FACE & SCALP - 85 minutes

Renowned as ESPA's 'Hero' treatment and loved by all; this spa experience delivers triple results by targeting three key areas – the back, the face and the scalp. With a back exfoliation, personalized facial and scalp massage, this presents the ideal treatment for anyone.

ESPA TOTAL BODY REVIVER - 85 minutes

An indulgent ESPA body treatment to melt away tension and bring your body and mind back into harmonious balance. The treatment begins with body brushing and exfoliation to smooth and soften the skin; a luxurious massage follows, using nourishing essential oils to soothe tired, aching muscles. Finally, a comforting head massage and gentle stretching allows you to relax and unwind.

NATURA BISSÉ' DETOX MARINE ESSENCE - 55 minutes

Detoxifies · Regenerates · Hydrates

An enveloping wrap rich in marine nutrients to aid detoxification and smooth the skin using bamboo microfibres. Each treatment is tailored according to your unique requirements whether it's skin cleansing, cellulite reduction or skin firming. For longer lasting results, why not book a course?

NATURA BISSÉ ANTI OXIDANT VITAMIN C MASSAGE - 55 minutes

Exfoliates · Balances · Firms

First a sensory exfoliation to the back with bamboo leaves your skin feeling silky smooth. Then your body is indulged with a Vitamin C Aroma Balm and fusion of massage techniques inspired to restore your inner balance. Movements improve microcirculation, unblock joints and relax muscles, while restoring your physical and mental well-being.

Why not make the most of your time with us and upgrade to add Hot Stones. We've highlighted our body treatments where this works well. (Allow an extra 15 minutes).

gentlemen please

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed to ensure you experience physical and therapeutic benefits.

TRADITIONAL FULL BODY MASSAGE - 55 minutes

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This Swedish massage to back, legs, arms, abdomen, neck and shoulders is ideal as an introduction to massage, with stimulating movements to help soothe tired aching muscles and leave you relaxed and revived.

MENS FACIAL - 55 minutes

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, this personalised treatment combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

OXYGEN RELAX - 55 minutes

Purifies · Brightens · Balances

The revitalising power of pure oxygen facial will decongest and brighten a dull complexion restoring clarity and re-energises cellular function, revealing a hydrated skin for the perfect healthy glow.

BACK, FACE & SCALP TREATMENT - 85 minutes

Renowned as ESPA's 'Hero' treatment and loved by all; this experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

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An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance. The treatment begins with body brushing and exfoliation to smooth and soften the skin; a luxurious massage follows, using nourishing essential oils to soothe tired, aching muscles. Finally, a comforting head massage and gentle stretching allows you to relax and unwind.

↑
Add Hot Stones.
(Allow an extra 15 minutes
to your treatment time)



specialist treatments

REFLEXOLOGY - up to 55 minutes

An oriental foot massage working on pressure points of the foot that relate to certain parts of the body. This gentle therapy encourages the body to heal itself at its own pace, tensions are eased, circulation and elimination are improved which promotes a general feeling of well-being.

DEEP MUSCLE MASSAGE - 55 minutes

A powerful ESPA massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

LIFT & FIRM HIP & THIGH TREATMENT - 55 minutes

A highly effective, stimulating ESPA treatment to target cellulite, fluid retention and uneven skin texture. Using potent marine extracts, iced mitts, a deep detoxifying massage and specialised stomach massage techniques to help cleanse and purify the colon, giving excellent results - ideal for people concerned by the appearance of cellulite.

A course of 6 treatments is recommended.

PRE & POST NATAL TREATMENT - 55 minutes or 85 minutes

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

A course of 6 treatments is recommended following the first trimester of pregnancy.



taster treatments - 25 minutes

If you have never experienced the stress-reducing, calming and relaxing effect of a spa treatment, why not start with one of our carefully selected Taster Treatments? Each one is part of a more intensive treatment, so when you find the one that suits you can experience the longer version too.

ESPA TASTER FACIAL

An introductory facial that is suitable for all skin types. This deep cleansing, relaxing aromatherapy facial purifies, refines and hydrates - perfect for any first time spa goers.

BACK, NECK & SHOULDER MASSAGE

Combining traditional massage techniques helping to relieve the common areas of stress and tension in the back, neck and shoulders.

SHOULDER & SCALP MASSAGE

A targeted massage, suitable for anyone who is holding tension over the shoulders or to aid relief from headaches and migraines. This nourishing treatment is also suitable for dry hair and scalps.

ESPA BODY POLISH

An exclusive body and skin enhancing treatment which can be used in isolation to remove dry and dead skin, or as a preparation to any massage. This complete exfoliation will cleanse and invigorate the body.

ESPA SALT & OIL SCRUB

This exceptional skin softening body exfoliation combines sea salts and nourishing essential oils to leave your skin moisturised, smooth and soft.

NATURA BISSÉ CARBOXY- EXPRESS

Reveals .. Renews .. Exfoliates
A quick peel for a glow on the go. Using a combination of 5 AHAs, this triple exfoliating treatment will produce visible results in just 25 minutes. For longer lasting results we recommend you book a course.

NATURA BISSÉ VITAMIN C BACK TONIC

Exfoliates .. Energizes .. Soothes
Release tension and ease away your long day with care and attention for your back. An energising exfoliation invigorates the circulation prior to a massage with an aromatic Vitamin C balm for your back, neck and shoulders.

Choosing 2 Taster Treatments? We recommend: ESPA Taster Facial and Back, Neck and Shoulder Massage or Natura Bissé Carboxi Express and Vitamin C Back Tonic!

tanning

KISSED BY MII -
FULL BODY & HALF BODY
(Not available at all Spas - please check.
24hr patch test recommended).

finishing touches

WAXING & TINTING

Patch tests are required 24 hours prior to treatment or every 6 months.

MAKE-UP LESSON - 45 minutes

Enjoy a one-to-one make-up lesson giving you professional advice and guidance on application and use of colour.

DAY/EVENING MAKE-OVER -

40 minutes
A special occasion or just a little treat, let our professionals give you a new look.

BRIDAL MAKE-OVER - 2 x 40 minutes

A trial make-over to ensure you look and feel wonderful for that special day.

your nails

Including a mini Jessica polish of your choice to take away (excludes Nail Tidy & Re-Varnish and the Le Remedi Hand Treatment).

NAIL TIDY & RE-VARNISH - 25 minutes

Includes re-shaping of the nails, cuticle tidy and varnish for well maintained nails.

PRESCRIPTIVE MANICURE - 40 minutes

Nails are not alike... a treatment manicure which analyses and treats each nail for its specific nail type. The cuticles are cared for with oils and creams, the nail shape is perfected and finally treatment base coats and colour are applied for the perfect finish until your next visit.

PRESCRIPTIVE MANICURE DELUXE - WITH THERMAL MITTENS - 55 minutes

The Jessica Prescriptive Manicure with Thermal Mittens for deeper penetration of oils and creams, softening cuticles and improving circulation and soothing stiff joints.

LE REMEDI HAND TREATMENT BY JESSICA - 25 minutes

Hands age quickly, more quickly than the face... a luxurious and effective treatment for the hands including hand cleanse, exfoliate, masque and lipsome serum. Hands will feel softer, smoother, firmer and more attractive... the ultimate in nail and hand care.

AROMA SPA PEDICURE - 55 minutes

A luxury foot and leg treatment using aromatherapy based products for softer, smoother feet and legs, finishing with perfectly pedicured polished toe nails.

JESSICA AROMA SPA PEDICURE DELUXE - WITH THERMAL BOOTIES - 1hour 10 minutes

An Aroma Spa Pedicure with thermal booties for deeper penetration of oils and creams, softening cuticles and improving circulation and soothing stiff joints.

We use both Jessica and CND across the Spas - please check before you visit.



Jessica GELeration

A strong yet light application of a soak-off gel polish, that gives a long lasting natural finish to your manicure or pedicure. Your GELeration polish should be soaked off professionally, we'll give you more information throughout your treatment on when best to do this.

Manicure 45-55 minutes

Pedicure 55 minutes-1hour 10 minutes



spa days

Journey into a stress-free life with our days of relaxation. Your day will begin with refreshments in our relaxation area - robes and slippers are provided. During the day, you can choose whether you would like to relax in the pool, whirlpool, sauna and steam room, or be more energetic and workout in the gym. Your Spa treatments are then spread throughout the day so that you can enjoy the benefits. Light lunches are 2 courses taken from our Spa Day menu. You're welcome to stay with us as long as you'd like - the time by each programme is total treatment times for the day.

AFTERNOON TREAT - 25 minutes

If you are looking for a leisurely swim and relaxing spa treatment, followed by a delicious afternoon tea whilst tucked up in your robe and slippers overlooking the pool, then this is perfect Spa Day for you. With full use of the Spa facilities, choice of any one of our Spa Taster Treatments* and afternoon tea, you can simply spend a few glorious hours enjoying some me time or with family and friends. (Available Sunday to Thursday from 2pm)

TWILIGHT SPA - 25 minutes

What better way to escape the hustle and bustle of a busy working week than with our Twilight Spa Day? Arrive any time after 4pm and change into your robe and slippers, before taking a dip in the pool. Choose from any one of our Spa Taster Treatments* and then relax wrapped up on our lounge before spending more time in the Spa, until your feeling completely recharged. Once you've changed, head down to our restaurant anytime after 6.30pm to enjoy a main course from our Chefs Table and a glass of Prosecco...just perfect. **Choice of main meal from the Terrace Menu applies at Thorpe Park.

TASTE OF RELAXATION - 50 minutes (2 x 25 minute treatments)

For those who have never experienced Spa Treatments, this is the perfect taster day for you to enjoy. Your day includes full use of the Spa facilities, a light lunch and your choice of two Taster Treatments.* (See page 9). (Available Sunday to Thursday).

HOLISTIC HEAVEN - 1hour 25 minutes

Experience a taste of our holistic treatment offering, starting your day with full use of our Spa facilities, followed by an ESPA Back, Face & Scalp Massage, combining deep cleansing back exfoliation and powerful back massage with essential oils. After a light lunch take the opportunity to relax and unwind in the Spa facilities and recharge your senses.

* £5.00 supplement applies if selecting the Carboxi Express Taster Treatment as part of your Spa Day.

MUM & ME - 1hour 20 minutes

Looking for some quality time with your mother or daughter...then this is the perfect Spa Day for you. Make full use of the spa facilities, whether that be an energetic work out or a relaxing swim in the pool before enjoying any one of our 55-minute ESPA or NATURA BISSÉ facials, depending on your mood. Once you've had some time to put your feet up continue your pampering with a Nail Tidy & Varnish before indulging in afternoon tea for two.

RE-CHARGE - 1hour 20 minutes

The perfect Spa Day for those looking for an overall re-charging yet relaxing experience. Your treatments will commence with an ESPA Lifesaving Back Treatment, a stress-relieving back treatment that will leave you completely refreshed and renewed. After taking some time out to use the Spa facilities, you can enjoy a light lunch before completing your day with a choice of one of our Taster Treatments.* (See page 9).

JOURNEY TO NEW BEGINNINGS - 2 hours

At this special time it is important to feel nurtured, soothed and relaxed, so we have tailor-made the perfect Pregnancy Spa Day. You can enjoy a relaxing swim in the pool before starting your day with an ESPA Pre or Post-Natal Treatment. Take some well-deserved time out and enjoy a light lunch before finishing your day with either a Nail Tidy & Varnish, or ESPA Facial, leaving you feeling radiant all over.

JUST RESULTS - 1 hour 50 minutes

If you are looking for a Spa Day that delivers immediate results for your skin, then our NATURA BISSÉ Spa Day is the perfect option for you. Start your day with an energetic workout in the gym, or simply spend some time relaxing in the pool, whirlpool and heat experiences, before your Detox Marine Essence body wrap, tailored to either skin cleansing, cellulite reduction or skin firming. Once you've had some time to relax and unwind post treatment, enjoy a 2 course light lunch before completing

your Spa day with a vitamin C boosting antioxidant facial, stimulating collagen production and renewing skin firmness.

If you're planning on using the wet facilities, we recommend you do this prior to your treatments to ensure maximum results.

SHEER INDULGENCE - 3 hours 30 minutes

This therapeutic Spa day provides you with the opportunity to experience our most exclusive Spa treatments. Your day commences with time to relax and enjoy the Spa facilities, before your Deluxe Manicure or Pedicure. After a healthy light lunch, your treatments continue with either a NATURA BISSÉ Vitamin C Boost, with 100% pure vitamin C which will stimulate collagen production and renew skin firmness, or an ESPA Intensive Facial with double cleansing techniques, gentle exfoliation and intensive face mask. Your day finishes with an ESPA Total Body Reviver, an all-encompassing treatment with full skin brushing and a deep body, face and scalp massage.



signature spa breaks

Retreat - Two Night

The perfect Spa break for couples, friends or mums and daughters. We'll welcome you with **fresh fruit** as you settle into your stylish guest room and start to relax and unwind. At the Spa, we'll run through your two day programme, before you start with a relaxing swim or heat experience. There's ample time to soak up the atmosphere before your **ESPA Salt and Oil Scrub** which will get your circulation flowing and leave you feeling completely refreshed. Enjoy some time out relaxing before your **ESPA or Natura Bissé Taster Facial**, which will give you a lovely glow ready for an evening of relaxation. If you are feeling energetic, your second day can begin with a gentle workout, dip in the pool or simply take the opportunity to lie-in. Return to the Spa for your indulgent **ESPA Lifesaving Back Treatment** and **2 course light lunch**, helping you to completely unwind and take away the stresses of everyday life.

Your break includes a **3 course dinner with coffee** in the Restaurant on one night, plus **breakfast each morning** and **2 nights' accommodation** in one of our stylish guest rooms. On your last morning, feel free to join us after breakfast for a final swim or leisurely workout before you leave for home..

From £249.00 per person.

Escape - One Night

A mini Spa break with an **overnight stay, evening meal, breakfast, a Spa Taster Treatment***, and full use of the Spa facilities - everything you need for 24 hours of complete relaxation. Arrive mid-morning to give yourself chance to settle in and find your way around the hotel. We'll confirm your treatment time with you when you check in, so you can make the most of the fabulous Spa facilities. Choose from any of our Spa Taster Treatments (Page 9) - they'll all help you on your way to a clearer mind, calmer spirit and eased tension. In the evening dine in the hotel's restaurant choosing from dishes that feature local and regional produce, then enjoy time socialising in the bar or simply relaxing in your stylish guest room - the choice is yours. In the morning there's a full traditional breakfast or lighter options - well worth getting up for - and time for one last swim before you head home felling relaxed and refreshed.

Take your Spa Taster Treatment on the Sunday and we will extend your check out time to 3pm, what better way to make the most of your weekend break? (Please enquire when booking).

From £125.00 per person
(Available Saturday £10 supplement per person).

Sunday Night Serenity - One Night

Arrive any time after midday, and make full use of our Spa facilities with enthusiastic trip to the gym, or, if you're simply with us for relaxation, then settle in to your robe and slippers and start poolside, taking time out to unwind and enjoy the whole experience. Choose from any one of our **Spa Taster Treatments*** (Page 9), followed by a delicious **afternoon tea** in the Spa Lounge. Then continue your relaxation, or check in to your stylish guest room and enjoy the opportunity to put your feet up. If you'd like to spend more time in treatments, take advantage of 10% discount on any additional pre-booked treatments. The next morning, tuck in to **breakfast**, ranging from the traditional to a variety of lighter options before or after a final visit to the Spa, helping you to feel fully refreshed before you depart.

Upgrade your Sunday Night Serenity Spa Break to include Dinner for £35.00 per person.

From £85.00 per person
(Sunday night only).

**£5.00 supplement applies if selecting the Carboxi Express Taster Treatment as part of your Escape or Sunday Night Serenity Spa Break.*



how to make the most of your time in the spa

Pre-booking

Before you book, think about how much time you have to spend with us. It's not just about treatment time to get the most from your visit, allow 15 minutes to arrive and change, and then at least 15 minutes afterwards to relax. Once you know how much time you have, the only other information we need to make your booking is whether you are looking for relaxation, to be re-energised or simply for pure indulgence. We have something to suit every mood.

Making Your Booking

It's best to book as far in advance as you can, especially for weekend treatments as these are our most popular times. Credit card details and pre-payments may be requested.

Your Consultation

After changing into your robe and slippers, your therapist will identify the right treatment for you, ask you questions about your lifestyle, stress levels, skin problems and treatments that you have had in the past.

Relaxation and Post Treatment

Your therapist will give you any specific advice after your treatment, and also on carrying on the good work back at home. Do take time out to relax after your treatment, as this will ensure you get maximum benefit from the aromatherapy oils. Each relaxation area has loungers, plentiful magazines and complimentary beverages for you to enjoy.

Health Conditions

Kindly advise us in advance if you have any health conditions, allergies or injuries that could affect your treatment choice. If you are on any medication, ongoing consultation, or your medical history has changed following a previous visit, please make us aware. Some of our treatments and oils are not suitable if you are being treated for or in remission from cancer, or if you have a nut allergy - an alternative oil and treatment can be arranged, so please advise at time of booking.

Pregnancy

Our specifically designed treatments can be found on page 8, providing you with peace of mind that your treatment is perfect for you.

Spa Etiquette

To ensure that our guests are able to relax and enjoy the tranquil and peaceful surroundings, please refrain from using your mobile phone. If you are visiting as a group, please be mindful of other guests.

Spa Attire

If you are using the Gym or Pool as part of your time in the Spa, please remember to bring the appropriate footwear, clothing and swim wear to make the most of your visit. Robes and slippers are provided, however if you are staying in the hotel you may wish to arrive in your bedroom robe to help with your continued relaxation.

Cancellations

To help us and as a courtesy to other guests, please let us know as soon as you need to cancel a booking.

- For any treatments 55minutes or over a 50% pre-payment is required
- A 100% cancellation charge will be incurred for any treatments cancelled less than 24hrs in advance. Credit card details and pre-payments will be required in order to confirm your booking.
- Spa Days and Spa Breaks must be paid for in full at the time of booking. Payment is non-refundable unless a cancellation or change of date is made 72 hours in advance.

Groups

Different terms and conditions will apply to groups of five or more rooms and these will be confirmed to you at the time of your enquiry.

Brochure Accuracy

Although every effort has been made to ensure all rates and information in this brochure are accurate at time of going to print in July 2016, we cannot accept responsibility for any errors or omissions and reserve the right to vary, amend or cancel any of the arrangements featured in this brochure should we find such alterations necessary.

