



SPA TREATMENTS



Time to Relax

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.

CAUDALIE
PARIS

Caudalie is a most beautiful, glamorous French skincare brand, that combines the latest scientific techniques with the ancient secrets from their vineyards in Bordeaux.

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.

Gentlemen Please



Most of our treatments are unisex, but we have highlighted the treatments that we feel gents may enjoy.

Just look for the  symbol.

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 go to 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.*

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 pre-booking some Spa treatments.

Visit spa-and-fitness.co.uk for full information.

Caudalie Signature Treatments

Ultimate Face & Body Experience - 115 minutes

This treatment starts with a full body exfoliation to prepare the skin, leaving it feeling soft and smooth, followed by a luxurious divine body massage. This is followed by a facial cleanse, exfoliation, massage then finishing with a Cranial Scalp Massage for ultimate tranquility.

D-Vine Back Face & Scalp Treatment - 85 minutes

This luxurious back, face and scalp treatment starts with a cleansing of the back, followed by exfoliation and a relaxing back massage to ease away stress and tension. As your body is relaxed we treat and hydrate your skin with a Caudalie facial to suit your wishes, finishing with a Cranial Scalp massage to calm your mind.



Caudalie Facial Treatments

Our facial treatments were developed from the unique combination of our patented grape and grapevine ingredients with the latest skincare techniques. In the hands of our therapists, you'll experience a full regimen of skincare treatments paired with relaxing massages for firmer, healthier, more beautiful skin.



Premier Cru Facial Ultimate Anti-aging - 55 minutes

This exceptional anti aging facial will lift, moisturise, smooth, plump and even the skin with cutting edge innovative techniques and products from the Premier Cru Range.

This advanced facial includes a massage carried out using a roller with a micro-point system which improves the penetration of active Ingredients, stimulating the natural production of collagen and elastin.

The results are spectacular: wrinkles and fine lines are visibly reduced, the skin is smoother and firmer and a radiant glow enhances the even complexion.

Beauty Elixir Facial Radiance, Hydration - 55 minutes

The Beauty Elixir Facial starts with therapeutic breathing techniques for deep relaxation and a sense of wellbeing.

Caudalie's signature cleansing ritual follows, which for the first time features the Make-up Removing Cleansing Oil. The skin is then gently exfoliated so it is ready to receive the benefits of a relaxing Beauty Elixir massage.

Through the use of misting and gentle pressure, this massage boosts micro-circulation from the face to the décolleté for an instant healthy glow effect. Application of the Glycolic Peel Mask, covered with cool patches soaked in Beauty Elixir enhances the skin's radiance and multiplies the effects of the facial treatment.

Resveratrol Lift Facial Firming, Lifting and anti-wrinkle 55 minutes

Specially created for skin that lacks firmness, contour and vitality. After skin is gently cleansed, a stimulating massage visibly firms and redefines the contours of your face.

The application of a warming mask enhances the lifting effect of Caudalie's Resveratrol Lift products. The toning and lifting effects are immediate, your face appears resculpted. The firming and lifting effects are immediate, your face is as if resculpted, and radiant with youth.

Vinoperfect Radiance Facial Complexion correcting / anti-dark spot - 55 minutes

A unique facial treatment specifically designed to correct the complexion, restoring radiance and vitality to the skin.

Specifically created for tired, dull and uneven skin types, this is a must have facial treatment. Exceptional massage techniques with essential oils and small hot and cold basalt stones, awaken the luminosity of the complexion, inducing a feeling of wellbeing.

A Radiance Peeling Mask is applied for a gentle peeling action to restore your complexion's even tone. The Vinoperfect Serum adds the finishing touch to this treatment, leaving you looking radiant, even and luminous.



Caudalie Body Treatments

Fleur De Vigne Candle Massage Relaxing & Soothing
55 minutes

This massage is a signature Caudalie massage, Under the glow of the soft light of a massage candle that melts into a warm oil, delicately scented with Fleur de Vigne (Grape Blossom), enjoy a unique and relaxing experience where all your senses will be indulged. Tension will be relieved and you will regain your energy.

Relaxing & Nourishing Body Wrap
55 Minutes


A deep nourishing treatment for the body. We will start with a Divine scrub to exfoliate the dead cells followed by an application of Divine Oil and Vine Body Butter for a deep moisture treatment, massaged onto the skin and then wrap to cocoon the skin with hydration. This treatment includes a full scalp treatment for total relaxation.



Wine Makers Massage
An Invigorating and Deep Tissue Massage
55 minutes 

This sculpting massage is Caudalie's signature and recreates the ritualistic steps of the wine-making process on the body. This treatment alternates techniques using bare hands and pressure on the energy paths.

No area of the skin is overlooked; your entire body is stimulated, from the tips of your fingers to the bottoms of your feet. This sculpting massage activates blood circulation and muscle tone. You will leave bursting with energy!

Crushed Cabernet Back Treatment - Stimulates and Firms
55 Minutes 

The indulgent back treatment incorporates one of the most popular scrubs from our Vinotherapie® Spas. This exfoliation technique regains your skin's radiance and softness, providing optimum opportunity for the skin to absorb all the hydrating ingredients to follow. We have developed this scrub with a base of grape-seed, honey, brown sugar and essential oils.

The Caudalie signature massage follows, using the Contouring Concentrate, which stimulates the systems of the body and encourages natural elimination of toxins. An ideal treatment for relieving tension, invigorating your mind and body. Your skin will be left feeling clean, refined and perfectly smooth.

Divine Body Massage - Relaxing and Indulgent
55 Minutes

This treatment incorporates our signature Caudalie massage, featuring our Award-winning Divine Oil. Indulge in the floral, sun-kissed fragrance of Divine oil, while compression techniques gently sooth tension and re-boost your energy.

Your skin will be luxuriously softened, moisturised and wrapped in a delicate fragrance blend of roses, grapefruit, pink pepper, vanilla, cedar and white musk. Complete the treatment with an application of our Vine body butter for instant nourishment. Truly Divine!



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.

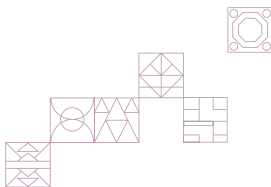
This gentle therapy encourages the body to heal itself at its own pace, tensions are eased, circulation and elimination are improved which promotes a general feeling of well-being.

Pre-Natal Treatment - 55 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 six treatments is recommended following the first trimester of pregnancy.



Taster Treatments

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.

Cranial Massage - 25 minutes

Hand placement on the skull is designed to free energy blockages and promote relaxation. This massage simultaneously stimulates reactions in the whole body, helping to rebalance the energies of the nervous system.

The Des Vignes Back Massage - Soothing and Uplifting 25 minutes

This back massage incorporates our NEW Caudalie massage, using techniques to suit your requirements, relax tight muscles and uplift the mind. The Des Vignes Oil combines subtle notes of honeyed ginger, neroli, orange blossom, white musk and jasmine. The skin is left feeling soft, hydrated and shrouded in the subtle TDV fragrance.

Hand Or Foot Treatment - 25 minutes

A unique treatment to delight your hands or feet - your nails are first filed and then buffed, the whitening effect on your nails is exceptional. This treatment is followed by a scrub and the application of the Moisturising Mask, then, a relaxing hand or foot massage puts the finishing touch on this moment of complete relaxation.

Divine Scrub - Firming - 25 minutes

A glamorous scrub that gently exfoliates your body and helps you regain smooth, fresh skin thanks to brown sugar, grape-seed oil and our Divine Oil. The Nourishing Body Lotion combined with Divine Oil finishes off this treatment and leaves your skin luminous and lightly scented.

Express D-Vine Facial - Instant Glow 25 minutes

Specially designed for men and women who are time short, yet still want results. This express treatment is tailor made to meet the needs of every skin type.

This facial includes: eye and skin cleansing, deep exfoliation, the application of a customized mask, and a hand massage completes this moment of well-being. The experience is completed with serums and moisturisers to meet your individual requirements. Your skin's freshness, comfort and evenness are restored.

Lifting & Firming Eye treatment - Lifting and Firming 25 minutes

This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. It starts with a delicate massage followed by the application of a hydrogel patch concentrated in red vine, horse chestnut and ivy leaf that smooth features, substantially diminishing dark circles and instantly reducing puffiness. The eye contour is lifted and the eyes enhanced.

Your Nails

Includes a Mini Jessica Polish of your choice to take away (excludes Nail Tidy & Re-Varnish).

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.

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
1 hour 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.

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-1 hour 10 minutes
File & Gel	30-45 minutes

We use both Jessica and CND (North Lakes) across the Spas, please check before you visit.



Signature Spa Breaks

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 – 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 feeling 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).

Sunday Night Serenity - One Night

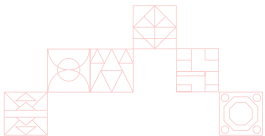
Arrive any time after midday, and make full use of our Spa facilities with an enthusiastic trip to the gym – or, if you're simply with us for relaxation, then settle in to your robe and slippers and start poolside, taking time out to unwind and enjoy the whole experience.

Choose from any one of our Spa Taster Treatments followed by a delicious afternoon tea.

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.

Option to upgrade your Sunday Night Serenity Spa Break to include dinner is available – please enquire when booking.



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 Caudalie Divine Scrub which will get your circulation flowing and leave you feeling completely refreshed. Enjoy some time out relaxing before your Caudalie Express D-Vine 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 Caudalie Crushed Cabernet Back Treatment and two course light lunch, helping you to completely unwind and take away the stresses of everyday life.

Your break includes a three course dinner with coffee in the Restaurant on one night, plus breakfast each morning and two 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.



Tanning

Kissed by Mii

Full Body & Half Body
(Not available at all Spas - please check. 24hr patch test recommended).

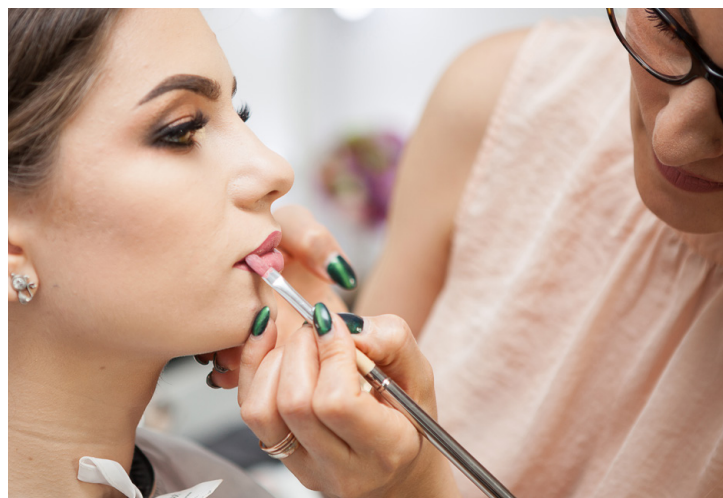
Finishing Touches

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

Make-up Lesson - 55 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.



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 two 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.

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.

Enjoy your chosen Caudalie taster treatment (choice of the Express D-Vine Facial or the cranial massage) and then relax wrapped up on our lounger before spending more time in the Spa, until you're 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 Hotel & Spa Park. (Available Monday - Friday).

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, Afternoon tea plus your chosen Caudalie taster treatment (choice of the express D-Vine Facial or the Cranial massage) you can simply spend a few glorious hours enjoying some me time or with family and friends. (Available from 12pm, Sunday - Friday)

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. (Available Sunday - Friday)

Holistic Heaven - 1 hour 25 minutes

Experience a taste of our holistic treatment offering, starting your day with full use of our Spa facilities, followed by the Caudalie D-Vine Back Face and Scalp Treatment.

After a light lunch take the opportunity to relax and unwind in the Spa facilities and recharge your senses.



Mum & Me - 1 hour 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 one of our 55 minute Caudalie 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 - 1 hour 20 minutes

The perfect Spa Day for those looking for an overall re-charging yet relaxing experience.

Your treatments will commence with the Caudalie Crushed Cabernet Back Treatment. 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 Caudalie Taster Treatments.

Just Results - 1 hour 50 minutes

If you are looking for a Spa Day that delivers immediate results for your skin, then our Caudalie Resveratrol 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 Caudalie Resveratrol Facial - designed to lift and firm. Once you've had some time to unwind post treatment enjoy a 2 course light lunch before completing your Spa day with the relaxing and nourishing body wrap. If you're planning on using the wet facilities, we recommend you do this prior to your treatments to ensure maximum results.

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 the Caudalie Pre-Natal Massage.

Take some well-deserved time out and enjoy a light lunch before finishing your day with the Caudalie Express D-Vine Facial and a Nail Tidy & Varnish - leaving you feeling radiant all over.

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 you indulge in the signature 'Ultimate Face & Body Experience' - 2 hours of pure bliss! Including exfoliation, massage, face and scalp treatment.

After a healthy light lunch, your treatments continue with the aroma spa pedicure and nail tidy and varnish.



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.

Groups

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

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.

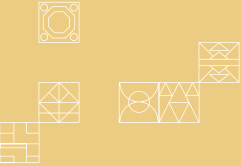
Cancellations

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

- Full pre-payment is taken at the time of booking for all treatments and spa days
- A full 100% cancellation charge will be incurred for any treatments or spa days cancelled with less than 48 hours notice

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 2018, 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.



Cheshire
Cottons Hotel & Spa

t: 01565 622133
e: spatreatments@cottonshotel.co.uk

Cumbria
North Lakes Hotel & Spa

t: 01768 867141
e: spatreatments@northlakeshotel.co.uk

Yorkshire
Thorpe Park Hotel & Spa

t: 0113 204 4333
e: spatreatments@thorpeparkhotel.co.uk

Hampshire
Solent Hotel & Spa

t: 01489 567100
e: spatreatments@solenthotel.co.uk

Bristol
Aztec Hotel & Spa

t: 01454 201019
e: spa@aztechotelbristol.co.uk

Northamptonshire
Kettering Park Hotel & Spa

t: 01536 414790
e: spatreatments@ketteringparkhotel.co.uk



www.spa-and-fitness.co.uk

