

A woman with her hair in a bun is lying on a massage table, resting her head on her hands. She has a peaceful expression with her eyes closed. The background is softly blurred, showing warm lighting and what appears to be a spa setting with candles and bottles.

the  
spa  
treatments

# 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.

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 beautiful, glamorous French skincare range, 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.

## Girl's Night In



Invite your favourite girls and pack your PJs - thank goodness it's Friday.

Head in to the weekend with your besties in 4 star style and comfort - the ultimate Friday night get-together. No need to worry about the weather, what to wear or getting a taxi home - you've got it all covered with our Girl's Night In. Check in to your stylish guest rooms, put your PJs on and settle in for a night of fun and laughter.

The Prosecco will be on ice and we'll serve supper to your door when you're ready. There are DVDs or traditional board games for in-room entertainment, or let us know in advance and we can organise a masterclass for you - from cocktails to pilates or cup cakes to mindfulness, or head to the spa and enjoy 10% discount on all pre-booked spa treatments from the fabulous Caudalie range.

From £89 per person based on 2 sharing.

Visit [houseofdanielthwaites.co.uk](http://houseofdanielthwaites.co.uk) for more information and to book online.

## 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.

## 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.

## Gift Vouchers



The perfect gift, whatever the occasion.

Personalised vouchers in a presentation folder to the value of your choice, a specific treatment or Spa Day.

To buy a gift voucher go to [spa-and-fitness.co.uk](http://spa-and-fitness.co.uk) or just visit the Spa.



# Caudalie Signature Treatments

A woman is lying on her side on a purple massage table, receiving a back massage. Her back is covered in a thick, brown, textured mud mask. Two hands are visible, one on her upper back and one on her lower back, both applying pressure. The woman has her eyes closed and a slight smile, indicating relaxation. The background is a soft, out-of-focus grey.

Ultimate Face & Body  
Experience - 115 minutes

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

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 and 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 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 effects are immediate, your face appears resculpted and feels 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 well-being.

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

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 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 bottom 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 Vinothérapie® 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 uses 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 soothe 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 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 customised 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 is 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. Starting 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 are enhanced.

# Your Nails

Nail Tidy & Re-Varnish  
25 minutes

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

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.

Deluxe Manicure  
55 minutes

A luxury manicure with added treatment to aid a deeper penetration of oils and creams, softening cuticles and improving circulation and soothing stiff joints.

Pedicure  
55 minutes

A treatment pedicure looking at cuticles, nails and hard skin removal which includes a relaxing foot and leg massage finished with perfectly polished toe nails.

Deluxe Pedicure  
1 hour 10 minutes

A luxury pedicure with added treatment to aid deeper penetration of oils and creams, softening cuticles and improving circulation and soothing stiff joints.

## Jessica GELeration / CND Shellac

A strong yet light application of a soak-off gel polish, that gives a long lasting natural finish to your manicure or pedicure.

Professional removal is recommended - we will give you more information throughout your treatment on when it's best to do this.

Manicure	45 - 55 minutes
Pedicure	55 minutes - 1 hour 10 minutes
File & Gel	30 - 45 minutes

We use both Jessica (Aztec, Cottons and Kettering Park) and CND (North Lakes, Solent and Thorpe Park) please check before your visit.





# Signature Spa Breaks

## One Night Spa Break

The perfect antidote to a busy week. Take 24 hours out and check in to 4 star luxury in our fabulous hotel. Unpack your bags and head to the spa, where you can experience a 25 minute Caudalie taster treatment and full use of the amazing spa facilities, including whirlpool, sauna, steam room and 13 metre pool. Additional treatments can be pre-booked with a 10% discount.

Includes overnight accommodation, dinner in the restaurant - £30 per person allowance, breakfast, use of the spa, Wi-Fi and car parking.

**From £129 per person**

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).

Vist [houseofdanielthwaites.co.uk](http://houseofdanielthwaites.co.uk) for more information and book online.

## Two Night Spa Break

Pure rest and relaxation - all wrapped up in a two night luxurious spa break, including lunch, dinner and 2 spa treatments each.

We've planned out the perfect 2-night spa break for you - all you need to do is pack a case and head for 48 hours of pure rest and relaxation. Check in to your stylish guest room, then check out the spa and start to unwind. Two fantastic Caudalie treatments each are included and if you want to add an extra treatment or two, there's a 10% discount if you pre-book.

In the evening tuck in to some delicious dishes in our rosette-awarded restaurant. There's a light spa lunch included on your middle day.

Includes overnight accommodation, one 55 minute and one 25 minute treatment per person, dinner in the restaurant on both evenings - £30 allowance per person, breakfast, light spa lunch on middle day, use of the spa, Wi-Fi and car parking.

**From £249 per person**

One and two night spa breaks are based on 2 people sharing a Signature room and includes VAT. Check in from 3pm, although you can arrive earlier to use the spa and check out by 11am. A 50% non refundable deposit will be required on booking and the remainder payable on arrival. Cancellation after 10am 2 days prior to arrival will incur a charge for the remaining 50%.

Vist [houseofdanielthwaites.co.uk](http://houseofdanielthwaites.co.uk) for more information and book online.

## Sunday Getaway

Make Sunday your new Saturday with our very special room rate and a whopping 25% off everything you spend on food, drinks or spa treatments.

So whether you join us for Sunday lunch, a traditional afternoon tea or a Sunday night feast in the restaurant, you'll be enjoying some great savings and a relaxing treat to end the weekend.

Breakfast, use of the spa, Wi-Fi and car parking are included. All food, drinks and spa treatments charged to your room account will qualify for a 25% discount on check out.

**From £59 per person**

Prices are based on 2 people sharing a Signature room and are per night, including VAT. Check in from 3pm and check out by 3pm Monday. Cancellation can be made up until 10am the day prior to arrival with no charge. Cancellation after this time will incur a charge of the first nights stay.

Visit [houseofdanielthwaites.co.uk](https://houseofdanielthwaites.co.uk) for more information and book online.



# 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

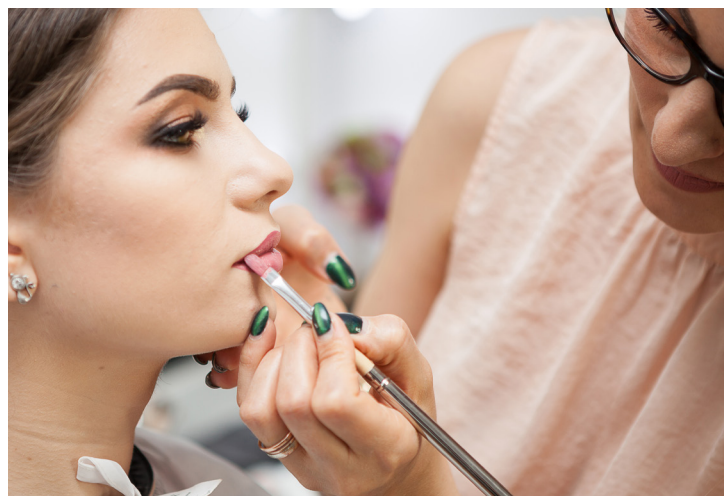
Enjoy a one-to-one make-up lesson giving you professional advice and guidance on application and use of colour.

### 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 spa days of relaxation. Starting 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.

## 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 Cranial massage) and then relax wrapped up on a lounge 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 Chef's Table and a glass of Prosecco... just perfect. Choice of main meal from the Terrace Menu applies at Thorpe Park Hotel & Spa. (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 2 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 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 an 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

Looking for a spa day that delivers immediate results for your skin? Our Caudalie Resveratrol Spa Day is perfect for you. Start 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

Enjoy our tailor-made perfect Pregnancy Spa Day. At this special time it is important to feel nurtured, soothed and relaxed. You can have a relaxing swim in the pool before starting your day with the Caudalie Prenatal 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, 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. To get the most out of your visit, allow 15 minutes to arrive and change before your treatment 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 feel 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

We have specifically designed treatments which can be found on page 8 (Prenatal Body Massage) and page 18 (Journey to New Beginnings Spa Day) providing you with the 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 September 2019, 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.





