



OLD THORNS

HOTEL & RESORT



THE SPA



WELCOME TO THE SPA

Nestled on the edge of the beautiful South Downs countryside, Old Thorns is one of the South of England's most highly regarded resort destinations.

The Old Thorns Spa is an oasis of tranquillity that blends health and wellness. Whether you desire a therapeutic treatment or just wish to indulge in bliss, we're inviting you to relax and rejuvenate in the comfort of our spa with our highly trained team.

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OUR FACILITIES

POOL

Take a dip in our heated, indoor 20 metre swimming pool, perfect for a leisurely swim, or relax poolside on one of our loungers.

GYM

Our 26,000 square foot gym has the wow factor with a wide array of cardio and resistance machines as well as a free weights area, Mega Rack, TRX suspension trainer and even a climbing wall.

RELAXATION ROOM

Our relaxation room is exclusive for spa package guests and is the perfect place to unwind.

VIP TERRACE

Our VIP terrace has stunning views across the golf course and is exclusively for spa package guests only.

OTHER FACILITIES

We also have a range of other superb spa facilities to create an experience you will never forget:

- Sauna
- Steam room
- Hot Tub & Sub-tropical bubble pool
- Foot Spa
- Heated loungers

HOTEL FACILITIES

Bars and Restaurants

Food and drink is a key part of life. This is why we want every meal to be a culinary experience, from the relaxed bar menu in the Sports Bar to our evening meals in the Kings Restaurant, there is something to suit every taste bud. You'll also love our outdoor terraces for when the sun is shining and Oties is definitely worth a visit.

Golf

A round of golf will see you walking in the footsteps of the games greatest players. Jack Nicklaus, Seve Ballesteros, Isao Aoki and Bill Rogers played the opening round back in 1982 and today the par-72 course, with its spectacular views across the South Downs countryside, offers everything a golfer could possibly need. You can book your tee time on our website.

Rooms

Old Thorns offers over 150 spacious hotel rooms and suites, each with elegant décor and all the amenities you'd expect from a 4-star destination. Our popular eco-pods are also a must for those that love glamping!

Apartments

Located overlooking the golf course, Old Thorns' self-catering apartments feature penthouse suites, which can sleep up to 6 people and two-bedroom apartments, that can sleep up to 4 people. All benefit from floor to ceiling windows, allowing natural light to pour in with stunning views across the South Downs countryside.





OUR PARTNERS

natural Spa factory®

Natural Spa Factory supply some of world’s most prestigious spas, boutique hotels and independent retailers with insanely good products that have exquisite ingredients and are made in small batches to keep them in their best condition. They specialise in seasonal, bespoke and private label treatments and collections with products that are made either here in the UK or in the home of scent – France.

They use botanically sourced ingredients derived by nature like herbs, plants and flowers and try to avoid as many nasties as possible. Their products are FREE FROM SLS, MI (Methylisothiazolinone) or MCI and they have not been tested on animals.

What matters most to them? Clean, ethical and conscientious skincare, working for you and your values.

To continue your spa experience at home, most products used in our treatments are available to buy in the Spa Reception.



TEMPLESPA

Your body is a living temple. Honour it, enjoy your life and live it to the full.

TEMPLESPA is a British brand with a Mediterranean soul. Their luxurious, results-driven skincare and spa experiences are a tool in the hand to “spa wherever you are” and most importantly to live, breathe and love who you are. They have an extensive menu of face & body treatments for girls and guys and they guarantee you’ll leave feeling rested, revived and restored – skin, body and soul.



OVERNIGHT BREAKS

Our overnight packages are designed for ultimate relaxation. With dinner, breakfast and your treatments included get ready to unwind in luxury.

WANT TO UPGRADE YOUR STAY?

Take a look at our upgrade options below.

Apartments

Overlooking the golf course, our 14 penthouse suites can sleep up to 6 people, or try one of our 2-bedroom apartments, that sleep up to 4.

Afternoon Tea

We invite you to take tea with us as we promise to provide an ambience filled with charm and grace. Treat yourself to this luxurious experience and indulge in a traditional English delicacy like no other.

Champagne on arrival

Why not treat yourselves to a bottle of champagne in your room on arrival?

For all Sunday night bookings, treatments are to be taken on the Monday. Single occupancy rooms are subject to a £55 charge per night. Full payment required for any additional treatments at time of booking. *All upgrades subject to availability and T&C. Please enquire for prices.



TRANQUIL SPA BREAK

This stunning overnight break combines superb spa facilities and magnificent surroundings to create an experience that you will never forget.

Treatment choices (all 55 mins)

Choose one from:

Body Massage

TEMPLESPA - My Kinda Skin

Soothing Chocolate & Cocoa Bean Self Heating Body Wrap

Ginger, Sweet Orange & Cocoa Bean Body Wrap Vegan Friendly

Manicure or Pedicure

Includes:

- Overnight accommodation
- 2 course dinner
- Full English breakfast
- Full use of Elevation Health Club*
- Use of relaxation room and VIP terrace
- 10% discount for additional treatments
- Room check in from 4pm - departure 11am

*Facility use from 10am on arrival day to 2pm on departure day.



GIRLS NIGHT IN

We all know a night out can be fun, but there are times when a night in can be even better. With this superb package, the girls can savour the best things in life amid the most sumptuous of surroundings.

Treatment choices (all 25 mins):

Choice 1: Body Scrub, TEMPLESPA - The Power Breakfast Facial, Scalp Massage

Choice 2: Express Manicure, Express Pedicure, Hand Ritual, Foot Ritual.

Includes:

- Overnight accommodation
- 2 course dinner
- Full English breakfast
- Full use of Elevation Health Club*
- Use of relaxation room and VIP terrace
- 10% discount for additional treatments
- Room check in from 4pm - departure 11am

*Facility use from 10am on arrival day to 2pm on departure day.



SPA RETREAT

This package is designed to tick all of your boxes from the moment you walk through the door. If you're looking to treat yourself to something particularly special, the serene atmosphere will help you unwind in style.

Treatment choices (all 25 mins)

Choose one from:

Body Scrub

TEMPLESPA - The Power Breakfast Facial

Scalp Massage

Express Manicure or Express Pedicure

Hand Ritual or Foot Ritual

Includes:

- Overnight accommodation
- 2 course dinner
- Full English breakfast
- Full use of Elevation Health Club*
- Use of relaxation room and VIP terrace
- 10% discount for additional treatments
- Room check in from 4pm - departure 11am

*Facility use from 10am on arrival day to 2pm on departure day.



ULTIMATE SPA AND POD BREAK

Enjoy an overnight break that will remain in the memory for a lifetime. With accommodation in a quirky Eco Pod, this is perfect if you're looking for something a little different. Our Pods can sleep up to 2 people in a double or twin layout.

Treatment choices (all 25 mins)

Choose one from:

TEMPLESPA - The Power Breakfast Facial
Scalp Massage
Body Scrub
Express Manicure or Express Pedicure
Hand Ritual or Foot Ritual

Includes:

- Overnight accommodation
- 2 course dinner
- Full English breakfast
- Full use of Elevation Health Club*
- Use of relaxation room and VIP terrace
- 10% discount for additional treatments
- Room check in from 4pm - departure 11am

*Facility use from 10am on arrival day to 2pm on departure day.



SPA AND TRIBUTE

Enjoy the best of both worlds; relaxing in our spa during the day and then dancing the night away at one of our popular tribute events! Strictly over 18s.

Treatment choices (all 25 mins)

Choose one from:

TEMPLESPA - The Power Breakfast Facial
Scalp Massage
Body Scrub
Express Manicure or Express Pedicure
Hand Ritual or Foot Ritual

Includes:

- Overnight accommodation
- Tribute night ticket (includes live act, 3-course dinner and DJ)
- Full English breakfast
- Full use of Elevation Health Club*
- Use of relaxation room and VIP terrace
- 10% discount for additional treatments
- Room check in from 4pm - departure 11am

*Facility use from 10am on arrival day to 2pm on departure day.



PLAY AND RELAX

Opposites attract, so whilst one of you may wish to be out on the golf course, the other may be quite content relaxing in the spa. If this sounds very familiar, then our golf and spa package might just be your perfect break away!

Treatment choices (all 25 mins)

Choose one from:

TEMPLESPA - The Power Breakfast Facial
Scalp Massage
Body Scrub
Express Manicure or Express Pedicure
Hand Ritual or Foot Ritual

Includes:

- Overnight accommodation
- 1 x round of golf OR 1 x spa treatment per guest
- 2 course dinner
- Full English breakfast
- Full use of Elevation Health Club*
- Use of relaxation room and VIP terrace
- 10% discount for additional treatments
- Room check in from 4pm - departure 11am

*Facility use from 10am on arrival day to 2pm on departure day.





WELLNESS BREAK

Relaxation is just around the corner, lay back, relax and unwind with our newest treatments. Choose from our Wellness Bed or Mindful Therapy Bed.

Wellness Bed

We invite you to unwind and recharge with our wellness bed treatment. Close your eyes and be transported into pure relaxation with this unique massage experience. Using warmth, water jets, ambient lighting, sounds and spacious interior, this is a truly unique experience.

Mindful Therapy Bed

Relieve the stresses of day-to-day and slip into a deep relaxation by laying back and relaxing on our Mindful Therapy Bed. Using vibrational therapy and audio frequencies this experience is similar to meditation and is a unique experience new to the Old Thorns Spa. Please note sessions take place one person at a time.

Includes:

- Overnight accommodation
- 2 course dinner
- Full English breakfast
- 20 minute Wellness Bed or Mindful Therapy Bed session
- Full use of Elevation Health Club*
- Use of relaxation room and VIP terrace
- 10% discount for additional treatments
- Room check in from 4pm - departure 11am

*Facility use from 10am on arrival day to 2pm on departure day.



...UPGRADE TO ULTIMATE
LUXURY IN OUR APARTMENTS



FULL DAY SPA JOURNEYS

Encompassing the natural beauty of the Spa at Old Thorns, along with a choice of packages to suit individual needs, we bring to you a choice of Spa Day experiences to create the right well-being to restore your mind, body and soul.

Each package includes full use of our spa and leisure facilities.

CLASSIC SPA DAY

Escaping from the stresses and strains of everyday life is easy at the fabulous Old Thorns. There's a pleasing air of serenity about the whole place, making it perfect for both days off and long weekends away.

Treatment choices (all 25 mins)

Choose one from:

Body Scrub

Scalp Massage

TEMPLESPA - The Power Breakfast Facial

Express Manicure or Express Pedicure

Hand Ritual or Foot Ritual

INDULGENCE SPA DAY

You deserve an opportunity to escape from the pressures of a busy lifestyle every once in a while, and this package is simply too good to turn down. From the moment you arrive at our idyllic hotel and resort, you will be able to unwind like never before. When a retreat like this comes calling, you just have to say yes.

Treatment choices (all 55 mins)

Choose one from:

TEMPLESPA – My Kinda Skin

Soothing Chocolate & Cocoa Bean Self Heating Body Wrap

Ginger, Sweet Orange & Cocoa Bean Body Wrap

Vegan Friendly

Manicure or Pedicure

LUXURY SPA DAY

Prepare yourself for an experience that leaves you thoroughly pampered. No matter how unrelenting your pressures might be at the moment, a day of decadence at Old Thorns will always make things better.

Your spa day includes the following treatments:

Back Massage or Scalp Massage – 25 mins

TEMPLESPA – My Kinda Skin – 55 mins

ULTIMATE PAMPER SPA DAY

Relaxing without a care in the world is easy when you're soaking up the luxury in an oasis of complete calm. This day of full-on indulgence offers the perfect antidote to an increasingly hectic lifestyle. As soon as you arrive, the pressures of the outside world start to fade away. This is a temptation that you really won't want to miss.

Your spa day includes the following treatments::

Body Massage – 55 mins

TEMPLESPA - The Power Breakfast Facial – 25 mins

Express Manicure or Pedicure or Hand or Foot Ritual – 25 mins

To book a spa day visit the deals and packages page on our website or call
01428 738 540

SPA TREATMENTS

WELLNESS BED

Wellsystem Wave therapy
20 minutes

Experience a full body massage without a therapist in the Wellness bed.

Lay back, relax and unwind in our unique wellness massage experience. Using warmth, water jets, ambient lighting, sounds and spacious interior, the soothing warmth and gentle power of the water activates the deeper tissue layers and loosens the entire muscle system, ensuring a full body wellness treatment.

MINDFUL THERAPY BED

Welnamis System
20 minutes

Relieve the stresses of day-to-day and take some time to recharge by laying back and relaxing on our brand new Mindful Therapy Bed.

Unwind as you slip into deep relaxation - this experience makes it possible for even the busiest minds to switch off and relax.

Using vibrational therapy and audio frequencies this experience is similar to meditation. Through headphones, the calming sounds slow down your mental activity allowing you to experience inner peace. The vibrational frequencies act specifically on the energy centers (chakras) of the body creating a unique experience you'll have never experienced before!

BODY WRAPS & SCRUBS

SOOTHING CHOCOLATE & COCOA BEAN SELF HEATING BODY WRAP

55 minutes

This Chocolate Self-Heating Herbal Wrap is formulated with Cocoa Beans and Algae to be stimulating to the skin as well as relaxing and nourishing. This wrap will help the breakdown and drainage of fats for firmer skin. Packed with a wealth of minerals such as magnesium and zinc which are great for detoxifying and cleansing.

Rich in vitamins A, B and E and flavanols – naturally occurring antioxidants which provide fantastic anti-ageing properties.

GINGER, SWEET ORANGE & COCOA BEAN BODY WRAP

55 minutes

This Ginger Herbal Wrap is formulated with 100% natural micronised plants - Ginger, Cocoa & Sweet Orange Peel. This wrap will give a real energy boost, improve a sluggish system, and induce feelings of well-being.

BODY SCRUB

25 minutes

Bursting with both coarse and finely milled sea salt and natural oils, to simultaneously revive tired and dull skin, remove dead skin cells and help even skin tone.





FACIALS

TEMPLESPA | MY KINDA SKIN

55 minutes

A totally bespoke facial designed to suit your personal skin type and your concerns. Your therapist will analyse, prescribe and then tailor a gorgeous facial which will deliver amazing results. To begin with your skin will be cleansed and gently exfoliated* followed by our signature TEMPLESPA face and décolleté massage, an application of a bespoke treatment mask and a prescribed moisture treat. Whilst you drift off your treatment is completed with a choice of a tension relieving hand and arm massage or a divine scalp massage. You will feel amazing and your skin will look so, so good! *Exfoliation may not be appropriate for clients whose skin is sensitised from medical treatments they are undergoing.

TEMPLESPA | GO GUY

55 minutes (Male)

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush cleanse plus exfoliating mask and an energising or relaxing massage. For the finale, a hot stone massage to the neck and shoulders.

TEMPLESPA | MEDITERRANEAN MARINADE

55 minutes

A luxurious facial to help soothe and calm the effects of fatigued, delicate or stressed skin. The secret is in our cooling, calming marinade mask, gentle lymph draining and oh so tranquil face massage.

TEMPLESPA | THE POWER BREAKFAST

25 minutes

Looking for results, now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround topped off with a wake-up scalp massage.

TEMPLESPA | WINDOWS OF THE SOUL

25 minutes

This results-driven eye treatment is designed to deliver speedy results for tired, dull and puffy eyes. A pressure point eye massage lifts, firms and smooths eyes preparing them for the application of Windows Of The Soul; a lightweight anti-ageing eye cream to hydrate, reduce puffiness and treat dark circles.

TEMPLESPA | REPOSE AROMATHERAPY FACIAL

75 minutes

There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage and eye treatment followed with hot oil scalp massage, plus a hand & arm massage. Pure bliss.

TEMPLESPA | LIGHT RELIEF CBD SKIN BOOSTER FACIAL

75 minutes

Feeling and looking stressed out? Our Light Relief CBD skin booster facial is the remedy. This anti-inflammatory treatment brings comfort to fragile and dehydrated skin whilst soothing mind, body, and soul. Starting with a calming face massage and eye treatment and followed with a hot oil scalp massage, plus a hand & arm massage using warmed stones, rest assured you'll leave radiant, glowing and feeling totally chilled out.

TEMPLESPA | TOTALLY QUENCHED AND DRENCHED

75 minutes

This divine treatment includes a cryogenic mask, intense eye therapy, lymph draining & lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron!

TEMPLESPA | PURIFICATION

55 minutes

The perfect facial to spring clean your face. This glorious treatment begins with an effective brush cleanse, followed by a stimulating and detoxifying face massage. Your skin is then exfoliated and a layer of Purification Mud Mask is applied to vacuum out congested and blocked pores, rebalance and remineralise whilst you take it easy and enjoy a deeply relaxing scalp massage. Your complexion is left looking brighter, clearer and full of vitality.



MASSAGE

DE-STRESS MASSAGE

40 minutes - back

A firm back, neck, and shoulder massage. This healing massage helps remove toxins from the body and ease tension in the muscles.

TEMPLESPA | WORK IT OUT

25 minutes - back

55 minutes - body

90 minutes - scalp and body

A detoxifying massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious Work It Out detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a body boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process.

TEMPLESPA | DRIFT AWAY

25 minutes - back

55 minutes - body

90 minutes - face and body

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our aromatherapy resting cream Repose. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away.

TEMPLESPA | IN GOOD SPIRITS

25 minutes - back

55 minutes - body

90 minutes - face and body

An invigorating massage designed to leave you full of vitality. We use an uplifting blend of Mediterranean essential oils including Ginger, Lemon and Bergamot that are carefully chosen to stimulate and refresh the skin, body & soul. The clever massage movements encourage circulation and stimulate the whole body to leave you feeling energised and full of life. Upgrade your experience to 90 minutes to include a mini detox facial. All guaranteed to restore and revive you, putting a spring back into your step!

TEMPLESPA | STRESS NOT (CBD MASSAGE)

25 minutes - back

55 minutes - body

90 minutes - face and body

This calming and anti-inflammatory massage targets muscle pain and melts away tension using the power of warmed stones leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD balm Stress Not naturally eases muscle stiffness and calms busy minds... giving you a moment of blissful respite. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our CBD skin booster facial oil Light Relief.

TEMPLESPA | ROCKS OF THE MEDITERRANEAN

70 minutes - body

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life.

BACK TO NATURE

40 minutes

Step away from the hustle and bustle and keep it simple. Using natural products packed with reviving scents to smother the upper body in intense goodness, escape the stresses of modern urban life. Relax and enjoy a Lime, Basil & Mandarin Scrub to the entire back, followed by a Rosemary & Guarana Body Wrap over the back, Warm Raw Organic Coconut Oil scalp massage. Finished with warm Organic Raw Coconut Oil drizzled onto the back for a back, neck and shoulder massage for ultimate relaxation.

To book a treatment visit the spa page on our website or call 01428 738 540





VIP TREATMENTS

TEMPLESPA | MY KINDA MOOD

120 minutes

Not sure what you'd like? Then this is the ideal treatment. First, we help you choose the aromatherapy fragrance to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent facial. Products and techniques will be bespoke to your wants and needs.

TEMPLESPA | VIP GOLDEN TRUFFLE EXPERIENCE

120 minutes

The ultimate in total luxury. This treatment delivers all over radiance-boosting results starting with a leg energiser and an invigorating full body scrub followed by a relaxing massage using our unique advanced anti-ageing body techniques, both tightening and toning. Add to this our Champagne & Truffles deluxe facial and skin is left glowing, brighter and revived beyond expectation.

TEMPLESPA | CHAMPAGNE & TRUFFLES DELUXE TREATMENT

55 minutes

90 minutes

A luxury facial that combines our Award-Winning truffle skincare with our specialist lifting massage techniques that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. The 90-minute version includes an exquisite cooling alginate mask and rose quartz massage therapy.

FIG & VANILLA BODY RITUAL

90 minutes

This plant-based massage focusses on all areas of concern. Your ritual begins with a gentle full body exfoliation using the Fig & Vanilla Seed Salt Scrub, bursting with both coarse and finely milled sea salt and natural coconut oil. Next, a soothing Candle massage will nourish your skin, leaving it silky smooth, hydrated and smelling incredible. To complete your totally stress-reducing experience we use our coconut melt to massage and soothe the scalp.





MATERNITY TREATMENTS

BUMPS A DAISY MASSAGE

25 minutes - back

55 minutes - body

This massage is designed to sooth away your aches! Grapefruit, mandarin and neroli oils help to ease the effect of water retention, muscle fatigue and encourage a restful night's sleep whilst helping to boost circulation and smooth out stretch marks.

BUMPS A DAISY TOP TO TOE POLISH

25 minutes

Our Bumps a Daisy gentle scrub softens dry skin – an effective cream scrub that will leave skin thoroughly nourished. Packed with olive stone, ho wood and mandarin oils.

BUMPS A DAISY RITUAL

90 minutes

Pregnancy can be stressful for the body. This grounding massage uses vegan-friendly sweet almond oil to evoke feelings of joy. Feel the body and mind unwind, while the natural ingredients support environmental renewal alongside your special birth journey. This treatment begins with a body exfoliation followed by a pregnancy safe massage ending with Bumps A Daisy Moisturiser.

To book a treatment visit the spa page on our website or call 01428 738 540

HOLISTIC

REFLEXOLOGY

55 minutes

Reflexology applies pressure to a range of particular points on your feet that correspond with all the organs, glands, tissues and muscles in your body. This helps improve circulation of blood, oxygen and 'qi' around the body, relieving stress and healing pain in other parts of the body.

NAIL TREATMENTS

PEDICURE

55 minutes

File and shape, hard skin removal, exfoliation, soak, cuticle work, massage and application of nail lacquer.

LUXURY PEDICURE

70 minutes

File and shape, hard skin removal, exfoliation, soak, cuticle work, mask with hot booties, massage and application of nail lacquer.

EXPRESS MANICURE OR PEDICURE

25 minutes

This treatment consists of a file and shape, soak, cuticle work and application of nail lacquer.

FOOT RITUAL

25 minutes

Hard skin removal, exfoliation, soak, massage and application of cuticle oil.

GEL POLISH - EXPRESS PEDICURE

45 minutes

File, cuticle work and application of gel polish.

GEL POLISH - PEDICURE

70 minutes

File and shape, hard skin removal, exfoliation, soak, cuticle work, massage and application of gel polish.

MANICURE

45 minutes

File and shape, exfoliation, soak, cuticle work, massage and application of nail lacquer.

LUXURY MANICURE

55 minutes

File and shape, exfoliation, soak, cuticle work, mask with hot mitts, massage and application of nail lacquer.

HAND RITUAL

25 minutes

Exfoliation, soak, mask with hot mitts, massage and application of cuticle oil.

GEL POLISH - EXPRESS MANICURE

45 minutes

File, cuticle work and application of gel polish.

GEL POLISH - MANICURE

70 minutes

File and shape, exfoliation, soak, cuticle work, massage and application of gel polish.

GEL POLISH REMOVAL

25 minutes

Soak off gel polish.





BEAUTY TREATMENTS

SIENNA X SPRAY TAN - FULL BODY

Head to toe natural looking sunless tan.

SIENNA X SPRAY TAN - HALF BODY

Full leg or upper body sunless tan for a natural glow.

EYEBROW TINT*

Tinting of eyebrow hairs.

EYELASH TINT*

Tinting of upper and lower lashes.

EYELASH AND EYEBROW TINT*

Tinting of lashes and eyebrows.

EYEBROW WAX AND SHAPE*

Shaping eyebrows by waxing, tweezing and trimming.

EYEBROW TINT AND WAX*

Tinting of eyebrows followed by shaping using waxing, tweezing and trimming.

LIP WAX

Removal of hair from lip.

BIKINI WAX

Removal of the hair outside the knicker line.

BRAZILIAN WAXING

Removal of all hair from the bikini area leaving a small strip or triangle at the front.

HOLLYWOOD WAX

Removal of all hair from the bikini area.

HALF LEG WAX

Removal of hair from upper OR lower leg.

FULL LEG WAX

Removal of hair from full leg.

BACK WAX

Removal of hair from back.

UNDERARM WAX

Removal of hair from underarms.

*Patch test required at least 48hrs prior to treatment

TERMS AND CONDITIONS

We reserve the right to change prices or amend packages due to circumstances outside our control. Treatment times are subject to change by the Spa at any time. Some facilities may not be available during your visit.

We do have a male therapist, if this is an issue please inform us before your arrival as this may not be able to be moved on the day, leading to you having to forfeit your treatment without reimbursement.

ARRIVAL

We ask that you arrive 15 minutes prior to your scheduled treatment start time. This is to enable you to complete a pre-treatment medical questionnaire, relax, unwind, and familiarise yourself with the surroundings so the treatment can commence at the allotted time.

If you are on a spa package please come directly to the spa reception, where we can check you in for your treatments and you can collect your robes, we can show you around and get you relaxing.

TREATMENT TIME

Please note that the allotted treatment time includes time for consultation, changing and aftercare advice. Treatment time cannot be extended due to late arrival or toilet breaks during your scheduled treatment. If you arrive more than 5 minutes late for your treatment your treatment will be forfeited without reimbursement.

If you are staying on a Sunday Night your inclusive treatments will be taken on the Monday. Bank Holidays are charged at the weekend rate.

TREATMENT PREPARATION

If you are booked in for a nail treatment with nail lacquer or Gel polish, please make sure that your nails are clear from polish or Gel as this would prevent the therapist from carrying out your treatment. We do offer Gel Polish Removal as an extra treatment if required, this will need to be pre-booked, subject to availability.

If you are booked in for a facial treatment, please remove contact lenses and make-up prior to a facial treatment.

Microblading/Semi-Permanent make-up: Please leave a period of 4 weeks from this procedure being undertaken prior to booking a treatment on this area.
Botox & Fillers: Please leave 4 weeks from this procedure prior to booking a treatment on this area.
Failure to abide by this may result in you forfeiting your treatment without reimbursement.

If you have a disability or any particular care requirements, please ensure you have informed us at the time of booking and on entry to the spa to allow us to help you get the most out of your session safely.
No jewellery should be worn when attending any treatment. We do not accept any responsibility for lost jewellery.
Please ensure that you inform your therapist if you are too hot/cold, if your position is not comfortable or the therapist's pressure is not enjoyable. We will try to adjust techniques to suit you.

AFTERCARE

Please be aware of the possible side effects following treatments/spa experiences which may include drowsiness, excessive thirst, muscle aches and possible minor reactions to essential oils.

MEDICAL QUESTIONS

It is important that you advise us in advance of any health conditions, allergies or injuries which could affect your treatment when making your reservation.
Guests with any infectious conditions, known allergies or are under medical supervision, that we are not advised of upon booking, may be refused treatment without reimbursement.

SPA ATTIRE

Slippers are available to purchase at £2.00 per pair otherwise please bring your own suitable footwear for use around the spa. Robes are available for hire at a cost of £20.00 per robe. This includes a £10 deposit that is refunded when the robe is returned. Spa Package guests will not be charged for the robe as it's included in the package price, but will need to pay the refundable deposit. Robes will not be hired out without a deposit.
Please bring your swimwear for use in the wet spa facilities. Disposable briefs will be provided for body treatments if required.

CANCELLATION POLICY

All spa bookings require full payment at the time of booking. The lead Booker is responsible for the entire reservation, all payments and correspondence are to be made by the lead Booker only.

Spa Overnight Breaks: Cancellations made more than 30 days in advance of arrival date will be charged an administration fee of £35 per person. Cancellations made between 30 and 7 days 50% of the total cost. Less than 7 days 100%.

Spa Days: All cancelled bookings with more than 48 hours notice will be subject to a 10% fee of the total amount. If less than 48 hours notice of cancellation is given you will be charged 100% of the total booking fee.

Spa Treatment Only: Cancellations made within 48-hour notice or for non-arrivals at the allotted time, will be charged in full. No refunds either in part or full can be processed for early departure.

Third-party reservations: We are unable to amend, cancel or refund reservations made via third parties e.g. Spa Breaks, Spa Seekers, or Hotel & Spa Breaks. Please contact the party with whom the reservation was originally made to discuss the terms of your booking.

VALUABLES

Lockers are provided for your use; however, we recommend that you do not bring valuables into the Spa. We do not accept any responsibility for the loss or damage of personal items.

SPA ETIQUETTE

The Spa is designed to be calm, quiet, and relaxing and for this reason, we ask that you respect other spa users by speaking quietly whilst in our relaxation areas. Any rowdy or loud behaviour in any area of the Spa may result in you being asked to vacate the premises. The treatment Spa is an adult-only environment and is open only to persons aged 16 and over. We reserve the right to ask guests to leave without refund if their behaviour is deemed unsuitable in any way towards staff or other guests.
The management reserves the right to close any area of the Spa without prior notice for essential maintenance or on advice by the government to do so, without reimbursement.
Please note: We do employ male and female therapists, please call spa reception on 01428 738 540 to discuss your requirements.





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