

How To SPA

Scheduling

Please note that the times stated are for your experience time. For your comfort, we suggest that you arrive 20 minutes before the scheduled start of your treatment. Regretfully, late arrival may result in reduced treatment time. Lockers, slippers and robes are provided for spa guests.

Suitability

Please be aware pregnancy treatments are not suitable in the first trimester, or those with certain medical conditions. Our staff will be happy to discuss any special needs you may have and advise on which treatments will be most suitable for you. SPA SPC reserves the right to request medical consent prior to treatment if it is deemed necessary.

Facilities

Full use of the Health & Racquet facilities is entitled to retreat guests or for an additional £30.

Booking

To book a treatment or retreat, please phone the Spa Reservations line on **01753 717173** or by emailing spa@stokepark.com. Credit card information and contact number will be requested at the time of booking.

Under 18s

Teenage Packages now available for 14 - 18 year olds.

Cancellations

Please ensure that 24 hours' cancellation notice is given, otherwise the full cost of the treatment will be incurred. This policy also applies if you do not attend a booking.

Vouchers

Gift vouchers are available from the spa. Please ask your Therapist for further information. If you are a voucher holder please present on arrival. Gift voucher expiry dates will not be extended. Vouchers can be purchased by phone, email or at Pavilion Reception.

Smoking

SPA SPC operates a no-smoking policy throughout the building.

Mobile Phones

To minimise disturbance to other visitors, mobile phones, Blackberry's and pagers should be switched off within the spa at all times.

Gratuities

Are at the guests discretion.

Amendments

SPA SPC reserves the right to withdraw or amend any information contained within this menu without prior notification.



Opening Times

Monday - Thursday 09.30 – 21.00

Friday, Saturday and Sunday 09.00 – 19.00

The opening times of the treatment rooms may change due to demand.



SPA SPC, Stoke Park, Park Road, Stoke Poges, Buckinghamshire SL2 4PG

www.spaspc.com

Spa & Salon Treatments

History

SPA SPC is set within the sweeping natural beauty of the thousand year old Stoke Park estate, home of the World renowned Stoke Park.

Since its visionary creation as the first country club in Britain in 1908, Stoke Park has become a unique and accessible fusion of heritage-rich elegance and contemporary luxury, where some of the finest sporting and leisure facilities in the world can be experienced and enjoyed.

Facilities

SPA SPC is situated in the Pavilion building which also houses 28 new contemporary luxury bedrooms, which opened in May 2008 and are ideal for a spa retreat experience. The £20m Spa Pavilion offers a beautiful, modern fusion of energy and serenity facilities including an indoor heated swimming pool complete with hydro-seat Jacuzzi, Italian Marble steam rooms, deep relaxation room, a private atrium with stunning five metre tropical aquarium, SALON SPC, nail bar and boutique and 13 multi surface tennis courts (including six Wimbledon specification grass courts).



SPA SPC

Welcome

to SPA SPC Day & Destination spa

Here at SPA SPC we pride ourselves on offering luxury treatments which transcend you from your everyday hectic lifestyles into tranquil escapism.

We are dedicated to researching and developing new techniques and therapies which ensure our guests are provided with the finest treatments and products from our own skin care brand SPC.

I wish all of our visitors and guests a truly memorable and relaxing spa experience.

Kerry Hole | Spa Manager

Accolades

Top Ten British Spas | Tatler Magazine

Top 100 Best Spas in the World | Harpers Bazaar

Four "Must Visit" Spas in the World | Vanity Fair

Top Ten Spas in Britain | The Daily Telegraph

One Of The Best UK Spa Weekend Breaks | Harpers Bazaar Spa Guide

Top 50 Desirable Spas | Professional Beauty

5* Award | Good Salon Guide

4 Bubble Award | The Good Spa Guide

National Spa Judge - Kerry Hole | Professional Beauty Awards

Welcome

Facials

SPC Active Glow

A prescriptive facial designed to promote glowing, radiant skin. A kiwi seed and pomegranate scrub, rich in anti-oxidants, to deep clean, combined with lymphatic drainage techniques to detoxify and a pressure point scalp massage to relax, to leave you with a radiant, glowing complexion.

(85 minute treatment includes deep tissue facial massage and pressure point reflexology)

55 minutes - £80 | 85 minutes - £110

SPC Luxury Age Defying Facial

A results driven anti-ageing treatment begins with a resurfacing microdermabrasion polish to intensify the exfoliation process. A deep tissue lifting facial massage stimulates the circulation and encourages muscle tone. Special attention is given to the key ageing areas; eyes, neck and décolletage using luxurious anti-ageing ingredients of frankincense and plant collagen.

(85 minute treatment includes an exhilarating back treatment)

55 minutes - £80 | 85 minutes - £110



SPC Soothing Eyes

Dark circles, puffiness and loss of elasticity around the eye area mark the first signs of ageing. SPC's Soothing Eye treatment helps to plump and brighten the delicate skin around the eyes using a synergy of active ingredients including frankincense, rosehip seed oil and argane oil combined with gentle lifting and firming massage techniques.

25 minutes - £50

Crystal Clear Oxygen & Microdermabrasion

Oxygen Therapy is the perfect rejuvenation treatment for ageing skin, it replenishes lost oxygen. Visibly plumping out the lines and wrinkles. The results are immediate but Oxygen Therapy continues to work long after the treatment,. Microdermabrasion has fast become the most talked about facial as it offers a safe and controlled method of skin resurfacing by gently exfoliating the outer layers of skin. An excellent treatment for ageing skin, lines and wrinkles, open pores, blackheads, pigmentation, blemish scars, acne scars, stretch marks.

Microdermabrasion - 25 minutes - £50 ~ Course of 10 - £400

Oxygen Therapy - 25 minutes - £50 ~ Course of 10 - £400

Deluxe Microdermabrasion & Oxygen combination - 55 minutes - £80

Course of 10 - £640

C.A.C.I Quantum (non surgical) Face

Using specific facial techniques in conjunction with a combination of slimming and toning applications, the CACI Quantum works to restore and redefine facial muscles, reducing lines and wrinkles while simultaneously tightening and toning sagging body muscles.

Consultations - free of charge

60 minutes - £70 | 75 minutes - £110

Courses of 10 - £560 / £880

Facials

Body Treatments & Massage

SPC Detoxifying Ginger Scrub

Exhilarating ginger scrub removes the outer layers of the skin preparing it for a detoxifying blend of warm citrus essential oils. Your body is then treated to a generous helping of citrus body cream, a luxurious way to help rehydrate and balance the skin!

55 minutes - £80

SPC Algae Wrap

The body's natural process of removing toxins is stimulated by the use of body brushing to prepare the skin for the application of the powerful synergy of seaweeds and essential oils. Your body is cocooned in heated fleeces to encourage the elimination of impurities, aid digestion, increase energy levels and promote well-being. This active treatment is completed with an abdominal massage to assist with colon cleansing.

55 minutes - £80

SPC White Chocolate Wrap

A decadent and soothing treatment to leave the skin nourished and replenished. A layer of pampering oil and white chocolate cream, full of nourishing butters, vitamins and EFA's, is applied. Your body is then cocooned in heated fleeces, whilst receiving a luxurious foot and scalp massage. This nourishing treatment is completed with a calming massage for the ultimate pampering experience.

85 minutes - £110



SPC Therapeutic Massage

This traditional massage consists of Swedish, lymphatic drainage and therapeutic techniques. A personalised consultation takes place to analyse your concerns and to select which therapeutic oil is used in your treatment.

SPC Pampering – Helps relax the body, still the mind and heal the soul

SPC Cocooning – Helps transcend you into tranquil escapism

25 minutes - £50 | 55 minutes - £80

SPC Deep Tissue Massage

This massage consists of deep tissue and remedial techniques and is strongly recommended for those with aches, pains or muscle tension. A personalised consultation takes place to analyse your concerns and to select which therapeutic oil is used in your treatment.

SPC Active – A stimulating blend to revive and repair your body

SPC Exhilarating – Awaken your senses and lift your spirits

25 minutes - £55 | 55 minutes - £90

SPC Hot Stones Massage

Deep tissue benefits without deep tissue discomfort! Since the birth of time, many ancient cultures have used the healing power of stones for medicinal and spiritual purposes. Enjoy a full body massage with aromatherapy oils and warm volcanic stones which work on the key energy points of your body, balancing the mind, body and soul.

85 minutes - £110

SPC Aromaheat

Using Hawaiian, Balinese and Thai massage techniques to relax and restore tense muscles.

A heated herbal poultice, full of active ingredients, is rolled along the body to create full relaxation. Warm essential oils are drizzled on the body for a pampering hands on massage to promote extended results.

85 minutes - £110

C.A.C.I Quantum (non surgical) Body

The CACI Quantum is the most advanced body treatment system available and features specific programmes for slimming, contouring, cellulite, lymphatic draining, face lifting, wrinkles, acne and scar tissue. Whatever your area of concern, the CACI Quantum has the treatment for you.

Consultation - free of charge

C.A.C.I Body Toning Contouring or Lymphatic Drainage - 35 minutes - £50

Course of 10 - £400

Massage

Pregnancy

SPC Mummy's Tired Feet

Ease away the physical strains on your feet during pregnancy! Sit back in comfort and enjoy an exotic kiwi foot scrub and soothing foot and leg massage, to help increase the circulation in the area's needing attention and reduce swelling and puffiness. This treatment is completed with a luxurious helping of decadent white chocolate cream.

25 minutes - £50

SPC Nurturing Mother to be Facial

Designed for the comfort of the mother to be, enjoy a blissful facial in a seated position – we understand the pains of pregnancy! A kiwi seed and pomegranate scrub, rich in anti-oxidants, will deep clean, combined with the shea butter mask to leave the skin radiant and glowing. A relaxing scalp massage and a cooling foot and leg treatment ensures total relaxation.

55 minutes - £80

SPC Nurturing Mother to be Massage

Consisting of Swedish and therapeutic techniques SPC has thought of all the comfort points to enable you to enjoy a blissful massage in a seated and side position. A personalised consultation takes place to analyse which areas of concern to focus on SPC Cocooning Oil – Leaves you feeling tranquil and blissfully calm

25 minutes - £50 | 55 minutes - £80



Men's

SPC Men's Tonic Facial

Designed to promote clear, radiant skin. Consisting of a deep cleanse using bergamot and menthol combined with a peppermint and orange exfoliation, and pressure point scalp massage enhanced with lymphatic drainage techniques on the face helps detoxify the skin.

55 minutes - £80

SPC Men's Energising Facial

Our men's anti – ageing facial treatment begins with a deep cleansing facial wash containing menthol and seaweed to open the pores. A deep tissue lifting facial massage is completed, to stimulate the circulation and encourage muscle tone to support anti-ageing in the skin. Special attention is given to the ageing areas using ultra rich moisturiser containing ingredients renowned for hydrating and nourishing the skin such as argane oil and plant collagen. The treatment is completed with an exhilarating back massage.

85 minutes - £110

SPC Men's Energising Massage

Focusing on the key areas where men are known to hold tension this massage is strongly recommended for muscle tension and after sporting activities. A personalised consultation takes place to analyse your concerns and to select which therapeutic oil is used in your treatment.

SPC Active – To revive and repair

SPC Exhilarating – To stimulate your senses and lift your spirits

25 minutes - £50 | 55 minutes - £80

Jessica Men's Hand & Nail Grooming

Using the Jessica Manicure system to recondition the hands and nails for a fresh, healthy, and professional appearance, this treatment will result in a totally groomed finish.

25 minutes - £35

Jessica Men's Spa Pedicure

The aroma foot therapy combines natural extracts and botanicals with scientific aromatherapy for perfect results. Tired feet are left revitalised and softened.

25 minutes - £45

Mens

Finishing Touches

Jessica Prescriptive Manicure

Described by New York Times as 'the first lady of nails'. Considered the World's foremost authority on natural nail care. Jessica Nails understands what it takes to achieve and maintain naturally beautiful nails.

- Prescriptive Manicure - 25 minutes - £35**
- French Polish with Manicure - 25 minute - £40**
- Deluxe Manicure - 55 minutes - £55**

Jessica Aroma Spa Pedicure

The aroma foot therapy combines natural extracts and botanicals with scientific aromatherapy for perfect results. Tired feet are left revitalised and softened prior to the application of your chosen colour.

- Prescriptive Pedicure - 25 minutes - £45**
- French Polish with Pedicure - 25 minutes - £50**
- Deluxe Pedicure - 55 minutes - £60**

Acrylic Nails

- Full Set Acrylics Nails | **£50**
- Full Set Overlay | **£30**
- Rebalance | **£30**
- Infills | **£28**

Gel Nails

- Full Set Gel Nails | **£65**
- Full Set Gel Overlay | **£45**
- Rebalance | **£45**
- Infills | **£40**

- Single Extension | **£9.00**
- Single Overlay | **£9.50**
- Single Repair | **£9.00**
- Soak Off | **£25.00**

Brows and Lashes

(All clients must have a tint patch test 24 hours prior to treatment.)

- Eyelash Tint | 20 minutes | **£19**
- Eyebrow Tint | 10 minutes | **£15**
- Eyebrow Shape | 15 minutes | **£15**
- Eyebrow / Lash Tint and Shape | 20 minutes | **£30**

The Perfume Studio

The perfume experience will allow you to indulge your passion for stunning aromas and to create your very own unique fragrance. You can enjoy the experience as a one to one or with friends as part of a group.

- Perfume Consultation and a purse spray - 55 minutes - £55**

Waxing

SPA SPC uses the premium Lycon wax. This wax will prevent hair, breakages, ingrown hairs, redness and the associated painful sting. Amazingly our wax will remove stubborn hair as short as 2mm leaving your skin soft and smooth with no sticky residue.

Sensitive Areas

- Eyebrow | £15 *
- Lip or Chin | £15 *
- Cheeks | £15 *
- Full Face | £30 *
- Under Arm | £15 *
- Bikini | £20 *
- G-String | £20 *
- Brazilian | £35 *
- Hollywood | £35 *

Body Areas

- 1/2 Leg | £28
- 3/4 Leg | £36
- Full Leg | £40
- 1/2 Arm | £18
- Full Arm | £25

Men

- Chest | £40
 - Chest and Stomach | £60
 - Shoulders | £40
 - Back and Shoulders | £60
 - Bottom | £45
 - Full Leg Wax | £40
- * Ideal to use hot wax

Instant Spray Tanning

Everyone likes to feel healthy with a little colour, but we are also aware of the danger of over exposure to the sun. Pigmentation, premature ageing and skin cancer can all be results of excessive sun damage.

- 25 minutes - £36**

Mineral Makeup

Mineral Makeup has become a leading source of products for some of today's biggest names in makeup artistry, and a well-kept secret among Hollywood's top celebrity makeup artists.

- Day / Evening Makeup 55 minutes - £75**

- Bridal Makeup (Trial and Wedding Day) 150 minutes - 2 sessions - £199**

- Makeup Lesson - 55 minutes - £85**

- In Bedroom Makeup - 55 minutes - £80**

Finishing

Salon SPC

Junior Stylist	Stylist	Top Stylist	Head Stylist
	Gentlemen Cut & Blow Dry		
£22.00	£30.00	£35.00	£37.00
	Ladies Cut & Blow Dry		
£40.00	£50.00	£55.00	£57.00
	Blow Dry & Style S/M		
£23.00	£25.00	£28.00	£30.00
	Blow Dry & Style M/L		
£33.00	£35.00	£38.00	£40.00
	ghd Curls		
£33.00	£35.00	£38.00	£40.00
	Hair Up or Style		
£40.00	£45.00	£50.00	£52.00

Junior Stylist	Stylist	Top Stylist	Head Stylist
	Semi Gloss - Short Hair		
£33.00	£37.00	£39.00	£41.00
	Semi Gloss - Long Hair		
£38.00	£42.00	£44.00	£46.00
	Superior Foil Mesh - Parting Foils		
£45.00	£50.00	£55.00	£57.00
	Superior Foil Mesh - Half Head Foils		
£60.00	£65.00	£70.00	£72.00
	Superior Foil Mesh - Three Quarter Foils		
£65.00	£70.00	£75.00	£77.00
	Superior Foil Mesh - Full Head Foils		
£75.00	£85.00	£85.00	£87.00
	Total Permanent Colour - Full Head (mid-lengths & ends)		
£45.00	£49.00	£50.00	£52.00
	Total Permanent Colour - Re-growth only		
£35.00	£39.00	£40.00	£42.00
	Colour Gloss Semi		
£33.00	£37.00	£39.00	£41.00
	Curl Hold - Style Support Bodywave		
£60.00	£70.00	£80.00	£82.00
	Curl Hold - Root Lift		
£50.00	£55.00	£60.00	£62.00
	Wedding Hair Trial Day		
£65.00	£75.00	£85.00	£87.00
	Wedding Party & Brides Package – tailored to suit your needs (poa)		

Optional extras ...to personalise your look

Semi Gloss between foils £20.00

Butler ghd hire service £30.00 (Iron and Products to be returned)

Butler ghd purchase service £150.00 (Iron and Products non-returnable)

Deep Conditioning Hair Treatment £20.00 | Colour Lock £10.00



Salon

Salon SPC

Junior SPC Wet Cuts (excludes Blowdrying)

Junior Stylist	Stylist	Top Stylist
£15.00	£17.00	£20.00 up to 6 years
£25.00	£27.00	£30.00 up to 7 - 13 years
£35.00	£37.00	£40.00 up to 14 - 16 years

Pre Bonded Single Extensions

10 extensions £35	Full Head Lengthening + 10 packs +£350
20 extensions £60	14 Pack £450
Partial 4-5 packs £200	16 Pack £550
Half Head 6-8 packs £300	18 Pack £650

Double Hair Treatment | £350

Double Hair Treatment plus 20 Extensions | £400

Double Hair treatment plus 40 Extensions | £450

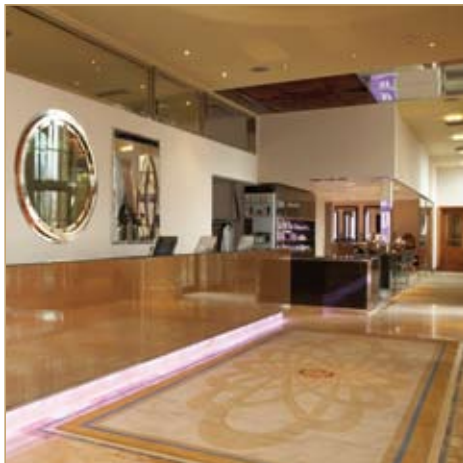
Tidy-up Single Extensions Inc Shampoo Treatment and Blow-Dry | £75

Tidy Double Hair Incl Removal 5 x DH wash & Blow-Dry replace 5 x DH | £125

Removal | £40 per hour

Consultations

If you are considering hair extensions, we strongly recommend a complimentary 15 minute hair consultation. During the consultation we will talk through all aspects of what you want from hair extensions, how to care for them and an exact quote for the service. Consultations are recommended 1 week prior to the appointment booked. On booking any extensions, a 50% deposit is required.



Alternatives

Teeth Whitening

GTW is the safest, fastest, most effective tooth sensitivity free system, professional cosmetic tooth whitening treatment in the world. The system uses LED light and active gels without heat to gently lift staining and discolouration to brighten and lighten your teeth, leaving you with a bright smile!

55 minutes - £199

Shiatsu

Shiatsu is a holistic bodywork therapy from Japan. The treatment is aimed at creating balance within the body which then manifests as 'health'. Shiatsu is a very good to aid to relaxation from both a physical and mental perspective and is also very Effective for relaxing tight muscles. We advise to wear loose fitting clothing for this treatment.

50 minutes - £70

Counselling

Counselling offers a safe, supportive and confidential environment to talk. Counselling can help with issues such as Depression, Stress, Anxiety and Addictions.

50 minutes - £70

Lifestyle Coaching

Lifestyle Coaching is dynamic and goal based. A coach will offer support and motivation. Coaching can help with Diet and Fitness planning, Career progression, and Lifestyle changes.

50 minutes - £70

Physiotherapy

Physiotherapists diagnose and treat disabilities using exercise, heat treatments, manipulation and acupuncture methods. A physiotherapist can help improve movement, muscle function, and pre and post injuries

35 minutes - £55

Alternatives

Alternatives

SureSlim Weight and Wellness

Comprehensive blood tests, Doctors analysis and nutritional advice. Personalised programs for rapid and permanent weight loss.
(women can lose up to 10 lbs / men up to 22 lbs per month).

5 months program - £480

Bodymapping & Style Counselling

Bodymapping is a unique, detailed technique which enables you to understand fully your exact body shape with all its relationships and angles. Based on this and taking into account your lifestyle, personality, aspirations and budget. This will give you not only a blueprint for avoiding expensive wardrobe mistakes.

75 minutes - £150

SPC Hydrotherapy Bath

Lymphatic drainage hydrotherapy bath. A relaxing underwater massage treatment that releases tension and tones the body. Choose from our SPC aromatherapy bath collection exhilarating, active, cocooning and pampering bath oils to suit your mood.

25 minutes - £45



Indian Head

This unique massage, originating from India, will help balance and stimulate vital energy centres, promoting a sense of wellbeing.

25 minutes - £50

Reflexology

Based on ancient holistic principles, Reflexology is a healing art centering on reflex points on the feet that reflect the organs, zones, and energy channels of the body. With gentle pressure and massage applied to areas of tension, congestion and imbalance are eased, re-uniting mind, body, and spirit in a state of deep relaxation.

25 minutes - £50 | 55 minutes - £80

Hopi Ear Candles

The ear connects through the sinuses to the lungs and many problems in these regions can be treated with this technique, including: ear and sinus infections; fluid, pressure, ringing and popping in the ears (great for frequent flyers and chronic rhinitis/sinusitis); snoring and sleep apnoea and sinus headaches and migraines.

25 minutes - £50

Sports and Remedial Massage

A deep tissue intensive massage which utilises traditional techniques and gentle manipulation to boost circulation and relieve muscular aches and pains. Regular treatment is particularly beneficial for the prevention and treatment of sports injuries and can assist in boosting athletic performance.

55 minutes - £80 | 85 minutes - £110

Alternatives

Couples

Don't wait until Valentines!

Treat someone special today.

Couples SPC Therapeutic Massage

This traditional massage consists of Swedish, lymphatic drainage and therapeutic techniques. A personalised consultation takes place to analyse your concerns and to select which therapeutic oil is used in your treatment.

SPC Pampering – Helps relax the body, still the mind and heal the soul.

SPC Cocooning – Helps transcend you into tranquil escapism.

55 minutes - £180

Couples SPC Active Glow Facial

A prescriptive facial designed to promote glowing, radiant skin. A kiwi seed and pomegranate scrub, rich in anti-oxidants, to deep clean, combined with lymphatic drainage techniques to detoxify and a pressure point scalp massage to relax, to leave you with a radiant, glowing complexion.

55 minutes - £180



Couples SPC Hot Stones

Deep tissue benefits without deep tissue discomfort! Since the birth of time, many ancient cultures have used the healing power of stones for medicinal and spiritual purposes. Enjoy a full body massage with aromatherapy oils and warm volcanic stones which work on the key energy points of your body balancing the mind, body and soul.

85 minutes - £240

Bedroom Butler Service - for residential guests

Butler Bath service - £30 (Hire)

Butler ghd purchase service - £119 (Iron non-returnable)

Butler ghd hire service - £30 (Iron & Products to be returned)

55 minute Therapeutic Massage (In bedroom, subject to room size) - £90

Day / Night Makeup (In bedroom) - £85

Teenage Treatments

for Junior Guests - Available from 14yrs - 18yrs

Teens SPC Facial

Using our unique SPC products this treatment is a combination of deep cleansing and gentle exfoliation, along with a detox mask, ideal for teenage skin.

25 minutes | £50

Teens Pedicure

The aroma foot therapy combines natural extracts and botanicals with scientific aromatherapy. Feet are left polished and softened and finished with an application of your chosen Jessica colour.

25 minutes | £45

Couples

Teenage Treatments

for Junior Guests - Available from 14yrs - 18yrs

Teens Manicure

This Jessica Manicure includes a nail shape, hand massage, nail analysis and an application of your chosen Jessica colour.

25 minutes | £35

Teens Makeup Lesson

Whether it's for a special occasion or you just wish to experience a makeup lesson and expand your knowledge, we offer a wide variety of colours and makeup to suit your individual needs.

55 minutes | £65

Suggested Additional Add Ons

Add any of the below 25 minute treatments to for spa experience or Retreat for the perfect finish - £50

SPC Hydrotherapy Bath • Microdermabrasion • Oxygen Therapy
Blow Dry and Style • Spa Make Over • Spray Tan



Retreat Packages

All luxury retreats include a welcome drink on arrival, two course light lunch, full use of the spa, health and racquet facilities for the day.

SPC Karma Retreat

SPC Hydrotherapy Bath

Lymphatic drainage hydrotherapy bath: a relaxing underwater massage treatment that releases tension and tones the body. Choose from our SPC aromatherapy bath collection exhilarating, active, cocooning and pampering bath oils are specially selected to suit your mood.

SPC Therapeutic Massage

This traditional massage consists of Swedish, lymphatic drainage and therapeutic techniques. A personalised consultation takes place to analyse your concerns and to select which therapeutic oil is used in your treatment

£155

SPC Pure Indulgence Retreat

SPC Body Therapy Massage

This traditional massage consists of Swedish, lymphatic drainage and therapeutic techniques. A personalised consultation takes place to analyse your concerns and to select which therapeutic oil is used in your treatment -

SPC Pampering – Helps relax the body, still the mind and heal the soul

SPC Cocooning – Helps transcend you into tranquil escapism

SPC Luxury Age Defying Facial

A results driven anti-ageing treatment begins with a resurfacing microdermabrasion polish to intensify the exfoliation process. A deep tissue lifting facial massage stimulates the circulation and encourages muscle tone. Special attention is given to the key ageing areas, eyes, neck and décolletage using luxurious anti-ageing ingredients of frankincense and plant collagen.

£190

Retreats

The Ultimate Spa Retreat

SPC Active Glow Facial

A prescriptive facial designed to promote glowing, radiant skin. A kiwi seed and pomegranate scrub, rich in anti-oxidants, to deep clean, combined with lymphatic drainage techniques to detoxify and a pressure point scalp massage to relax, to leave you with a radiant, glowing complexion. This 85 minute treatment includes deep tissue facial massage and pressure point reflexology.

SPC Aromaheat Massage

Using Hawaiian, Balinese and Thai massage techniques to relax and restore tense muscles. A heated herbal poultice, full of active ingredients, is rolled along the body to create full relaxation. Warm essential oils are drizzled on the body for a pampering hands on massage to promote extended results.

SPC Therapeutic Hydrotherapy

Lymphatic drainage hydrotherapy bath: a relaxing underwater massage treatment that releases tension and tones the body. Choose from our SPC aromatherapy bath collection exhilarating, active, cocooning and pampering bath oils are specially selected to suit your mood.

SALON SPC Wash, blow dry and style

£320



Nurturing Mother-to-be Retreat

Unsuitable during the first trimester.

SPC Nurturing Mother To Be Facial

Our beautifying and luxurious facial has been specially designed for the mother-to-be to pamper and nourish using natural ingredients to calm and replenish your skin. This is a facial experience, using pure hands on therapy helping you glow from the inside out, including a leg and foot treatment.

Jessica Deluxe Aroma Spa Pedicure

An extension of the Aroma spa pedicure to include heated booties to deeply condition and soften areas of hard skin and a nourishing foot mask to alleviate tired, heavy legs prior to the application of your chosen colour.

£165

Tonic for Gentlemen Day Retreat

SPC Hydrotherapy Bath

Lymphatic drainage hydrotherapy bath: a relaxing underwater massage treatment that releases tension and tones the body. Choose from our SPC aromatherapy bath collection exhilarating, active, cocooning and pampering bath oils are specially selected to suit your mood.

SPC Aromaheat

Using Hawaiian, Balinese and Thai massage techniques to relax and restore tense muscles. A heated herbal poultice, full of active ingredients, is rolled along the body to create full relaxation. Warm essential oils are drizzled on the body for a pampering hands on massage to promote extended results.

£185

Personal Touch Options

Choose two or more treatments from our individual treatment list to design your own retreat, enabling you to have lunch and full use of the facilities for a cover charge of £30 (treatment choices charge as per tariff).

Pamper