



SPC SPA, Stoke Park, Park Road, Stoke Poges, Buckinghamshire SL2 4PG
www.stokepark.com 01753 717173

Spa & Salon Treatments
2010

History

SPC SPA 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

SPC SPA is situated in the Pavilion building which also houses 28 contemporary luxury bedrooms which 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-seats, Italian marble steam rooms, deep relaxation room, a private atrium with stunning five metre tropical aquarium, SALON, nail bar and boutique and 13 multi surface tennis courts (including six Wimbledon specification grass courts).



Welcome to SPC SPA Day & Destination Spa

Here at SPC SPA 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 skincare brand SPC.

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

Sophie Mullings | Head of Treatments

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

Welcome

Facials

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 - £80

SPC Collagen 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.

(includes an exhilarating back treatment)

85 minutes - £110



Upgrade Treatment - 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.

15 minutes - £25

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 - £80 | 75 minutes - £110

Courses of 10 - £560 / £880

Intensive Hydro-Mask - 15 minutes - £25

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 Aromatherapy 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

55 minutes - £80 | 85 minutes - £110

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 antioxidants, will deep clean, combined with the shea butter mask to leave the skin radiant and glowing. A relaxing scalp massage 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

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

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 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.

- Reshape and Varnish - 25 minutes - £25**
- Prescriptive Manicure - 40 minutes - £45**
- French Polish with Manicure - 55 minutes - £50**
- Deluxe Manicure - 75 minutes - £65**

Jessica 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.

- Reshape and Varnish - 25 minutes - £30**
- Prescriptive Pedicure - 40 minutes - £50**
- French Polish with Pedicure - 55 minutes - £55**
- Deluxe Pedicure - 75 minutes - £70**

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

SPC SPA 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 | £40 *

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 - £40**

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**

Please note: Please be aware clients booking manicures, pedicures and waxing only, will not receive use of the changing rooms or facilities.

Finishing

Teenage Treatments

for Junior Guests - Available from 14yrs - 16yrs

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 | £35

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 | £30

Teens Manicure

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

25 minutes | £30

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



Couples

Don't wait until Valentines!

Treat someone special today.

Half a bottle of champagne and a fruit platter for every couple that book to share prior your treatment.

(Treatments will be in separate rooms.)

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

Couples

Retreat Packages

All luxury retreats include a welcome drink on arrival, two course light lunch and 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 Aromatherapy 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

1 hour 20 minutes | £155

SPC Pure Indulgence Retreat

SPC Aromatherapy 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 Collagen 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.

2 hours 20 minutes | £175

SPC Time Ritual Retreat

Choose any TWO of the following 55 minute treatments...

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.

SPC 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!

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.

SPC Aromatherapy 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

1 hour 50 minutes | £165



pamper

The Ultimate Spa Retreat

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.

SPC Collagen 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.

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!

Jessica Prescriptive Manicure OR Pedicure

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.

4 hours | £295



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 Prescriptive 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.

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

2 hours 35 minutes | £190

Tonic for Gentlemen Day Retreat

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.

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.

2 hours 20 minutes | £175

Upgrade Treatment

A manicure or pedicure can be added to our retreat packages.

Retreats

Salon

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

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

Junior SPC Wet Cuts (excludes Blowdrying)

Stylist	Top Stylist	
£17.00	£20.00	up to 6 years
£27.00	£30.00	up to 7 - 13 years
£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

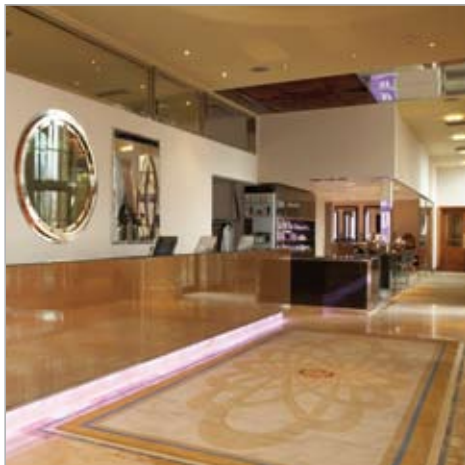
Tidy-up Single Extensions Inc Shampoo Treatment and Blow-Dry | £75

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

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 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.

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

How To SPA

Arriving in Time to Maximise your Experience

You are advised 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 so you may take time to enjoy our facilities prior to your treatment. Lockers, slippers and robes are provided for all retreat guests. Arriving late will deprive you of precious minutes of your treatment time.

About your Health

Please notify us if you are pregnant when booking your treatments. We have designed treatments with products and techniques that are safe for pregnancy after the first trimester. If you have any allergies, let us know when booking your treatment. If you have any concerns regarding your health or body, please communicate with your therapist. For health and safety reasons there may be an instance where SPC Spa requests medical consent prior to treatment.

Continuing your Experience at Home

As part of your complete experience, our trained staff will gladly recommend a skincare routine to enable you to continue your treatment benefits at home. Our products are available to buy directly from the spa.



How to Book

To book your treatments, please phone Spa Reservations on **01753 717173** or email **spa@stokepark.com**. Credit card details are required to secure an appointment. Clients who wish to change or cancel an appointment are asked to give 24 hours notice otherwise the treatment will be charged. This policy also applies if you do not arrive for your treatment.

Gift Vouchers

Beautifully presented gift vouchers are available for a monetary value or for one of our retreat packages and can be purchased from reception; this solves the 'what-to-buy dilemma' for that special occasion, an anniversary surprise, birthday treat or just because you care! If you are a voucher holder please present on arrival. Gift voucher expiry dates cannot be extended.

Peace of Mind

We endeavour to provide you with a tranquil, relaxing and reviving environment. We therefore request that you respect the needs of fellow clients by leaving your mobile phones and pagers in your locker. Smoking is not permitted on the premises.

Amendments

This menu is subject to change without prior notification. The SPC Spa will always offer a suitable alternative.

Opening Times

Monday - Thursday 09.30 – 21.00

Friday, Saturday and Sunday 09.00 – 19.00

The opening times of the treatment rooms may be subject to change.

