

# THE RETREAT - SPA DAY PACKAGES

## Sunrise or Sunset

Half day Spa Package - £99

Choose between an 8am or 2pm arrival and enjoy:

- Full use of thermal suite for 2 hours
- Complimentary Robe, towel and slipper hire
- Breakfast OR Cream Tea based on arrival time
- 1x 25 minute treatment of choice

Choose your treatment between:

- Reynolds Back, Neck & Shoulder massage
- Reynolds Scalp and Decollete Massage
- Reynolds Express Full Body Exfoliation
- Reynolds Deep Cleansing Back Cleanse
- Reynolds Soft Feet Treatment & Foot Massage
- Caudalie D-Vine Facial
- Mii File and Polish on fingers OR toes

## Mum To Be Experience

Full day Spa Package - £199

- Breakfast
- Use of facilities
- Complimentary Robe, towel and slipper hire
- Afternoon Tea with non-alcoholic Prosecco
- 2x treatments totalling 1 hour 20 minutes  
Caudalie Pre Natal Full Body Massage &  
Caudalie D-Vine Facial Treatment

## Days Escape

Full day Spa Package - £129

- Full use of facilities including thermal suite and gym
- Complimentary Robe, towel and slipper hire
- Cream Tea
- 3x treatments totalling 40 minutes  
Reynolds Mini Scalp Massage Treatment,  
Reynolds Mini Back Massage Treatment  
And Caudalie Mini Facial Treatment

## Wellbeing Detox or Relax Spa Day

Full day Spa Package - £239

- Full use of facilities including thermal suite and gym
- Complimentary Robe, towel and slipper hire
- 2 course lunch including a glass of Meophams Sparkling Wine OR a Smoothie
- 2x treatments totalling 2 hours 10 minutes  
Caudalie Contouring and Detox Wrap OR  
Caudalie Relaxing & Nourishing Wrap  
& Caudalie Vinoperfect Facial Treatment

## Days Discovery

Full day Spa Package - £179

- Breakfast
- Full use of facilities including thermal suite and gym
- Complimentary Robe, towel and slipper hire
- Afternoon Tea
- 2x 25 minute treatments of choice

Choose two treatments from:

- Reynolds Back Neck & Shoulder Massage
- Reynolds Scalp & Decollete Massage
- Reynolds Soft Feet Treatment and Foot Massage
- Reynolds Express Full Body Exfoliation
- Reynolds Deep Cleansing Back Cleanse
- Caudalie D-Vine Facial
- Mii File and Polish on fingers OR toes

## Complete Melt Away

Full day Spa Package - £259

- Breakfast
- Full use of facilities including thermal suite and gym
- Complimentary Robe, towel and slipper hire
- 2 course lunch including a glass of Meophams Sparkling Wine
- 2x treatments totalling 2 hours 25 minutes  
Caudalie Vinohydra Facial &  
Sensory Sleep Complete Wellbeing Full  
Body Massage Treatment

# THE RETREAT - TREATMENT LIST

## Eye Treatments

Eyebrow Tint	15 mins	£14
Eyelash Tint	15 mins	£20
Eyelash & brow Tint	30 mins	£24
Eyebrow Wax & Tint	30 mins	£22
Elleebana Lashlift	55 mins	£49

## Waxing

Eyebrow Tidy	15 mins	£10
Eyebrow Wax	15 mins	£13
Full Leg including Bikini Wax	55 mins	£40
Full Leg Wax	40 mins	£32
3/4 Leg Wax	25 mins	£24
1/2 Leg Wax	20 mins	£20
Standard Bikini Wax	15 mins	£17
Extended Thong Bikini Line	15 mins	£21
Under Arm Wax	15 mins	£12
Full Arm Wax	25 mins	£22
Half Arm Wax	20 mins	£19
Chest or Back Wax	40 mins	£28

## Premium Hot Wax

Lip Wax	15 mins	£12
Chin Wax	15 mins	£12
Lip & Chin Wax	15 mins	£18
Eyebrow Wax	15 mins	£15
Standard Bikini Wax	15 mins	£20
Brazilian Wax	40 mins	£35
Hollywood Wax	55 mins	£40
Underarm wax	15 mins	£14

## Mii by Jessica Hands & Feet

Mii File & Polish on Hands or Feet	25 mins	£20
Mii Manicure	40 mins	£32
Mii Deluxe Manicure	55 mins	£38
Mii Spa Pedicure	55 mins	£37
Mii Spa Deluxe Pedicure	70 mins	£42
Mii Callus Peel including File & Polish	25 mins	£30
Add On Mii Callus Peel	15 mins	£15
Gel Removal	25 mins	£20
Gel Add On	15 mins	£12

## Thermabliss Shell Massage

Thermabliss Shell Back, Neck & Shoulder	25 mins	£52
Thermabliss Shell Full Body	55 mins	£82
Thermabliss Muscle Repair Back Neck	25 mins	£52
Shoulder Thermabliss Muscle Repair Full Body	55 mins	£82

## Sensory Sleep Collection

Sensory Sleep Full Body Massage	55 mins	£82
Sensory Sleep With a touch of Thermabliss Massage	70 mins	£99
Sensory Sleep Complete Wellbeing Full Body Massage	85 mins	£119

## Caudalie Facials

Premier Cru Facial - Ultimate Anti-Aging	55 mins	£85
Resveratrol Facial - Firming, Lifting & Anti-Aging	55 mins	£80
Vinopure Anti-Blemish Facial	55 mins	£75
Vinoperfect Radiance Facial	55 mins	£75
Vinohydra Hydrating Nourishing & Soothing Facial	55 mins	£75
Express D-Vine Facial	25 mins	£44

## Caudalie Treatments & Massages

D-Vine back, Face & Scalp Treatment	85 mins	£109
Crushed cabernet Exfoliating Body Treatment	55 mins	£69
Divine Relaxing & Soothing Full Body Massage	55 mins	£82
Divine Relaxing & Soothing Back, Neck & Shoulder Massage	25 mins	£52
Contouring & Invigorating Detox Wrap	55 mins	£86
Relaxing & Nourishing Wrap	55 mins	£86
Caudalie Pregnancy Full Body Massage	55 mins	£86
Caudalie Pregnancy Back Massage	25 mins	£52

## Reynolds Treatments & Massages

Reynolds Back, Neck & Shoulder Massage	25 mins	£46
Reynolds Full Body Massage	55 mins	£69
Reynolds Deep Tissue Back, Neck & Shoulder	25 mins	£53
Reynolds Deep Tissue Full Body Massage	55 mins	£75
Reynolds Scalp & Decollete	25 mins	£39
Reynolds Soft Feet Treatment & Foot Massage	25 mins	£39
Reynolds Express Full Body Exfoliation	25 mins	£39
Reynolds Deep cleansing Back Treatment	25 mins	£42

## Alternative Treatments

Hopi Ear Candling	40 mins	£44
Indian Head Massage	40 mins	£52
Reflexology	55 mins	£58
Crystal Healing, Reiki & Full Body Massage	70 mins	£82
Blended Aromatherapy full Body Massage	70 mins	£82

## Spa Day Treatment Upgrades

### Upgrade your Reynolds Back Massage

Thermabliss Back Massage	£8
Reynolds Deep Tissue Back Massage	£8
Caudalie Relaxing & Soothing Back Massage	£8

### Upgrade your Reynolds Back Massage (Additional 25 mins)

Reynolds full Body Massage	£22
Reynolds Deep Tissue Full Body Massage	£28
Thermabliss Full body Massage	£30
Caudalie Divine Full Body Massage	£35

### Upgrade your Reynolds Express Exfoliation

Caudalie Crushed Cabernet Full Body Treatment	£25
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### Upgrade your Caudalie Express D-Vine Facial (Additional 25 mins)

Caudalie Vinopure, Vinoperfect or Vinohydra Facial	£30
Caudalie Resveratrol Lifting Facial	£35
Caudalie Premier cru Ultimate Anti-Aging Facial	£40

