

INGLEWOOD HOUSE

Spa Brochure

An Unforgettable Experience Awaits You …

From the first sight of Inglewood House, you know you have arrived somewhere truly special. From the grandeur of the grade A listed Jacobean mansion to the luxury of our Spa, Inglewood House is a perfect place to relax in style.





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Autumn Spa Packages

Available from 1st September – 30th November

All Spa Packages includes full use of our thermal spa experience, a luxurious robe and slippers during your visit.

Glow Ritual Spa Day

Take time to pause with a relaxing autumn escape designed to restore hydration, comfort and radiance to skin.

A comforting express facial using nourishing cleansers, gentle exfoliation, heated mitts and a deeply hydrating mask to restore moisture, soothe the skin and leave your complexion glowing (25 minutes).

Complete your experience with a woodland tea* in our spa café.

Autumn Cocoon Spa Day

Wrap yourself in warmth with a restorative spa experience created to ease seasonal fatigue, relax tired muscles and leave you feeling grounded and relaxed.

A warming back, neck and shoulder massage combined with a hydrating express facial using heated towels and nourishing products to relieve tension, restore wellbeing and promote deep relaxation (50 minutes).

Complete your experience with a woodland picnic box* in our spa café.

Serenity Ritual Spa Day

The ultimate seasonal retreat, combining luxurious facial therapy with deeply relaxing massage techniques to leave both body and mind completely restored.

An indulgent facial and upper body ritual featuring eye cleanse, double face cleanse, exfoliation, antioxidant-rich masks, lymphatic drainage massage, heated eye pillow, scalp massage and targeted hydration to nourish the skin, relieve tension and encourage total relaxation (80 minutes).

Complete your experience with a two Couse lunch in our spa café.

**** Upgrade to afternoon tea for £17.50pp***







Winter Spa Packages

Available from 1st December – 28th February

All Spa Packages includes full use of our thermal spa experience, a luxurious robe and slippers during your visit.

Warmth Ritual Spa Day

Recharge tired muscles with a comforting spa experience designed to melt away tension and leave you feeling warm, relaxed and restored.

A deeply warming massage using comforting massage oils to ease muscular tension, improve circulation and relieve stiffness, leaving the body feeling relaxed, soothed and cocooned in warmth (25 minutes).

Complete your experience with a winter fireside tea* in our spa café.

Restore & Renew Spa Day

Restore both skin and mind with a luxurious facial experience designed to nourish, hydrate and relieve the stresses of the colder months.

A deeply hydrating facial featuring nourishing cleanses, gentle exfoliation, a Himalayan face and scalp mask, heated mitts, jade comb scalp massage and a heated eye pillow to ease tension, strengthen the skin barrier and promote complete relaxation (50 minutes).

Complete your experience with a winter picnic box* in our spa café.

Winter Sanctuary Spa Day

The ultimate winter indulgence, designed to cocoon your body in warmth while restoring both physical and emotional wellbeing from head to toe.

A luxurious full-body experience including body brushing and exfoliation, heated mitts, hot stone back massage, lower leg and foot ritual, nourishing foot mask with heated boots and an extended neck, shoulder and scalp massage to ease muscular tension, improve circulation and promote complete inner wellbeing (80 minutes).

Complete your experience with a two-course lunch in our spa café.

**** Upgrade to afternoon tea for £17.50pp***







Group & Hen Packages

If you are looking for the perfect location to celebrate your hen or special occasion then, look no further than Inglewood House and Spa.

Sparty Package

Our Group/Hen Party Package includes a 25-minute spa treatment, use of spa facilities, robes, slippers and one of our famous afternoon teas with a glass of prosecco.

Choice of treatment: back, neck and shoulder massage, facial or Indian head & scalp massage

Mon-Thur - £79pp, Fri-Sun - £89pp

Overnight Pamper Package

Includes an overnight stay in a woodland lodge with your own private hot tub (min 4 people), 25min spa treatment, use of spa facilities, robes and slippers. From only £109pp

Weekend Pamper Package

Includes a 2-night weekend stay in a woodland lodge with your own private hot tubs (minimum 4 people), 25-minute spa treatment, use of spa facilities, robes and slippers for only £225pp

Don't Forget to add on:

Cocktail Masterclass - £32.95pp
Cocktail Masterclass with Mini Disco - £37.95pp
Cocktail Masterclass with Mini Disco and Canapés - £49.95pp
Private Dining – from £34.95pp
High Tea - £25.95pp
Afternoon Tea - £25.95pp
BBQ Buffet - £21.95pp



Thermal Suite at Inglewood House

Express Treatments

(All treatments are 25 minutes)

Salt & Oil Scrub

An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy

Back, Neck & Shoulder Massage

Personalised to your unique needs, a targeted massage with pure aromatherapy blends and relaxes tense muscles, re-energises your body and calms your mind

Express Facial

Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant

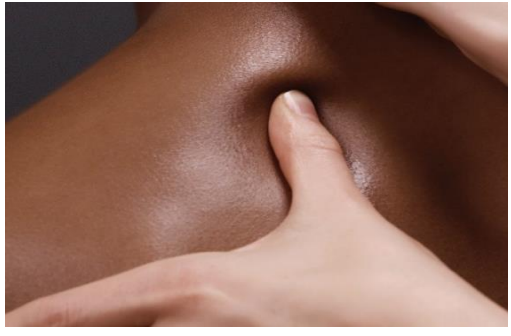
Invigorating Foot Treatment

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage

Indian Head (Scalp) Massage

A calming scalp, neck and shoulder massage designed to melt away stress. Gentle yet effective techniques stimulate circulation, ease muscle tension and leave you feeling relaxed, refreshed and rebalanced







ESPA Facials

(All ESPA Facials are 50 minutes)

Reveal skin that glows each day with natural health and beauty.

By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends.

Results are both instant and long-lasting - skin looks clear, radiant and inner calm is blissfully restored.



ESPA Inner Beauty Facial

Deeply cleanse, hydrate and renew with this instant result facial

Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored



ESPA Regenerating Facial

Visibly dimmish wrinkles and fine lines with this powerfully age-defying facial

Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened, and your skin is left feeling beautifully refined, soft and supple.



Massage

High performance therapies to relax and recharge

ESPA Inner Calm Massage - 50/80 minutes

Carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation

Hot Stone Massage - 50/80 minutes

Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated

Deep Tissue Massage – 50/80 minutes

Specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect

Swedish Massage - 50/80 minutes

Traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe

Body Treatments

Revitalising therapies to exfoliate and hydrate

Back, Face & Scalp Treatment- 80 minutes

Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant

*Pre & Post-Natal Relax & Restore – 25/50/80 minutes**

Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation

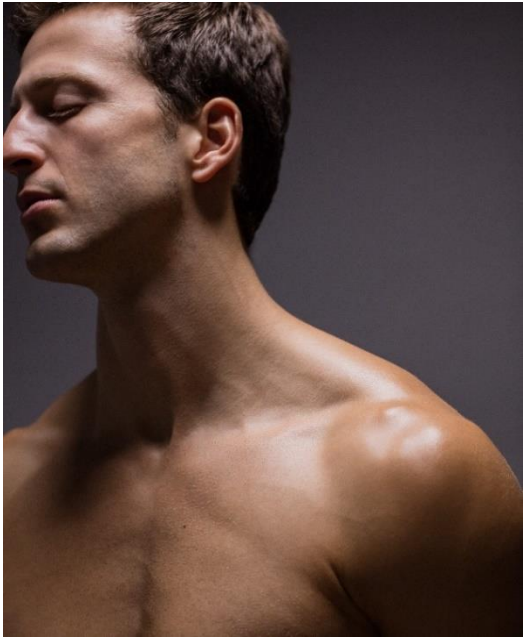
Body Wrap - 50 minutes

Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm

Bamboo Massage - 50/80 minutes

Designed for tired, stressed and overworked muscles. Warm bamboo tools allow for deeper pressure than hands alone, melting away stubborn knots, improving circulation, and supporting lymphatic drainage

*Suitable for expectant mothers





Time for Men

Our face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs

ESPA Deep Cleansing Facial - 50 minutes

Tailored to your exact needs, TriActive™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

Deep Tissue Massage - 50/80 minutes

Specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect.

Muscle Reviver - 50 minutes

Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised and a positive mindset is restored.







Beauty Salon

Luxury Manicure

Sip on a delicious, refreshing mocktail while your hands are exfoliated, warmed and massaged. Finishing your nails with cuticle clipping, filing and polishing

Luxury Pedicure

Sip on a delicious, refreshing mocktail while sat in our luxurious pedicure thrones. Indulge your feet with this relaxing pedicure including a revitalising foot soak, exfoliation, heated booties and massage. Finishing your nails with cuticle clipping, filing and polishing

Waxing

From legs to eyebrows, our Spa provides you with quick and professional precision waxing treatments performed to the highest standards

Tinting

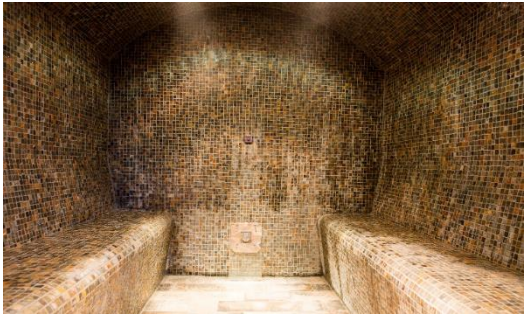
Eyebrow tint is a form of semi-permanent hair-dye formulated specifically for use on the eyebrows. Within our Spa we offer:

- Eyebrow Tint
- Eyelash Tint
- All About Eyes - includes Eyebrow Shape, Tint and Eyelash Tint

Full details are available upon request. A patch test is required for all tinting treatments 24 hours prior to your scheduled treatment







Leisure Club

Within Inglewood House, we have created a luxurious, boutique Spa & Leisure Club, providing the perfect place to let your cares dissolve away, restoring harmony to your body and mind.

From the exquisite décor to the hand crafted, Italian Lemi spa beds no expense has been spared in creating the ultimate experience for our guests.

Our Spa & Leisure Club features: Spa café, 5 indulgent treatment rooms (including a couples treatment room), beauty salon, pedicure thrones, and sumptuous relaxation room.

It also includes a state-of-the-art gym suite equipped with Technogym and a fabulous thermal suite including a steam room, sauna, infrared sauna and hot tile beds.

Don’t forget to experience our hot tub! There is nothing better than when you slip into an outdoor hot-tub and immediately feel warm and cosy no matter what the external temperatures is.

Private Hire

Inglewood House Spa is the perfect place to celebrate a special occasion or just relax and indulge with friends, family or colleagues. Exclusive hire can be arranged for a wide variety of events for up to 20 guests.

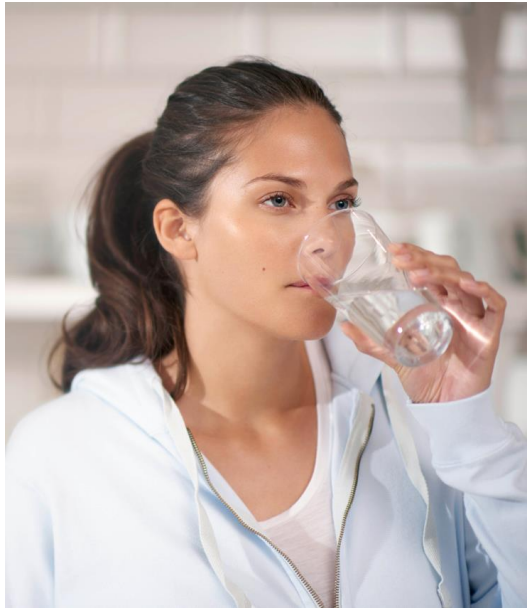
Leisure Club Membership

Join our Leisure Club and discover our great facilities, friendly atmosphere plus some exclusive member benefits.

Leisure Club Membership Tariffs		
£10 joining fee for new members	Monthly	Annually
Full Single (Full membership for one person)	£39.50	£434
Full Joint (Full membership for one person and partner)	£69.50	£764
Off Peak Single (Membership for one person during off peak hours)	£29.50	£324
Off Peak Joint (Membership for one person and partner during off peak hours)	£49.50	£544
Corporate (Must present proof of employment)	£35.00	£385

In addition to access to our fantastic facilities, your Leisure Club membership includes a number of exclusive discounts and benefits:

- 10% off Spa treatments
- 10% off Restaurant Food & Beverage
- Preferential Discount on Private Dining & Functions





Gift Vouchers

Give the gift of Inglewood House this Christmas…

What if we told you that you don't even need to step foot in the shops to buy unique and fabulous presents? It's true!

You can now purchase your vouchers online for our range of specific luxury gift experiences

- Go to www.inglewoodhouseandspa.co.uk and click on 'Gifts'
- Pick and purchase your gift experience voucher from our list
- Choose to have your vouchers delivered to your home, or, if time is of the essence, have an e-version emailed straight to your inbox within the hour







Spa Price List

Express Treatments	Mon-Thur	Fri-Sun
Salt & Oil Scrub - 25 mins	£46	£49
Back, Neck and Shoulder Massage - 25 mins	£46	£49
Express Facial - 25 mins	£46	£49
Foot Treatment - 25 mins	£46	£49
Indian Head (Scalp) Massage - 25 mins	£46	£49
Pre & Post-Natal Relax & Restore - 25 mins	£46	£49

Facials	Mon-Thur	Fri-Sun
ESPA Inner Beauty - 50 mins	£69	£75
ESPA Regenerating - 50 mins	£69	£75
ESPA Deep Cleansing Facial (Men) - 50 mins	£69	£75

Massage	Mon-Thur	Fri-Sun
ESPA Inner Calm - 50/80 mins	£69/£92	£75/£99
Hot Stone - 50/80 mins	£69/£92	£75/£99
Deep Tissue - 50/80 mins	£75/£99	£82/£106
Swedish - 50/80 mins	£69/£92	£75/£99
Muscle Reviver (Men) - 50 mins	£69	£75

Body Treatments	Mon-Thur	Fri-Sun
Back, Face & Scalp – 80 mins	£92	£99
Add hot stones treatment (25 mins) for £29		
Pre & Post-Natal - 50/80 mins	£69/£92	£75/£99
Body Wrap - 50 mins	£85	£89
Bamboo Massage – 50/80 mins	£69/£92	£75/£99

Combination	Mon-Thur	Fri-Sun
50 min Massage & 50 min Facial	£119	£125

Spa Packages

Autumn Spa Packages	Mon-Thur	Fri -Sun
Glow Ritual Spa Day	£83	£89
Autumn Cocoon Spa Day	£113	£119
Serenity Ritual Spa Day	£135	£145

Winter Spa Packages	Mon-Thur	Fri -Sun
Warmth Ritual Spa Day	£83	£89
Restore & Renew Spa Day	£113	£119
Winter Sanctuary Spa Day	£135	£145

Beauty Salon

Manicure and Pedicure	Mon-Thur	Fri-Sun
File and Polish – 25 mins	£29	£35
Luxury Manicure – 50 mins	£65	£69
Luxury Pedicure – 50 mins	£65	£69

Tinting	
Eyebrow Tint	£19
Eyelash Tint	£19
All About Eyes	£39

Waxing	
Full Leg	£49
½ Leg	£39
Underarm	£19
Full Arm	£39
Eyebrow	£19
Lip/chin	£19
Back	£49
Chest/ stomach	£39

Private Hot Tub Hire

From 6pm-7.45pm (Sunday-Thursday) we offer private use of our Hot Tub for £175 (up to 7 people)!

For Friday and Saturday evenings, enjoy a cocktail masterclass and/or private dining in our Spa Café and add on private hire of our hot tub!
Please email events@inglewoodhouseandspa.co.uk for more information and prices.

Useful Information

To make a booking

We advise guests to book in advance to avoid disappointment on the day. At the point of booking, you will be asked to provide a 50% non-refundable deposit to secure your appointment.

Your arrival

Please arrive at least 15 minutes prior to your scheduled booking to allow time to relax in the spa lounge. You will also be requested to complete a consultation form prior to your treatment - this is treated with the strictest of confidence. Spa package guests should also allow time to change into their robes. Please be aware that some of our refreshments may contain nuts and other allergens, if you have any dietary requirements, please make us aware at the point of booking.

Late arrivals

Late arrival will shorten your treatment time, but it will still be charged at the full price.

Personal belongings

All leisure club and spa package guests are provided with a locker. Guests receiving a spa treatment can take personal belongings into the treatment room with them. We regret that we cannot take responsibility for any loss or damage to your personal articles.

Cancellations

Please be advised that the full treatment cost will be incurred if less than 72 hours' notice is given of a cancellation, postponement or non-arrival. More than 72 hours before, your appointment can be rescheduled, or a voucher given for deposit.

For group bookings, a minimum of 7 days is required for appointment postponement or cancellation.

What facilities can I use if I have booked a spa package?

All spa packages include use of our leisure club. Use of the leisure club is not included within individual treatment bookings. The Spa reserves the right to close any of the facilities at any time for engineering or maintenance works. Expectant mothers and those having waxing are advised not to use any hot facilities. A minimum of 24 hours must be left between waxing and using hot facilities.

What to bring and what to wear

We provide all hotel and spa package guests with a spa robe and slippers. Please ensure that you bring swimwear which must be worn while using the wet facilities and suitable gym attire must be worn if you wish to use the fitness centre.

Health concerns

Please let us know prior to your treatment if you have any concerns regarding your health or wellbeing. If you are pregnant, please advise us at the point of booking so we can advise you on treatments that are safe during pregnancy.

Spa etiquette

To maintain the serene ambiance of the Spa, and with respect for our other guests we ask you not to use mobile phones or cameras while using our facilities.

Children

Children under the age of 16 are not permitted in Spa unless supervised by an adult and agreed in advance with management.

Gift vouchers

Lost or stolen vouchers cannot be replaced. Vouchers cannot be extended past their expiry date. Damaged vouchers can only be redeemed if the serial number is clearly visible. Gift vouchers are non-refundable.



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