



# 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

Restore and nourish in a complete sense with this inspired collection of personalised treatments from world-renowned spa experts ESPA





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## *Winter Spa Packages*

Available from 1<sup>st</sup> December – 29<sup>th</sup> February

All Spa Packages include use of spa facilities, a luxurious Inglewood House robe and slippers during your visit.

### *Frosted Glow*

Brighten up this season.

Rehydrate and refresh tired winter skin and bodies with a 25-minute ESPA treatment designed to leave you feeling bright and revitalised.

Includes 1 hour of access to our thermal suite and hot tub.

Paired with our Winter Cream Tea – a freshly baked scone, clotted cream, winter berry jam, and your choice of warm seasonal tea.

### *Fireside Retreat*

The cosiest way to unwind this winter...

Choose a 50-minute Winter spa treatment – from a warming massage to a skin-softening body wrap or facial – tailored to your seasonal needs.

Includes 1 hour access to our thermal suite and hot tub.

Then enjoy a warming bite: pigs in blankets roll and a hot mulled apple shot for the ultimate festive treat.

### *Winter Warmer*

Wrap yourself in warmth and wellbeing this Winter!

This 80-minute indulgent ESPA ritual begins with a full-body exfoliation to smooth and refresh winter skin, followed by a comforting warm oil massage to melt tension and restore calm. Finish with a glow boosting facial designed to hydrate and rejuvenate.

Includes 1 hour of spa access to our thermal suite and hot tub.

Complete your visit with our festive afternoon tea - warm scones, mini mince pies and seasonal sweet treats served with your choice of tea or mulled spice infusion.

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



## *Spring Spa Packages*

Available from 1<sup>st</sup> March – 31<sup>st</sup> May

All Spa Packages include use of spa facilities, a luxurious Inglewood House robe and slippers during your visit.

### *Radiance*

Brighten, revive & refresh!

Give tired eyes and mind a gentle lift. This soothing 25-minute experience begins with an eye cleanse using cooling location, followed by a hydrating facial cleanse and collagen under-eye mask designed to reduce puffiness and fatigue. While the mask works its magic, melt into a calming scalp massage. Includes 1 hour access to our thermal suite and hot tub and our Spring cream tea\* in our spa café.



### *Serenity*

50-minutes of deep relaxation for body & mind...

Unwind with a warm stone back, neck and shoulder massage, easing tension and encouraging deep relaxation. The treatment continues onto the legs and feet using ESPA fitness oil to soothe aching muscles and restore comfort from head to toe.

Includes 1 hour access to our thermal suite and hot tub. Enjoy a warming soup & toastie (Cheese or Ham) \* in our spa café.



### *Zen Ritual*

A ritual for complete tranquillity.

Sink into one of our luxury throned chairs and enjoy a full 80-minute ritual starting with a warm jacuzzi foot soak and collagen under eye patches. Your feet are exfoliated, treated with a nourishing mask, then cocooned in warming booties while you drift away with a calming head massage. Finished with a slow, soothing foot and lower leg massage that leaves you floating. Includes 1 hour access to our thermal suite and hot tub and Spring afternoon tea in our spa café.

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



## *Hen/Group Packages*

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

### *Sparty Package*

Our Hen Party/Group Package includes a 25-minute ESPA Spa treatment, use of spa facilities, robes, slippers and one of our famous Inglewood Houses Afternoon Teas with a glass of prosecco.

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

Mon-Thur - £79pp, Fri-Sun - £85pp

### *Overnight Pamper Package*

Includes an overnight stay in a woodland lodge with private hot tubs (min numbers required) 25min ESPA spa treatment, use of spa facilities, robes and slippers. From £109pp

### *Weekend Pamper Package*

Includes a 2-night weekend stay in a woodland lodge with private hot tubs (minimum numbers required), a 25-minute ESPA spa treatment, use of spa facilities, robes and slippers for £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 - £24.95

Afternoon Tea - £24.95





Thermal Suite at Inglewood House

# ESPA Express Treatments

(All express treatments are 25 minutes)

*Salt & Oil Scrub - Revive skin's natural softness and glow with this intensely exfoliating treatment*

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 - Ease tension where you need it most with this fast-acting de-stressing treatment*

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

*Express Facial - Reveal clear, refreshed, naturally beautiful complexion with this 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 - Revive tired feet and soothe those aches and pains*

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.



# 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.

*Inner Beauty Facial - Deeply cleanse, hydrate and renew with this instant results facial*

Tailored to your skin's precise needs. Tri-Active™ formulas work immediately to transform your complexion while pure aroma therapeutic oils encompass your mind.

*Optimal Skin Health Facial - Visibly revive skin's natural beauty, balance and health*

This intelligent facial harnesses nature's most potent actives alongside high performance massage to deeply cleanse, refine and hydrate skin. You emerge with a smooth, profoundly nourished complexion, glowing with natural health.

*Active Nutrients Glow - Dull, lethargic complexions are brightened and refreshed*

Using sweeping Gua Sha massage stimulating the lymphatic and circulatory systems to help boost the flow of blood; this invigorating nutrient-rich treatment feeds your skin so your face glows with vitality.



## *Massage*

High performance therapies to relax and recharge

### *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.

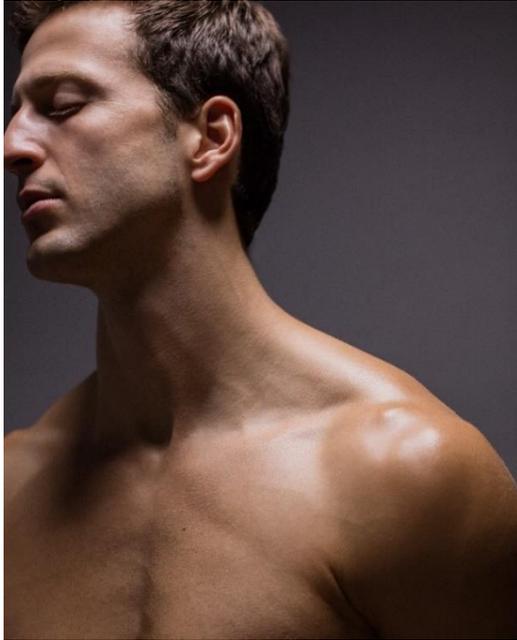
### *Pre & Post-Natal Relax & Restore – 25/50/80 minutes\**

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.

\*Suitable for expectant mothers



## *Time for Men*

Our ESPA 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

### *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 - 45 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*

Eye-brow 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.



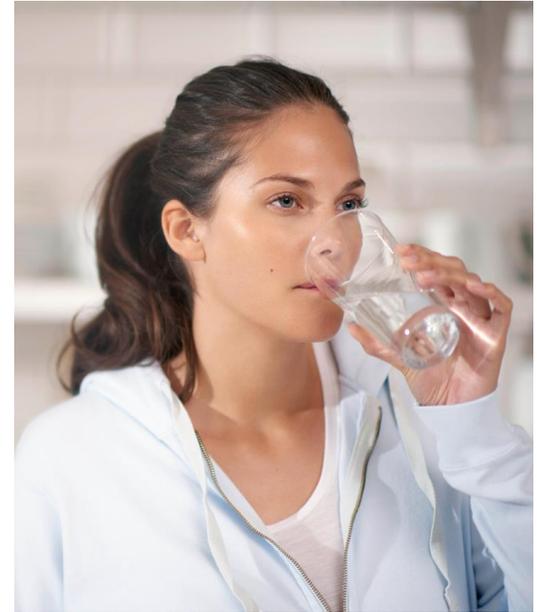
# Leisure Club Membership

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

Leisure Club Membership Tariffs		
	Monthly	Annually
<b>Full Single</b> (Full membership for one person)	£39.50	£434
<b>Full Joint</b> (Full membership for one person and partner)	£69.50	£764
<b>Off Peak Single</b> (Membership for one person during off peak hours)	£29.50	£324
<b>Off Peak Joint</b> (Membership for one person and partner during off peak hours)	£49.50	£544
<b>Corporate</b> (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
- Priority Notice of Events and Promotions



## 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](http://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

### ESPA Express Treatments

	Mon-Thur	Fri-Sun
Salt & Oil Scrub - 25 mins	£42	£45
Back, Neck and Shoulder Massage - 25 mins	£42	£45
Express Facial - 25 mins	£42	£45
Foot Treatment - 25 mins	£42	£45
Pre & Post-Natal Relax & Restore - 25 mins	£42	£45

### ESPA Facials

	Mon-Thur	Fri-Sun
Inner Beauty - 50 mins	£65	£69
Active Nutrients Glow - 50 mins	£65	£69
Intense Regenerating - 50 mins	£65	£69
Deep Cleansing Facial (Men) - 50 mins	£65	£69

### ESPA Massage

	Mon-Thur	Fri-Sun
Inner Calm - 50/80 mins	£65/£89	£69/£95
Hot Stone - 50/80 mins	£65/£89	£69/£95
Deep Tissue - 50/80 mins	£69/£95	£77/£99
Swedish - 50/80 mins	£65/£89	£69/£95
Muscle Reviver (Men) - 45 mins	£65	£89

### Body Treatments

	Mon-Thur	Fri-Sun
Back, Face & Scalp – 80 mins	£89	£95
Add hot stones treatment (25 mins) for £29		
Pre & Post-Natal - 50/80 mins	£65/£89	£69/£95
Body Wrap - 50 mins	£79	£85

### Combination

	Mon-Thur	Fri-Sun
ESPA 50 min Massage & 50 min Facial	£114	£119

## Spa Packages

### Winter Spa Packages

	Mon-Thur	Fri-Sun
Frosted Glow	£79	£85
Fireside Retreat	£109	£115
Winter Warmer	£129	£139

### Spring Spa Packages

	Mon-Thur	Fri-Sun
Radiance	£83	£89
Serenity	£113	£119
Zen Ritual	£135	£145

## Beauty Salon

### Manicure and Pedicure

	Mon-Thur	Fri-Sun
File and Polish – 25 mins	£25	£29
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 £150 (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](mailto: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.

## *Treatment courses*

Courses are available on selected treatments. Treatments purchased as a course can only be used by one person. Courses are non-transferable and non-refundable. Courses of treatment are valid for 6 months from the date of purchase.

## *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. For spray tanning, please bring loose fitting dark coloured clothing and flip flops as some of the bronzer can rub off on your clothing after the treatment.

## *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 Lotus 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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Hotel • Restaurant • Spa

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