

spa at the manor

Here at the Manor Hotel, together with Germaine de Capuccini, we pride ourselves in providing luxury treatments in a relaxed atmosphere. Our spa treatments are provided by professional health and beauty therapists and are a great way for you, your friends and family to unwind. From our boutique facials and massages to exfoliating, detox and body therapies for an all-over body glow, we have something for everyone.

T R E A T M E N T L I S T

SPERIENCE FULL BODY AROMA MASSAGE £70.00 / £75.00

55 Minute Treatment

A Feng Shui inspired massage

Based on traditional Chinese philosophy, our Sperience Elements massage is specifically catered for you by matching one of our 5 active oils to your zodiac sign. During this sensual massage, your therapist will relieve tension and negative energy throughout your body. Oil blend choices of Relax, Detox, Energize, Hydrate and Stimulate.

BODY ELEMENTS BACK, SCALP & FACE MASSAGE £60.00 / £65.00

BODY ELEMENTS BACK MASSAGE £35.00 / £40.00

40 Minute Treatment / 25 Minute Treatment

A traditional massage combined with Obsidian and Onyx semi precious stones

Take refuge with our elements massage, combining traditional 'hands on' massage with pindas, Obsidian and Onyx stones, reflex points and muscular areas prone to tension. Through a brief sensory smell selection, choose one of our 5 pre-blended oils: Relax, Revitalise, Hydrate, Energize or Detox. This therapy will leave your mind, body and soul balanced and re-harmonised.

BAOBAB SCALP MASSAGE £20.00 / £25.00

15 Minute Treatment

Stress relieving neck & scalp massage

A nourishing and moisturising neck and scalp massage utilising the benefits of ethically sourced baobab seed oil. A highly effective stress relieving experience ideal to add to any face or body treatment.

MEDITERRANEAN WARM CANDLE MASSAGE £70.00 / £75.00

55 Minute Treatment

A warming and nourishing full body massage

Choose one of our Mediterranean inspired massage candles; Lavender, Olive or Citrus which will be burned while you enjoy a relaxing pinda massage.

The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

ENERGIZING LEG THERAPY £35.00 / £40.00

25 Minute Treatment

A perfect treatment for tired, achy legs. This treatment commences with exfoliation and is followed by a massage to the legs. It finishes with a touch of dreamy legs gel, leaving you radiant and walking on air.

MUSCLE REVIVER - BACK, NECK & SCALP £55.00 / £60.00

40 Minute Treatment

Traditional massage combined with deep heat massage gel

Take refuge with our reviver massage, combining traditional 'hands on' massage with a deep heat massage gel to elevate muscular areas prone to tension. Through a brief sensory smell selection, choose one of our 5 pre-blended oils: Relax, Revitalise, Hydrate, Energize or Detox. This therapy will leave your mind, body and soul balanced and re-harmonised.

Please note that midweek (Mon to Fri) and weekend (Sat & Sun) prices vary.

Call us for bookings:

01676 522735

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T R E A T M E N T L I S T

BAMBOO BODY EXFOLIATION £35.00 / £40.00

25 Minute Treatment

An invigorating exfoliation to energise the skin

Using extracts of sustainably sourced bamboo combined in a nourishing cream to hydrate the skin, whilst gently removing the dead skin cells, complete with spritz of hydrating Jeju water.

BAOBAB SEED BODY EXFOLIATION £35.00 / £40.00

25 Minute Treatment

A luxurious exfoliation to nourish and protect the skin

Using the seed of the baobab combined with the nourishing oil to gently exfoliate and hydrate the skin - our best-selling exfoliator for the body.

SPA PRESCRIPTIVE FACIAL £60.00 / £65.00

55 Minute Treatment

Suitable for all skin types

Our spa prescriptive facial is designed to suit your skin needs, treating all skin types and concerns including stress, hydration, skin balancing and dryness. Your facial commences with skin analysis, warm pinda welcome touch and warm towel aroma inhalation of oils based with ylang-ylang and lavender to relax your mind and body. Followed by deep cleanse, exfoliation, application of serums and creams are then massaged in the face, neck and decollete area. A mask is then applied to target and treat your skin needs, followed with a scalp massage and complete with rosehip oil, moisturisers and awakening protocol.

BOUTIQUE FACIAL £35.00 / £40.00

25 Minute Treatment

Suitable for all skin types

Nourish and revitalise the skin with this quick but very effective facial treatment. The components of this treatment such as rosehip oil and O2 scrub are selected to directly and effectively give your skin a relaxed and fresh glow.

GLYCOCURE RENEWING PEEL £20.00

15 Minute Treatment

Exfoliation peel to renew the skin at the deepest level

An advanced exfoliation peel to eliminate dead skin cells, detoxify the dermis and reduce congestion. Formulated with Alpha Hydroxy Acids (AHAs), wrinkles and pigmentation are reduced and the skin is left more balanced and hydrated, enhancing the effects of subsequent treatments.
(after treatment the client must avoid exposure to sunlight for 3-4 days)

HOPI EAR CANDLE £30.00 / £35.00

25 Minute Treatment

Suitable for pregnancy

Our relaxing Hopi Ear Candle works like a chimney by drawing impurities to the surface, where they can be gently removed. Beneficial to sinus and migraine sufferers and those who travel a lot.

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T R E A T M E N T L I S T

TIMEXPERT COLLAGEN EYE-FIX £20.00 / £25.00

15 Minute Treatment

Express eye treatment to reduce puffiness, lines and wrinkles

Utilising our exclusive Micro-Dermoxine Complex and Azarole Buds, results are seen immediately after this 15 minute flash treatment. Lines and wrinkles are filled in and puffiness is reduced, rejuvenating the eye contour. In just a single session, 87% of clients have reduced wrinkles*, increasing to 100% after a course of 4**.

**Self-assessment test on 67 individuals after 1 treatment*

***Self-assessment test on 15 individuals after 4 treatments*

EXPRESS MANICURE £35.00 / £40.00

25 Minute Treatment

A manicure to tidy up the hands which includes filing and moisturising. The treatment ends with adding a coloured polish or strengthener.

EXPRESS PEDICURE £35.00 / £40.00

25 Minute Treatment

Warmed aromatherapy oils nourish and condition neglected feet and nails. The extra-rich hydration replenishes heels, lavishing a rich and healing action on your skin.

BOOKING AND TREATMENT ADVICE

CANCELLATION T&C'S

For individual treatment bookings, a £15 fee is charged upon booking by way of deposit. Please note that we require at least 24 hours' notice should you wish to cancel or change your Spa appointment. Any appointments that are not cancelled within this time frame will be fully chargeable.

ARRIVAL

Please come to the Spa at least 10 minutes prior to your appointment to register and complete our health questionnaire. Late arrival may lose you some of your precious time. Please note, a 15 minute consultation period is required in addition to the treatment times displayed. Please ensure that you arrive on time for your treatment to allow this consultation period to take place.

Treatments for those under the age of 16 are restricted to manicures and pedicures only and require parental consent via signature prior to the treatment.

GIFT VOUCHERS

Personalised gift cards are available, please call us on 01676 522735 for further information. All vouchers are valid for 6 months only. We also offer a 'TreatCard' loyalty scheme which can reward you with free treatment time within our Spa.

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