

**The
Manor & Ashbury
Hotels**

Book online today:


 manorhousehotel.co.uk

or call:

 0800 458 3026

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Health & Beauty Treatments

The Manor & Ashbury Hotels

OKEHAMPTON | DEVON



Our Health & Beauty Treatments

Why not complete your break by indulging in a luxury treatment during your stay at the Manor House & Ashbury Hotels?

Our treatments provide you with the perfect escape from your busy programme of activities and will give you the opportunity to relax and nourish mind, body and soul.

We offer an outstanding choice of treatments, all using the highest quality products. We have partnered with Spa Find to offer non-comedogenic, skin friendly formulas, blending natural de-ionised water with pure Dead Sea minerals and organic plant extracts. Spa Find products contain allergen free fragrance and no parabens, genetically modified organisms or animal ingredients.



SPA FIND FACIAL SKIN THERAPY

BESPOKE BEAUTY

£55

50 MINS

Combining Spa Find's Mineral Base Renewed Radiance and Balanced Beauty ranges, your therapist will analyse your skin to ensure we combat all of your personal concerns, from dry to oily skins types, acne prone skin, oily t-zones and even targeting tired eyes.

SLEEP THERAPY DREAM FACE MASSAGE

£55

50 MINS

Be taken to new levels of relaxation with this sensory face massage, formulated to relax your mind and body to help improve the length and quality of your sleep. Using organic Lavender oil with sleep-easy massage techniques to help your mind and body wind down.

MINI FACIAL

£30

25 MINS

A little TLC for the skin. All the benefits of a full facial with cleansing and exfoliation. A mini facial massage will leave your skin refreshed and glowing.

DOUBLE MUD FACIAL

£55

50 MINS

A hydrating facial, which is excellent for tired, dull and sallown skin. It begins with a greetings massage, followed by a facial incorporating two mud masks to dramatically refine the skin's texture and deeply relax you. Dead sea black mud is used where needed to give immediate visible results.

DON'T FORGET
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YOUR SPA
TREATMENTS

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SPA FIND MINERALIZING BODY THERAPY

HEAVENLY HYDRATION

£40

45 MINS

Our full body exfoliation combining Pure Dead Sea Salts to remove dead skin cells and revive texture, Vitamin E to aid skin repair and protect, and Coconut Oil to nourish and promote a soft, smooth feel. Finish with a warming body lotion to secure hydration.

RENEWED RADIANCE

£40

45 MINS

Our full body exfoliation designed to remove dead skin cells, leaving tired and mature skin glowing and youthful. Combined with plant extracts (Borage), Evening Primrose and Cranberry Seed.

INDULGENCE WARM MUD ENVELOPE TREATMENT

£40

45 MINS

Our warm black mud body wrap is designed to detoxify the body, decrease the visibility of stretch marks, and nourish the skin, leaving it feeling conditioned and soothed. Helps to relax aching muscles and joints. Perfect for Rheumatism and Arthritis.

♥ Includes a Scalp Massage.



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NEW

RASAL MUD THERAPY

Enjoy with a friend or loved one to get to those hard to reach areas.

Rasal mud therapy is a traditional Arabian treatment which helps to soothe skin conditions such as eczema and psoriasis. From blood flow to complexion and tissue rejuvenation to soothing muscles, Rasul mud therapy encourages many benefits for the body. Combining the healing properties of mud with the cleansing power of steam, leaving you relaxed, reinvigorated, and your skin beautifully exfoliated.

**£60 FOR 2
FOR A 45 MINUTE SESSION**

Treatment times are approximate and include changing time, consultation and aftercare. Times are used as a guide for clients when booking treatments.

MASSAGES



25 MINUTE SESSION

Tailored for you, the focus is on one of the following specific areas:

Back, Neck & Shoulders / Legs & Feet
or Hands & Arms



50 MINUTE SESSION

Please choose this option for a full body massage.

Treatment times are approximate and include changing time, consultation and aftercare. Times are used as a guide for clients when booking treatments.

BEAUTIFUL BEGINNINGS PREGNANCY MASSAGE (16WKS+)

25 MINS £30
50 MINS £55

A nurturing massage that connects Mother and Baby. Specialised positioning and products are used to ensure both safety and relaxation.

DEEP TISSUE MASSAGE

25 MINS £30
50 MINS £55

Deep Tissue uses firm pressure and slow strokes to reach deep layers of muscle and fascia. Very good for those suffering with knots and stiffness.

SWEDISH MASSAGE

25 MINS £30
50 MINS £55

A classic massage to improve muscular function, movement, circulation and pain relief, as well as helping with many other physical problems. Can be relaxing, stimulating, or uplifting depending on the client's needs. This is the perfect entry level massage.

DEAD SEA MUD MASSAGE

50 MINS £55
75 MINS (PLUS FACE & SCALP) £75

Using our natural mineral mud and combining medium pressured massage techniques with a nourishing skin treatment enabling minerals to stay active in the blood stream for up to 6 hours. Provides a full body detoxification.

AROMATHERAPY MASSAGE

25 MINS £30
50 MINS £55

Enjoy a massage with your choice of essential oils blended specifically to suit your needs. Whether you want a relaxing or stimulating treatment the combination of massage and oils can help relieve symptoms of stress, muscle tension and more. Choose from 6 of our Hawaiian Kokolokahi essential oils.

SPORTS MASSAGE £50

45 MINS
Sports massage is a form of bodywork aimed towards athletic participants. It is used to help prevent injuries, prepare the body for activity and maintain it in optimal condition. The skilled therapist blends together a mixture of techniques, knowledge and advice during the treatment to bring out optimum performance, provide injury free training and minimise post event injuries. Sports massage tends to be deeper and more intense than any other massage variant and is certainly not for those looking for an entry-level treatment. Work is done on 1 or 2 areas.

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JESSICA NAILS

Jessica reveals the natural beauty of every nail through hand and cuticle treatments, prescriptive base coats and extra glossy top coats. You will find proven ingredients such as Almond Oil, Vitamin E, Echinacea and Zinc to nourish and nurture different nail needs – **It's the ultimate in nail nutrition!**

JESSICA WITH MIDI POLISH

Jessica colours are renowned for their superior wear, vitamin rich formula and ultra rich pigments. Plus receive a pot of Midi polish to top up your colour at home when you choose either the Luxury Manicure or ZenSpa Pedicure.

! We advise guests not to use the spa, swimming pools or participate in crafts for 24hrs after a manicure / pedicure.

JESSICA SHAPE & POLISH

MIDI POLISH £25
Nails and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive base coat, completed by the perfect polish.

JESSICA LUXURY MANICURE WITH LE REMEDI

MIDI POLISH £38
The ultimate in hand and nail care. All the benefits of the exfoliating and conditioning Le Remedi Hand treatment.

JESSICA ZENSPA PEDICURE

MIDI POLISH £38
Jessica's ZenSpa pedicure with the luxurious added benefits of stimulating exfoliation and leg and foot massage. Excellent for increasing circulation and relieving stiff, painful joints.

GELERATION

This revolutionary product applies like nail polish but performs like gel. It dries instantly and lasts for up to 3 weeks, so you can say goodbye to chips and smudges.

GELERATION HANDS OR FEET* £29

UP TO 45 MINS

Inc. filing, shaping, cuticle work and polish.

EXPRESS REMOVAL £10

Soak off session to remove any remainders from a previous treatment.

! Please attend all manicure / pedicure treatments with clean nails, free of products. If you already have gels on your nails, you will need to book a Gel removal first.

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THE MEN'S ROOM

FOOT CARE £30

25 MINS

Hard skin is removed and feet and legs are massaged with deep conditioning mask, leaving them softer and smoother. Cuticles will be made neat and tidy and toenails will be perfectly shaped.

HAND & NAIL CARE £25

25 MINS

Hands are exfoliated and massaged with treatment creams to remove dryness. Cuticles are conditioned and nails trimmed into shape.

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KINDER SPA

A specially selected range of treatments aimed at children aged 12-16 looking for their first treatment experience.

Choose from:

FINGERNAIL OR TOENAIL PAINT £10

MINI FACIAL (12YRS+)

25 MINS

A little TLC for the skin. All the benefits of a full facial with cleansing and exfoliation. A mini facial massage is leaving your skin refreshed and glowing.

AROMATHERAPY MASSAGE (12YRS+) £25

25 MINS

Enjoy a massage with your choice of essential oils blended specifically to suit your needs. Whether you want a relaxing or stimulating treatment the combination of massage and oils can help relieve symptoms of stress, muscle tension and more. Choose from 6 of our Hawaiian Kokolokahi essential oils.

! Consultation form must be completed, proof of age may be requested and a Guardian must consent and be present at all times.



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HOLISTIC THERAPY

HOPI EAR CANDLES

£25

25 MINS

A relaxing therapy that calms the mind and soothes the head and ears. A good way to relieve symptoms of snoring, headaches, migraine, sinusitis, rhinitis, tinnitus and neuralgia. Also includes a drainage massage.

! Not suitable for people with grommets or perforated eardrums.

INDIAN HEAD MASSAGE

£30

25 MINS

A massage which works on the back, shoulders, neck, head and face. It provides deep massage over the muscles and pressure points to promote deep relaxation.

ONCOLOGY MASSAGE

25 MINS

50 MINS

We are also proud to offer spa treatments to people living with and beyond cancer. A light massage with powerful cleansing and relaxing treatment with or without aromatherapy oils.

REFLEXOLOGY

£45

45 MINS

There are over 7000 nerve endings in the feet and all of the points correspond to different parts of the body. By working on different points, reflexology can help energise, rebalance, relax and often eliminate a variety of conditions.

HOT STONES MASSAGE

£30

£55

25 MINS

50 MINS

£35

£60

The heat from the water-heated basalt stones penetrates deeply to help loosen and soothe tightened muscles, creating sensations of comfort and warmth.

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FREE

THE HYDRO SPAS

60MINS (16YRS+)

Whether you want to just simply relax in our Thermal Suite or simply unwind in the Hydro Pool, you will find our Thermal Suite & Hydro Pools are the perfect place to be!

Please book your session upon arrival.

TOWEL HIRE	£1
RETURABLE DEPOSIT	£5

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TERMS & CONDITIONS

PRE-BOOKINGS

We ask all guests who have pre-booked to check their appointments upon arrival. We reserve the right to alter bookings and despite the fact that we endeavor to let all clients know of alterations, Clients should arrive 10 minutes early for their treatment to complete a consultation form. If you are late your treatment may be cut short.

If you have any ailments or medical conditions that may affect treatments, please bring a doctors note or contact the spa for further advice.

PRICING & INFORMATION

All prices are subject to change without notice. Please see website for the most up to date prices. We reserve the right to amend or remove any treatments from websites, brochures and leaflets and to alter appointment slots without prior notice. Treatments advertised in this brochure may not be available during your stay. Should this happen, we will endeavor to offer a suitable alternative.

CANCELLATIONS

We require as much notice as possible from anyone who wishes to cancel their appointment. Appointments are often hard to come by and, in the interest of other potential clients, we ask for at least a minimum of 24 hours notice of cancellation. **Guests will incur a charge if they do not attend for their allocated treatment.**

Therapists reserve the right to cancel treatments at their discretion if they believe a contra indication to the treatment in question has been established through consultation or if they encounter behaviour they deem inappropriate during the session.

PAYMENT

All payments must be made upon booking at the Spa.

EQUALITY & DIVERSITY

As a hotel, we promote equality and diversity, so please be aware, as a spa we have both female and male therapists.

TREATMENT ROUTINES / TIME

Although many of our therapists offer the same treatments, routines may differ somewhat from therapist to therapist. All therapists reserve the right to tailor their treatment in accordance with consultation at the beginning of the session and treatments may differ slightly from what is advertised in hotel literature. Treatment times are approximate and include changing, consultation and aftercare. Times are used as a guide for clients when booking treatments. If you arrive to your appointment late, your treatment will be cut short, or will need to be moved to an alternative time/day, if available.

CHILDREN

Anyone under 16 years of age must be accompanied by an adult (over 18yrs). **We have a range of treatments for 12 years to 16 years old.** All other treatments are at the therapist's discretion upon consultation to establish whether the treatment should be carried out. This is not negotiable, regardless of whether the client has had treatments before.

BOOKING TREATMENTS

We strongly recommend booking treatments prior to your arrival as availability cannot be guaranteed.

We will confirm your appointments 10 - 14 days prior to your arrival.

To make a booking or for further assistance then please contact the spa team:

 therapy@manorhousehotel.co.uk

 **Manor 880 / Ashbury 77880**