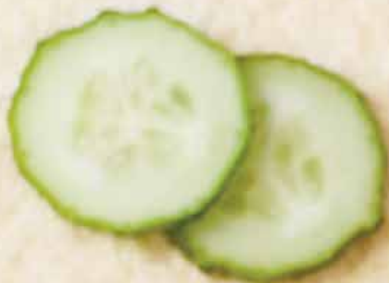


**The Manor
House
&
Ashbury
Hotels**

*- The Only Sport, Craft & Spa -
Hotels in the UK*

Health & Beauty Treatments

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



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 spirit.

We offer an outstanding choice of over 20 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 Skin Therapy

Youthful You

£50 - 50 mins

The luxury anti-ageing facial aims to bring immediate firming and hydrating results to the skin. Your face will be cocooned in our specialised Algimud Seaweed Mask, formulated to refine, tone and produce instant results.

Treatment includes a Heavenly Hydrating Mud Massage for either your hands & arms, or scalp, to enhance your senses.

Bespoke Beauty

£40 - 50 mins

Combining Spa Find's Mineral Base Renewed Radiance and Balanced Beauty ranges, your therapist will analyse your skin throughout consultation 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.

Treatment includes a Heavenly Hydrating Mud Massage for either your hands & arms, or scalp, to enhance your senses.

Sleep Therapy Dream Face Massage

£40 - 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.

Express Facial

£20 - 25 mins

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

Double Mud Facial

£55 - 75 mins

A hydrating facial, which is excellent for tired, dull and sallow 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.

To pre-book your treatments please email: therapy@manorhousehotel.co.uk

Spa Find Mineralizing Body Therapy

Indulgence Warm Mud Envelope Treatment

£35 - 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 Heavenly Face and Scalp Massage.



Marine Miracle Firm & Detox Treatment

£55 - 75 mins

Marine Miracle tones and firms the skin, improves cellulite and nourishes the skin. This treatment begins with a luxury exfoliation followed by our Algimud mask. A personalised treatment designed to revitalise specific problem areas. This modelling mask uses a unique formation of seaweed and dead sea mud, which have combined powerful effects to eliminate the signs of cellulite and tone the body contours.

Renewed Radiance Cranberry Salt Brushing

£35 - 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.

Includes a Heavenly Face and Scalp Massage.

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**Don't forget
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treatments!**

Heavenly Hydration Salt Brushing

£35 - 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.

Includes a Heavenly Face and Scalp Massage.

Massages

For a full body massage please choose a 60 minute session. 30 minute sessions focus on one specific area: Back, Neck & Shoulders, Leg & Foot, Hand & Foot or Hand & Arm

Swedish Massage

£20 - 25 mins / £40 - 50 mins (12yrs+)

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.

Aromatherapy Massage

£20 - 25 mins / £40 - 50 mins (12yrs+)

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.

Deep Tissue Massage

£21 - 25 mins / £42 - 50 mins (16yrs+)

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.

Beautiful Beginnings

Pregnancy Massage

£20 - 25 mins / £40 - 50 mins (16wks+)

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

Sports Massage

£42 - 45 mins (16yrs+)

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. Kinesiology tape may also be available in discussion with your therapist.



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Dead Sea Mud Massage

£55 - 75 mins

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.

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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*

£22.50

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.

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.

Jessica Shape & Polish

Midi Polish £17.50

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 £37

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

Jessica ZenSpa Pedicure

Midi Polish £37

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.

Important Information

Please attend all manicure / pedicure treatments with clean nails, free of products. We advise guests not to use the spa or swimming pools for 24hrs after a manicure / pedicure.

To pre-book your treatments please email: therapy@manorhousehotel.co.uk

Express Beauty

Brow Shape - £7

Lip & Chin Wax - £7

Half/Full Leg Wax - £13/£18.50

Bikini Line Wax - £13

(Please be aware that we are unable to offer intimate waxing)

Lash and Brow Tint - £13

A patch test is required 24-48hrs prior to treatment, please consult the spa receptionist upon booking these treatments.

Eye Trio - £15

Enjoy a brow and lash tint, plus a brow shape at a discounted price, saving £5!

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Holistic Therapy

Hopi Ear Candles

£35 - 45 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.)

Reiki

£18.50 - 25 mins / £37 - 50 mins

Healing energy is channelled through the hands of the therapist enabling the client's body to accelerate its own healing process. It works to release blocked energies, cleanse the body of toxins and create a state of balance.

Lava Shell Relax

£25 - 25 mins / £45 - 50 mins

Combining the warmth of the shells with deeply relaxing massage techniques to create a sense of balance to the entire body and mind. The shells are worked over the palms, arms, feet and legs in slow deep moves to warm and de-stress followed by wonderfully tranquil massage on the back, neck and shoulder area to ease away tension, knots and stress.

Reflexology

£37 - 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

£20 - 25 mins / £40 - 50 mins (12yrs+)

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

Indian Head Massage

£20 - 25 mins

A seated 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.

The Manor House

Men's Room

Gentlemen's Club Foot Care £25

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.

Gentlemen's Club Hand & Nail Care £17.50

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

Men's Brow Shape £7

Back Waxing £18.50

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



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 25mins - £20 / 60mins - £40

Spa Magik Salt Brushing 45mins - £35

Body Scrub £35

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The Hydro Spas

FREE - 90mins (16+)

Whether you want to melt your troubles away in one of our saunas or simply unwind in the Hydro Pool, you'll find our Hydro Spas are the perfect place to relax during your next break. Simply book your session on arrival at the hotels. Family sessions available at selected times for 11-16years (when accompanied by an adult).

Towel hire	£5 returnable deposit £1 cleaning charge
Robe Hire	£5 returnable deposit £1 cleaning charge
Flip Flops	£2 per pair

Treatments

Youthful You Facial	£50 - 50mins
Sleep Therapy Dream Face Massage	£40 - 50mins
Express Facial	£20 - 25mins
Double Mud Facial	£55 - 75mins
Bespoke Beauty Facial	£40 - 50mins
Warm Mud Envelope Treatment	£35 - 45mins
Marine Miracle Firm & Detox	£55 - 75mins
Renewed Radiance Salt Brushing	£35 - 45mins
Heavenly Hydration Salt Brushing	£35 - 45mins
Swedish Massage	£20 - 25mins / £40 - 50mins
Aromatherapy Massage	£20 - 25mins / £40 - 50mins
Pregnancy Massage	£20 - 25mins / £40 - 50mins
Deep Tissue	£21 - 25mins / £42 - 50mins
Sports Massage	£42 - 45mins
Dead Sea Mud Massage	£55 - 75mins
Jessica Shape and Polish	£17.50
Jessica Luxury Mani/Zenspa Pedi	£37
Geleration Hands <u>OR</u> Feet	£22.50
Gents Club Foot Care	£25
Hot Stones Massage	£20 - 25mins / £40 - 50mins
Hopi Ear Candles	£35 - 45mins
Reflexology	£37 - 45mins
Reiki	£18.50 - 25mins / £37 - 50mins
Indian Head Massage	£20 - 25mins
Lava Shell Relax	£25 - 25mins / £45 - 50mins
Lash or Brow Tint	£13
Eye Trio	£15
Waxing	£7 - £18.50



Ask us
about our
Double
Treatment
Rooms!

Booking Treatments

We highly recommend booking treatments prior to your arrival. Please contact our team on therapy@manorhousehotel.co.uk

Our treatments are incredibly popular so we suggest you pre-book as soon as you have confirmed your accommodation reservation. Availability can not be guaranteed. We will confirm your appointments 10-14 days prior to arrival.

Once at the hotels please pop down to the Manor spa reception or call between 10am - 6pm to check availability. (Manor 880 / Ashbury 77880).

Terms & Conditions

Pre-Bookings

We ask all guests who have pre-booked to check their appointments upon arrival at the hotel. We reserve the right to alter bookings and despite the fact that we endeavour to let all clients know of alterations, we advise all clients to double check for peace of mind. Clients should arrive 10 minutes early for their treatment to pay and to fill out a client record 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. **In particular, we ask all clients who are on blood thinning medication, or similar, to gain permission from a medical practitioner before booking a massage. We also ask that those who have been afflicted by cancer and wish to book a massage, have been in remission for 5 years, or gain permission from a medical practitioner via doctors note.** If you do not have a doctors note, you will be refused treatment.

Payment

Payment for treatments is to be made directly prior to the treatment in the spa reception by cash, debit card or by billing to a room on presentation of a valid hotel ID card. For treatments at Ashbury please pay at the main reception.

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 12 hours notice of cancellation. **It is considered impolite not to turn up for an appointment and guests doing so will incur a charge to their final room bill.**

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.

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 considered a minor in accordance with the law (under 18) must be accompanied by an adult. We have a minimum age limit of 12 for all massage treatments. 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.

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 endeavour to offer a suitable alternative.