



Treatment List - January 2010

IMPORTANT INFORMATION

Please note that:

- In addition to the treatment durations stated in this brochure, a further 10 minutes is allocated for clients to prepare for their treatment. Therapists will also prepare the treatment room for the next client during this time.
- Eye lash tinting and eye brow tinting require a patch test to be carried out 24 hours prior to treatment.
- Some treatments may prove unsuitable for any medical conditions you may have. A doctors note may be requested.
- Treatment times are not able to be confirmed prior to arrival.
- It is recommended that no alcohol is consumed for 24 hours after any detox treatment
- Vouchers are redeemable against: Spa products, day spa packages, treatments in the spa, overnight stays or in our Rosewood Restaurant. Vouchers cannot be used against special offers.

FACIAL TREATMENTS: *Decleor*

Relaxing Aromatic Facial Massage - 50 mins **£50.00**

Decléor denotes its own special art of massage to your face. Your therapist will choose from Essential, Purify, Nourish, Soothe, Lift or Radiance to relax the entire face using the treasures of aromatherapy.

Classic Aromatic Facial - 65 mins **£63.00**

This famous multi-active treatment is tailored to every skin type. At the heart of this treatment is a 100% natural mask that has a truly unique and surprising texture, with Linseed, Wheatgerm and Sunflower leaving your complexion glowing with vitality.

Aroma Expert Facials - 65 mins **£68.00**

These targeted treatments provide an expert response to the needs of all skin types by using exclusive salon professional strength masks. Results are remarkable.

Aroma Expert Essential - Refreshes the complexion immediately for a bright & fresh look.

Aroma Expert Purify - A cleansing, balancing treatment which leaves skin matt and clear.

Aroma Expert Nourish - A deeply nourishing treatment leaving skin velvet soft to touch.

Aroma Expert Soothe - A wonderful calming treatment to comfort sensitive skin.

FACIAL TREATMENTS: *Decleor continued*

Aroma Expert Radiance - An intensive facial rich in Vitamin C to brighten the complexion.

Aroma Expert Lift – Evidence - Designed to combat the first visible signs of ageing, this revitalising treatment restores radiance and softens the appearance of expression lines.

Aroma Expert Lift – Experience - The ultimate natural answer to facial firming and lifting which will encourage a youthful appearance.

Aroma Expert Excellence - Age Defying Facial

Utilising the cutting edge of Decleor's skin care development, this incredible treatment restores facial volume with innovative "lipo-filling" technology. Wrinkles appear to be plumped from within and the contours of the face appear reshaped. Using Decleor's break through technology and their 33yrs of expertise and passion they have gone to the heart of nature to extract it's very best leaving the skin visibly glowing and feeling firmer and plumper.

Aroma Time Precious Facial - 20 mins **£36.00**

A perfect way to taste the world renowned Decléor facials, enjoy all the benefits of one of the most powerful ingredients, Essential Oils. This introductory facial is perfect when time is of the essence and the skin needs a boost of radiance.

Vital Eyes - 35 mins **£42.50**

Keep eyes sparkling and slow the signs of time, stress and fatigue with this incredibly relaxing and targeted treatment. Eyes become clearer, fine lines and wrinkles are smoothed shadows and puffiness are eliminated.

Alpha + Refining Facial - 35 mins **£40.00**

Occasionally every skin type becomes needy. If, despite your regular treatment and skincare routine, your skin appears dull and lifeless, this treatment will restore a natural glow, and leave your skin softer, smoother and more radiant.

FACIAL TREATMENTS: *La Sultane De Saba*

La Sultane Signature Moroccan Facial - 50 mins £60.00

A Moroccan facial featuring all the traditional techniques as used in the Parisian Spas. This La Sultane classic is a powerful deep-cleansing and nourishing facial.

The products are selected based on skin type to ensure maximum benefits. Starting with a deep black soap and eucalyptus to deeply cleanse pores and purify skin. A facial massage helps circulate and tone the skin before applying a 2-part layered mask based on skin type, which draws out impurities, balances sebum levels and nourishes the skin. The mask is peeled off leaving skin noticeably cleansed, toned with a youthful radiant glow!

Mini Moroccan Facial - 20 mins £40.00

A mini Moroccan facial featuring the key techniques used in the Parisian Spas. This facial treatment will brighten, rejuvenate, and balance all skin types.

It begins with a deep cleanse using black soap followed by the application of a skin specific face mask. Treatment concludes with the application of day cream.

La Sultane Deluxe Skin Refining Facial - 50 mins £70.00

Harnessing the anti-ageing powers of La Sultane de Saba's renowned prickly pear oil to help boost collagen production and reduce fine lines. Including a toning facial massage, skin smoothing sugar cane exfoliation and intensive moisture boosting mask before prickly pear cream lightly veils the face.

To complete this facial experience a deep head and neck massage will leave you totally relaxed. Skin is left smoother, rejuvenated and radiant.

La Sultane Repairing Argan Facial - 50 mins £70.00

This 'liquid gold' facial uses the highly effective argan oil taken from the Moroccan argan tree. Renowned for its powerful anti-oxidants, vitamin E and essential fatty acids – this is great for healing, encouraging skin cell regeneration and smoothing the skin. A complete and effective facial including a deep head and neck massage to leave you feeling totally relaxed and your complexion noticeably smoother and glowing.

OTHER FACIAL TREATMENTS

Biogenie Visage Anti-Ageing Treatment - 50 mins £55.00

Biogenie Visage is a unique cellular electrotherapy treatment which offers an amazing anti-ageing solution and is suitable for all skin types and ages. Biogenie is the latest development in professional skincare and excellent results can be seen from the very first treatment. This 'nonsurgical' treatment can also be taken in courses of ten.

BODY TREATMENTS: *Decleor*

Aroma Body Massage - 50 mins £57.00
- 65 mins £76.50
with scalp massage and facial massage

The Art of Absolute Well-being

Choose from **Relax, Detox, Flow or Tonic.**

Every bit of tension is eased from your body with this heavenly massage. Your skin is treated to the incredibly soothing sensation of a warm Aromatic balm selected to suit your needs whilst the expert touch of your therapists hands melt away stresses, ease tense and tired muscles and leaves your body with renewed energy.

Aroma Back Massage - 20 mins £41.00
 When stress and tension are their peak, this massage relaxes the vulnerable areas of the back and shoulders where tension immediately accumulates.

Aroma Envelopments - 50 mins £65.00
 A True Cocoon Of Effectiveness
 At the heart of these treatments is a rich, creamy mask full of Essential Oils and Plant Extracts, chosen according to your needs and applied all over the body. For a beneficial, comforting sensation, enjoy the pleasure of a heated blanket, whilst the products work their magic, your scalp will be relaxed with beautiful aromatic balms.

Aroma Detox - Essential Oils and Marine Algae rich in Minerals breakdown fatty deposits, drain toxins and eliminate excess water retention.

Aroma Relax - After a gentle exfoliation, warm Aromatic Relax Balm is smoothed over the entire body followed by a sumptuous creamy mask leaving a soft and silky skin.

Aroma Flow - A refreshing and energising treatment to eliminate toxins and remove excess fluid.

Aroma Tonic - Instantly increases skins radiance with a unique blend of toning, firming and anti-ageing ingredients.

Aroma Body Silk Glistener - 35 mins £45.00
 Radiant, bright and petal soft – your skin will glisten with health and vitality after this natural exfoliation treatment. Perfectly prepared for any occasion, this is the ultimate skin enhancer.

Madagascar Red Island Ritual - 50 mins £60.00 available
from February 2010

Recover radiance, vitality and soft silky skin with this professional exfoliating treatment using Spicy Fruit Seeds which stimulate and soften the skin. Then relax and enjoy the benefits of a full body massage using the unique Acacia Wooden accessory which helps to release all tension.

BODY TREATMENTS: *Decleor continued*

Tranquility Scalp Massage - 20 mins **£45.00**

Drift into a deep relaxation with this sublimely calming massage. All traces of tension are gently eased from scalp, décolleté, neck and shoulders and the soothing Essential Oils enhance the calming experience.

Perfect Firming Treatment - 35 mins **£49.00**

Perfect for the bust, stomach or any localised area in need of firming, zesty butter with extracts of lemon and mango will tone, strengthen and condition slack skin and also skin suffering from stretchmarks. This incredible firming treatment includes the exclusive cocktail of Essential Oils that are proven to stimulate collagen and elastin to give a firming and plumping effect on the delicate areas affected by ageing.

Perfect Legs Treatment - 35 mins **£46.50**

The perfect antidote for tired, aching legs, this instantly refreshing and invigorating treatment will put the bounce back in your step.

Cleansing Back Treatment - 35 mins **£46.50**

The back is often a neglected area, this complete treatment acts like a facial. A unique diagnostic massage combined with deep cleansing, purifying and balancing Essential Oils will decongest, hydrate and restore clarity leaving the skin clearer, brighter and healthier.

Aroma Back Relief - 20 mins **£44.50**

When stresses and strains are at their peak, this treatment offers a quick release. Vulnerable areas of the back, neck and shoulders, where tension immediately accumulates are instantly relaxed. Stresses are dissolved with deep massage for ultimate relief.

Perfect Anti-Cellulite Treatment - 50 mins **£55.00**

Blitz cellulite with this ultra-smoothing targeted treatment. Thighs, hips and bottom are noticeably refined even after one treatment. Using the exclusive cocktail of Essential Oils, proven to breakdown fat in 28 days, you will be delighted with the results.

Aroma Foot Relief - 20 mins **£44.50**

Hot towels impregnated with Essential oils relax the feet and lower legs before a stimulating warm massage balm is applied with a unique reflex point massage. Feet and lower legs are immediately relaxed, circulation is stimulated and excess fluids are dispersed, leaving your feet feeling fresh and light.

BODY TREATMENTS: *Decleor continued*

Sumptuous Mother-To-Be Treatment - 65 mins **£65.00**

When you are about to become a mother you have many concerns, let Decl or take complete care of your skin throughout your pregnancy and for the first few months as a new mum. This nurturing treatment will help to preserve the tone of your skin, reducing the risk of stretchmarks, lighten your legs and brighten your complexion to ensure you look as radiant as you feel.

BODY TREATMENTS: *Greenwoods*

La Touche Verte Full Body Massage (The Greenwoods Touch) - 50 mins **£52.00**

Greenwoods own specialised full body massage incorporating swedish, thai and aromatherapy techniques, a truly relaxing experience.

La Touche Verte Back Massage - 20 mins **£38.00**

Focusing on the back, neck and shoulders to relieve tension with our own specialised massage techniques.

BODY TREATMENTS: *La Sultane De Saba*

La Sultane Moroccan Hammam Ritual - 50 mins **£70.00**

Deeply nourishing and intensely cleansing ritual which rejuvenates, eliminates toxins and stimulates circulation. Beginning with a black soap cleanse before a full body Moroccan-style exfoliation. Then the signature blend of melted shea butter and fragranced body oil is warmed for a full body massage.

La Sultane Moroccan Deep-Cleansing Rassoul Ritual - 50 mins **£50.00**

Pure rassoul lava clay, known for it's powerful purifying properties, is warmed with a luscious honey, rose and ginger mask and melted shea butter. The body is enveloped in this highly effective warm wrap which removes impurities, conditions, smoothes and restructures the skin's tissue leaving skin noticeably radiant and beautifully soft.

La Sultane Renewing Rose Ritual - 50 mins **£85.00**

La Sultane uses the rose range throughout this treatment to balance and harmonize the mind and body, whilst using age-old rituals to renew the skin, including a rose mineral sea-salt exfoliation, rich nourishing rose wrap and finishing with a rose veiling of the skin. Whilst wrapped, a head massage is carried out using the rassoul through the hair.

The treatment can be extended with a full body warm rose and shea butter massage. **80 mins** **£95.00**

BODY TREATMENTS: *La Sultane De Saba continued*

La Sultane Green Tea Tingle - 50 mins **£75.00**

The ultimate uplifting, circulation-boosting treat to fight off that orange peel and make way for super smooth, radiant skin! This will include an uplifting surge of green tea & ginger exfoliating sea salts to activate microcirculation, encourage skin cell renewal and promote a healthy glow. Followed by a purifying lower body wrap to target problem areas and a deep tissue massage across the lower body to promote lymphatic drainage. A perfect treat for getting legs in tip top shape or even just as an uplifting energising boost.

Balinese Flower Ceremony - 80 mins **£110.00**

The powerful and beautiful scented frangipani and lotus flowers are cultivated locally from Bali, and have been the essence of beauty rituals for generations – this treat is so indulgent it was traditionally reserved for royalty.

Beginning with a candle-lit, warm rose petal foot bath ... the scent permeates the room, promoting deep relaxation. A rich creamy rice and coconut scrub is specially applied to thoroughly buff and polish the entire body. The body is then cocooned in a luscious Balinese shea butter and milk mix allowing a surge of moisture which cleanses before sinking in and deeply nourishing the skin. Finishing with a shea butter candle massage. The skin is left smoother than silk and the scents of Bali lasts the entire day ... and night!

La Sultane Sweetness in Bloom - 50 mins **£75.00**

Specialised treatment for expectant Mum's, focussing on key areas whilst promoting a total sense of calm.

Using the delicate, sweetly fragranced Orange Blossom throughout, known for it's excellent calming properties. Beginning with a specialised foot ritual to relieve swollen, tired legs and feet. Whilst the legs are resting, a traditional black soap and eucalyptus cleanses the face and eases any decongestion before a facial massage is given to smooth fine lines and tone the skin. A honey, rose & ginger mask, packed with nutrients and sweet enough to eat, is then applied which soothes and softens the face and neck. Finishing with a pure treat for the tummy using warm melted shea butter massage which effectively works to prevent/reduce the appearance of stretch marks.

La Sultane Muscle Melt Moroccan Massage - 50 mins **£65.00**

Using La Sultane's rich signature blend of warm oil and melted shea butter, a full body massage is given to offer deep relaxation and relieve tension. Taking your choice of oil, the warm mixture is gently drizzled over the entire body and an intensive muscle relaxing massage is performed using deep massage moves and flowing techniques to leaving your muscles soothed and mind and body relaxed.

BODY TREATMENTS: *La Sultane De Saba continued*

La Sultane Skin Softening Signature - 80 mins **£95.00**

Transport yourself to the fragrant gardens of Marrakech with this truly Moroccan experience and full top to toe treatment.

Using all the traditional techniques as used in the Parisian Spas, the body and face is deeply cleansed and exfoliated using the black soap and eucalyptus oil with kessa mitt. Then a warm signature blend is drizzled over the body for a full deep-relaxing massage.

A skin renewing face, neck and scalp massage concludes this delightful experience and skin is left looking youthful and positively radiant.

La Sultane Back Cleanse Smoothie - 20 mins **£45.00**

This is a wonderful taster treatment to thoroughly cleanse and exfoliate the back. Black soap with eucalyptus is used for a Moroccan-style, deep- cleanse exfoliation – packed with vitamins to nourish the skin whilst the antiseptic properties of the eucalyptus clears the pores. Finishing with a tension-relieving Moroccan massage to soothe muscles in those hard to reach areas. For optimum results carry out treatment during or after hammam.

La Sultane Smoothing Salt Glow - 35 mins **£45.00**

A full body exfoliation using fragranced mineral salts in oil to remove dead skin and boost circulation. The green tea & ginger is a great fragrance for this to make it a truly energising and circulation boosting experience. An essential treatment for healthy, silky-smooth skin.

La Sultane Hand/Foot Ritual - both 35 mins **hand £35.00** **foot £45.00**

A 7-step traditional Moroccan ritual to transform the hands/feet into tip top shape. With a cleansing and nail whitening treatment, complete exfoliation, before slipping into a relaxing hand/foot massage followed by an intense softening and nourishing warm honey, rose & ginger wrap.

TREATMENTS FOR MEN: *Decleor*

FACIAL TREATMENTS:

Express Energy Treatment - 20 mins **£36.00**

An express facial treatment, for a burst of energy to the skin.
DETOXIFY, REFRESH AND ENERGISE

Intensive Energising Face Treatment - 65 mins **£68.00**

The ultimate detoxifying treatment for a clear, pure, fresh skin and a rebalanced, de-stressed complexion, with long-lasting results
DETOXIFY, PURIFY AND REPLENISH

BODY TREATMENTS:

Ultimate Relaxer Body Massage - 50 mins **£57.00**

65 mins **£76.50**

with scalp and facial massage

A deeply relaxing massage treatment to de-stress, release built-in tension and coax skin into better condition. Pure aromatic balms diffuse their relaxing, stimulating, detoxifying or toning benefits deep into your skin whilst expert massage techniques soothe away muscular tension and stiffness.

“Cleansing Back” Relief - 35 mins **£46.50**

The back is an area often neglected, this complete treatment acts like a facial. A unique diagnostic massage combined with deep cleansing as well as purifying and balancing Essential Oils decongest, hydrate and restore clarity to this delicate area, making the skin clearer, brighter and healthier.

Aroma “Back Relief” Massage - 20 mins **£44.50**

When stress and tension are at their peak this treatment offers a quick release. Vulnerable areas being back, neck and shoulders where tension immediately accumulates are instantly relaxed. Your stresses will be dissolved with deep massage and a stimulating aromatic mask with Essential Oils, for ultimate relief.

JESSICA HAND & FOOT CARE

HANDS

Prescriptive Manicure - 35 mins £35.00

Nails are not alike; a treatment manicure which analyses and treats each nail for its specific nail type. The cuticles are cared for with oils and creams, the nail shape is perfected and finally treatment basecoats and colour are applied for the perfect finish until the next visit.

Le Remedi Hand Treatment - 20 mins £25.00

Hands age quickly, more quickly than the face; a luxury and effective treatment for the hands including hand cleanse, exfoliation, masque and Liposome Serum. Hands will feel softer, smoother, firmer and more attractive.

Prescriptive Manicure Deluxe with Thermal Mittens - 50 mins £56.00

The Jessica Prescription manicure with thermal mittens for deeper penetration of oils and creams, softening cuticles and improving circulation and soothing stiff joints.

The Perfect Trio - 65 mins £70.00

Jessica Prescriptive Manicure Deluxe, incorporating the Le Remedi by Jessica Hand Treatment Programme and thermal mittens.

Men's Hand and Nail Grooming - 20 mins £25.00

Jessica Hand Treatment programme to condition and smooth hands. Nails perfectly shaped. Cuticles conditioned and gently pushed back.

JESSICA FOOT CARE

Aroma Spa Pedicure - 35 mins £44.00

A luxury foot and leg treatment using aromatherapy for softer, smoother feet and legs, finished with perfectly pedicured toenails.

Aroma Spa Pedicure Deluxe with thermal booties - 50 mins £59.00

Aroma Spa Pedicure with thermal booties for deeper penetration of oils and creams, softening cuticles and improving circulation and soothing stiff joints.

Executive Foot Care for Men - 20 mins £30.00

Toenails perfectly shaped, cuticles conditioned and gently pushed back and a foot massage. A luxurious foot treatment preventing build up of hard skin.

NB. Guests who book a manicure or pedicure will receive, with our compliments, the remainder of the nail polish used during the treatment. Please note that this is subject to availability.

OTHER TREATMENTS

WAXING

| | | | |
|-------------|--------|------------|--------|
| Full Leg | £25.00 | Underarm | £10.00 |
| Back | £15.00 | Lip | £10.00 |
| Half Leg | £20.00 | Chin | £10.00 |
| Forearm | £10.00 | Lip & Chin | £15.00 |
| Bikini Tidy | £15.00 | Eyebrow | £10.00 |

EYELASH TINTING

| | |
|---------------------------|--------|
| Eyelash Tinting - 20 mins | £15.00 |
| Eyebrow Tinting - 10 mins | £10.00 |

* Please note:- A patch test needs to be carried out 24 hours before having tinting*

SEMI-PERMANENT PERFECT EYELASHES:

| | |
|-----------------------------|----------------------------------|
| First set: | £100.00 |
| Infill's (Every 2-3 weeks): | £14.00 per 15 minutes |
| Special Offer: | £140.00 for 1st set & 1st infill |

BARE ESSENTUALS MINERAL MAKE UP

| | |
|-------------------------|--------|
| Bridal Make-up | £45.00 |
| Bridal Trial | £35.00 |
| Day and Evening Make up | £35.00 |

Each appointment will last approximately 50 mins

TANNING

Sun beds for quick and easy all over tanning.
Sun bed sessions should be booked on the day
(subject to availability).

- St Tropez Tanning - 50 mins £50.00

St. Tropez is the tan of choice for beauty editors and celebrities worldwide. St. Tropez products work as a complete system to ensure that your tan is natural looking and long lasting. You can achieve a bronzed look in just an hour with a relaxing application by one of our St. Tropez therapists.

Dark, loose fitting clothing is advisable to wear after your St Tropez tan.

IBD GEL NAILS:

| | |
|-------------------------------------|--------|
| Full Set Nail Extensions (Natural): | £35.00 |
| Full Set Nail Extensions (French): | £45.00 |
| Full Set Nail Extensions (Colours): | £40.00 |
| Infill's: | £25.00 |
| French Infill's: | £30.00 |
| Nail Overlays (Natural): | £25.00 |
| Nail Overlays (French): | £30.00 |
| Replacement Nail: | £4.50 |
| Removal Nails: | £15.00 |

(with Jessica manicure: £45.00)

OTHER TREATMENTS *continued*

MAKE-UP & PHOTO SHOOT PACKAGE:

Make-up, hair, file & paint, glass of champagne, 1 hour shoot with large photo to take home £250 for 2 people

HAIRDRESSING

| | |
|--|--------|
| Cut & blow-dry | £35.00 |
| Re-style & blow-dry | £45.00 |
| Blow-dry | £25.00 |
| Styling (heated rollers/tongs/straightening) | £22.00 |
| Semi-permanent colour | £40.00 |
| Quasi permanent colour | £55.00 |
| Capped High/lowlights (half head) | £60.00 |
| Capped High/lowlights (full head) | £75.00 |
| Woven High/lowlights (half head) | £60.00 |
| Woven High/lowlights (full head) | £85.00 |
| Permanent colour | £65.00 |
| Root regrowth | £40.00 |
| Conditioning treatment | £20.00 |
| Men's cut | £25.00 |

Bridal Hair - prices are available on request (may require trial)

Hair-up styles for events/proms - prices available on request

ALTERNATIVE THERAPIES

Reflexology - 50 mins **£55.00**

Reflexology can be tracked back to 5000 years ago when the Chinese believed by applying pressure to different parts of the feet or reflex points they could stimulate and rebalance energy and trigger the body's own healing.

Reiki Healing - 35 mins **£45.00**

Based on the idea that life force is what animates you, flowing in and around the body. Blockages cause illness. The therapists make themselves into a channel of energy which flows through the patient to the point of greatest need.

HOPI Ear Candles - 35 mins **£40.00**

A natural ear cleansing technique to remove excess wax and help alleviate sinusitis, colds, headaches and migraines. The ear candles produce a revitalising heat which soothes, relaxes and helps relieve stress.

Hot Stone Massage - 65 mins **£80.00**

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

ALTERNATIVE THERAPIES *continued*

Indian Head Massage - 35 mins

£50.00

A relaxing treatment that alleviates tension using manipulation of the shoulders, back, head and face. An excellent soother of headaches, sinus problems and stress.

Sports Massage - 50 mins

£65.00

This massage is suitable for people involved in sport at any level. It may also be beneficial for people working in an office environment sitting in the same position for long durations. Excellent for easing back pain, specific muscular complaints or for those people who like an invigorating or deep massage.

Warm Bamboo Massage - 65 mins

£75.00

Unique deep tissue massage using warm bamboo tools to relax and knead muscles.

Thai Compress Massage - 75 mins

£70.00

New Massage which aims to loosen blockages and restore the body's natural equilibrium and balance. It also relaxes the muscles and stimulates the flow of both blood and lymph. Compresses are excellent for stiff, sore or pulled muscles and ligaments; back pain; arthritis, chronic pain or injury; disorders of the internal organs; skin diseases, migraines and chronic stress or anxiety.

Aromatherapy - 65 mins

£65.00

Aromatherapy uses lymphatic drainage and essential oils derived from plants, flowers, resins and fruits for healing, cleansing and relaxation. Aromatherapy helps to restore the harmony of the body and mind and can be used to help treat the client for a range of different concerns or problems. The essential oils are blended to suit the client's needs and preferences.

Threading - 30 mins

£20.00

The Therapist uses a doubled-up strand of cotton thread to twist around individual hairs, then pulls them out from the roots to achieve a natural shape.

The procedure is used on the eyebrows and upper lip.

Threading is perfect for those who are sensitive and can be done if diabetic.

GIFT HAMPERS

The perfect gift for any special occasion. All hampers come beautifully wrapped. Below are just a few examples of the hampers available...

Greenwoods Sole Delight Hamper **£35.00**

Any spa day with: Foot Rasp, Nail Varnish, Intense Heel Repair Cream.

Day Fitness Hamper **£35.00**

1 day trial gym membership with T-shirt, Power Plate Induction & Health Assessment.

Greenwoods Body Hamper **£60.00**

Any spa day with: Decleor Exfoliating Body Cream & Systeme Corps Body Emulsion.

Overnight Hamper **£80.00**

Any overnight stay with: Robe, Slippers & Bottle of House Champagne.

We recommend hampers are collected from us directly, however should they need to be delivered an additional courier cost will apply (Prices will depend on size & time of delivery). Please note that prices quoted DO NOT include the price of the spa day or overnight stay, these will be additional. Bespoke hampers are available on request.

Greenwoods

hotel spa and retreat ★★★★★

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