



SPA

GREEN WOODS



Welcome to Greenwood's Hotel & Spa

Greenwoods Spa is a true sensory experience and is the perfect place to escape the stress and pressures of everyday life. From the minute you enter you will be taken on a special journey created just for you, with a range of relaxing treatments in a luxurious setting. Come along and enjoy the atmosphere of our beautiful 17th Century, Grade II listed Manor House.

Greenwoods is situated in beautiful countryside in the heart of Essex. We are located just 3 miles from Billericay, 5 miles from Chelmsford and just 30 minutes away from London Liverpool Street, making this the perfect venue for a relaxing break.

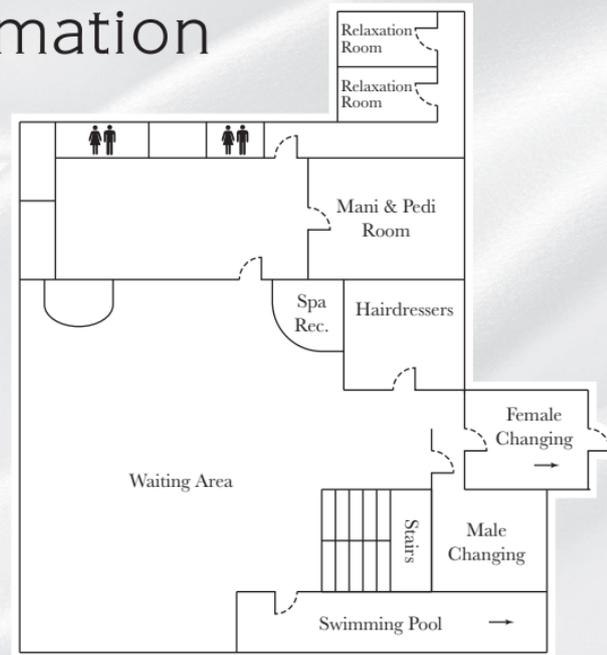
If you have not already viewed the superb facilities such as our 39 beautifully appointed bedrooms or luxury treatment rooms, our staff will be happy to show you around before you book. Please call 01277 829990 to arrange an appointment.





Important Information

- ◆ 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
- ◆ Eyelash tinting and eye brow tinting require a patch test to be carried out 24 hours prior to the treatment
- ◆ Some treatments may prove unsuitable for any medical conditions that you may have; a doctors note may be requested
- ◆ Treatment times are not able to be confirmed prior to arrival. Treatments are scheduled between 10am and 7pm
- ◆ Please also be aware that the spa facilities, including the swimming pool, are not permitted for those under the age of 16



Spa & Leisure Facilities

- ◆ 20m lap swimming pool
- ◆ Sauna
- ◆ Jacuzzi hot tub
- ◆ Relaxation area
- ◆ Nail salon
- ◆ Hair salon
- ◆ Steam room
- ◆ Gym & Fitness Studio



The leisure facilities at Greenwoods Hotel & Spa include an upmarket Fitness Suite, a 20 metre lap indoor swimming pool and a Fitness Studio offering a wide variety of classes. Our Jacuzzi, Sauna and Steam facilities will relieve tension and leave you feeling totally relaxed.

In our remodelled Fitness Suite you can find the latest Life Fitness cardio and strength equipment with user interactions, apps and WIFI as well as a revolutionary Power Plate machine. Use of the leisure facilities are included in our day spa and overnight packages until 10pm.

At Greenwoods, we offer a number of gym membership packages all of which include use of the spa facilities and our indoor pool.

Our friendly, experienced staff can offer a personalised consultation to help you maintain your fitness.

The following extras are also available:

Personal Training Sessions	£35
Health Assessment	£15
Power Plate Session	£20

Greenwoods Treatments

Greenwoods Signature Full Body Massage

£58 (50 minutes)

Greenwoods specialised full body massage (excludes scalp) incorporating Swedish techniques, a truly relaxing experience.

Greenwoods Deep Tissue Full Body Massage

£65 (50 minutes)

Deep rhythmic pressure massage. Alleviate stress, ease muscles and revive the senses with this powerful customised massage.

Greenwoods Foot and Leg Massage with Hot Mitts

£30 (20 minutes)

Focusing on the foot and calf area, this will help to relieve all tension and aches. Choose the oil scent of your choice

Greenwoods Scalp Massage

£39 (20 minutes)

Using Greenwoods special techniques and movements, this treatment is certain to make you feel completely relaxed

Greenwoods Back Massage

£38 (20 minutes)

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

Deep Tissue Back Massage

£42 (20 minutes)

Minimum time, maximum tension relieving results. Specifically targets the back, neck and shoulder areas where you need it most



Greenwoods Stone Therapy

£75 (65 minutes)

Therapeutic heat is slowly released into the heart of the muscle for a completely new body experience

Greenwoods Ultimate Pregnancy Treatment

£80 (65 minutes)

This massage is adapted for each stage of pregnancy and connects mother and baby through the power of touch, working with two heartbeats as one. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit. This treatment includes a facial, a hand, arm and back massage and a foot scrub

Greenwoods Deluxe Facial

£65 (65 minutes)

A luxurious treatment combining the Greenwoods Full Facial with cold stone drainage around the eye area designed to reduce the appearance of puffiness and dark circles. A scalp massage is included

Greenwoods Full Facial

£50 (50 minutes)

A wonderfully relaxing yet instantly effective facial treatment. Once the skin has been cleansed and exfoliated, Signature Facial Oil will be massaged into the face, neck, chest and shoulders leaving your skin feeling rejuvenated and fresh. A scalp massage is included

Greenwoods Express Facial

£39 (20 minutes)

This shortened version of our full facial is perfect for a quick refresher when you haven't got long. A condensed but active treatment to effectively repair and restore your skin. A scalp massage is included

Microdermabrasion Facial

Uses a gentle vacuum action to remove dead skin cells, helping to smooth and brighten skin. Great for improving open pores, pigmentation, age spots, fine lines and wrinkles

£40 (30 minutes)

£75 (60 minutes)

£200 for course of 5, get 6th free!
(excludes member discounts)

Greenwoods Back Scrub and Massage

£35 (20 minutes)

A refreshing back massage followed by a deep cleansing scrub leaving those hard to reach areas feeling relaxed and energised. Choose your preferred scrub for use during this treatment

Greenwoods Full Body Scrub and Massage

£65 (65 minutes)

A calming full body massage incorporating Swedish techniques to relax the body. An exfoliating body scrub leaves the skin renewed and polished. Choose your preferred scrub for use during this treatment

Greenwoods Foot and Leg Scrub and Massage

£38 (35 minutes)

An exfoliating foot scrub to increase circulation, leaving the skin refreshed and energised followed by a relaxing leg and foot massage using effleurage techniques. Choose your preferred scrub for use during this treatment

Greenwoods Full Body Scrub

£38 (20 minutes)

A full body exfoliation using mineral salts to remove dead skin and boost circulation. An essential treatment for healthy, glowing skin. Choose your preferred scrub for use during this treatment

HOPI Ear Candles

£42 (35 minutes)

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

Indian Head Massage

£50 (35 minutes)

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

Nail Treatments

Greenwoods Manicure £36 (35 minutes)

Greenwoods Deluxe Manicure £56 (50 minutes)

Greenwoods Pedicure £44 (35 minutes)

Greenwoods Deluxe Pedicure £59 (50 minutes)

Greenwoods File & Paint (Hands or Feet) £15 (20 minutes)

Greenwoods manicure and pedicure treatments include nail soak, cuticle work, massage and file and paint.

Greenwoods Deluxe treatments include all of the above plus a mitt/ bootie is used to enable oils to penetrate and hydrate the skin. This helps with the signs of ageing.

Deluxe Pedicure chair has optional massage facilities.

File and paint treatments include cuticle work.

Gel Polish

Gel Removal £8 (15 minutes)

Fingers or Toes £30 (50 minutes)

Fingers & Toes £50 (100 minutes)

Waxing

Half Leg £20

Full Leg £25

Underarm £10

Forearm £10

Lip £10

Chin £10

Bikini tidy £15

Eyebrow £10

Lip & Chin £15

Tinting

Please note that a patch test needs to be carried out 24 hours before having this treatment

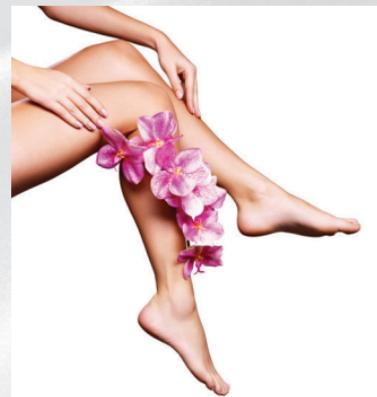
Eyelash £15 (20 minutes)

Eyebrow £10 (10 minutes)

Sunbed

The sunbed is a stand-up machine. Pro Tan creams are available to purchase at the spa reception.

Sunbed session £2 per 2 minutes



Elemis Facial Treatments

Elemis is a pioneering British skincare brand and proud partner of Greenwoods Spa. Elemis treats over 5.7 million people each year and has the single largest influence on trends and developments in the global spa and skincare industry.

The successful combination of natural active ingredients with cutting-edge technology has enabled Elemis to bring to the market some of the most influential anti-ageing products and professional spa therapies that the beauty industry has ever seen.



Dynamic Resurfacing Precision Peel

£89 (60 minutes)

Peel away the years for smoother, more radiant skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just one treatment. This unique facial targets blemishes, uneven skin tone, superficial facial scarring and fine lines revealing a younger and fresher looking skin. A patch test will be carried out before the start of the treatment

Super Food Pro-Radiance Facial

£89 (60 minutes)

To combat ageing, stressed and slackened skin. Moisture levels of the skin are proven to increase by up to 61% and elasticity by 40% after just one treatment. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin

radiance. A patch test will be carried out before the start of the treatment

Sensitive Skin Soother

£79 (60 minutes)

Pure soothing for sensitive skin. Gentle massage techniques are combined with calming actives and a Japanese Silk mask

S.O.S Blemish Mattify and Calm

£79 (60 minutes)

A purifying treatment for congested skin. A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Silk mask helps to absorb sebum, calm irritation and rebalance oil-rich pores



Pro-Collagen Age-Defy Facial

£89 (60 minutes)

Anti-wrinkle facial with proven results. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy leaving a firmer, uplifted, more youthful looking appearance. After just one treatment, this facial had been clinically proven to reduce the number of wrinkles by up to 94% and improves skin firmness by up to 57%

Pro-Definition Lift and Contour

£89 (60 minutes)

Powered by breakthrough technology targeting saggy jowls, cheeks and jawlines, this facial helps restore the architecture of the face. The active-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells help support the structure of the skin. This is further boosted through a unique deep, muscle toning massage from the scalp to the décolleté. The skin appears plumper and revitalised, creating a sculpted and youthful effect

Peptide 24/7

£69 (60 minutes)

This highly effective facial targets younger skin and delivers a powerful antidote to skin challenged by the effects of modern living whilst cleverly kicking the skin's natural sleeping rhythms back into sync. Target tired complexions with this radiance-restoring, skin-renewing Peptide 24/7 facial.



High Performance Skin Energiser

£65 (60 minutes)

This energising facial is designed to deeply cleanse the skin as well as giving the skin a total detox. This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast acting ingredients reduce sensitivity and provide long lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clean and clear

Hand & Nail Grooming £27 (20 minutes)

Foot Care for Men £32 (20 minutes)



Treatments for Men

Elemis Body Treatments

Body Nectar Nourishing Wrap - Frangipani

£80 (65 minutes)

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You will be kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils work their magic.

Thousand Flower Detox Wrap

£80 (65 minutes)

This nutrient-rich detox wrap uses the deeply nourishing Amber Body Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

This treatment is not suitable during pregnancy.

Intensely Cleansing Salt Scrub - Lime & Ginger or Frangipani

£55 (35 minutes)

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

This treatment is not suitable during pregnancy.

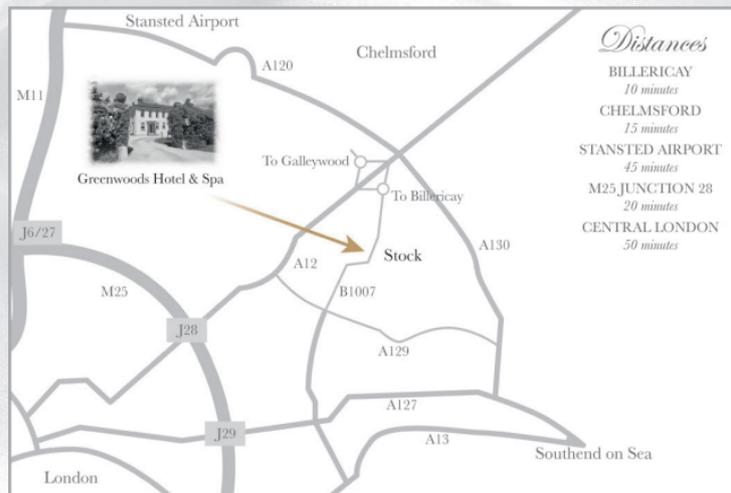


Several of the products used in our treatments are available to purchase in our spa shop, located in our waiting area.

Speak to your therapist or a member of the spa reception staff for more information.

Full price lists can be found in our main reception and spa reception.





Distances

BILLERICAY
10 minutes
CHELMSFORD
15 minutes
STANSTED AIRPORT
45 minutes
M25 JUNCTION 28
20 minutes
CENTRAL LONDON
50 minutes

Stock Road, Stock, Essex, CM4 9BE

Tel: 01277 829990

Email: info@greenwoodshotel.co.uk

www.greenwoodshotel.co.uk

Follow us on    



Directions to Greenwood's Hotel

- ◆ From M25 take exit A12 at Junction 28
- ◆ Head towards Chelmsford & Colchester
- ◆ After approx 20 minutes take B1007 exit for Galleywood & Billericay
- ◆ Head towards Billericay and after approx 3 minutes you will reach Stock
- ◆ Greenwood's Hotel is on the right as you enter the village