

THE SPA AT SWINTON PARK



beauty, body and complementary therapies [S]



Massage

Swedish Massage

Classic European moves to relax and soothe tired and aching muscles.

Back, Neck and Shoulder Massage 25 minutes – £35

Back, Neck, Shoulder and Back of Legs 40 minutes – £45

Full Body Massage 60 minutes – £60

Massage for 2 60 minutes – £110

Enjoy an hour of massage together in our double treatment room.

Partner Massage Instruction 90 minutes – £85

Learn how to give a simple and relaxing back massage to your partner and then lie back and relax whilst your partner practices on you.

Deep Tissue

Firmer massage moves for specific muscle tension.

Back, Neck and Shoulder Massage 25 minutes – £45

Back, Neck, Shoulder and Back of Legs 40 minutes – £55

Full Body Massage 60 minutes – £70

Please specify deep tissue massage at time of booking.

Comfort Touch Body Massage 60 minutes – £60

Comfort Zone's Signature massage to gently relax and soothe, using their delicately fragranced massage cream.

Aromatherapy Full Body Massage 60 minutes – £60

A specifically designed massage for relaxing, rebalancing or energising your body using selected essential oils.

Mum to be Massage 60 minutes – £60

Mums to be can enjoy a full body massage including lying on their tummy, by the use of our mum to be bed with a specifically designed supported niche. Comfort Zone's pre-natal massage cream will help to avoid stretch marks, soothe and relax aching muscles and help relieve swelling.

Sacred Nature Organic Massage 60 minutes – £60

An anti-ageing full body massage using eco-certified organic oil to give you a nurturing treatment suitable for all skin types.

Lux Candle Massage

60 minute treatment – £65

Treat yourself to a massage which allows your body to be drizzled with warm shea butter and essential oils to release your tension and moisturise your skin. Choose from Relax, Energy, Harmony, Aphrodesia or Pleasure (chocolate). Especially suitable for dry and sensitive skins.

Includes a mini candle to take home.

Swinton Spa Walking Massage

30 minutes – £25

The treatment starts with bubbles in our foot spa with essential oils to revive your tired feet. You will then have a relaxing foot massage. To finish you will be treated to a spritz of Italian Vital Leg spray designed to refresh and invigorate your feet.

LaStone Massage

LaStone Therapy uses warm volcanic stones to massage and relax your body using Swedish massage moves, whilst chilled marble stones flush away muscle tension.

LaStone Therapy Original Body

Back, Neck and Arms 45 minutes – £50

Full Body 70 minutes – £70

LaStone Therapy Deluxe

Full Body Massage with mini facial 90 minutes – £95

LaStone Therapy Deep

80 minutes – £75

Full Body Massage concentrating on tense and stressed muscles with increased use of chilled marble stones.

LaStone Therapy Crystal Energy

70 minutes – £75

Full Body Massage incorporating the power of crystal energy to balance and re-energise your body.

LaStone Volcanic Clay Cocoon Wrap

85 minutes – £80

A deeply detoxifying and re-mineralizing treatment allowing your body to be cocooned in a clay wrap and your head treated to a stimulating scalp massage. Your body will then be massaged with hot and cold stones to flush out toxins.



[Comfort Zone] Body Treatments

All Body Wraps begin with a full body exfoliation, then your body will be cocooned in a wrap whilst enjoying a scalp massage.

D-Age Anti-Ageing Body Wrap **60 minutes – £60**
 A firming body treatment with Kamani oil to stimulate collagen and restore body elasticity and firmness. (Not suitable for nut allergy sufferers).

Monticelli Mud Wrap **60 minutes – £60**
 A creamy mud enriched with Monticelli thermal waters, which detoxifies and improves elasticity. Your muscle or joint aches and pains will be soothed and your skin toned.

Body Strategist + Nutritional Wrap **60 minutes – £60**
 A unique blend of anti-oxidant ingredients including pumpkin, tomato and basil, tone and deeply moisturise your body.

Body Strategist + Algae Wrap **60 minutes – £60**
 A powerful treatment for stubborn cellulite using algae to boost the metabolism and regain tone.

Body Strategist + Remodeller Wrap **60 minutes – £60**
 A stimulating thermogenic treatment designed to improve microcirculation and eliminate toxins.

Not suitable for guests wanting to use the spa before or after treatment.

Full Body Scrub **40 minutes – £25**
 A full face and body exfoliation followed by an application of Comfort Zone cream for silky smooth skin.

Rituals

Sacred Nature Complete Ritual **120 minutes – £95**
 An anti-ageing body scrub, body massage and full facial using eco-certified organic products to give your entire body a natural and nourishing experience.

Lushly Hand or Foot Polynesian Rituals
30 minutes – £25
 Your hands or feet will be bathed in warm water with fresh rose petals and then exfoliated, wrapped and massaged to leave them soft and beautifully fragranced.



Complementary Therapies

Indian Head Massage **30 minutes – £35**
 An energising and de-stressing seated massage to relax your shoulders and clear your mind.

HOPi Ear Candles **30 minutes – £30**
 A surprisingly relaxing treatment to soothe ear and sinus complaints by releasing pressure from the inner ear together with a sinus massage.

Reflexology **60 minutes – £55**
 Relax your feet in our warm bubble foot spa and then enjoy your feet being massaged to help release physical and energy blockages in your body.

[Comfort Zone] Every Day Facials

Hydrmemory 60 minutes – £60
A deeply hydrating treatment to leave your skin hydrated and silky smooth.

Skin Resonance 60 minutes – £60
A de-sensitising treatment to calm areas of redness and irritation, leaving your skin soft and soothed.

Active Pureness 60 minutes – £60
A deeply cleansing treatment for oily skin to purify and relieve excess oil.

Absolute Pearl 60 minutes – £60
An excellent treatment for treating uneven colour or dark spot areas while improving skin luminosity. The anti-oxidant effects create an immediate brightness so perfect for party nights or brides to be.

Mini Facial 30 minutes – £40
An express facial to suit your skin type which includes a full cleanse, tone, scrub, mask and scalp massage.

Eye Supreme 30 minutes – £35
A rejuvenating eye treatment to reduce dark circles, puffiness and wrinkles.



[Comfort Zone] Anti-Ageing Facials

Watersource 60 minutes – £65
An elasticising and deeply hydrating treatment for depleted or damaged skin with a unique collagen mask.

Glorious Skin 75 minutes – £70
An instantly noticeable lifting and firming treatment to bring compactness and radiance to your face.

Not suitable for guests wanting to use the spa before or after treatment.

Chrono Reverser Collagen 75 minutes – £75
An intensive exfoliating treatment with an anti-ageing collagen mask to plump out fine lines and reduce pigmentation.

Not suitable for guests wanting to use the spa before or after treatment.

Daniel Sandler Touch of Colour 15 minutes – £15
Finish any of your facials with a touch of colour using Daniel Sandler's award winning mineral based make up, which consists of an application of base, blusher, mascara and lipstick.



Jessica Nails

Jessica File and Polish to Hands or Feet 20 minutes – £15
Nails will be shaped and polished with the colour of your choice.

Jessica Express Manicure 30 minutes – £20
Nails will be shaped, cuticles tidied and then polished with the colour of your choice.

Jessica Luxury Manicure 60 minutes – £35
Your nails will be shaped and cuticles tidied whilst your hands will be pampered with a massage and hot mitten treatment. Your nails will then be perfected with a prescriptive basecoat and colour of your choice.

Jessica Express Pedicure 30 minutes – £25
Nails will be shaped, cuticles tidied, then hard skin removed. Your nails will then be polished with the colour of your choice.

Jessica Luxury Zen Pedicure 75 minutes – £40
A deeply relaxing and nourishing treatment with time spent in the foot spa, hard skin removal, massage and hot bootees. Your nails will be shaped and cuticles tidied and then finished with a prescriptive basecoat and colour of your choice.

For French polish add on £5 and 10 minutes to treatment time.

Jessica GELeration

Jessica GELeration polish is designed to protect your natural nail and dries instantly, so no time waiting for your polish to dry after your treatment. The polish can last up to 2 weeks.

Jessica Standard GELeration Manicure 45 minutes – £25
Nails will be shaped, cuticles tidied then an application of gel polish.

Jessica Deluxe GELeration Manicure 75 minutes – £45
Nails will be shaped and cuticles tidied then your hands will be pampered with a relaxing massage and hot mittens. To finish there will be an application of gel polish of your choice.

Jessica Standard GELeration Pedicure 45 minutes – £30
Nails will be shaped, cuticles tidied, hard skin removed and an application of gel polish.

Jessica Zen GELeration Pedicure 90 minutes – £50
A deeply relaxing and nourishing treatment with time spent in the foot spa, hard skin removal, massage and hot bootees. Your nails will be shaped and cuticles tidied and then finished with a prescriptive basecoat and application of gel polish.

Jessica Gel Soak Off 15 minutes – £10 (or £8 as part of manicure)
Jessica Gel polish will be soaked off and nails shaped.

Jessica Gel Nail Refill 30 minutes – £15
Your existing Jessica gel nails will be buffed and re-filled with existing nail polish colour.

For French polish add on £5 and 10 minutes to treatment time.



Daniel Sandler Make Up

Daniel Sandler is one of the UK's most successful make up artists and this range of award winning mineral make up allows you to have a truly professional look.

Daniel Sandler Make Up 60 minutes – £40
An express cleanse followed by make up to suit your skin and occasion.

Daniel Sandler Touch of Colour 15 minutes – £15
Have a taster of Daniel Sandler's award winning mineral based make up, with an application of base, blusher, mascara and lipstick.

False Eyelashes Application Up to 30 minutes – £20
(Patch test must be carried out 48 hours before application)

Wedding Make Up

Wedding Make Up Trial 60 minutes – £35
Pre-wedding make up trial and consultation.

Bridal Make Up on Wedding Day Up to 60 minutes – £50
Airbase Airbrush Foundation is used for a lightweight and flawless professional base combined with Daniel Sandler Make Up for the finishing touches.

Bridesmaid Make Up 30 minutes – £30

Mother of the Bride Make Up 30 minutes – £30

False Eyelashes 30 minutes – £20
(Patch test must be carried out 48 hours before application)

Beauty Packages

Queen 5 hours – £230
Make up, individual false lashes, eyebrow shape, Everyday facial, back, neck and shoulder massage, luxury manicure and pedicure.

Duchess 3½ hours – £170
Make up, individual false lashes, eyebrow shape, mini facial, back, neck and shoulder massage and luxury manicure.

Countess 3¼ hours – £120
Make up, eyebrow shape, luxury manicure and luxury pedicure.

Baroness 2¼ hours – £90
Make up, eyebrow shape, luxury manicure or luxury pedicure.

Lady 1¾ hours – £70
Make up, file and polish to hands and feet.

Princess 1 hour – £40
Mini facial or back, neck and shoulder massage and file and polish to hands.

All make up packages include a Daniel Sandler lipstick for you to top up your lip colour in the evening. A £10 supplement is payable for upgrades for manicures and pedicures to Jessica GELeration. Packages may be taken over several days ready for the day as required.

He-Shi Spray Tan

Have a sun kissed look immediately with a He-Shi Spray Tan. This treatment offers a subtle golden glow or a darker bronze so you can choose your perfect tan.

Full Body 20 minutes – £30

Fashion Tan 15 minutes – £20
(Arms, legs, back and décolleté only exposed)

PHD Waxing

Full leg 60 minutes – £30

¾ leg 40 minutes – £20

½ leg 30 minutes – £15

Bikini 20 minutes – £15

Under Arm 15 minutes – £10

Lip and Chin 15 minutes – £10

Eyebrow Shape 10 minutes – £10

Eye Lash Tint 15 minutes – £10

Eye Brow Tint 10 minutes – £8

Eye Lash and Eyebrow Tint 30 minutes – £15

Eye Lash Tint, Eyebrow Tint and Shape 30 minutes – £25
(A tint patch test must be conducted 24 hours prior to treatment)

Waxing Packages

Half leg, bikini and underarm 60 minutes – £35

Full leg, bikini and underarm 90 minutes – £50

Ytsara – The Essence of Asia

Leave your stress and worries behind and step into a haven of serenity and sheer bliss. All our Ytsara treatments begin with a cleansing foot ritual and gentle Thai style stretching to soothe away tensions and prepare the body to enjoy the healing power of touch.



MOHOM – Indigo Art of Healing

Deep Tissue Hot Poultice Treatment

90 minutes – £95

A steamed indigo herbal poultice, filled with pure remedial ingredients is used to treat muscular aches and pains. Indigo, the symbol of the Buddha of Medicine is said to improve muscular tone and drain away toxins, while Chinese Mandarin and Rosemary essential oils dissolve muscular tension, embracing you in an aura of calm and harmony.

SAMUNPRAI – Thai Herbal Heat Energizer

Energising Hot Poultice Treatment

75 minutes – £80

A steamed balancing poultice opens the pores and brings a deep medicinal heat to the muscles to release tension and revitalize your mind. Then an invigorating massage with a synergy of Blue Ginger and Sweet Orange essential oils will take your body on a journey of total renewal.

MAPHRAO – Warm Coconut Soother

Warm Coconut Hot Poultice Treatment

90 minutes – £95

A rich red jasmine rice scrub softens and invigorates your skin. Then drift into southern Thailand delights when warm extra virgin coconut oil is drizzled onto your body and a warm sesame and coconut poultice is gently glided to massage, nourish and soothe your skin and nurture you soul.

ANAMAI – Body Reviver

Warm Cushion Treatment

75 minutes – £80

Strengthen your body and feel empowered with this unique healing art of massage. A combination of acupressure, gentle stretching and massage releases blockages and tunes your energy flow. Warm herbal cushions filled with therapeutic botanical ingredients are placed onto your back and neck to infuse their healing powers into your system. This treatment helps to reinforce your immune system and reduce stress.

SAMSARA – Detoxing and Refining

Red Rice Full Body Exfoliation

45 minutes – £45

An exceptional skin softening full body exfoliation treatment which uses a rich red jasmine rice scrub which is traditionally used in Asia as a skin refiner. After this sumptuous body scrub you have a choice of detoxifying body oil with China Mandarin or energising body oil with Thai Blue Ginger to leave the skin feeling fresh, smooth and revitalised.

Day Spa Experience

Enjoy the use of our private spa which includes a sauna, jacuzzi and relaxation area together with changing room and shower.

Your day will consist of 50 minutes in our exclusive use spa, treatments to the time of your choice and a 2 course light lunch with mineral water to be taken in the Hotel Bar or Samuel's Restaurant, subject to availability.

Guests will be provided with complimentary robe and slippers and a locker for your belongings.

1 hour treatment, 50 minutes in the spa, and lunch £90 per person

1½ hours treatment, 50 minutes in the spa, and lunch £120 per person

2 hours treatment, 50 minutes in the spa, and lunch £135 per person

Selected treatments only available with Day Spa Experiences.



Special Selection

Indulgence Package

3½ hours – £155

Spa session, revitalising mini facial, full body La Stone massage, mud wrap and body tone and moisturise.

Yummy Mummy To Be

2¾ hours – £125

Allow your body to unwind with a mum to be massage and Comfort Zone mini facial, followed by a Jessica Deluxe Pedicure to treat your weary feet.

(Suitable during pregnancy (after the first trimester) by the use of our mum to be massage bed that has a supported recess especially for your bump and pre-natal elasticising massage cream).

Uplifting Package

2 hours – £125

Your entire body will be de-stressed with a soothing and warming Lux "Candle Massage" and then your face with be treated to a Glorious Skin Anti-Ageing Facial to give your face lift and luminosity.

Night Out Package

2½ hours – £120

Prepare for your evening of fine dining with a Jessica GELeration Standard Manicure and then a Comfort Zone Every Day Facial to provide the perfect base for your therapist to apply Daniel Sandler Make Up.

Replenish Package

2 hours – £110

A firming, anti-ageing D-Age Wrap including scalp massage followed by a deeply hydrating Hydramemory facial which will leave your face hydrated and silky smooth.

Back Massage and Facial

1¼ hours – £85

After a relaxing back massage, you will then be treated to a Comfort Zone Every Day facial.

Afternoon Indulgence

£65 per person

Have an indulgent beauty, body or complementary therapy treatment for an hour, followed by a cream tea in the comfort of the Drawing Room or on the Terrace in summer months.

(Monday – Friday bookings, and selected treatments only available).

Spa Retreat for Two

£20 per person

Share some special times together with up to 50 minutes in our spa (with Jacuzzi and sauna) and a cream tea for two in the Drawing Room, or on the Terrace in summer.

[man space]

[Comfort Zone] Facials

Hydra Performance Facial 60 minutes – £60
Rehydration for your face to leave your skin smooth and nourished.

Pure Performance Facial 60 minutes – £60
Rebalances oil and removes impurities to leave your skin with a perfectly matte finish.

Anti-Age Performance Facial 60 minutes – £70
Restores skin compactness and tone to leave your skin rejuvenated.

Massage

Choose from any of the Swedish and LaStone Therapy Massages on page 1, or;

Sportsman's Massage (Specific Muscle Groups) 60 minutes – £70
A massage designed especially for the avid sportsman before or after a game. Particular muscle areas will be concentrated on dependent upon style of sport. Whilst the rest of the body will be treated to a deep tissue massage.

LaStone Therapy Deep
An intense massage concentrating on tense and stressed muscles with an increased amount of chilled marble stones.

Specific muscle groups 45 minutes – £55
Full Body 80 minutes – £75

Maintenance

Men's Hand or Foot Treatment 45 minutes – £30
Your hands or feet will be perfectly groomed and massaged to help ease aches and pains.

Back Wax 30 minutes – £30



[teen spa zone]

Perfect for the introduction of Teens to relaxation and skin care.

Express Manicure or Pedicure 30 minutes – £15
Nails will be shaped, cuticles tidied and nails polished with the colour of your choice.

Back, Neck & Shoulder Massage and Every Day Facial 90 minutes – £80
A back, neck and shoulder massage followed by a one to one chat to help with skincare concerns. Facial products will then be selected to suit skin type and advice given for home care after the facial.

Back Treatment 60 minutes – £35
A facial for the back with a cleanse, scrub, mask and massage.

Wellness

We believe that a holistic approach to health and wellbeing is profoundly beneficial.

Wellness Days **£90 per person**
Tuesdays 13th September, 11th October & 15th November and selected dates throughout 2012

A holistic approach to health combined with a day of relaxation and detox. The day offers you time out to relax and enjoy the hotel's facilities and also the opportunity to review your lifestyle and diet. Guests will spend time in the spa, with Jacuzzi, sauna and relaxation room, and enjoy a detox massage, a mini manicure or pedicure, a lifestyle and diet consultation with our resident nutritionist, Kate Chaytor-Norris, and a demonstration lunch in the cookery school kitchen, using nutritious and wholesome ingredients.

Personal Training **£100 per person**
Jason Comber Evans is a highly regarded Premier Personal Trainer. In a two hour session he will assess your fitness and health levels, carry out a stretch and workout exercise with you, and design an on-going exercise programme and nutrition plan to fit your requirements.

Yoga
Classes for groups and individuals are available by prior appointment.



Further Information

Cancellation Policy

Please book in advance to avoid disappointment. Reservations are to be secured with credit or debit card details. Packages and Day Spas must be paid for in full in advance.

In the event of a cancellation, 24 hours notice is required for single treatments and 48 hours for packages. Cancellation with less than the required notice given will incur a 50% cancellation charge.

Spa Guidance

We ask you to arrive 10 minutes prior to your appointment time to allow you time to complete your consultation form and change into robe and slippers. We operate a prompt appointment schedule and late arrival may mean that your treatment time is reduced.

Opening Hours

Sunday-Thursday: 10:00am-6:00pm

Friday-Saturday: 10:00am 7:00pm

We are happy to accommodate bookings outside our normal opening times by prior arrangement.

Polite Request

For your own comfort and other guests we request that children are not brought to spa appointments.



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