

SPA DAY PACKAGES

HALF DAY BREAK

Elemis taster facial
Back, neck & shoulder
massage
Full use of heated
swimming pool, Jacuzzi,
sauna and gymnasium
Morning coffee & cookies
Afternoon Tea from 3.30pm
Monday to Thursday £95
Friday to Sunday £110

FULL DAY BREAK

Exotic lime and ginger salt
glow exfoliation or
manicure or pedicure
Elemis taster facial
Head massage
2-course Spa lunch
Full use of heated
swimming pool, Jacuzzi,
sauna and gymnasium
Afternoon Tea from 3.30pm
Monday to Thursday £165
Friday to Sunday £180

SPA DAY FOR MEN

Elemis facial for men
Aromatherapy back, neck,
shoulder and head massage
2-course Spa lunch
Full use of heated
swimming pool, Jacuzzi,
sauna and gymnasium
Afternoon Tea from 3.30pm
Monday to Thursday £165
Friday to Sunday £180

MOTHER & DAUGHTER DAY

Exotic lime and ginger salt
glow exfoliation
Aromatherapy back, neck,
shoulder and head massage
Elemis taster facial
File and varnish hands
2-course Spa Lunch
Full use of heated
swimming pool, Jacuzzi,
sauna and gymnasium
Afternoon Tea from 3.30pm
Monday to Thursday
£180 per person
Friday to Sunday
£195 per person

HOLISTIC DAY

Aromatherapy back
massage
Indian head massage
Reflexology/
or foot massage
2-course Spa Lunch
Full use of heated
swimming pool, Jacuzzi,
sauna and gymnasium
Afternoon Tea from 3.30pm
Monday to Thursday £170
Friday to Sunday £185

MAINTENANCE DAY

Elemis taster facial
Eyebrow shape
Manicure
Pedicure
2-course Spa Lunch
Full use of heated
swimming pool, Jacuzzi,
sauna and gymnasium
Afternoon Tea from 3.30pm
Monday to Thursday £175
Friday to Sunday £190

TWILIGHT SPA EXPERIENCE

RELAX £55 per person
Valid Mon-Thurs 6pm to 9pm

Two treatments: reflexology
and back massage

Use of heated swimming
pool, Jacuzzi, sauna and
gymnasium. All towels,
robes and slippers provided.

Choice of canapés
and fruit cocktails
from £6 per person

REVIVE £70 per person
Valid Mon-Thurs 6pm to 9pm

Three treatments: back,
neck and shoulder massage,

Express manicure
and pedicure.

Use of heated swimming
pool, Jacuzzi, sauna and
gymnasium. All towels,
robes and slippers provided.

Choice of canapés
and fruit cocktails
from £6 per person

RESTORE £90 per person
Valid Mon-Thurs 6pm to 9pm

Choice of three treatments
from: Aromatherapy back
massage; foot massage;
head massage; body polish;
or express facial

Use of heated swimming
pool, Jacuzzi, sauna and
gymnasium. All towels,
robes and slippers provided.

Choice of canapés and
fruit cocktails
from £6 per person

FOR RESERVATIONS OR MORE INFORMATION
please call 01935 482045
email spa@summerlodgehotel.co.uk
or visit www.summerlodgehotel.com



Summer Lodge

COUNTRY HOUSE HOTEL, RESTAURANT AND SPA

SPA BOOKINGS

A non refundable booking fee of £30 for Half Day and £50 for Day Packages is required, which can be made by debit/credit card over the phone by calling +44 (0)1935 482045.

We can offer treatments that have not been pre-booked, however, to avoid disappointment we do recommend that you book your treatment in advance. If you are not sure what treatment to have then it is advisable to book time with one of our therapists and then decide on a specific treatment upon arrival.

RESERVATIONS

For reservations or more information please call 01935 482045, email spa@summerlodgehotel.co.uk or visit www.summerlodgehotel.com

CANCELLATIONS

Bookings cancelled within 24 hours of the treatment time will be charged at 50% of the treatment cost. Bookings cancelled on the day or no shows will be charged at full price of the treatment cost booked.

VAT

All prices include VAT at the prevailing rate.

We recommend arriving for your treatment at least five minutes before your treatment is due to start. Late arrival will mean that your treatment time is reduced or unable to be honoured.

Twilight Packages

Minimum party sizes:

6 persons Relax Package;

4 persons Revive and Restore Packages

All Twilight Packages to be pre paid by credit/debit card.

TREATMENT TIMINGS

All treatment times indicated include an allowance for consultation and dressing/undressing within the treatment time stated.

GIFT VOUCHERS

We offer gift certificates for all occasions. Gift certificates can be purchased to cover any value, treatment or package and makes an ideal gift.

THE SPA SHOP

A full range of products to maintain body and face following treatments is available: ask our therapists.



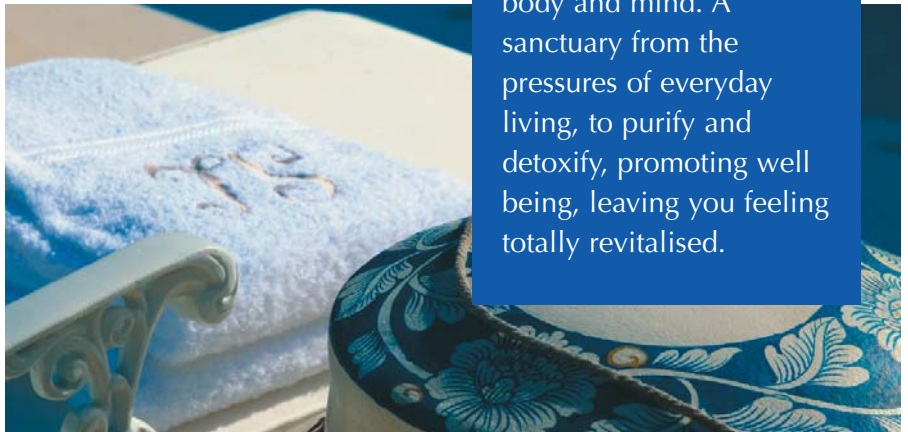
Summer Lodge

COUNTRY HOUSE HOTEL, RESTAURANT AND SPA

SPA PRICE LIST



The SPA at Summer Lodge Hotel has been created to provide the ultimate destination to soothe, refresh and rejuvenate body and mind. A sanctuary from the pressures of everyday living, to purify and detoxify, promoting well being, leaving you feeling totally revitalised.



SUMMER LODGE COUNTRY HOUSE HOTEL, RESTAURANT AND SPA
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ELEMIS FACIALS

ADVANCED ANTI-AGEING

VISIBLE BRILLIANCE FACIAL

75mins £75

Combats ageing, stressed and slacking skin. Independently tested with revolutionary results, this anti-ageing facial instantly firms, rejuvenates and plumps up the skin, whilst reducing dark circles from around the eyes.

Moisturisation levels of skin are proven to increase by up to 38% and elasticity by 28% after just 1 treatment.

PRO-COLLAGEN

QUARTZ LIFT FACIAL

75mins £75

Providing an immediate result in the fight against time. This exceptional facial helps to slow down the signs of premature ageing, reducing the appearance of fine lines and wrinkles and crows feet, using specialised lifting massage techniques and a Japanese silk mask impregnated with Pro-Collagen Booster Serum.

TRI-ENZYME

RESURFACING FACIAL

60mins £75

Clinically proven after just one treatment to visibly resurface by up to 75% and increase skin smoothness by up to 32%. This unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin.

SKIN SPECIFIC FACIALS

FRUIT ACTIVE GLOW FACIAL

60mins £65

A powerful skin recharge, this facial will bring back the glow to tired and dull complexions. Skin is deeply cleansed and stimulated by special Eastern massage techniques, whilst powerful skin conditioning actives nourish and renew vital radiance.

EXOTIC MOISTURE

DEW FACIAL

60mins £65

For skin in need of a super saturating moisture boost. Following a deep cleanse and nourishing facial massage, the skin is fed with moisture loving actives that will bring back the healthy, dewy look to the skin.

HERBAL LAVENDER

REPAIR FACIAL

60mins £65

For perfect restoration of skin balance, this helps to heal and repair oily and congested skin. Deeply cleansing to draw out skin impurities, this facial helps reduce unwanted shine, refine the pores and treat skin outbreaks.

COOLING HOT STONE

BODY FACIAL

60mins £65

Pure body indulgence with exceptional anti-ageing facial results. Experience the luxurious hot and cold sensations of this massage to alleviate stress and aching muscles incorporating a taster advanced anti-ageing facial.

SKIN SOLUTION FACIALS

OXYGEN SKIN CALM FACIAL

75mins £70

This face and eye treatment is pure soothing heaven for sensitive skins. Gentle massage techniques combined with calming actives and a restructuring Japanese silk mask help to rebalance delicate, fragile and sensitive skin. Reduces redness and offers immediate comfort to stressed skin.

S.O.S PURIFYING FACIAL

75mins £70

A powerful purifying face and eye treatment for oily, problem and congested skin. A Japanese Sulphur Mask is impregnated with Vita-C Booster Serum to help absorb sebum, calm irritation, repair scarring and rebalance oil rich pores, leaving a beautiful matt skin.

TASTER FACIAL

30mins £40

This introductory facial will give a quick and instant pick-me-up for dull, lifeless skin. The perfect way to experience a taste of the world renowned Elemis Facials, as well as an excellent pre-make-up facial.

FACIALS FOR MEN

ADVANCED ANTI-AGEING

SKIN IQ+ FACIAL

75mins £75

An anti-ageing facial for tired, stressed skin. Helps to calm irritation and minimise the signs of ageing. This facial is the ultimate overhaul for male skin, protecting against the harsh effects of shaving and environmental damage.

ADVANCED PERFORMANCE

URBAN CLEANSE FACIAL

75mins £65

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 clear and squeaky clean.

STRESS BUSTER FOR MEN

60mins £65

A restoring and revitalising treatment, bringing harmony to both mind and body, this all encompassing treatment prepares the skin with a back exfoliation, back massage, mask and lower leg massage, leaving you feeling relaxed and de-stressed.

TOTAL TIME OUT

120mins £120

Dynamic and immediate de-stressing full body and head massage followed by a skin specific facial leaving you relaxed and energised.

ELEMIS BODY RITUALS

MUSCLEASE AROMA SPA

OCEAN WRAP

75mins £80

Seaweed wrap treatments detoxify and deep cleanse the body inside and out. You are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. A warming blend of Pine and Rosewood helps ease the pains of rheumatism, arthritis and fatigue.

CELLUTOX AROMA SPA

OCEAN WRAP

75mins £80

Seaweed wrap treatments detoxify and deep cleanse the body inside and out. You are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. A detoxifying blend of Juniper and Lemon decongest and stimulate the body's systems. Improves the dimpled appearance of cellulite and reduces fluid retention.

BODY SCULPTING AND COLON THERAPY

60mins £75

The body sculpting Lipo-refining serum and body sculpting firming cream target stubborn cellulite and sagging skin, for visible rapid results. A detoxifying Fennel and Birch peel off body mask is combined with specialist massage techniques to deeply

cleanse the bodies systems, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body working from the inside out.

ELEMIS EXOTIC THERAPY

EXOTIC LIME AND GINGER

SALT GLOW

30mins £40

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

EXOTIC COCONUT RUB AND MILK RITUAL WRAP/FLOAT

45mins £55

A body exfoliation ritual to invigorate and revitalise the body. Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap. This opulent therapy is excellent for skin smoothing and softening, all combined with pressure point facial massage and de-stress scalp treatment.

EXOTIC FRANGIPANI

BODY WRAP

45mins £55

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

MATERNITY TREATMENTS

75mins £85

A completely indulgent treatment to take care of your pregnancy needs. This inspirational therapy connects mother and baby through the power of touch. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

ST TROPEZ SELF TANNING

Full Body

60 minutes £45

Half Body

30 minutes £30

Legs

30 minutes £25

Face and Shoulders

30 minutes £25

This treatment includes an exfoliation. It is essential to wear dark loose fitting clothing. We recommend you do not shower for 8 hours or exercise until after this time.

BODYOGRAPHY PROFESSIONAL COSMETICS

A complete natural anti ageing make-up range that will give a flawless silky skin. With the benefits of natural minerals and anti-oxidants.

Make-up Lesson

£40

Make-up for special occasions

£35

Bridal Make-up

Price on Request

MASSAGE

SWEDISH MASSAGE

The classic European massage using long strokes and kneading of the superficial layers of muscles. This soothing massage helps to relieve muscle tension, improving circulation and flexibility.

Full body

60mins £65

Back, Neck, Shoulder, Head

45mins £55

Back, Neck and Shoulder

30mins £40

DEEP TISSUE MASSAGE

Submit your body to a vigorous workout of deep rhythmic pressure massage focused on relieving specific stress and muscle tension.

Full body

60mins £70

Back, Neck and Shoulder

30mins £50

AROMATHERAPY MASSAGE

The ultimate experience in the power of touch, using essential oils which envelop you, relax or energise you. Your therapist will select from a range of oils to achieve the desired state of body and mind.

Full body and Head

75mins £70

Full body

60mins £65

Back, Neck, Shoulder, Head

45mins £55

Back, Neck and Shoulder

30mins £40

HEAD MASSAGE

30mins £40

An eastern complementary holistic treatment, working on relieving stress and tension on the head and shoulders.

STONE THERAPY MASSAGE

75mins £75

The original stone therapy, involving the use of hot stones that are placed on the chakra points of the body. Warm oil is then therapeutically massaged into the skin with hands and hot stones to relieve tired and sore muscles, benefit circulation, lymph drainage and generate deep relaxation.

REFLEXOLOGY

45mins £55

This oriental foot massage focuses on points of the feet which relate to specific parts of the body to heal and rebalance energy levels.



REIKI

60mins £55

Reiki meaning 'universal Life force energy' is a system for channelling energy to someone for the purpose of healing. Reiki treatments work by dissolving or eliminating toxic energy and substances from many levels of one's being.

HOPI EAR CANDLEING/FACIAL DRAINAGE MASSAGE

45mins £50

The perfect treatment for those that suffer with ear and nose problems. The candles act as a vacuum to remove excess wax. A head and face massage then drains sinuses and helps to relieve problems with balance, earache, headaches, stress and tension.

HANDS AND FEET

LUXURY MANICURE

60mins £40

Includes exfoliation, cuticle care, a mask plus hand and lower arm massage.

PRO-COLLAGEN HAND AND NAIL TREATMENT

30mins £25

An anti-ageing treatment to soothe dry, chapped hands and nails. Conditioning and strengthening the nails, this treatment targets age spots, reduces crepiness and leaves hands beautifully smooth and youthful looking.

LUXURY PEDICURE

60mins £45

Includes exfoliation, cuticle care, a mask plus foot and lower leg massage.

FILE AND VARNISH

15mins £20

EYE ESSENTIALS

Eyebrow shape

£15

Eyelash Tint*

£15

Eyebrow Tint*

£12

Eyelash/Eyebrow Tint*

£25

Eyelash Perming plus Tint*

£45

** (A patch test is required 24 hours prior to any tint treatment)*

WAXING

Full Leg £30

Full Leg & Bikini £35

Half Leg £20

Three Quarter Leg £25

Under Arm £15

Forearm £15

Bikini Line from £15

Lip or Chin £12

Lip and Chin £20

Eyebrow £12

Back £25

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