

## TREATMENT MENU

### TREATMENT PACKAGES

Enjoy a day of relaxation at Combe Grove, with full use our facilities including steam room, sauna, hydro beds, indoor & outdoor swimming pools and a fully equipped gym. You could even try one of our many studio classes, or a game of tennis.

All treatment packages include a delicious two course lunch selection in our bar, with far-reaching views over ancient woodland, and the area of outstanding natural beauty beyond.

#### TOTAL INDULGENCE PACKAGE £85

*Treatment time 110 minutes*

Indulge in a combination of treatments which will leave you feeling refreshed and radiant. Select two of the following - vitamin glow facial, full body massage, deluxe manicure, or deluxe pedicure.

#### FACE & NAILS PACKAGE £75

*Treatment time 80 minutes*

A combination of treatments to make you feel fabulous. Deluxe manicure plus express facial or soft feet treatment.

#### 'MUM TO BE' PACKAGE £65

*Treatment time 50 minutes*

Indulge in some much needed 'me' time and relax with our radiant 'mum to be' treatment, suitable for pregnancies over 12 weeks.

#### CREATE YOUR OWN PACKAGE £65

*Treatment time 50 minutes*

Create your own pamper session, choosing two treatments from the following: back, neck and shoulder massage, express facial, express manicure, express pedicure, or scalp massage.

#### MORNING BOOSTER SESSION £40

*Treatment time 25 minutes*

Treat yourself to a little bit of morning relaxation and leave feeling revived and energised for the rest of the day. Choose from a neck & shoulder massage, express facial, express manicure, express pedicure, or scalp massage. Enjoy making full use of the facilities between 9am -1pm (available Monday to Friday).

**All packages include two-course lunch, robes, slippers and use of the facilities.**

**All spa packages incur a £5 surcharge at weekends.**

### REFLEXOLOGY

#### REFLEXOLOGY TREATMENT £45

*Treatment time 45 minutes*

A deeply relaxing therapy massaging pressure points on the feet to relieve tension throughout the body, boosting circulation and reducing toxins.

### FACE

#### ULTIMATE VITAMIN GLOW FACIAL £60

*Treatment time 55 minutes*

Power-packed with vitamins and antioxidants this facial melts away stress. Combines a rebalancing essential oil elixir with a warm, decongesting mask, for skin that is purified, perfectly replenished and glowing.

#### MOISTURE QUENCH FACIAL £60

*Treatment time 55 minutes*

This super-hydrating facial quenches the thirstiest skin. Includes gentle exfoliation to smooth then a nutrient-rich mask to intensively rehydrate for skin that is supple and cashmere soft.

#### AROME LISSE FACIAL £65.00

*Treatment time 55 minutes*

Perfect daily defence for the skin to slow the appearance of signs of ageing. Using hyaluronic acid and mandarin serum & balm, the skin is deeply regenerated and immediately smoothed.

#### EXPRESS FACIAL £30

*Treatment time 25 minutes*

Put the sparkle back! Featuring repairing and intensively hydrating eye masks, this targeted treatment fights fatigue, quenches moisture loss and helps erase wrinkles for a sparkling, rested glow.

### BODY

#### FULL BODY MASSAGE £56

*Treatment time 55 minutes*

Relax, tone and stimulate tired muscles with a tension-releasing full body massage treatment. Say goodbye to stresses and strains and hello to revitalisation.

**MORE** ➔

### **DEEP TISSUE MUSCLE ENERGISER MASSAGE £60**

*Treatment time 55 minutes*

Therapeutic relaxation to alleviate stress and release the discomfort of aching muscles. Our essential oil will enhance the experience, leaving you calm and your muscles intensely soothed.

### **DEEP TISSUE BACK AND SHOULDER MASSAGE £45**

*Treatment time 25 minutes*

A treatment that targets areas of tension to relieve back and shoulders with a powerful deep tissue massage.

### **TRANQUILLITY BACK MASSAGE £39**

*Treatment time 25 minutes*

Relax with a massage that focuses on the key areas of your back, neck and shoulders.

### **TRANQUILLITY SCALP MASSAGE £45**

*Treatment time 25 minutes*

De-stressing scalp treatment to banish tension and aid restful sleep. This scalp massage includes rosemary and lavender essential oils to invigorate and soothe leaving a feeling of pure tranquillity.

### **HOT STONES FULL BODY MASSAGE £60**

*Treatment time 55 minutes*

Hot stone massage is extremely energising and warming for the body, it nourishes the soul and relaxes the mind. By using the stones in combination with traditional massage techniques, hot stone massage can reach deeper levels than regular massage, making it ideal for back pain, stress related conditions and sluggish systems.

### **HOT STONES BACK, NECK AND SHOULDERS £45**

*Treatment time 35 minutes*

Using basalt stones, this is the ultimate relaxation therapy. The warmth of the stones provides thermal therapy to relax the muscles and release any knots.

### **RADIANT MUM TO BE £55**

*Treatment time 60 minutes*

Relax while your highly-trained therapist safely and gently treats your tummy, legs and face for a truly nurturing experience that helps reduce the risk of stretch marks, relieves 'heavy' legs and brightens skin. Suitable for pregnancies over 12 weeks.

## **NAIL TREATMENTS**

### **DELUXE MANICURE / PEDICURE £50**

*Treatment time 55 minutes*

Enjoy a relaxing soak, massage, and mask.

### **EXPRESS MANICURE / PEDICURE £30**

*Treatment time 25 minutes*

### **GEL OVERLAY MANICURE / PEDICURE £35**

*Treatment time 55 minutes*

## **SMOOTH TOUCHES**

### **FULL LEG WAX £30**

*Treatment time 45 minutes*

### **HALF LEG WAX £22**

*Treatment time 30 minutes*

Add bikini £8.00

### **CHEST OR BACK WAX £20**

*Treatment time 30 minutes*

### **CHEST AND BACK WAX £30**

*Treatment time 50 minutes*

### **BIKINI WAX £12**

*Treatment time 30 minutes*

### **UPPER LIP OR CHIN WAX £7**

*Treatment time 15 minutes*

### **UPPER LIP AND CHIN WAX £10**

*Treatment time 20 minutes*

### **BRAZILIAN WAX £20**

*Treatment time 30 minutes*

### **UNDERARM WAX £12**

*Treatment time 15 minutes*

## **FINISHING TOUCHES**

### **EYE PACKAGE £29**

*Treatment time 45 minutes*

Includes eyebrow shape, eyebrow tint, eyelash tint

### **EYEBROW AND LASH TINT £22**

*Treatment time 30 minutes*

### **EYELASH TINT £16**

*Treatment time 25 minutes*

### **EYEBROW SHAPE £12**

*Treatment time 15 minutes*

### **EYEBROW TINT OR WAX £12**

*Treatment time 15 minutes*