



TREATMENT MENU & DAY SPA PACKAGES

“Indulge yourself
in *Relaxation*”

GIFT VOUCHERS

Gift Vouchers are an ideal gift and can be purchased for a Treatment, Spa Day or a monetary value.

IT'S TIME TO UNWIND

In the Garden spa at the Manor. Our philosophy is simple; from the moment you arrive we want you to enjoy feeling totally relaxed and indulged. Whether you are spending a couple of hours, a day or a Spa break with us, you are escaping the everyday and entering a world of calm and wellbeing.

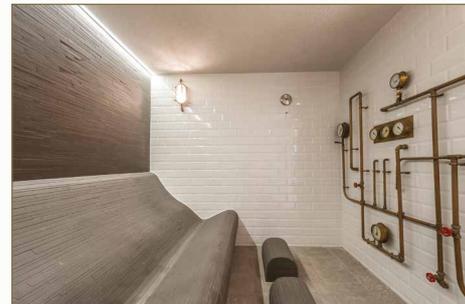
Just like you our treatment menu is unique, with treatments being suitable for both men and women, our carefully selected product houses now include Elemis and Lava Shells.

In addition to our extensive choice of Day Spa packages and treatments, the Aqua Thermal journey, comprising of several different heat experiences and hydrotherapy pool, will take you on an unforgettable sensory journey and will be the most relaxing few hours you will possibly ever spend.

Thank you for considering our Spa, your health and wellbeing is extremely important to us and our team of therapists. We are passionate about what we do and during your time with us, we are committed to ensuring your investment in yourself is all the more worthwhile.

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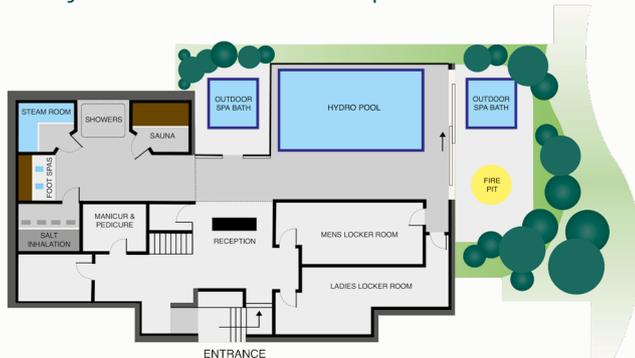
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AQUA THERMAL SPA

A truly warming and therapeutic experience. Each heat experience is taken in turn in order to slowly raise your body temperature whilst you relax reaping the holistic and therapeutic benefits of water and heat, you will leave feeling refreshed and invigorated.

Your experience begins in the Aroma Salt inhalation Room, a warm, gentle heat. Time to enjoy the relaxing massaging jets of the Pedidarium on your feet, move on to the warm, moist heat of the steam room and finish with the intense heat of the Sauna to warm and relax all your muscles. Cool down in the feature Rain, Sky & Monsoon shower, before soothing your aching muscles in the Hydrotherapy Pool – invigorating massage jets then refresh your body and mind in the Outdoor Spa Bath.



Lockers, towels, robes and slippers provided.
Please bring swimwear and suitable underwear to wear during treatments.

Combine your Aqua thermal journey with a treatment or a delicious lunch or afternoon tea.

AQUA THERMAL JOURNEY

- 2 Hours, All Week 9.00am – 6.00pm
- Monday – Thursday £35pp
- Friday – Sunday £40pp

AQUA THERMAL JOURNEY WITH LUNCH

- All Week 11.00am – 1.00pm
- Monday – Thursday £55pp
- Friday – Sunday £60pp

AQUA THERMAL JOURNEY WITH AFTERNOON TEA FOR TWO

- All Week 1.00pm - 3.00pm
- Monday – Thursday £60pp
- Friday – Sunday £65pp

SPA OPENING TIMES Monday - Sunday 9.00am - 6.00pm



How much time do you have to spend on yourself? A day? Half a day? Or just a few hours?

You will find the right Spa Time to suit you at The Garden Spa at Appleby Manor. With time to warm the body and soul in the Aqua Thermal area and treatment choices to suit everyone's taste this is the perfect way to spend your precious time.

LUXURIANCE

(Treatment time 25 mins)

Monday – Thursday £89pp | Friday – Sunday £99pp

Choose to use your time, your way.

Begin the day by shedding your outdoor wear and changing into a warm, fluffy robe. Spend time in the Aqua Thermal area; lose yourself in the warmth of the outdoor hot tub.

9.00am – 12.00pm Choose lunch from the wide range of imaginative and mouth-watering dishes

1.00pm – 4.00pm Enjoy Afternoon Tea

Choose from one of these treatments included in your Spa Time:

- Elemis Salt Scrub
- Elemis Skin Booster Facial
- Freestyle Back Massage (*£10 extra supplement*)

INDULGENCE

10.00am – 3.00pm (Treatment time 55 mins)

Monday – Thursday £115pp | Friday – Sunday £125pp

For those who want to indulge themselves without feeling guilty that they've spent too much time on themselves

Begin the day by shedding your outdoor wear and changing into a warm, fluffy robe. Sit back with a warm drink and choose lunch from the wide range of imaginative and mouth-watering dishes.

Spend time in the Aqua Thermal area; lose yourself in the warmth of the outdoor hot tub.

Choose from one of these treatments included in your Spa Time:

- Luxury Pedicure with Gels
- Luxury Manicure with Gels
- Elemis Facial
- Face & Body Sensations
- Full Body Massage

SPA TIME

EXTRAVAGANCE

9.00am – 6.00pm... (treatment time 165 mins)

Monday – Thursday £190pp | Friday – Sunday £200pp

For those who can make time to escape the rest of the world

Begin the day by shedding your outdoor wear and changing into a warm, fluffy robe. Sit back with a warm drink and choose lunch from the wide range of imaginative and mouth-watering dishes.

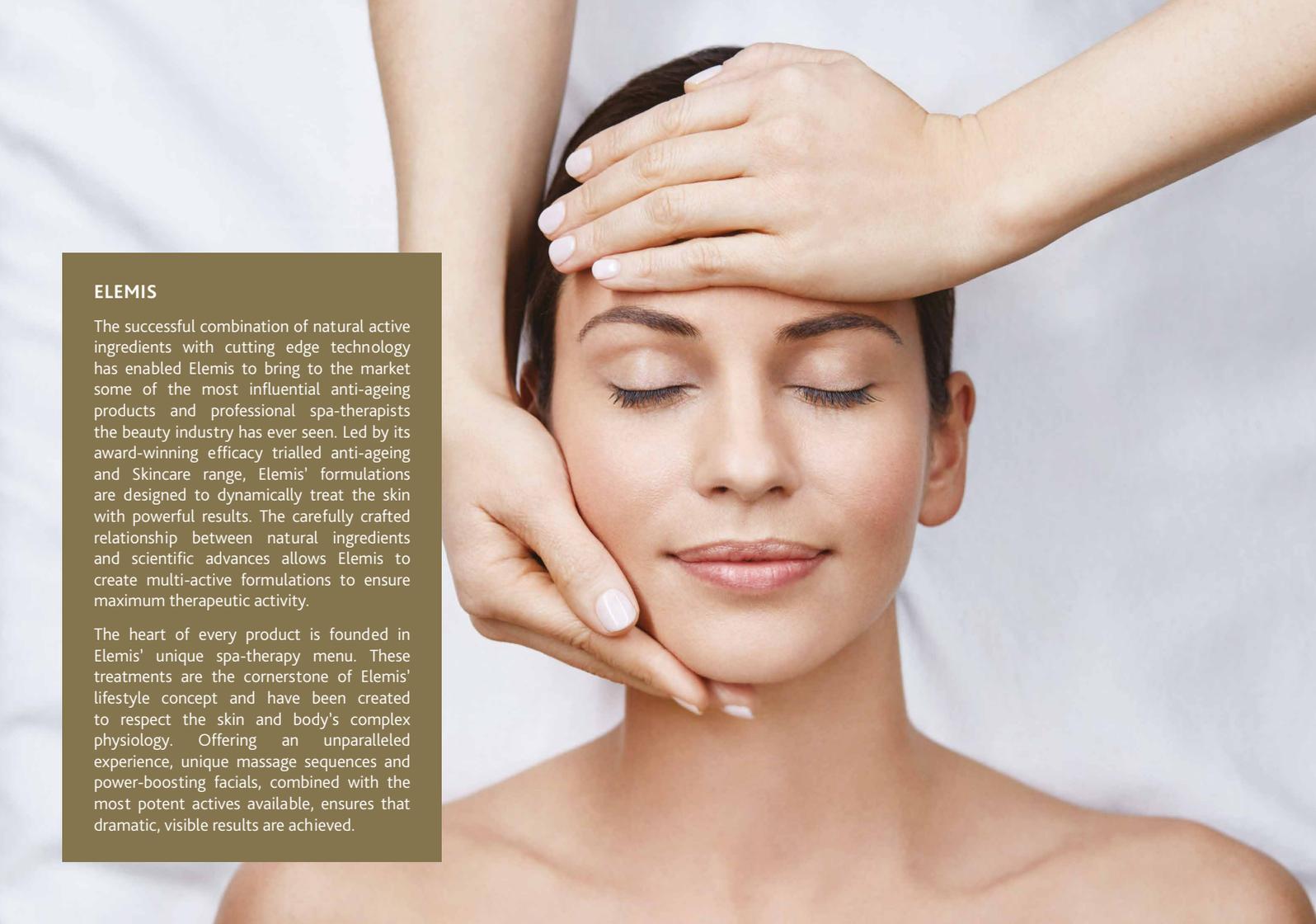
Spend time in the Aqua Thermal area; lose yourself in the warmth of the outdoor hot tub.

Treatments included in your Spa Time:

- Skin Specific Elemis
- Freestyle Muscle Massage
- Luxury Manicure or Pedicure with Gels

*All treatments must be booked prior to arrival, whilst we will do our utmost to accommodate changes on the day, we cannot guarantee that there will be treatment space available. All treatment times include a consultation with your therapist to ascertain your requirements and help you get the most from your treatment. Please advise of any dietary requirements prior to arrival.



A close-up photograph of a woman's face, eyes closed, receiving a facial treatment. Her hands are gently resting on her forehead and cheeks. The background is a soft, out-of-focus white. The overall mood is serene and relaxing.

ELEMIS

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-therapists the beauty industry has ever seen. Led by its award-winning efficacy trialled anti-ageing and Skincare range, Elemis' formulations are designed to dynamically treat the skin with powerful results. The carefully crafted relationship between natural ingredients and scientific advances allows Elemis to create multi-active formulations to ensure maximum therapeutic activity.

The heart of every product is founded in Elemis' unique spa-therapy menu. These treatments are the cornerstone of Elemis' lifestyle concept and have been created to respect the skin and body's complex physiology. Offering an unparalleled experience, unique massage sequences and power-boosting facials, combined with the most potent actives available, ensures that dramatic, visible results are achieved.

ANTI-AGEING FACIALS

Defy the hands of time with Elemis' clinically proven anti-wrinkle, radiance and resurfacing facials for instant results. Therapies include facial mapping analysis, eye treatment, luxurious hand, arm and optional scalp massage.

Elemis Pro-Glow Smooth (50mins) £70

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect.

After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

Elemis Pro-Glow Resurface (50mins) £70

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation.

Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

Elemis Pro-Glow Brilliance (50mins) £70

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.

Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

*Independent Clinical Trials

Elemis Pro-Glow Renewal Facial (50mins) £70

ELEMIS' signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow.

After just one treatment, skin looks visibly refreshed and rebalanced.

Elemis Skin Booster Facial (25mins) £45

This compact facial is perfect when time is of the essence and skin needs a boost of radiance. Adapted to your individual skin type, this time precious facial will leave you relaxed, and your skin renewed.

FACE AND BODY COMBINATIONS

Elemis Face and Body Sensation (55mins) £70

A sensational back massage, combined with an Elemis skin booster facial.

Ease away tension and replenish the skin with this face and body duo. Let your stress melt away and leave your skin glowing with youthful radiance.

Elemis Absolute Spa Ritual (110mins) £120

Enjoy the no.1 treatment

The ultimate introduction to Elemis spa therapies. This No.1 best-selling package combines a full body stress relieving massage with an intensive skin specific facial prescribed to your needs.



LAVA SHELLS

Transport yourself to the warm beaches of the Tropics with this revolutionary massage. Using heated Tiger Clam Shells from the Philippines this eco-friendly treatment gives a very soothing and gentle massage.

The recycled shells are handpicked according to size and structural integrity, they are smooth in texture and are heated easily staying warm for over an hour. Gliding over your skin under the expert control of your therapist you can feel the stress and strain of everyday life just melt away with each warm soothing pass.

BODY MASSAGE

Elemis Freestyle Muscle Massage (55mins) £80 / (25mins) £45

Rhythmic pressure massage.

Alleviate stress, ease aching muscles and revive the senses with this powerful Deep Tissue Massage. Dynamic blends of Essential Oils and level of pressure are customised to target individual needs. Helps relax, recharge and reenergise, whilst tension melts away.

Elemis Deep Tissue Massage (55mins) £80

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused.

Your therapist will select aromatic oil according to your concerns, be they muscle pain, the need for stress relief, relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour stretching, but so much more nurturing.

Lava Shell Relax Massage

The indulgent Lave Shells Relax Massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind.

40min Warming Back & Leg Massage £60

55min Full Body Massage £80

85min Luxury Body Massage £95

Elemis Indian Head Massage (40mins) £45

A gentle and therapeutic massage technique aimed at relieving stress and tension and promoting general well-being. Part of Ayurveda medicine – the ancient Indian system of mind-body medicine aims to re-establish the body's natural balance by restoring and preserving physical, emotional and spiritual health.

Elemis Best Foot Forward (25mins) £35

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth.

Garden Spa Signature Soothing Massage (85mins) £90

Eighty-five minutes of pure luxury and relaxation. Choose your favourite aromatherapy oil from unique scents developed by our therapists, before drifting into a state of bliss as we soothe your stress away. A top to toe massage that will leave you feeling like a whole new person.



BODY TREATMENTS

Cleansing mineral salts, oil blends rich in actives and transportive aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

BODY WRAPS AND SCRUBS

Elemis Body Nectar Nourishing Wrap (40mins) £55

Deeply nourishing aromatic treat.

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 or unique dry float. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

Elemis Exotic Lime and Ginger Salt Scrub (25mins) £45

Invigorating deep cleanse.

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





MOTHER-TO-BE

Elemis Peaceful Pregnancy Massage (65mins) £70

Massage for each stage of pregnancy.

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

(Recommended from the 2nd Trimester)

Lava Mama (Lava Shells) (75mins) £90

A treatment which creates a blissful combination of relaxation and stimulation to ease away the aches and pains. This treatment aims to improve energy levels, assist circulation and alleviate puffiness and fluid build up in the legs and ankles.





HANDS, FEET AND FINISHING TOUCHES

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NAILS

Our nail care products are specially designed to help fashionistas put their best fingers and toes forward!

Gel Nails	(45mins) £30
Gel Nail Removal	(30mins) £15
Luxury Manicure with Gels	(60mins) £45
Luxury Pedicure with Gels	(60mins) £45

TINTING & TWEEZING

Eyebrow Tweeze	(10mins) £11
Eyebrow Tint	(10mins) £11
Eyebrow Wax & Tint	(25mins) £20
Eyelash Lash Tint	(25mins) £20



FOR THE GIRLS

Eyebrow Wax

Lip &/or Chin

Eyebrows, Lip & Chin

Underarms

Classic Bikini

½ Leg Wax

¾ Leg Wax

Full Leg Wax

(10mins) £11

(10mins) £11

(25mins) £20

(10mins) £11

(10mins) £11

(25mins) £20

(25mins) £20

(40mins) £30

FOR THE BOYS

Chest Wax

Back & Shoulders

Full Arm Wax

Full Leg Wax

(40mins) £30

(40mins) £30

(25mins) £20

(40mins) £30





GIFT VOUCHERS

Gift Vouchers are an ideal gift and can be purchased for a Treatment, Spa Day or a monetary value. They are valid for 12 months from the date of purchase, please do not ask for an extension to this date as a refusal can offend.

RETAIL PRODUCTS

Elemis products can be purchased from the Reception. If you are unsure which are the correct products for you please do ask, our Therapists and Receptionists are highly trained in both product ranges and can easily ascertain your needs and prescribe the correct products.

GENERAL SPA DO'S AND DON'T'S

- Most guests choose to wear robes throughout the day, including lunch in the restaurant. This makes for a very relaxed and informal atmosphere and other Hotel guests follow suit.
- Robes, flip flops and towels are provided for every guest, Hotel guests will find these in their room, however if you would feel more comfortable in your own robe you are welcome to bring it along
- Swim wear must be worn throughout the Aqua Thermal Spa. For treatments dry swimwear or underwear is expected, if necessary we will provide you with disposable underwear, particularly for Mud treatments
- Jewellery should not be worn in the Aqua Thermal Spa or during treatments. It is advisable not to bring valuable possessions to the Spa as we cannot be held responsible for loss or damage should it occur
- Lockers are provided for your belongings. Please make sure that all your possessions are stowed in here, you do not require any money whilst in the Spa, however, you are welcome to take your handbag into the restaurant.

- It is advisable to drink plenty of fluids during your day as use of the Thermal area and treatments can lead to dehydration. Water are freely available, please ask a member of staff if you are unsure where they are
- Consumption of alcohol should be kept to a minimum as it does not mix with heat treatments and essential oils. A small glass of wine or champagne may be taken with lunch.
- The use of mobile phones, laptops, tablets and personal music systems is not permitted in the Spa, please do not be offended if you are asked to take them back to your locker

TREATMENTS

- All treatments are subject to availability. A Therapist's ability to carry out treatments is based on their experience and training, therefore not all Therapists can carry out all of the treatments
- We would advise arriving 30 minutes before your treatment time, this will give you time to get changed, fill out your consultation card and begin relaxing. All treatments are scheduled, therefore if you arrive late your treatment will begin late and finish at the allotted time
- If your Therapist is running late your treatment will still be carried out for the full length of the time given
- If, during consultation, a medical issue arises that would preclude you from having the treatment we will endeavour to change the treatment for one more suited to your needs, however we cannot guarantee that it will be of the same value. It is necessary for you to tell us before your visit to the Spa of any medical issues so that we may advise you of the correct treatment as no refunds will be given for having to carry out a lesser value treatment

- If you would prefer your treatment carried out in a particular way, please advise us at time of booking.
- All treatment times include a consultation with your therapist to ascertain your requirements and help you get the most from your treatment, this may take up to 10mins.

HOW TO BOOK, WHAT TO BOOK?

The Aqua Thermal Spa is available to guests over the age of 16. If you are unsure of which Spa Day or treatments to book our Therapists and Receptionists are highly trained to answer any questions and will be able to easily ascertain your needs and advise on the best treatment or Spa Day for you.

Call: 017683 51571

E-mail: gardenspa@applebymanor.co.uk

Book online: www.applebymanor.co.uk

CANCELLATION POLICY

All treatments and Spa Days must be paid for at time of booking. For Group bookings a non-refundable deposit of £20 per person must be paid at time of booking, the balance must be paid one week prior to the date of arrival.

	Charge
Cancellation up to 1 week before arrival	25%
Cancellation 1 week to 48hrs	50%
Cancellation within in 48hrs	100%

If we are able to fill your treatment spaces we will refund your payment, minus a £10 fee per person.

“The perfect space to
relax and

Unwind”





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ELEMIS

LAVASHELLS®