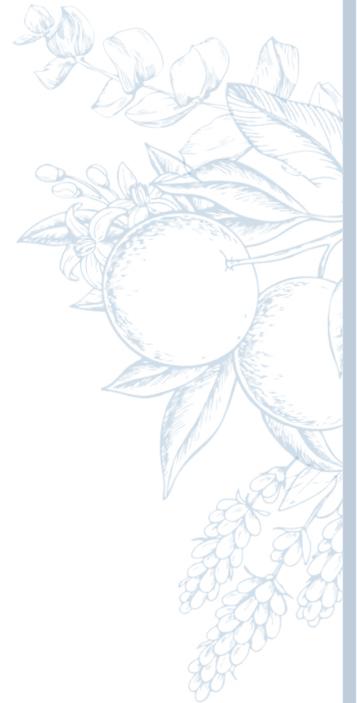
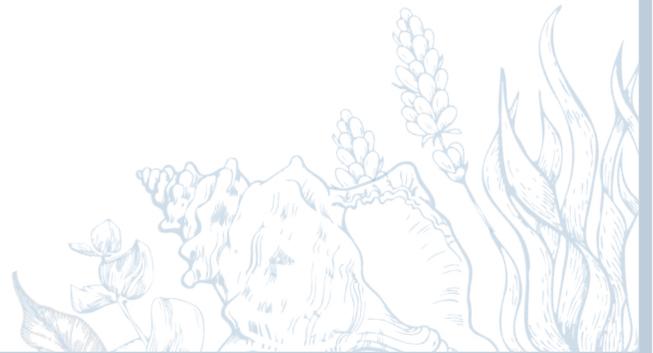




OLD THORNS
HOTEL & RESORT
★★★★



The Spa





WELCOME TO

The Spa

Nestled on the edge of the beautiful South Downs countryside, Old Thorns is one of the South of England's most highly regarded resort destinations.

The Old Thorns Spa is an oasis of tranquillity that blends health and wellness. Whether you desire a therapeutic treatment or just wish to indulge in bliss, relax and rejuvenate in the comfort of our spa with our highly trained team.





OUR *Facilities*

RELAXATION ROOMS

Find peace and tranquillity in our relaxation lounges, exclusive for spa package guests. Choose from the bright and airy Garden Lounge or the dark and relaxing Ocean Lounge. With calming sounds, ambient lighting, comfy reclined loungers and fluffy blankets, you'll be transported to a place of total relaxation.

VIP TERRACE

Our VIP terrace has stunning views across the golf course and is exclusively for spa package guests. This little haven is the perfect place to embrace nature and unwind on your spa day or break. Enjoy those warm sunshine beams with a Processco in hand, sit back and relax.

POOL

Enjoy our crystal clear 20 metre swimming pool and immerse yourself in the sub-tropical bubble pool. Relax in the sauna, steam room, ice fountain and heated beds, making it the perfect environment to unwind.





SPA SHOP

At Old Thorns we are proud to use TEMPLESPA products in our treatments, creating an indulgent, tranquil experience. Visit our shop in the Spa reception to take home these luxurious products and continue your journey of pure relaxation.

OTHER FACILITIES

We also have a range of other excellent spa facilities to create an experience you will never forget. Indulge in Touchless Therapy, designed to provide a massage without the need for a therapist. Our fully equipped nail salon, complete with pedicure stations, offers the ultimate pampering experience.

TAKE CARE OF YOU

Our devoted team are here to nurture and support you, creating an experience that surrounds you in pure relaxation and tranquility. Every moment is designed to help you unwind, recharge and feel truly cared for.

AWARDS

We are certified by the Good Spa Guide as a 5 Bubble Spa.





OUR
Partners

We have worked with the renowned Amethyst Trust to create an adapted menu of our wonderful TEMPLESPA treatments that are suitable for clients who are medically frail, recovering from illness or are immunocompromised such as those with or recovering from cancer.

These bespoke and customisable treatments allow the therapist to adapt to best suit your needs and preferences.



TEMPLESPA

Marrying clinically proven formula with naturally rich botanicals, TEMPLESPA is beauty redefined. Merging the finest derma-science with the warmth and vitality of the Mediterranean, the 100% British brand has a truly global appeal. Founded in 2000, TEMPLESPA is built on over 20 years of skincare breakthroughs and cutting-edge science. But their heart, well, that's full of sunlight. With a deep respect for the awe-inspiring planet, their ethically conscious brand creates results-driven, science-led skincare that's bathed in Mediterranean sunshine.

Amethyst Trust

The Amethyst Trust was established in 2010 to meet the needs of those who have experienced cancer and are seeking massage, relaxation and pampering therapies. Please note that some treatment routines may be adapted from the description dependent on consultation. No hot stones will be used in any option.

Treatments that are part of the Amethyst Trust collection are highlighted throughout the treatment menu with a diamond.



SE-LF

From the very start of SE-LF, it was believed that businesses have a responsibility to contribute to society and not to just focus on profits but strive to do good. This commitment extends to supporting your mental well-being, the planet and the wider community.

SE-LF products not only help you feel great and enhance your mental well-being by easily incorporating mindfulness and relaxation practices into your life, but they also support the planet and organisations like the Mental Health Foundation. SE-LF creates self-care products that benefit your body, mind and the planet.

SPONGELLÉ

Ignite your bathing ritual with effective cleansing, gentle exfoliation, nourishing formulas and award-winning fragrances.

Elevate the everyday with world-class shower care and clean scent-scaping essentials to turn routines into memorable rituals. An at-home Spa Experience all-in-one beauty treatment.
Compact & travel friendly.

Mii

Nails by Mii offers a comprehensive professional and at-home range of award winning, ingredient led and results driven efficacious gels, nail polishes, prescriptive base coats, fast-drying glossy topcoats, nourishing hand, foot and cuticle care to deliver the ultimate manicure and pedicure whilst caring for the natural nail.

The result – 'Stand Out' healthy natural nails. Nails by Mii is ethically sourced using sustainable ingredients, it is vegan and cruelty free.



Golden Horizon



PACKAGE | GOLDEN HORIZON

escape TO SERENITY

Step into a world of elegance and tranquility with our Golden Horizon spa package. Designed to offer the ultimate escape, this luxurious experience invites you to unwind and embrace a sense of calm.

Let the serene atmosphere, expert care, and soothing surroundings melt away the stresses of everyday life, leaving you refreshed and renewed. The Golden Horizon is more than just a spa experience – it's a journey toward pure relaxation and rejuvenation.



ELEGANCE | GLAMOUR | VIP

Overnight INCLUDES

- One Night Accommodation
- Superior Hotel Room
- Two Course Dinner
- Continental or Full English Breakfast
- Inclusive 120-Minute Treatment
- Robe, Slipper and Towel Hire
- Full Use of Spa Facilities
- 20% Discount on Additional Treatments

INCLUDED TREATMENT

TEMPLESPA | VIP Golden Truffle Experience

*Access to facilities from 10:00am on day of arrival
until 2:00pm on day of departure*

Day Spa INCLUDES

- Afternoon Tea
- Inclusive 120-Minute Treatment
- Robe, Slipper and Towel Hire
- Full Use of Spa Facilities
- 20% Discount on Additional Treatments
- Mini Bottle of Prosecco | *Over 18's Only, ID Required*

INCLUDED TREATMENT

TEMPLESPA | VIP Golden Truffle Experience

Access to facilities between 10:00am - 5:30pm



*Change
of Tide*

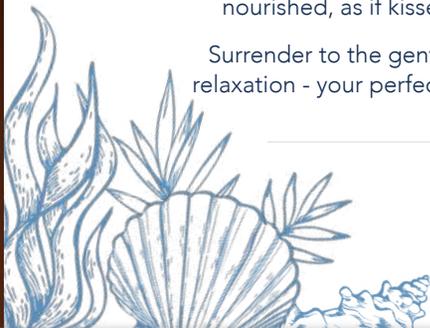


PACKAGE | CHANGE OF TIDE

calming EMBRACE

Let the waves of tranquillity wash over you with our Change of Tide spa package. Inspired by the rhythmic flow of the ocean, this rejuvenating experience brings balance to mind, body, and spirit, leaving you naturally glowing and feeling nourished, as if kissed by the sea.

Surrender to the gentle flow of pure relaxation - your perfect escape awaits.



Overnight INCLUDES

- One Night Accommodation
- Superior Hotel Room
- Two Course Dinner
- Continental or Full English Breakfast
- Inclusive 50-Minute Treatment
- Robe, Slipper and Towel Hire
- Full Use of Spa Facilities
- 20% Discount on Additional Treatments

Access to facilities from 10:00am on day of arrival until 2:00pm on day of departure

Day Spa INCLUDES

- Afternoon Tea
- Inclusive 50-Minute Treatment
- Robe, Slipper and Towel Hire
- Full Use of Spa Facilities
- 20% Discount on Additional Treatments

Access to facilities between 10:00am - 5:30pm

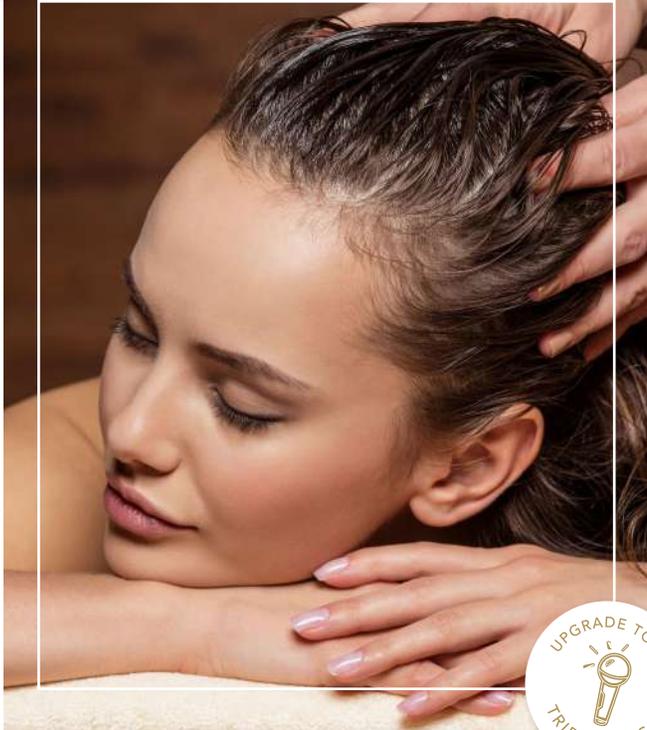
TREATMENT CHOICES 50 MINS EACH

TEMPLESPA | Mediterranean Marinade
TEMPLESPA | Drift Away Body Massage
SE-LF | Soothing Body Wrap
Mii | Luxury Manicure
Mii | Pedicure

UNWIND | FLOW | RELAX



*Down
to Earth*

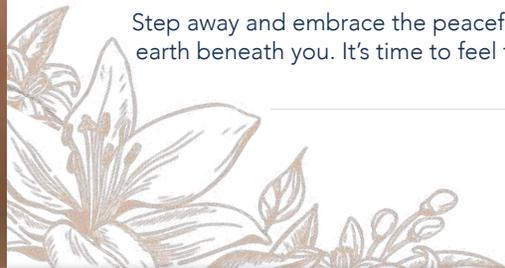


PACKAGE | DOWN TO EARTH

fresh REVIVAL

Reconnect with nature and ground your senses with our Down to Earth spa package. This serene experience is designed to help you unwind, recharge, and feel fully centred. Immerse yourself in calming, earthy treatments that nurture both body and soul, leaving you feeling balanced, refreshed, and deeply rooted in the present moment.

Step away and embrace the peaceful energy of the earth beneath you. It's time to feel truly grounded.



Overnight INCLUDES

- One Night Accommodation
- Superior Hotel Room
- Two Course Dinner
- Continental or Full English Breakfast
- Inclusive 25-Minute Treatment
- Robe, Slipper and Towel Hire
- Full Use of Spa Facilities
- 20% Discount on Additional Treatments



Access to facilities from 10:00am on day of arrival until 2:00pm on day of departure

Day Spa INCLUDES

- Afternoon Tea
- Inclusive 25-Minute Treatment
- Robe, Slipper and Towel Hire
- Full Use of Spa Facilities
- 20% Discount on Additional Treatments

Access to facilities between 10:00am - 5:30pm

TREATMENT CHOICES 25 MINS EACH

- TEMPLESPA | My Kinda Skin
- SE-LF | Trio Salt Body Scrub
- SE-LF | Raw Coconut Oil Scalp Massage
- Mii | Express Manicure or Pedicure
- Mii | Hand or Foot Ritual

NATURAL | GREEN | AUTHENTIC



*The Spa
Duet*

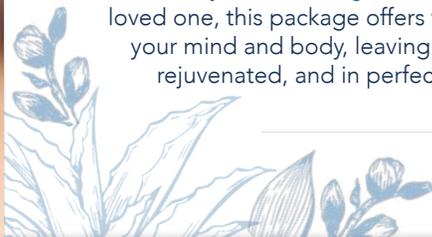


PACKAGE | THE SPA DUET

harmony RETREAT

Escape to pure bliss with our Spa Duet two-night retreat, where every moment is a note in a perfect melody of relaxation. This rejuvenating break offers a harmonious blend of indulgent spa treatments and peaceful downtime. Unwind in harmony with peaceful surroundings, allowing the stress of everyday life to fade into a beautiful cadence of calm.

Whether you're seeking a solo escape or a duet with a loved one, this package offers the ideal setting to reset your mind and body, leaving you feeling refreshed, rejuvenated, and in perfect tune with yourself.



Overnight INCLUDES

- Two Night Accommodation
- Superior Hotel Room
- Two Course Dinner | Both Evenings
- Continental or Full English Breakfast | Both Mornings
- Inclusive 50-Minute Treatment
- 20-Minute Touchless Wellness Experience
- Robe, Slipper and Towel Hire
- Full Use of Spa Facilities
- 20% Discount on Additional Treatments

TREATMENT CHOICES | FIRST CHOICE 50 MINS EACH

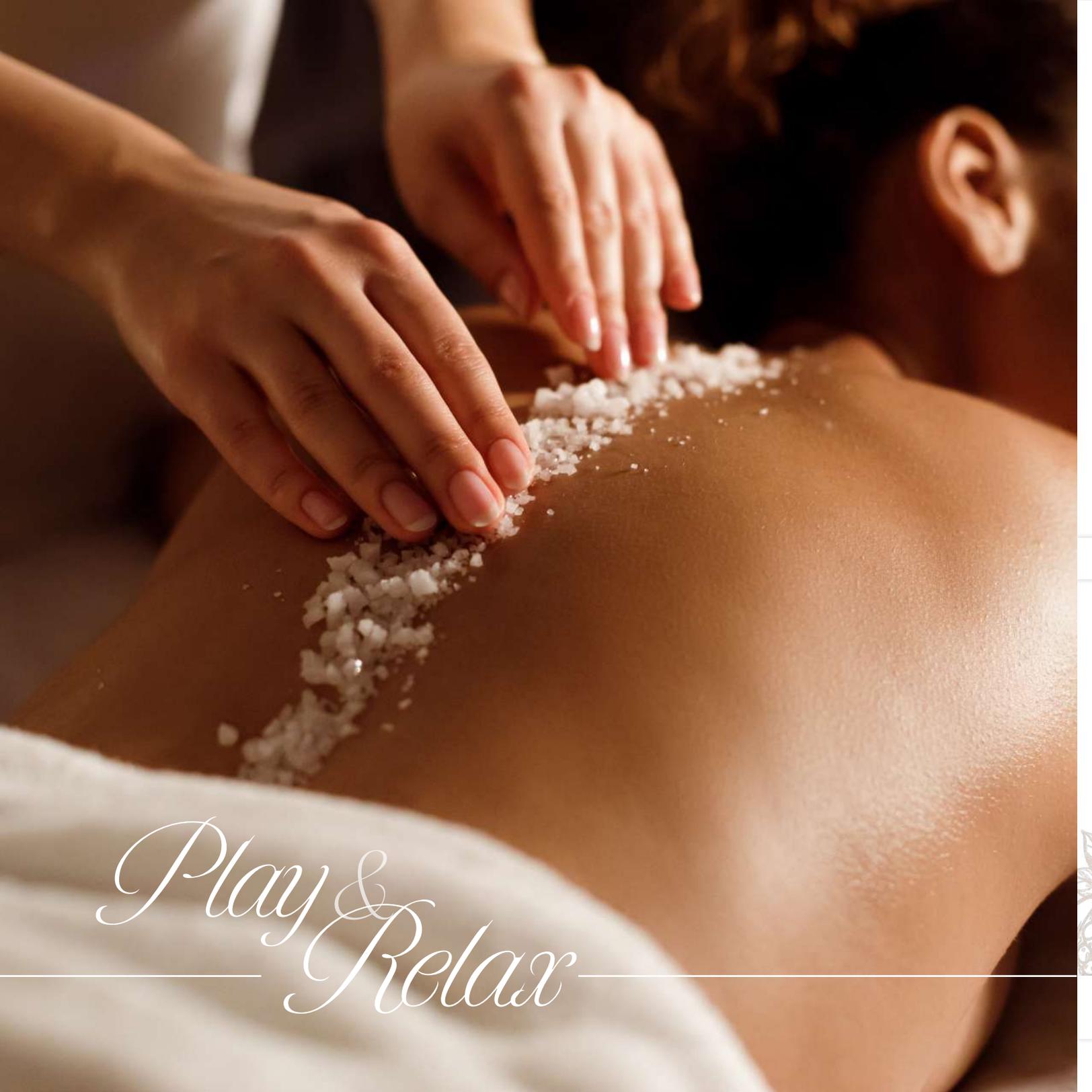
TEMPLESPA | My Kinda Skin
OLD THORNS | Aroma Body Massage
SE-LF | Soothing Body Wrap
Mii | Luxury Manicure
Mii | Pedicure

TREATMENT CHOICES | SECOND CHOICE 20 MINS EACH

WELLNESS BED | Wellsystem Wave Therapy
MINDFUL THERAPY BED | Wellnamis System

Access to facilities from 10:00am on day of arrival
until 2:00pm on day of departure

RENEW | PEACE | SOOTHE



Play & Relax



PACKAGE | PLAY & RELAX

pamper OR PAR

Opposites attract, so whilst one of you may wish to be out on the golf course, the other might prefer to unwind in the spa.

If this sounds like the perfect balance for you, our golf and spa package could be just what you are looking for in your next getaway! Enjoy the best of both worlds and create unforgettable memories together, no matter your preference.

One night INCLUDES

- One Night Accommodation
- Superior Hotel Room
- Two Course Dinner
- Continental or Full English Breakfast
- Inclusive 25-Minute Treatment or Round of Golf
- Robe, Slipper and Towel Hire
- Full Use of Spa Facilities
- 20% Discount on Additional Treatments

Two nights INCLUDES

- Two Night Accommodation
- Superior Hotel Room
- Two Course Dinner | Both Evenings
- Continental or Full English Breakfast | Both Mornings
- Two Inclusive 25-Minute Treatment or Two Rounds of Golf
- Robe, Slipper and Towel Hire
- Full Use of Spa Facilities
- 20% Discount on Additional Treatments

TREATMENT CHOICES 25 MINS EACH

TEMPLESPA | My Kinda Skin
OLD THORNS | Aroma Back Massage
SE-LF | Trio Salt Body Scrub
SE-LF | Raw Coconut Oil Scalp Massage
Mii | Express Manicure or Pedicure
Mii | Hand or Foot Ritual

Access to facilities from 10:00am on day of arrival
until 2:00pm on day of departure

BALANCE | REFRESH | ESCAPE

Touchless THERAPY

WELLNESS BED

20 MIN

Wellsystem Wave Therapy

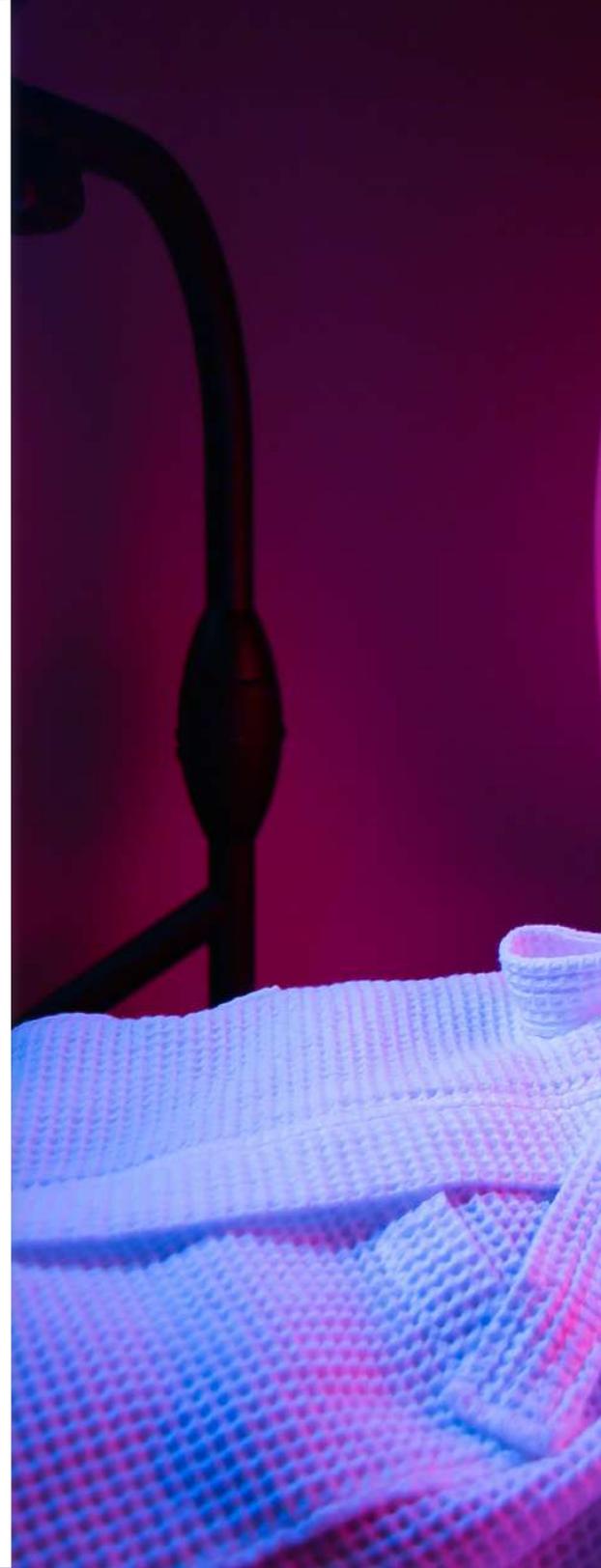
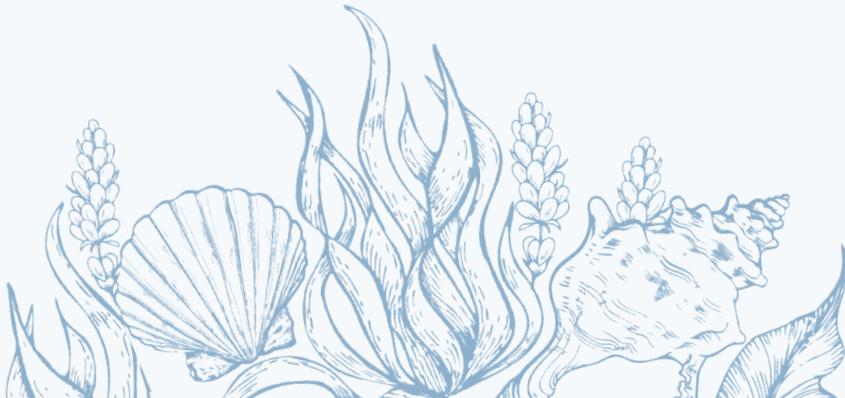
Experience a massage without a therapist in the Wellness bed. Lay back, relax and unwind in our unique wellness massage experience. Using warmth, water jets, ambient lighting, sounds and spacious interior, the soothing warmth and gentle power of the water activates the deeper tissue layers and loosens the entire muscle system.

MINDFUL THERAPY BED

20 MIN

Wellnamis System

Relieve the stresses of day-to-day and take some time to recharge by laying back and relaxing on our Mindful Therapy Bed. Unwind as you slip into deep relaxation - this experience makes it possible for even the busiest minds to switch off and relax. Using vibrational therapy and audio frequencies this experience is similar to meditation. Through headphones, the calming sounds slow down your mental activity allowing you to experience inner peace. The vibrational frequencies act specifically on the energy centres (chakras) of the body creating a unique experience, you'll have never experienced before!





20 MIN



Facial TREATMENTS

TEMPLESPA | My Kinda Skin



Prescription Facial
25 MIN | 50 MIN

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes our signature massage plus a relaxing scalp massage. You will feel amazing, and your skin transformed.

Pregnancy Safe | After First Trimester

TEMPLESPA | Mediterranean Marinade



Hydrate & Soothe
25 MIN | 50 MIN

A deeply hydrating facial to help soothe and calm the effects of fatigued, delicate or stressed skin. The secret is in our cooling, calming probiotic products, gentle lymph draining and a tranquil face massage.

Pregnancy Safe | After First Trimester

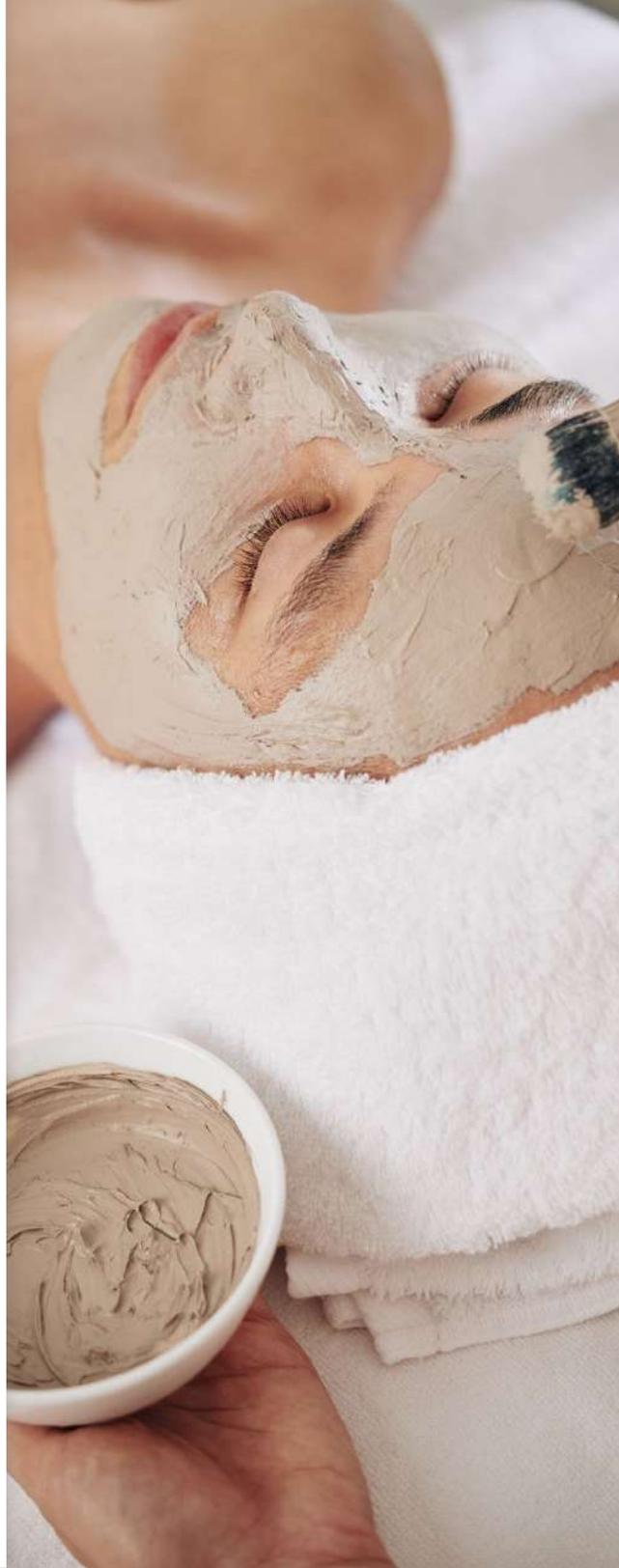
TEMPLESPA | The Skin Detox



Purify & Balance
25 MIN | 50 MIN

The solution for skin in need of a good spring clean. A professional deep cleanse that leaves your complexion feeling squeaky clean, un-clogged, decongested and spotlessly clean.

Pregnancy Safe | After First Trimester



TEMPLESPA | Light Relief



CBD Wellbeing

75 MIN



This soothing de-stress facial includes our tranquil face massage using our LIGHT RELIEF CBD skin booster oil leaving your skin comforted, hydrated and looking radiant. It's followed with a tension relieving massage to the arms, neck and shoulders to ensure you will feel totally chilled.

Pregnancy Safe | After First Trimester

TEMPLESPA | All About the Glow



Glow & Radiance

30 MIN | 60 MIN



This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling and brighter, healthy looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by Vitamin C and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.

Pregnancy Safe | After First Trimester

TEMPLESPA | Repose



Relax & Restore

75 MIN



There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage and eye treatment followed with hot oil scalp massage, plus a hand and arm massage. Want to look and feel less tired? Then this is for you.

Pregnancy Safe | After First Trimester



Side ORDERS

Have you ever had a treatment and thought to yourself, "I wish I could have a little more?" Well now you can! Here we offer a targeted selection of 'add ons' to your main treatment. These can be added to any TEMPLESPA facial.

Each lasting 15 minutes for even more relaxation.

TEMPLESPA | Replenishing Eye Ritual

TEMPLESPA | Relax & Restore Hot Stone Neck & Shoulder Massage

TEMPLESPA | Relax & Restore Hot Oil Scalp Massage



Body TREATMENTS

TEMPLESPA | The Body Detox



Purify & Balance Full Body
60 MIN

This heavenly treatment starts with lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage. Wallowing in mud never felt soooo good!

TEMPLESPA | The Outer Glow



Glow & Radiance Full Body
45 MIN

This Glow & Radiance body treatment is an invigorating and refreshing all over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to prepare your skin for a massage and an absolute must before your holiday or a special event. Off you glow!

TEMPLESPA | Your Best You

Hydrate & Soothe Meno-Pause
60 MIN | 120 MIN



This unique top-to-toe treatment is bespoke to you. The gentle, caring massage uses a combination of expert therapist hands and Himalayan Salt stones with TEMPLESPA hydrating and soothing skincare to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful.

TEMPLESPA | Aaahhh!



Revive & Energise Feet
25 MIN

This oh-so-good treatment is an instant relief for tired, over worked legs and feet. Begins with skin brushing to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

Pregnancy Safe | After First Trimester



SE-LF | Soothing Body Wrap 50 MIN

This treatment begins with a body scrub, which exfoliates the skin by removing dead cells and impurities. This is followed by the application of the clay mud wrap, which detoxifies, drawing out impurities from the body whilst stimulating blood and lymphatic circulation, as well as toning and strengthening connective tissues to leave skin smooth, fresh and radiant. Finished with an application of hydrating body moisturiser.

SE-LF | Trio Salt Body Scrub 25 MIN

Bursting with both coarse and finely milled sea salt and natural oils, to simultaneously revive tired and dull skin, remove dead skin cells and help even skin tone.

Pregnancy Safe | After First Trimester

SE-LF | Back to Nature 40 MIN

Step away from the hustle and bustle and keep it simple. Using natural products packed with reviving scents to smooth the upper body in intense goodness and escape the stresses of modern urban life. Relax and enjoy a Body Scrub to the entire back, followed by a body mask over the back, whilst a Raw Organic Coconut Oil back of Leg Massage is performed. Finished with an application of the coconut oil to the back, neck, and shoulder for ultimate relaxation.

SE-LF | Raw Coconut Oil Scalp Massage 25 MIN

A nourishing and moisturising neck and scalp massage utilising the benefits of 100% virgin raw natural coconut oil. Highly effective stress relieving experience, ideal to add to any face or body treatment.

Pregnancy Safe | After First Trimester





Massage TREATMENTS

OLD THORNS | De-Stress Massage

Back, Neck & Shoulder 40 MIN

A firm back, neck and shoulder massage. This healing massage helps remove toxins from the body and eases tension in the muscles and all the right places.

TEMPLESPA | Stress Not

Back 25 MIN

Body 50 MIN

Face & Body 90 MIN

CBD WELLBEING MASSAGE

This calming and anti-inflammatory massage targets muscle pain and melts away tension using the power of warmed stones leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD balm STRESS NOT naturally eases muscle stiffness and calms a busy mind, giving you a moment of blissful respite. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our CBD skin booster facial oil LIGHT RELIEF.

TEMPLESPA | Drift Away

Back 25 MIN

Body 50 MIN

Face & Body 90 MIN

RELAXING AROMATHERAPY MASSAGE

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our award-winning aromatherapy resting cream REPOSE. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away. Stay awake if you can!



TEMPLESPA | Feeling Good

<i>Back</i>	25 MIN
<i>Body</i>	50 MIN
<i>Face & Body</i>	90 MIN

ENERGISING AROMATHERAPY MASSAGE

This revitalising power massage uses our vibrant and joyful aromatic oil inspired by the zest of Mediterranean citrus groves. Bergamot, sweet orange, lemon, and cooling mint working alongside our invigorating massage movements designed to combat fatigue and encourage circulation. You will be left feeling re-energised and at ease. Upgrade your experience to 90 minutes for an exceptional radiance facial. Guaranteed to put a spring back into your step and your skin.

TEMPLESPA | Work It Out

<i>Back</i>	25 MIN
<i>Body</i>	50 MIN
<i>Scalp & Body</i>	90 MIN

REVIVING MASSAGE

A detoxifying massage that works out tired, aching muscles and overworked limbs. Using the ingenious WORK IT OUT muscle-tox massage oil with Mediterranean essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a workout – untangle knot and ease tension and tightness. Better all round!

TEMPLESPA | Rocks of the Mediterranean

Relax & Restore Hot Stone Massage 70 MIN

Using thermal basalt stones this glorious, warming treatment works on energy points located throughout the body to rebalance and harmonise. Muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you must have at least once in your life. Simply heavenly!





Vip TREATMENTS

Truffle Brilliance

Curated by industry expert and TEMPLESPA founder Liz Warom, these exclusive truffle products and treatments harness the scientific power and multiple skin benefits of black summer truffles, champagne extract, gold and silk peptides plus potent high performing vitamins and botanical complexes. Each deliver exceptional results and exquisite experiences.

TEMPLESPA | Champagne & Truffles Deluxe Treatment

Smooth & Firm Facial 60 MIN | 90 MIN

A luxury facial that combines award-winning truffle skincare with specialist lifting massage techniques that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. The 90-minute version includes an exquisite cooling alginate mask and rose quartz massage therapy.



TEMPLESPA | Rose Quartz & Truffles Body Massage

Smooth & Firm Body Treatment 60 MIN | 90 MIN

This indulgent treatment will leave you feeling totally relaxed from top-to-toe with this skin-transforming massage using our unique Truffle Body Massage Oil. Skin is left feeling restored and radiant and you'll be oh-so relaxed.

TEMPLESPA | VIP Golden Truffle Experience

Smooth & Firm Face & Body Treatment 60 MIN | 120 MIN

The ultimate in total luxury. This treatment delivers all over radiance-boosting results starting with a leg energiser and an invigorating full body scrub followed by a relaxing massage using advanced anti-ageing body techniques, both tightening and toning. Upgrade to the 120 minute treatment and experience a Champagne & Truffles deluxe facial. Skin is left glowing, brighter and revived beyond expectation.



Top-to-toe EXPERIENCES

TEMPLESPA | My Kinda Mood

Prescription Face & Body

120 MIN

Not sure what you'd like? Then this is the ideal treatment for you. First, we'll help you choose the aromatherapy oil to match your mood. Then we'll take care of you with a tailored, results-driven full body massage, followed by a bespoke facial. Step off the bed feeling all the better for it.

TEMPLESPA | The Total Glow Up

Glow & Radiance Face & Body

90 MIN

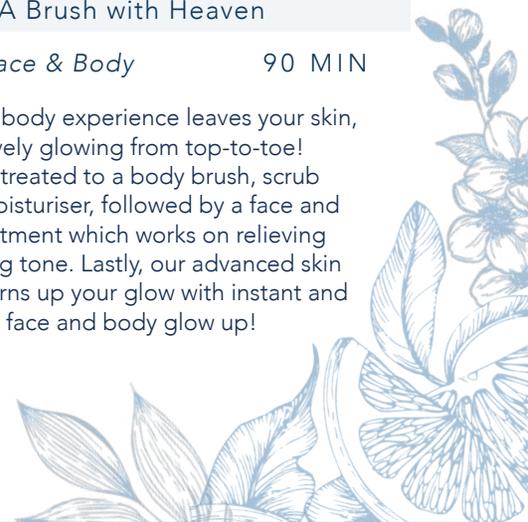
This unique face and body experience leaves your skin, face and body positively glowing from top-to-toe! To begin, you will be treated to a body brush, scrub and application of moisturiser, followed by a face and body contouring treatment which works on relieving tension and improving tone. Lastly, our advanced skin transforming facial turns up your glow with instant and visible results. A total face and body glow up!

TEMPLESPA | A Brush with Heaven

Relax & Restore Face & Body

90 MIN

This unique face and body experience leaves your skin, face and body positively glowing from top-to-toe! To begin, you will be treated to a body brush, scrub and application of moisturiser, followed by a face and body contouring treatment which works on relieving tension and improving tone. Lastly, our advanced skin transforming facial turns up your glow with instant and visible results. A total face and body glow up!





Maternity TREATMENTS

TEMPLESPA | New Beginnings

Pregnancy Massage

60 MIN

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is topped off with a relaxing face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

Pregnancy Safe | After First Trimester

TEMPLESPA | New Beginnings Total Retreat

Face & Body Experience

2.5 HRS

This is our specially designed treatment for expectant mummies to enable your full body to be massaged and treated without having to lie on your tummy. We follow this with a delicious face treatment packed with wonderful natural ingredients. Finally, your legs will be revitalised with our leg energiser treatment that is perfect for swollen ankles and tired legs.

Pregnancy Safe | After First Trimester







Hands & Feet

MANICURES

Mii | Manicure 40 MIN

File and shape, exfoliation, soak, cuticle work, massage and application of nail lacquer.

Mii | Express Manicure 25 MIN

This treatment consists of a file and shape, soak, cuticle work and application of nail lacquer.

Mii | Luxury Manicure 50 MIN

File and shape, exfoliation, soak, cuticle work, mask with hot mitts, massage and application of nail lacquer.

Mii | Hand Ritual 25 MIN

Exfoliation, mask with hot mitts, massage and application of cuticle oil.

Gel Express Manicure

File and shape, cuticle work and application of gel polish.

Gel Polish Removal 25 MIN

Soak off gel polish on hands (only available for gel nails applied by Old Thorns).



PEDICURES

Mii | Pedicure 50 MIN

File and shape, hard skin removal, exfoliation, soak, cuticle work, massage and application of nail lacquer.

Mii | Luxury Pedicure 65 MIN

File and shape, hard skin removal, exfoliation, soak, cuticle work, mask with hot booties, massage and application of nail lacquer.

Mii | Express Pedicure 25 MIN

File and shape, soak, cuticle work and application of nail lacquer.

Mii | Foot Ritual 25 MIN

Hard skin removal, exfoliation, soak, massage and application of cuticle oil.

Gel Express Pedicure

File and shape, cuticle work and application of gel polish.

Gel Polish Removal 25 MIN

Soak off gel polish on feet (only available for gel nails applied by Old Thorns).





Beauty Treatments

Lashes & BROWS

Eyebrow Tint*

Tinting of eyebrow hairs.

Eyelash Tint*

Tinting of upper and lower lashes.

Eyelash & Eyebrow Tint*

Tinting of lashes and eyebrow hairs.

Eyebrow Wax & Shape

Shaping eyebrows by waxing, tweezing and trimming.

Eyebrow Tint & Wax*

Tinting of eyebrows followed by shaping using waxing, tweezing and trimming.

*Patch test required at least 48 hours prior to treatment.

Spray TANNING

SIENNA X | Full Body

Head to toe natural looking sunless tan.

Waxing TREATMENTS

Lip Wax

Removal of hair from lip.

Half Leg Wax

Removal of hair from upper OR lower leg.

Full Leg Wax

Removal of hair from full leg.

Back Wax

Removal of hair from back.

Underarm Wax

Removal of hair from underarms.



Bikini Wax

Removal of the hair outside the knicker line.

Brazilian Wax

Removal of all hair from the bikini area, leaving a strip or triangle at the front.

Hollywood Wax

Removal of all hair from the bikini area.



Terms & CONDITIONS

We reserve the right to change prices or amend packages due to circumstances outside our control. Treatment times are subject to change by the Spa at any time. Some facilities may not be available during your visit.

We do employ male therapists, if this is an issue please inform us before your arrival as this may not be able to be moved on the day, leading to you having to forfeit your treatment without reimbursement.

ARRIVAL

We ask that you arrive 15 minutes prior to your scheduled treatment start time. This is to enable you to complete a pre-treatment medical questionnaire, relax, unwind, and familiarise yourself with the surroundings so the treatment can commence at the allotted time. If you are on a spa package please come directly to the spa reception. We'll check you in for your treatments, show you round and give you your robes so you can start relaxing.

VALUABLES

Lockers are provided for your use; however, we recommend that you do not bring valuables into the Spa. We do not accept any responsibility for the loss or damage of personal items.

TREATMENT TIME

Please note that the allotted treatment time includes time for consultation, changing and aftercare advice. Treatment time cannot be extended due to late arrival or toilet breaks during your scheduled treatment. If you arrive more than 5 minutes late for your treatment your treatment will be forfeited without reimbursement. If you are staying on a Sunday night your inclusive treatments will be taken on the Monday. Bank Holidays are charged at the weekend rate.

TREATMENT PREPERATION

Nail Treatments | If you are booked in for a nail treatment with nail lacquer or gel polish, please make sure that your nails are clear from polish or gel as this would prevent the therapist from carrying out your treatment. We do offer gel polish removal as an extra treatment if required, this will need to be pre-booked, subject to availability.

Facial Treatment | Please remove contact lenses and make-up prior to a facial treatment.

Microblading/Semi-Permanent make-up | Please leave a period of 4 weeks from this procedure being undertaken prior to booking a treatment on this area.

Botox & Fillers | Please leave 4 weeks from this procedure prior to booking a treatment on this area. Failure to abide by this may result in you forfeiting your treatment without reimbursement.

If you have a disability or any particular care requirements, please ensure you have informed us at the time of booking and on entry to the spa to allow us to help you get the most out of your session safely.

No jewellery should be worn when attending any treatment. We do not accept any responsibility for lost jewellery.

Please ensure that you inform your therapist if you are too hot/cold, if your position is not comfortable or the therapist's pressure is not enjoyable. We will try to adjust techniques to suit you.

MEDICAL QUESTIONS

It is important that you advise us in advance of any health conditions, allergies or injuries which could affect your treatment when making your reservation. Guests with any infectious conditions, known allergies or are under medical supervision, that we are not advised of upon booking, may be refused treatment without reimbursement.

AFTERCARE

Please be aware of the possible side effects following treatments/spa experiences which may include drowsiness, excessive thirst, muscle aches and possible minor reactions to essential oils.

SPA ATTIRE

Robes are available for hire at a cost of £20.00 per robe. This includes a £10.00 deposit that is refunded when the robe is returned. Spa Package guests will not be charged for the robe as it is included in the package price, however you will need to pay the refundable deposit. Robes will not be hired out without a deposit. Please bring your swimwear for use in the wet spa facilities. Disposable briefs will be provided for body treatments if required.

SPA ETIQUETTE

The Spa is designed to be calm, quiet, and relaxing and for this reason, we ask that you respect other spa users by speaking quietly whilst in our relaxation areas. Any rowdy or loud behaviour in any area of the Spa may result in you being asked to vacate the premises. The treatment Spa is an adult-only environment and is open only to persons aged 16 and over. We reserve the right to ask guests to leave without refund if their behaviour is deemed unsuitable in any way towards staff or other guests. The management reserves the right to close any area of the Spa without prior notice for essential maintenance or on advice by the government to do so, without reimbursement.

CANCELLATION POLICY

All spa bookings require full payment at the time of booking. The lead booker is responsible for the entire reservation, all payments and correspondence are to be made by the lead booker only.

SPA OVERNIGHT BREAKS | Cancellations made more than 30 days in advance of arrival date will be charged an administration fee of £35 per person. Cancellations made between 30 and 7 days in advance of arrival date will be charged 50% of the cost and cancellations made less than 7 days in advance of the arrival date will be charged 100% of the cost.

SPA DAYS | All cancelled bookings with more than 48 hours notice will be subject to a 10% fee of the total amount. If less than 48 hours notice of cancellation is given you will be charged 100% of the total booking fee.

SPA TREATMENT ONLY | Cancellations made within 48-hour notice or for non-arrivals at the allotted time, will be charged in full. No refunds either in part or full can be processed for early departure.

THIRD-PARTY RESERVATIONS | We are unable to amend, cancel or refund reservations made via third parties e.g. Spa Breaks, Spa Seekers, or Hotel & Spa Breaks. Please contact the party with whom the reservation was originally made to discuss the terms of your booking.

CORRECT MARCH 2025





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