



Grayshott

Studio Spa

Health • Beauty • Leisure



FAWSLEY HALL

Natural Therapies

- **THE REAL AROMATHERAPY EXPERIENCE**

Benefit: Re-charge, Energise, Balance, Detox

An aromatic full body massage treatment, using high grade essential oils, fusing massage practices from East and West. Real aromatherapy combines oils with healing and therapeutic properties, together with massage which enhances the lymph flow and encourages the circulatory system to eliminate toxins. A combination of spinal pressures, Swedish massage and neuromuscular techniques work to relax and unwind both body and mind to create a deep sense of well being.

80 minutes

£85

- **HOT STONE THERAPY**

Benefit: Relax, Recharge

A relaxing, restorative therapy utilising heated volcanic basalt stone, during which both body and face are massaged. The combination of hot stones and oils help to balance energy and calm muscle tension in an aura of warmth and tranquillity. A totally unique experience.

55 minutes

£65

- **REFLEXOLOGY**

Benefit: Detox, Balance, Recharge

A specialised massage technique concentrating on reflex areas of the feet. The feet are like a map of the body with different areas corresponding to particular organs of the body. By applying compression massage to specific points on the feet, reflexology is a relaxing method of stimulating the body's self healing properties, balancing and helping to relieve tension.

50 minutes

£45

- **HOPI EAR CANDLING**

Benefit: Relax, Soothe, Aids Sinus and Ear Conditions

This is an ancient treatment using specially impregnated, hollow beeswax candles which are placed just inside the ear. The vacuum created gently helps to draw any wax and debris from the ear canal relieving pressure in the head and often leaves the client feeling lighter, clear headed and more relaxed. It relieves symptoms of neuralgia and is also helpful for swimmers and regular flyers. The treatment also includes a gentle head massage.

40 minutes

£40

- **HOLISTIC HEAVENLY HAIR AND SCALP TREATMENT**

Benefit: Enriching, Nourishing, Relaxing

A deep and meaningful treatment based on pure essential oils of rosemary, geranium, ylang ylang and patchouli that enriches and promotes circulation. Using deeply relaxing massage techniques, a nourishing hair oil and a repairing and enriching mask treatment is applied with a scalp tingling massage to encourage a healthy looking scalp and smooth, conditioned hair.

40 minutes

£45

Pre and Post Pregnancy Treatments

- **PREGNANCY PAMPERING TREATMENT**

Benefit: Pampering, Comforting, Uplifting

Especially created for expectant mothers, this Guinot treatment includes a full body exfoliation, soothing massage and a facial treatment using plant based products. Mums-to-be will be left feeling rested and relaxed. Not suitable for the first trimester.

80 minutes

£90

- **NURTURING EXPERIENCE FOR THE MOTHER-TO-BE**

Benefit: Nurturing, Pampering

Rest at leisure as your body is soothed and your skin is pampered with the nourishing properties of rose oil. This Aromatherapy Associates massage and facial treatment is designed to answer the developing needs of mother and baby and gives you the nurturing experience you both deserve. This treatment helps to ease aches and pains and that 'heavy' feeling and will leave you totally pampered. Not suitable for the first trimester.

55 minutes

£65

• Particularly suitable for male Guests • Suitable for Pregnancy

Massage & body treatments

• CLASSIC MASSAGE

Benefit: Stimulating

This 50 minute full body massage is ideal for tired, tense muscles and helps increase circulation and induce deep relaxation.

50 minutes £50

• BACK, NECK & SHOULDER MASSAGE

Benefit: Relaxing, Soothing

An effective soothing massage to ease tight neck and shoulder muscles.

25 minutes £30

• HEAD AND SCALP MASSAGE

Benefit: Relaxes and soothes tension

This head massage including the back is a powerful treatment which will soothe away stress and tension, leaving you refreshed, relaxed and with a renewed clarity of mind.

40 minutes £40

• DE-STRESS MASSAGE

Benefit: Muscle release, Anti-inflammatory

This deeply restorative treatment is specifically designed for tight, fatigued and aching muscles. Swedish and cross muscle fibre massage techniques with stretching and draining are combined with essential oils known for their beneficial effects on the circulation.

A deeper massage that works right into the muscles to release pain and tension.

50 minutes £60

SCULPTING BODY TREATMENT

Benefit: Anti-cellulite, Draining

This contouring body treatment uses an anti-cellulite sculpting massage with essential oils and a clay mask to drain toxins and firm the skin.

70 minutes £75

• REVITALISING BACK TREATMENT

Benefit: Stimulating, Nourishing

Like a facial but for the back. This treatment will involve a cleanse, exfoliation, massage and mask completed by a soothing hot towel. This back treatment can be adapted to suit any skin type and will leave your back looking and feeling great.

55 minutes £55

AUTO BRONZANT

For a glowing instant tan, this moisturizing, self tanning treatment, which also includes a body exfoliation, gives a long lasting evenly bronzed colour. A safe and effective way to tan quickly without the sun or to maintain a post holiday glow.

55 minutes £50

• THE FOUR STEPS TO HEAVEN

Relax from head to toe with this ultimate face and body treatment. It begins with an invigorating body scrub to smooth and soften the skin, leaving it glowing with radiance. Now its time to drift away, with our aromatic full body massage followed by a cleansing and nourishing facial treatment. Finally catch the last cloud to heaven with our deeply relaxing head massage using the purest frankincense oil.

110 minutes £115

Facial Skin Care

• LUXURY SPA FACIAL

Benefit: Relax, De-stress

A cleansing and nourishing face treatment using skin care selected to suit individual needs. Includes a cleanse, gentle exfoliation, face, neck and shoulder massage and face mask. Suitable for all skin types.

50 minutes £50

• THE COMBINATION SPA FACIAL

Benefit: Relax, De-stress

A deep relaxing treatment to help unwind and ease tension, consisting of a Luxury Spa Facial combined with a relaxing back massage.

55 minutes £55

RENEW ROSE ANTI-AGE FACIAL

Benefit: Anti-ageing, Revitalising

The nourishing properties of Rose and Frankincense smooth and revitalise skin texture, encouraging skin renewal. Includes hydrating and rejuvenating gel and mud masks interspersed with relaxing yet firming facial massage that concentrates on the areas most affected by the ageing process. Skin is left conditioned and toned.

80 minutes £80

- **HYDRADERMIE FACIAL**

Benefit: Deep Cleansing, Replenishing, Conditioning
World famous deep cleansing facial which includes a relaxing massage specific to Guinot skin care. Using state-of-the-art equipment, a galvanic current carries the active plant-based ingredients deep into the skin. Hydradermie leaves the skin deep cleansed, balanced, glowing and fully loaded with oxygen resulting in an improvement in hydration and fine lines. This treatment is suitable for all skin types and will be customized by your therapist to meet your skin's needs.
85 minutes £75

- **HYDRADERMIE PLUS FOR FACE, NECK AND EYES**

Benefit: Deep Cleanse, Re-generating
A Hydradermie facial with added firming and toning serums to revitalise the skin and diminish the signs of ageing. This treatment focuses on the eye area, face, neck and décolleté. Regenerates soothes and tones the contours of the skin giving a youthful radiance.
85 minutes £85

- **HYDRADERMIE LIFT EXPRESS**

Benefit: Lifting
A "work out" for the face and neck creating a lifting effect within an hour by toning, smoothing and lifting facial contours.
Recommended: 6 treatments x 2 per week £270
50 minutes £50

- **LIFTOSOME ANTI-AGEING FACIAL**

Benefit: Firming, Toning, Stimulating
The Liftosome facial has been specially developed to treat key areas associated with a mature skin. Based upon pro-collagen, this stimulating thermal facial regenerates and energises, leaving the skin firmed and radiant. Due to the immediate results, a single treatment is ideal before a special occasion but for more lasting results three treatments over a 3 week period is recommended.
55 minutes £60

Wraps & Scrubs

- **REJUVENATING ROSE COCOON BODY WRAP**

Benefit: Relaxation
A nurturing treatment using essential oil of Damask rose that will uplift the mind and senses. Rich oils and creams are smoothed onto freshly exfoliated skin leaving it glowing, silky and revitalised. A relaxing scalp massage completes this unique and deeply moisturising treatment.
55 minutes £55

- **DE-STRESS YOUR MIND BODY WRAP**

Benefit: De-stress
Feel a thousand miles away from the pressure of everyday life as mind and body indulge in the benefits of deep, meditative relaxation. After a thorough all over exfoliation, the body is enveloped in a comforting wrap of relaxing and fortifying frankincense, camomile and rosemary.
A scalp massage frees up your mind and eases the stresses and strain of an emotionally demanding lifestyle.
55 minutes £55

- **CITRUS DETOX REVIVER WRAP**

Benefit: Detoxify
Feel cleansed inside and out with this powerful detox treatment. After exfoliation to smooth and refine the skin, stimulating products are applied to encourage the release and elimination of toxins.
55 minutes £55

- **OLIVE STONE BODY SCRUB**

Benefit: Stimulating, Invigorating
Crushed olive stones are used to exfoliate the skin leaving it soft and rejuvenated. This is an ideal treatment prior to self tanning or body massage.
25 minutes £25

- **SUGAR KIWI BODY POLISHER**

Benefit: Stimulating, Invigorating
A complete body exfoliation treatment to eliminate dry, flaky skin and refine the skin's texture.
20 minutes £20

Hands & Feet

- **JESSICA PRESCRIPTIVE MANICURE**
 Classic manicure including nail soak, file and shape, cuticle work, hand massage and choice of polish.
 50 minutes £35
- **JESSICA PRESCRIPTIVE MANICURE DELUXE**
 A deluxe manicure which also includes thermal mittens to aid deeper penetration of oils and creams, softening cuticles and improving circulation.
 70 minutes £45
- **ZENSPA PEDICURE**
 Classic pedicure including nail soak, trim and shape, cuticle work, foot massage and a choice of polish.
 50 minutes £40
- **ZEN SPA PEDICURE DELUXE**
 A deluxe pedicure which includes heated booties to help deeper penetration of oils and creams and a soothing foot and leg massage to the knee.
 70 minutes £50
- **MEN'S MANICURE**
 25 minutes £25
- **MEN'S PEDICURE**
 40 minutes £30
- **NAIL SHAPE AND POLISH**
 20 minutes £14

Make-Up

JANE IREDALE BRIDAL MAKE-UP
 2 x 45 minutes £60

JANE IREDALE MAKE-UP
 45 minutes £35

LASH & BROW TINTING

Eye lash tint	15 minutes	£12.00
Eye brow tint	10 minutes	£8.00
Eye Lash and Brow tint	15 minutes	£16.00

Waxing

Full Leg	55 minutes	£25.00
Half Leg	25 minutes	£15.00
Bikini Line	15 minutes	£12.00
Under Arm	15 minutes	£10.00
Lip or Chin	15 minutes	£8.00
Lip and Chin	15 minutes	£12.00
Eye Brow	15 minutes	£8.00

Hair Services

Ladies Restyle & Blowdry	from £45.00
Ladies Trim & Blowdry	from £40.00
Ladies Blowdry – short hair	from £20.00
Ladies Blowdry – mid length hair	from £25.00
Ladies Blowdry – long hair	from £28.00
Root Colour, Cut & Blowdry	from £60.00
Full Head Colour, Cut & Blowdry	from £75.00
Top Foils, Cut & Blowdry	from £70.00
Full Head Foils, Cut & Blowdry	from £100.00

Gents Cut & Finish from £18.00

Bridal Hair

Pre-Wedding Trial & Wedding Hair	from £99.00
Bridesmaids	from £35.00
Flower Girls	from £25.00
Groom's Hair & Finish	£15.00

For Hair Appointments please telephone the spa direct.
 Pre booking is essential.

Packages

Spend the Day at Grayshott Studio Spa at Fawsley Hall

Treat yourself or someone special to a day of luxury and indulgence.

When time is of the essence we offer you, and groups of up to 6 people, the opportunity to relax and unwind for the day.

Enjoy wonderful treatments relaxing in a beautiful and tranquil environment.

To avoid disappointment we suggest you book your treatments in advance.

Your Spa day includes:

- Use of the spa, relaxation room, thermal rooms, gym, indoor swimming pool and outdoor hydro pool
- Light Lunch
- Your Personal Day programme will be waiting for you on arrival and a robe, slippers and private locker will be provided

Grayshott Day

Includes use of all of the facilities, plus:

- Back, Neck and Shoulder Massage
- Luxury Spa Facial

Mon – Thurs £95

Fri – Sun £105

Grayshott Simply Divine Day

Great for pre wedding treat

- Kiwi body scrub
- Back neck and shoulder massage
- Mini facial
- Nail shape and polish (hands or feet)

Mon – Thurs £110

Fri – Sun £120

Grayshott deluxe day

Includes use of all of the facilities, plus:

- Olives stone body scrub
- Classic Massage
- Liftosome anti ageing facial
- Prescriptive Manicure

Mon – Thurs £185

Fri – Sun £195

Corporate Programmes

We would be delighted to create a bespoke programme for you. Please enquire at hotel reception



Image shows sample of products available at Grayshott Studio Spa

Overnight packages

For guests with more time to spare, our overnight packages are the perfect solution. The Coach House now has specially designed spa bedrooms.

Overnight packages include:

Use of all facilities
 2 Course dinner
 Breakfast
 Standard Club Double /Twin Room in one of our club bedrooms
 Rates are per person sharing a double/twin room
 Single supplement rate £30
 Upgrades to superior, luxury or suite accommodation available



1 Night De-Stress

De-Stress Massage
 De-Stress your mind Body Wrap
 Mon – Thurs £225
 Fri – Sun £235

2 Night De-Stress

De-Stress Massage
 De-Stress your mind Body Wrap
 Luxury Spa Facial
 Lunch x 1
 Mon – Thurs £375
 Fri – Sun £395

1 Night Couples Retreat

Classic Massage
 Luxury Spa Facial
 Bottle of Champagne
 1 night Mon-Thurs £465*
 1 night Fri-Sun £485*
 *Prices per couple

1 Night Bridal Package

Luxury Spa Facial
 Prescriptive Manicure
 Zen Spa Pedicure
 Bridal Make-up
 1 night Mon-Thurs £295
 1 night Fri-Sun £310

1 Night Indulgence

Hot Stone Therapy Massage
 Heavenly Hair & Scalp Massage
 Mon-Thurs £220
 Fri – Sun £230

2 Night Indulgence

Hot Stone Therapy Massage
 Heavenly Hair & Scalp Massage
 Luxury Spa Facial
 Lunch x 1
 Mon-Thurs £370
 Fri – Sun £390

Spa Vouchers

Grayshott studio spa vouchers offer the perfect gift solution whatever the occasion. Vouchers are available for a specific treatment or one of our relaxing spa days and can be purchased from spa reception. Our vouchers are valid for 6 months from date of purchase and must be presented upon arrival.

General Information

Attire

Guests indulging on one of our Spa Day Packages will be provided with a towel, robe and slippers upon arrival.

We suggest that you bring with you your swimming costume, gym wear, trainers (if you are feeling energetic) and a £1.00 coin for the locker.

Remember to bring flip flops if you are having a Pedicure and to wear dark loose clothing if you are having our Auto Bronzant tanning Treatment.

A robe must be worn when around the Spa Reception area and we require underwear to be worn for all of our treatments. Therefore we request that damp swimming costumes are removed prior to your treatment. During treatments our therapists are trained to observe client modesty at all times.

Arrivals

Guest are requested to arrive early in time to change, if required, and to fill out a medical questionnaire. Arriving late will deprive you of precious minutes of your treatment and could even result in your treatment being cancelled with the full cost being charged.

Health concerns

Some treatments are not suitable for certain medical conditions or during pregnancy. Please raise any concerns at the time of booking, but we also ask clients to fill out a medical questionnaire on arrival at the spa, to ensure that the treatments are appropriate.

Cancellation Policy

24 hours notice is required if you need to cancel or re-schedule an appointment. Failure to do so will result in the full cost of your treatment being charged.

We do require 48 hours notice for group bookings.

Children policy

Grayshott Studio Spa has been conceived and designed to be a luxurious and relaxing retreat for adults and therefore access to hotel guest's children is limited to the following times

Mornings - 9:00-10:00am
Afternoons - 3:30-4:30pm

Children must be over the age of 3 years old and are only permitted to use the swimming pool. They must be accompanied by an adult at all times.

Smoking

For the comfort and consideration of all guests, a non smoking policy is operated throughout the building and the Spa Garden.

Mobile Phones

Please ensure that all mobile phones are switched off during your visit to the Spa.

Valuables

We strongly recommend that you leave all valuables in your locker as some treatments require the removal of jewellery. Please ensure you retrieve all valuables before leaving the premises and in particular checking the pockets of your robe.

Pre Payments

For all Spa Day Packages we require full payment at time of booking.

Appointments

Appointments include time for collection, consultation and changing

Gratuities

Our best reward is your personal recommendations. Gratuities are therefore left to your discretion

All information is correct at time of going to press but is subject to variation without notice

For advice and pre-booking of treatments please telephone Spa Reception on: **01327 892020**

