



Grayshott

Studio Spa

Health • Beauty • Leisure



Grayshott

Studio Spa

Health • Beauty • Leisure

Fawsley, Northamptonshire NN11 3BA

Tel: +44 (0)1327 892000

www.fawsleyhall.com

info@fawsleyhall.com



FAWSLEY HALL



FAWSLEY HALL

Natural Therapies

- **THE REAL AROMATHERAPY EXPERIENCE**

Benefit: Re-charge, Energize, 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.

85 minutes £90

- **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

45 minutes £45

- **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

Mothers-to-be will appreciate this pregnancy pampering treatment from Guinot. Full body exfoliation and luxurious massage combines with a facial treatment using plant based products. Focusing on areas of the body affected by discomfort from pregnancy such as ankles, feet, legs and lower back, the massage concludes on the face and scalp. A soothing and revitalizing treatment for expectant mothers.

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. Aromatherapy Associates' full body massage is designed to answer the developing needs of mother and baby and to give you the nurturing treatment you both deserve. The massage helps to ease aches and pains and that 'heavy' feeling with attention paid to back, neck, shoulders and lower legs.

Not suitable for the first trimester.

55 minutes £65

• Particularly suitable for male Guests • Suitable for Pregnancy

Massage & Body Treatments

- **CLASSIC MASSAGE**

Benefit: Stimulating

The classic 50 minute full body Swedish massage. Ideal for tired, tense muscles and to increase circulation and induce 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 moisturising, self tanning treatment 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

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, hot towels and mask. Suitable for all skin types.

55 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 £50

- **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.

85 minutes £85

• **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 deluxe tri-zone Hydradermie facial with extra firming and toning serums designed to revitalise mature skin and diminish signs of ageing. This treatment focuses on the eye area, face, neck and décolleté and includes the unique Serenity Massage and pressure point eye massage.
85 minutes £90

• **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: 8 treatments x 2 per week
85 minutes £65

• **HYDRADERMIE LIFT EYE TREATMENT**

Benefit: Firming, Toning, Stimulating
The ultimate lifting and anti-ageing treatment for the delicate eye area, which includes lymphatic drainage, rehydration, regeneration and muscle stimulation. The treatment firms the eye contour, smoothes away fine lines and reduces puffiness.
Recommended: 8 treatments x 2 per week
50 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 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 £50

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.
35 minutes £35

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 £40

• **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 | £40.00 |
| Ladies Trim and Blow Dry | £35.00 |
| Ladies Blow Dry – short hair | £20.00 |
| Ladies Blow Dry – mid length hair | £25.00 |
| Ladies Blow Dry – long hair | £28.00 |

| | |
|--------------------|--------|
| Gents Cut & Finish | £15.00 |
|--------------------|--------|

Bridal Hair

| | |
|---------------------------------------|--------|
| Pre-Wedding Trial & Wedding Hair from | £90.00 |
| Bridesmaids from | £30.00 |
| Flower Girls from | £20.00 |
| Groom's Hair & Finish | £15.00 |

For Hair Appointments please telephone:
01327 877182 or 07957 528857

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

Spa Day

Includes use of all of the facilities, plus:

- Back, Neck and Shoulder Massage
 - Luxury Spa Facial
- Mon – Thurs £ 85
Fri – Sun £100

Pre-Wedding Day

The Pre-Wedding Day includes use of all the facilities, plus:

- Sugar Kiwi Body Polisher
 - Heavenly Head & Scalp Treatment
 - Prescriptive Manicure
- Mon – Thurs £115
Fri – Sun £135



Deluxe Spa Day

Includes use of all of the facilities, plus:

- Classic Massage
 - Luxury Spa Facial
 - Prescriptive Manicure
- Mon – Thurs £132
Fri – Sun £ 155

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
 - 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 £220
Fri – Sun £232

2 Night De-Stress

- De-Stress Massage
 - De-Stress your mind Body Wrap
 - Luxury Spa Facial
 - Lunch x 1
- Mon – Thurs £400
Fri – Sun £ 423

1 Night Indulgence

- Hot Stone Therapy Massage
 - Heavenly Hair & Scalp Massage
- Mon-Thurs £215
Fri – Sun £227

2 Night Indulgence

- Hot Stone Therapy Massage
 - Heavenly Hair & Scalp Massage
 - Luxury Spa Facial
 - Lunch x 1
- Mon-Thurs £395
Fri – Sun £418



1 Night Couples Retreat

- Classic Massage
 - Luxury Spa Facial
 - Bottle of Champagne
 - 1 night Mon-Thurs £448*
 - 1 night Fri-Sun £475*
- *Prices per couple

1 Night Bridal Package

- Luxury Spa Facial
- Prescriptive Manicure
- Zen Spa Pedicure
- Bridal Make-up
- 1 night Mon-Thurs £278
- 1 night Fri-Sun £295

Treatment & Booking Information

Credit card details are required at the time of booking to secure all appointments. All prices are inclusive of VAT. Guests who wish to cancel or re-schedule appointments are kindly requested to give 24 hours notice otherwise a 50% charge will be made. Please arrive 10 minutes before your appointment time, having changed for your treatment. Late arrival may result in reduced treatment time. All guests are required to complete a basic health questionnaire. It is essential to advise us of any medical conditions, illnesses, allergies or if you are undergoing any form of medical treatment as this may make some treatments unsuitable. Please also advise if you think you may be pregnant. Personal details will be kept secure and confidential. Treatments are restricted to guests over the age of 16. Mobile phones and pagers should be switched off in treatment and relaxation areas. Smoking is not permitted in any area of the building. Guests may be required to remove items of jewellery during treatments. Please ensure all valuables are retrieved before leaving the treatment, fitness and spa areas. The company cannot accept responsibility for lost or mislaid items.

A Fawsley Spa day makes a wonderful gift. **Fawsley gift vouchers** can be personalised with your own message.

For advice and pre-booking of treatments please telephone: **01327 89 2000**