



THE PARK SPA  
WARBROOK HOUSE

## TREATMENTS

Restore and nourish in a complete sense with this inspired collection of personalised treatments from world-renowned spa experts, ESPA. Results-focussed facials, high performance body treatments, immersive massages and signature rituals await, to nurture your body, calm your mind and leave skin looking radiantly and naturally beautiful.

### ESPA Facials

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, results focussed facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored.

### ESPA Massage

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tension is released, your soul feels soothed and you emerge energised with renewed focus and lasting positivity.

### ESPA Body Treatments Guided

ESPA Body Treatments Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced and skin's natural beauty is restored.

### ESPA for Men Our ESPA

ESPA for Men Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

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## ESPA FACIALS

### ESPA Inner Beauty Facial 55 mins

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes: Skin analysis with SkinVision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage

### ESPA Optimal Skin Health Facial 55 mins

Visibly revive skin's natural beauty, balance and health. Achieving instant results with long-lasting benefits, this intelligent facial harnesses nature's most potent actives alongside high performance massage to deeply cleanse, refine and hydrate skin. You emerge with a smooth, profoundly nourished complexion, glowing with natural health.

Includes: Skin analysis with SkinVision™ lamp – triple cleanse (including deep brush cleanse) – exfoliation – steam and extraction (if required) – facial massage – mask – hand & arm exfoliation and massage

### ESPA Intense Regenerating Facial 55/85 mins

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

Includes: Skin analysis with SkinVision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – age-defying facial massage – mask – scalp massage

### ESPA Instant Radiance Facial 85 mins

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges and your natural glow is restored.

Includes: Skin analysis with SkinVision™ lamp – triple cleanse (including deep brush cleanse) – exfoliation – steam and extraction (if required) – Skin Radiance Mask – age-defying Rose Quartz crystal massage – professional lifting & smoothing mask – scalp massage

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## ESPA FACIALS

### ESPA Refining Enzyme Facial 85 mins

Profoundly refine, hydrate and firm with this high performance facial. Infused with nature's most effective extracts, a stimulating Pumpkin Enzyme peel works alongside signature Tri-Active™ blends to boost cell renewal while intensely smoothing and lifting your complexion. Skin's timeless beauty is instantly revived.

Includes: Skin analysis with SkinVision™ lamp – deep brush cleanse – Pumpkin Enzyme Peel – age-defying Rose Quartz crystal massage – Lifting & Smoothing Mask – scalp massage

### ESPA Ultimate Lift & Firm Facial 85 mins

Restore youthful vitality and improve skin tonicity and firmness with this advanced facial. Using Tri-Active™ ingredients combined with specialised facial massage lifting techniques, this facial helps combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.

Includes: Skin analysis with SkinVision™ lamp – triple cleanse – steam and extraction (if required) – specialised age-defying, contouring and lifting facial massage – Lift & Firm Mask – scalp massage

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## ESPA MASSAGES

### ESPA Inner Calm Massage 55/85 mins

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes: Breathwork – full body aromatherapy massage – scalp massage with Rose Quartz Crystals

### ESPA Hot Stone Massage 55/85 mins

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Includes: Full body aromatherapy massage with hot stones – scalp massage

### ESPA Deep Muscle Massage 55/85 mins

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Includes: Targeted massage, with or without hot stones, focussing on areas of concern – scalp massage

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## ESPA MESSAGES

### ESPA Swedish Massage 55/85 mins

Revive your body and enliven your spirits with this **invigorating massage**. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Includes: Full body Swedish massage – scalp massage

### ESPA Mindful Massage 85 mins

Soothe away stress and return body and mind to the present moment with this **holistic and blissfully re-balancing experience**. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

Includes: Breathwork and visualisation – massage to metamorphic zones of the feet – full body massage – scalp massage with warm Rose Quartz Crystals

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## ESPA BODY TREATMENTS

### ESPA Targeted Hip & Thigh Treatment 55 mins

Transform the appearance of your hips, thighs and legs with this revitalising, results-focussed **treatment**. Working swiftly and effectively, powerfully detoxifying actives combine with targeted massage to instantly diminish cellulite and fluid retention, dispel toxins and boost circulation. Skin looks smooth, supple and beautifully toned.

Includes: Skin brushing hip, thigh and abdominal areas – salt & oil scrub with iced mitt removal – detoxifying and lymphatic drainage massage techniques – deep cleansing abdomen massage – body moisturiser application

### ESPA Back, Face & Scalp Treatment 85 mins

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned **treatment**. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Includes: Back exfoliation – back massage with or without hot stones – Inner beauty facial – scalp massage

### ESPA Pre-Natal Relax & Restore 25/55/85 mins

Nurture your changing body and calm your mind with this beautifully comforting **treatment**. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Includes: Back exfoliation (if required) – focussed body massage – scalp massage

### ESPA Body Wrap 55 mins

Purify your body or deeply replenish your skin with this **personalised body wrap**. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Includes: Skin brush – body exfoliation – algae or mud wrap – scalp massage

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## ESPA EXPRESS TREATMENTS

### ESPA Eye Lift 25 mins

Smooth, firm and hydrate with this instantly **revitalising eye treatment**. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

Includes: Skin analysis with SkinVision™ lamp – cleanse – exfoliation to face and eye contour – eye contour massage – firming eye mask

### ESPA Salt & Oil Scrub 25 mins

Revive skin's natural softness and glow with this **intensely exfoliating treatment**. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes: Skin brush - salt & oil full body exfoliation

### ESPA Back, Neck & Shoulder Massage 25 mins

Ease tension where you need it most with this **fast-acting de-stressing treatment**. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

Includes: Massage to the back, neck and shoulders

### ESPA Express Facial 25 mins

Reveal a clear, refreshed, naturally beautiful complexion with this **express facial**. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Includes: Skin analysis with SkinVision™ lamp – double cleanse – exfoliation – personalised mask – scalp massage

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## ESPA FOR MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

### ESPA Deep Cleansing Facial 55 mins

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

Includes: Skin analysis with SkinVision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage

Monday - Thursday £65      Friday - Sunday £75

### ESPA Deep Muscle Massage 55 mins

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Includes: Targeted massage, with or without hot stones, focussing on areas of concern – scalp massage

Monday - Thursday £70      Friday - Sunday £80

### ESPA Muscle Reviver 40 mins

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focussing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised and a positive mindset is restored.

Includes: Back massage – facial massage – scalp massage

Monday - Thursday £55      Friday - Sunday £65

Back Wax 45 mins      £30

Shoulder Wax 30 mins      £15

Brow grooming 15mins      from £12

Pedicure 45mins      £40

Manicure 45mins      £40

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## PRICE LIST

ESPA Inner Beauty Facial 55 mins		ESPA Inner Calm Massage 85 mins	
Monday - Thursday	£65	Monday - Thursday	£95
Friday - Sunday	£75	Friday - Sunday	£110
ESPA Optimal Skin Health Facial 55 mins		ESPA Hot Stone Massage 55 mins	
Monday - Thursday	£75	Monday - Thursday	£75
Friday - Sunday	£85	Friday - Sunday	£85
ESPA Intense Regenerating Facial 55 mins		ESPA Hot Stone Massage 85 mins	
Monday - Thursday	£65	Monday - Thursday	£110
Friday - Sunday	£75	Friday - Sunday	£120
ESPA Intense Regenerating Facial 85 mins		ESPA Deep Muscle Massage with Hot Stones 55 mins	
Monday - Thursday	£100	Monday - Thursday	£75
Friday - Sunday	£115	Friday - Sunday	£85
ESPA Instant Radiance Facial 85 mins		ESPA Deep Muscle Massage with Hot Stones 85 mins	
Monday - Thursday	£100	Monday - Thursday	£110
Friday - Sunday	£115	Friday - Sunday	£120
ESPA Refining Enzyme Facial 85 mins		ESPA Deep Muscle Massage without Hot Stones 55 mins	
Monday - Thursday	£110	Monday - Thursday	£70
Friday - Sunday	£125	Friday - Sunday	£80
ESPA Ultimate Lift & Firm Facial 85 mins		ESPA Deep Muscle Massage without Hot Stones 85 mins	
Monday - Thursday	£95	Monday - Thursday	£105
Friday - Sunday	£110	Friday - Sunday	£115
ESPA Inner Calm Massage 55 mins			
Monday - Thursday	£70		
Friday - Sunday	£80		

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ESPA Mindful Massage 85 mins		ESPA Deep Muscle Massage 55 mins	
Monday - Thursday	£110	Monday - Thursday	£70
Friday - Sunday	£120	Friday - Sunday	£80
ESPA Swedish Massage 55 mins		ESPA Deep Muscle Massage	
Monday - Thursday	£70	with Hot Stones 55 mins	
Friday - Sunday	£80	Monday - Thursday	£75
ESPA Swedish Massage 85 mins		Friday - Sunday	£85
Monday - Thursday	£105	ESPA Deep Muscle Massage 85 mins	
Friday - Sunday	£115	Monday - Thursday	£95
ESPA Targeted Hip & Thigh Treatment 55 mins		Friday - Sunday	£110
Monday - Thursday	£68	ESPA Deep Muscle Massage	
Friday - Sunday	£80	with Hot Stones 85 mins	
ESPA Back, Face & Scalp Treatment 85 mins		Monday - Thursday	£100
Monday - Thursday	£95	Friday - Sunday	£115
Friday - Sunday	£110	ESPA Muscle Reviver 40 mins	
ESPA Back, Face & Scalp Treatment		Monday - Thursday	£55
with Hot Stones 85 mins		Friday - Sunday	£65
Monday - Thursday	£100	ESPA Pre-Natal Relax & Restore 25 mins	
Friday - Sunday	£115	Monday - Thursday	£40
ESPA Body Wrap 55 mins		Friday - Sunday	£45
Monday - Thursday	£68	ESPA Pre-Natal Relax & Restore 55 mins	
Friday - Sunday	£80	Monday - Thursday	£70
ESPA Deep Cleansing Facial 55 mins		Friday - Sunday	£80
Monday - Thursday	£65	ESPA Pre-Natal Relax & Restore 85 mins	
Friday - Sunday	£75	Monday - Thursday	£95
		Friday - Sunday	£110

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ESPA Eye Lift 25 mins		Lash Tint 30 mins	£18
Monday - Thursday	£45	Eyebrow Tint 20 mins	£12
Friday - Sunday	£50	Eyelash and Brow Tint 30 mins	£25
ESPA Salt & Oil Scrub 25 mins		Eyebrow Tint and Tidy 30 mins	£18
Monday - Thursday	£40	Eyebrow Wax 15 mins	£12
Friday - Sunday	£45	Eyebrow Wax Tint and Tidy 30 mins	£18
ESPA Back, Neck & Shoulder Massage		Lip or Chin Wax 15 mins	£10
25 mins		Lip and Chin Wax 20 mins	£15
Monday - Thursday	£40	Full Leg Wax 55 mins	£35
Friday - Sunday	£45	Half Leg Wax 30 mins	£25
ESPA Express Facial 25 mins		Under Arm Wax 15 mins	£15
Monday - Thursday	£40	Bikini Wax 30 mins	£18
Friday - Sunday	£45	Back Wax 45 mins	£30
Mud Rhassoul 40 mins		Shoulder Wax 30 mins	£15
Monday - Thursday 1 person	£45	Deluxe Manicure 60 mins	£45
Monday - Thursday 2 people	£65	Deluxe Pedicure 60 mins	£45
Friday - Sunday 1 person	£65	Mini Manicure 30 mins	£35
Friday - Sunday 2 people	£85	Mini Pedicure 30 mins	£35
Total Holistic Hot Stones 115 mins		Gel Manicure 45 mins	£50
Monday - Thursday	£120	Gel Pedicure 45 mins	£50
Friday - Sunday	£140		

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## SPA PACKAGES

It's time to unwind and experience pure luxury at The Park Spa. If you are looking for truly memorable experience, forget the daily demands of everyday life and escape to our luxury sanctuary nestled in 121 acres of the Warbrook House grounds.

### FULL DAY PACKAGES

All full day packages include a healthy breakfast, a 2 course spa lunch and a glass of bubbles. You can also enjoy full use of our facilities between 9am and 6pm. A luxury robe towel and slippers are also included.

#### Relax and Unwind

1 x 55 mins, 1 x 25 mins

Monday - Thursday £150      Friday - Sunday £170

#### Pure Indulgence

2 x 55 mins

Monday - Thursday £180      Friday - Sunday £200

#### Couples Retreat

Full Body Massage each treatments are in our  
VIP couples suit

Monday - Thursday £265      Friday - Sunday £285

#### Ultimate Couples Retreat

Full Body Massage each, Express Facial each,  
Rasul for two, treatments are in our VIP couples suit

Monday - Thursday £400      Friday - Sunday £420

#### Rasul Retreat

Rasul, 1 x 25 mins

Monday - Thursday £110      Friday - Sunday £130

#### Mum to Be

55 mins Pregnancy Massage, Express Facial,  
Express Mani or Pedi

Monday - Thursday £170      Friday - Sunday £190

#### Pre Wedding Pamper

1x 55 mins treatment and 2 x 25 mins treatments

Monday - Thursday £190      Friday - Sunday £210

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# HALF DAY PACKAGES

### Morning Escape

Monday - Thursday £70

Friday - Sunday £90

Arriving from 9am to a healthy breakfast choose a 25 minute treatment from our extensive treatment list. Relax in the facilities. Before leaving at 1pm, enjoy a 2 course spa lunch. Also includes luxury robe, towel and slippers.

### Sp'fternoon

Monday - Thursday £70

Friday - Sunday £90

Enjoy use of the facilities between 2pm and 6pm. Indulge in a glass of bubbles and afternoon tea. Choose a 25 minute treatment from our extensive treatment list. Your day also includes luxury robe, towel and slippers.

### The Park Spa Sun Downer

Monday - Thursday £60

Available between Monday and Thursday evenings.

Watch the sun go down from one of our outdoor hot tubs, whilst sipping a glass of bubbles. Choose a 25 minute treatment from our extensive treatment list. Enjoy the facilities between 5pm and 9pm. Also includes luxury robe, towel and slippers.

Add a 3 course dinner at the hotel restaurant from £20 per person.

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