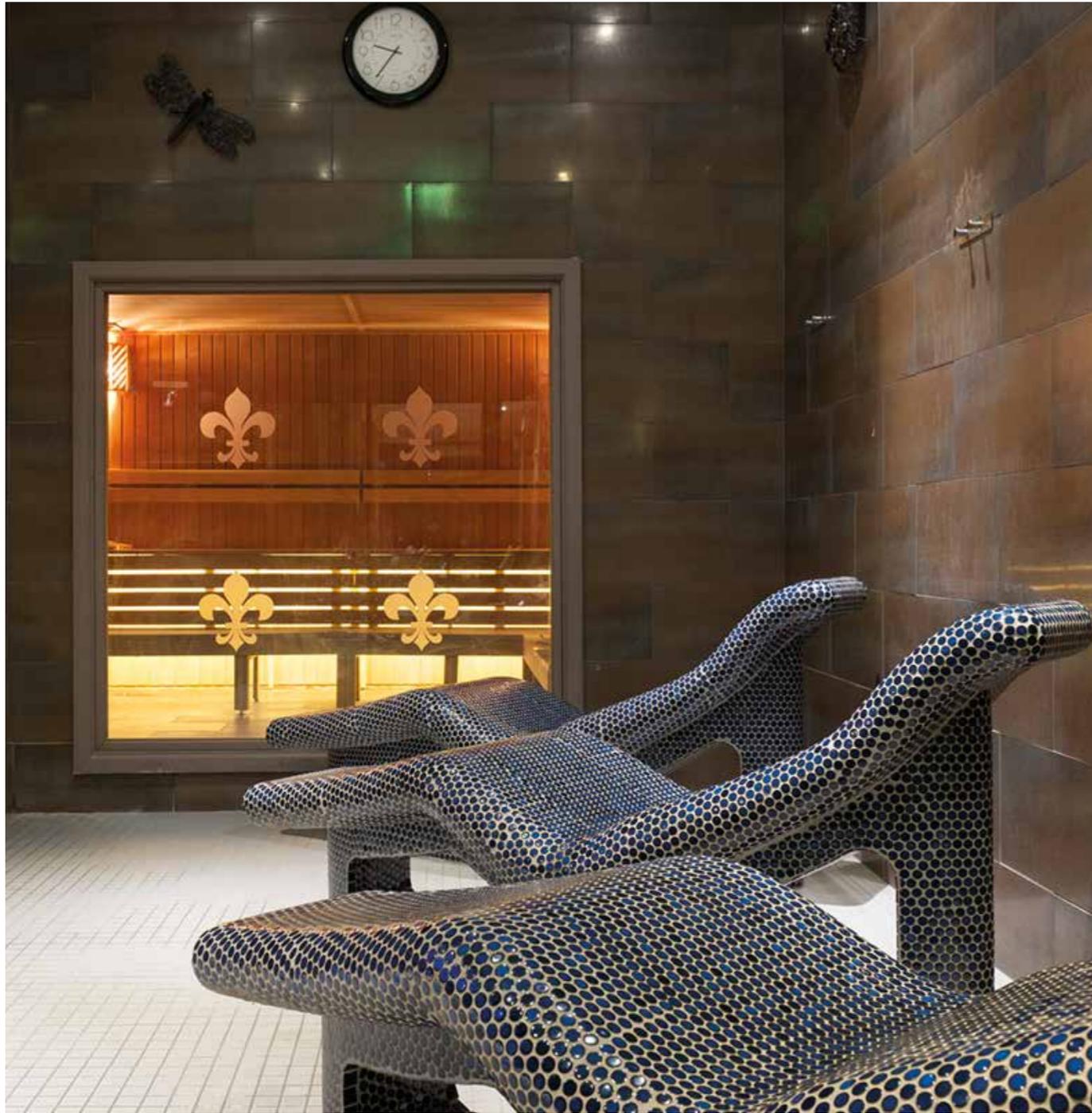




OLD THORNS



SPA



WELCOME TO THE SPA AT OLD THORNS

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, we're inviting you to relax and rejuvenate in the comfort of our spa with our highly trained team.

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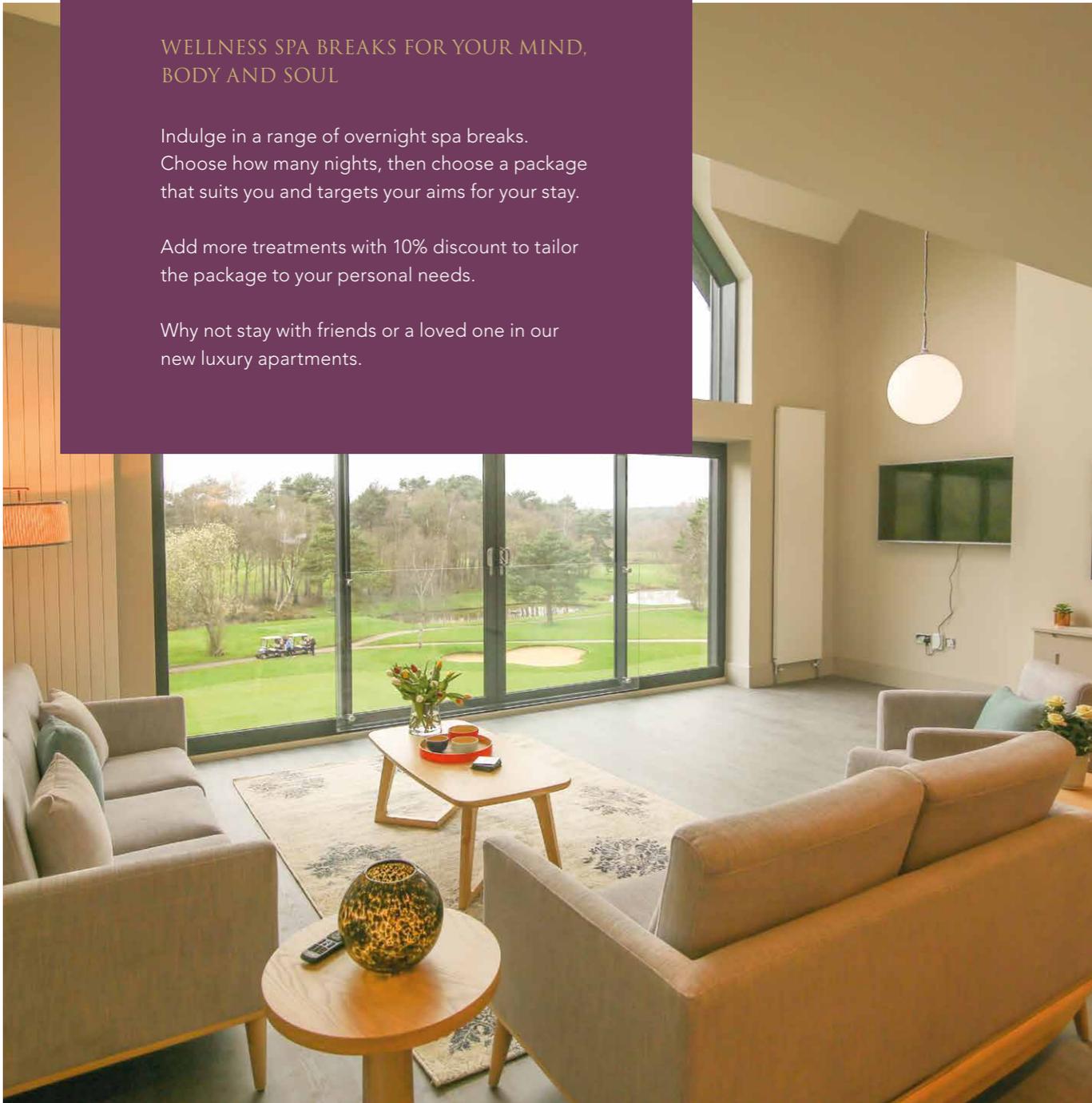


WELLNESS SPA BREAKS FOR YOUR MIND, BODY AND SOUL

Indulge in a range of overnight spa breaks. Choose how many nights, then choose a package that suits you and targets your aims for your stay.

Add more treatments with 10% discount to tailor the package to your personal needs.

Why not stay with friends or a loved one in our new luxury apartments.



OVERNIGHT BREAKS

SERENITY SPA STAY

Stop, breathe, relax, this is your time, a time to step away from the constant pressures of life, to nurture the mind, body and soul with the aim of leaving you completely at peace, feeling calm and relaxed.

Treatment choices:

- 1 night: Deep Heat Back Therapy - 25 minutes
- 2 nights: Warm Lavender Candle Massage - 55 minutes
- 3 nights: Crystal Harmony and De-stress Face and Body Ritual - 85 minutes

DETOX SPA STAY

Take time out at Old Thorns with our range of face and body deep cleansing treatments, treating all aspects of a hectic life style. A seasonal detox is an effective way to clear your body of toxins, which will also speed up your metabolism and enhance your overall health. Our range of treatment choices are aimed at enhancing the benefits combined with healthy lifestyle and plenty of exercise to get your body on track.

Treatment choices:

- 1 night: Idyllic Jeju Scrub - 25 minutes
- 2 nights: City Proof Facial - 55 minutes
- 3 nights: Green and White Tea Face and Body Ritual - 85 minutes

**All overnight packages available in Eco Pod accommodation at a reduced rate. Please enquire for prices.*

ENERGY SPA STAY

In need of an uplift? Recharge the batteries and restore vitality to the mind, body and soul. At Old Thorns, we have the perfect overnight package to rejuvenate you, combined with the peace and tranquillity of the English countryside. Whether you choose to enjoy the views or take a stroll, we are here to help you leave with a spring in your step.

Treatment choices:

- 1 night: Black Tea Back Therapy - 25 minutes
- 2 nights: Timexpert C+ Vitamin Facial - 55 minutes
- 3 nights: Black and White Tea Face and Body Ritual - 85 minutes

RELAX SPA STAY

The art of relaxation can be achieved through ancient traditions and techniques gleaned from the world's most exotic oceans. These treatments are designed to achieve unparalleled physical and mental well-being.

Treatment choices:

- 1 night: Illuminating Radiance Facial - 25 minutes
- 2 nights: Heart of the Ocean - 55 minutes
- 3 nights: Indocéane Spa Ritual or Polynesia Spa Ritual - 85 minutes



OVERNIGHT BREAKS

All packages include a two course carvery dinner, bed and breakfast each night. The longer you stay the more treatment time you receive.

1 NIGHT SPA BREAK

In twin or double room with a 25 minute treatment.
 £139.00pp Sunday - Thursday night
 £189.00pp Friday or Saturday night

2 NIGHT SPA BREAK

In a twin or double superior room with a 55 minute treatment.
 £249.00pp Sunday - Thursday night
 £349.00pp Friday or Saturday night

3 NIGHT SPA BREAK

In a twin or double superior room with a Spa Ritual Therapy, 85 minutes treatment (or combine a 25 minute and 55 minute treatment of your choice).
 £369.00pp Sunday - Thursday night
 £499.00pp over a Friday, Saturday and Sunday night

**For all Sunday night bookings, treatments are to be taken on the Monday.*

**Single occupancy rooms are subject to a £35 charge per night.*

**10% discount on any extra treatments booked when on a Spa package.*



OLD THORNS UPGRADES

Personalise your spa break for any occasion with some of our favourite upgrades.

APARTMENT UPGRADE

Overlooking the golf course, our 14 penthouse suites can sleep up to 6 people, or try one of our 37 2-bedroom apartments, that sleep up to 4.

TRIBUTE NIGHT

Upgrade your inclusive dinner to the tribute night for £18.00pp (Please check our website for tribute dates).

COCKTAIL MASTER CLASS

Great for a celebration or any special occasion.

AFTERNOON TEA

We invite you to take tea with us as we promise to provide an ambience filled with charm and grace. Treat yourself to this luxurious experience and indulge in a traditional English delicacy like no other.

CHAMPAGNE ON ARRIVAL

Why not treat yourselves to a bottle of champagne in your room on arrival.

**All upgrades subject to availability and T&C. Please enquire for prices.*

FULL DAY LUXURY SPA JOURNEYS

Based on the traditional Chinese philosophy we relate our Spa Day Journeys to the five elements of nature: wood, fire, earth, metal and water.

Encompassing the natural beauty of the Spa at Old Thorns, along with a choice of packages to suit each individual needs, we bring to you a choice of Spa Day experiences to create the right well-being to restore your mind body and soul.

Each package includes a two course carvery lunch and soft drink, full use of our spa and leisure facilities.

SPA DAYS

WOOD – STIMULATING

Micro-circulatory activation - 55 minutes

Monday – Thursday £125.00pp // Friday – Sunday £155.00pp

Ideal for those in need of a body boost, awakening the senses with the wood symbol. This treatment commences with a back exfoliation to renew the skin followed by our deep heat back massage, providing relief from muscular tension with aromas of mint, sage and cinnamon. Your journey is complete with our energizing leg therapy perfect for those whose feet and mind need revitalizing.

WATER - HYDRATION

For natural skin rehydration - 55 minutes

Monday – Thursday £125.00pp // Friday – Sunday £155.00pp

This personalised Thalgo signature face ritual starts with Thalgo's Heart of the Ocean massage, recreating the rhythmic motions of the sea to relax the facial muscles and relieve tension in the arms, shoulders and neck. This is followed by a skin-specific mask to correct any skin concerns. The treatment finishes with an application of moisturiser, leaving the complexion restored to its natural beauty.

FIRE – RELAX

For a calm body and mind - 85 minutes

Monday - Thursday £150.00pp // Friday - Sunday £180.00pp

Our Fire Spa Day is aimed at total relaxation for those in need of some me time. Your treatment commences with a warm Lavender and Shea butter candle back massage. The warm candle oil is combined with deep flowing massage movements to soothe tension in the muscles. Finally our Royal Jelly De-stress facial soothes skin showing signs of stress whilst relaxing the mind and soul.

METAL - VITALITY

For a skin and mind boost - 70 minutes

Monday – Thursday £140.00pp // Friday – Sunday £170.00pp

The metal Chinese symbol relates to restoring vitality to the mind and skin. This package includes our Citrus Vitamin C+ Boost Facial to illuminate and brighten your complexion, whilst aiding absorption of collagen for anti-ageing benefits. Relax and enjoy citrus aromas of lemon, orange and ume extract. Your treatment is finished with our Baobab revitalising hair oil to nourish, soothe and restore life back into the scalp and limp, dry hair.

EARTH – DETOXIFYING

Body cleansing - 85 minutes

Monday – Thursday £160.00pp // Friday – Sunday £190.00pp

The perfect solution to escape the city and every day pollutants from the air and HEV light, that cause free radicals which damage and age the skin. Your treatment commences with a superfood Baobab full body exfoliation to remove dead cells whilst nourishing the skin with organic baobab seeds and oil high in omega 3s. This is followed by our newly launched City Proof Oxygenating Facial to repair and protect the skin against damage caused by pollutants.

**10% discount on any extra treatments booked when on a Spa Day package*

**Upgrade your two course carvery lunch to afternoon tea for £5.00pp.*

(Subject to availability)

WELLNESS RECOVERY TREATMENTS

This range of treatments by Germaine de Capuccini is specifically designed for cancer patients, those on intensive medication or anyone in need of a completely soothing and de-stressing experience.

Carefully selected products target skin related side effects caused by chemotherapy, radiation treatments and other strong medication.

NATURAL HEALING STONES

Our wellness therapies include the use of our exclusive Obsidian and Onyx Ritual Stones, known for their natural healing properties.

Taken from the volcanic lands of Mexico, Obsidian Stone creates negative ions which help to rebalance the positive ions caused by pollution, poor diet and stress. Negative ions are an essential element to health. They increase oxygen flow to the brain giving increased mental and physical energy.

White Onyx is a naturally dense stone which is cooling on the body and has an anti-inflammatory effect. On the face Onyx can aid the relief of headaches, nausea and sensitive or irritated skin. On the body with hot Obsidian it boosts blood flow and improves oxygenation of the tissues.



ROSE AND HONEY HARMONY STONE FACIAL

Soothing stressed and sensitive skin

55 minutes - £65.00

This facial is designed to help alleviate symptoms of dry, flaky and sensitive skin. Pure Rose Hip Oil, known for its healing properties, is combined with our de-stressing Royal Jelly Elixir to revitalise dull tone whilst helping the skin regain its natural immunity against daily aggression. Your facial is complete with our 5 rose petal mask which soothes sensitivity brought on by emotional and physical stress. A gentle and healing massage with Obsidian and Onyx stones helps to restore peace to the mind and soul.

CALMING HAND, FOOT AND SCALP THERAPY

Intense nourishment and hydration

70 minutes - £75.00

Chemical treatments can cause extreme dryness on the hands and feet whilst stimulating hair loss. This therapy is designed to counteract these problems. Your therapy begins with a gentle exfoliation on the hands, feet and nail beds, without the use of water baths to help maintain a healthy pH level. A deeply hydrating mask is then applied to relieve extreme dryness and dehydration. Finally, completely relax and unwind with our revitalising scalp massage - using Baobab hair oil to revitalise the hair and soothe the scalp.

ALOE AND MINT COOLING BODY THERAPY

Light touch body and scalp massage

85 minutes - £105.00

This gentle therapy combines the power of semi-precious stones to restore harmony to the mind, with a gentle cooling massage to soothe the body. Your light touch massage uses Aloe Vera to deeply hydrate the skin, Lemon Oil to purify and Mint to refresh the body. Rose Hip Oil soothes, nourishes and reduces irritation. Your therapy is completed with a de-stressing scalp pressure massage to aid relaxation. Ideal after Radiation therapy.

PHYTOCARE BAOBAB BODY RITUAL

Full body exfoliation, body and scalp massage

90 minutes - £95.00

This relaxing and indulgent ritual uses ethically sourced, organic Baobab oil packed with antioxidants, vitamins and omegas to nourish and protect the skin. Your ritual begins with a gentle full body exfoliation using Baobab seed shells to remove dead cells. A soothing lymphatic massage with Baobab oil will then provide the skin with anti-inflammatory, nourishing, and hydrating benefits. To complete your totally stress-reducing experience, our relaxing Baobab Scalp Therapy will help to revitalise the hair and soothe the scalp.

GERMAINE DE CAPUCCINI ADVANCED FACIALS

SPA PRESCRIPTIVE FACIAL

Tailored to suit your age, skin type and specific concerns
55 minutes - £60.00 // 25 minutes - £40.00

All of our facials are truly results driven whilst focusing on your well-being, including relax protocols, aroma inhalation, exclusive complexes and targeted massage techniques. Finished with our no1 selling Rose Hip Oil and awakening protocol with neck stretches and floral aromas to deliver the best facial experience.

ROSE SKIN ZEN DE-SENSITISING FACIAL

Soothing facial for irritated or sensitive skin
55 minutes - £65.00

Emotional stress, tension and lack of 'me' time can reflect in the skin leaving it dry and sensitive. This intensive therapy uses the essence of flowers and plants in a concentrated formula for a highly anti-stress action. With Gaelic Rose petals and extract of Arctic Rose, Black Rose, White Rose and Nepalese Rose your skin is soothed, hydrated and nourished, whilst the natural scent of roses provide a relaxed sense of well-being. The skin's natural defence mechanisms are repaired, increasing its tolerance level whilst providing a soothing sensation.

ORGANIC WHITE TEA EXPRESS FACIAL

Anti-oxidising facial using White Tea
30 minutes - £45.00

This express facial uses the power of organic White Tea extract. High in anti-oxidants, it blocks the destructive action of free radicals which cause premature ageing. Vitamins A, C, B1, B2, B6 and amino acids provide energy to revitalise stressed and fatigued skin.

ROYAL JELLY DE-STRESS FACIAL

Strengthening facial for tired, stressed skin with stones
55 minutes - £70.00

Packed with anti-oxidants and essential nutrients, our Royal Elixir facial is ideal for tired and stressed skin. The skin regains its strength and natural immunity against daily aggressions. 97% of clients claim their skin is left more smooth, radiant and with a healthy appearance.*

**Self-assessment test on 30 individuals after 1 treatment*

CITY PROOF

Anti-pollution and oxygenating facial
55 minutes - £80.00

A defensive facial to act as a shield and fight against the stressful pace of life and polluted environments that create free radicals which weaken the skin's structure. City Proof provides a rescue remedy activating and strengthening the skin's natural defences with a powerful complex of ingredients including pure oxygen.

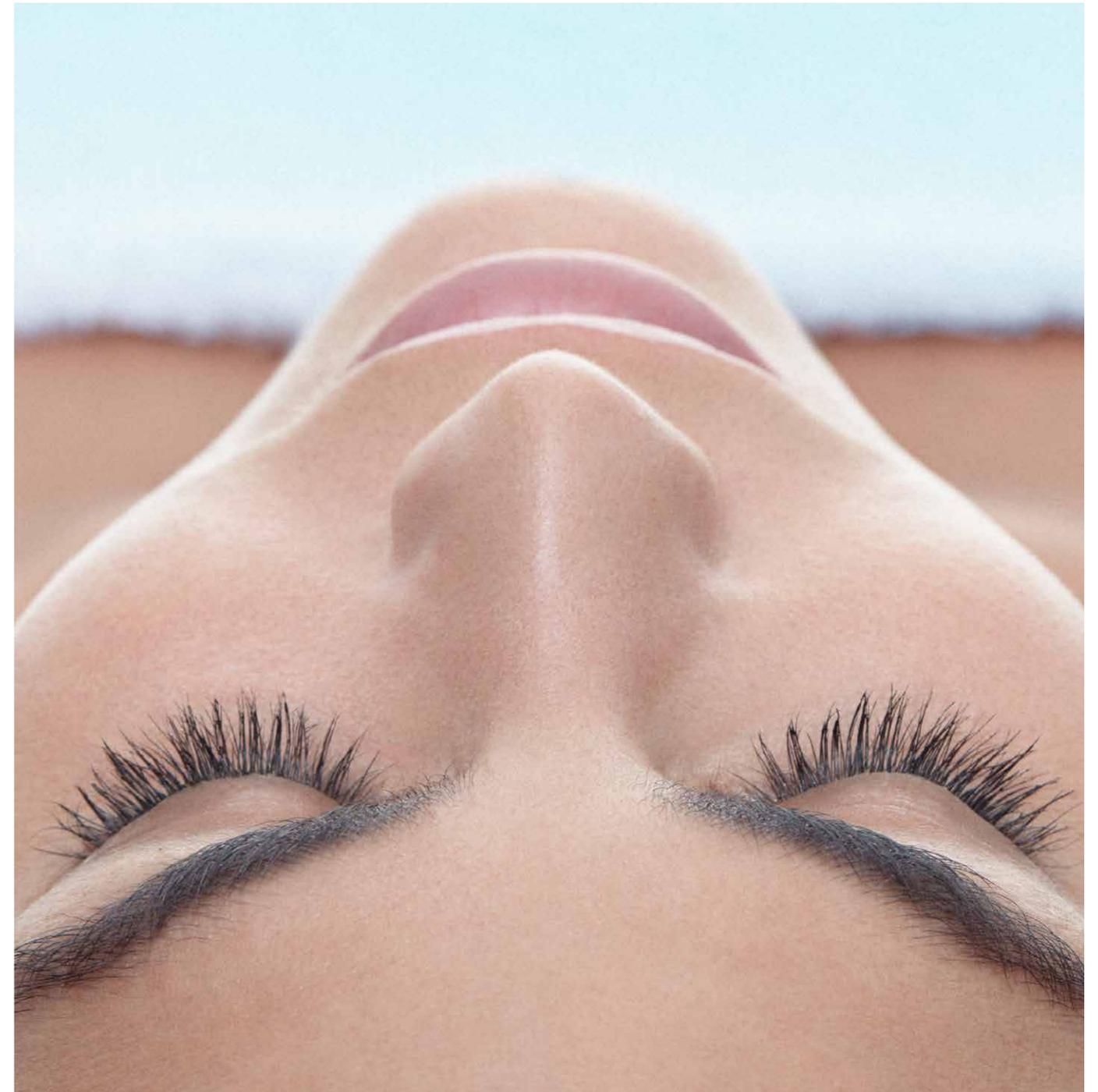
TIMEXPERT RIDES COLLAGEN BOOST EYES

Eye treatment to reduce puffiness, lines and wrinkles
40 minutes - £50.00

Utilising our exclusive Micro-Dermoxine Complex® and Azarole Buds, results are seen immediately after this 40 minute flash treatment. Lines and wrinkles are filled in and puffiness is reduced, rejuvenating the eye contour. In just a single session, 87% of clients have reduced wrinkles*, increasing to 100% of clients after a course of 4.**

**Self-assessment test on 67 individuals after 1 treatments*

***Self-assessment test on 15 individuals after 4 treatments*



GERMAINE DE CAPUCCINI ADVANCED FACIALS

TIMEXPERT C+ VITAMIN BOOST

Illuminating facial to combat the first signs of ageing
55 minutes - £80.00

An advanced facial using the power of Ume extract (from Japanese plum) to fight against damaged elastin and collagen fibres caused by UV radiation and excess sugar in the diet. Additional Vitamin C derivative is a powerful antioxidant protector and firmer, offering the skin a fresh, healthy glow. In just one session 97% of clients declare their skin is smoother, more radiant and healthier.*

**Self-evaluation of 122 individuals after 1 treatment*

TIMEXPERT RIDES COLLAGEN BOOST

Advanced facial to reduce expression lines and wrinkles
80 minutes - £105.00

Our exclusive Micro-Dermoxine Complex® and Pro-Collagestine Fill technology combine to neutralise and inhibit micro-tensions whilst increasing natural collagen and elastin production. 98% of our clients declared their wrinkles were reduced.* For maximum results a course of 5 treatments is recommended.

**Self-assessment test on 41 individuals after 4 treatments*

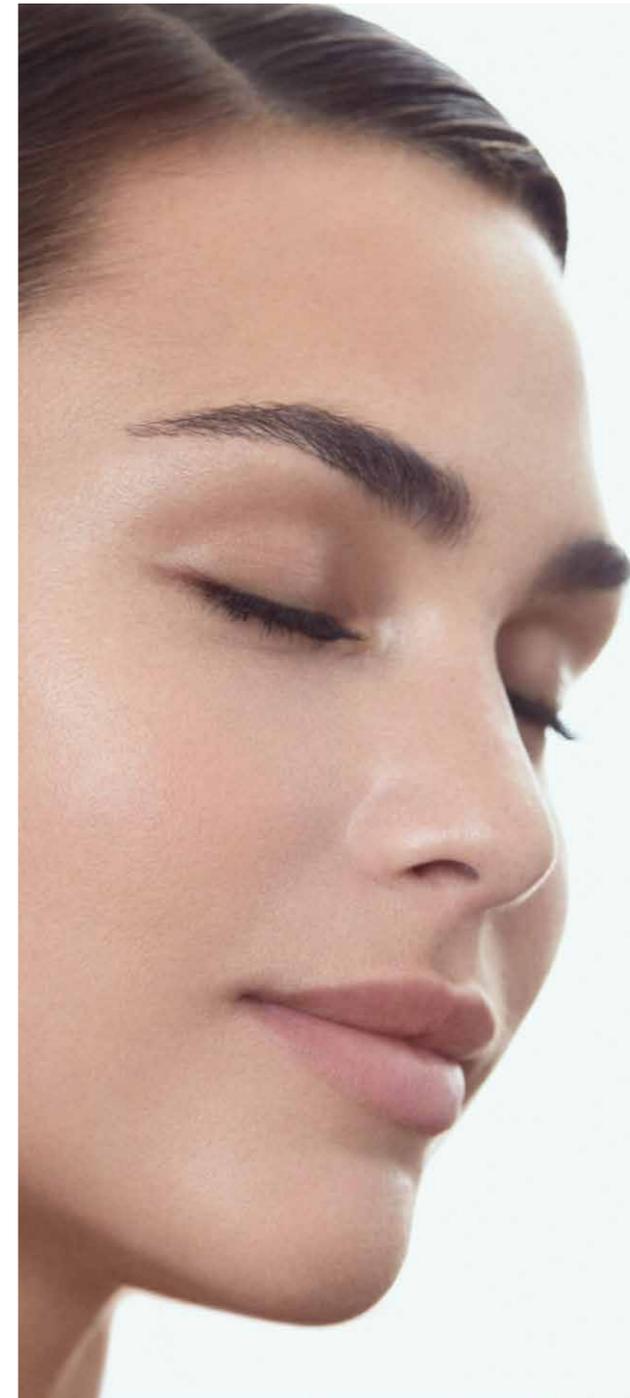
TIMEXPERT SRNS GLOBAL ANTI-AGEING

Anti-ageing face and eye treatment based on epigenetics
75 minutes - £105.00

Every day, thousands of our cells are damaged by lifestyle and environmental aggressions. Over time, the gene structure within these cells becomes unable to repair itself and stops producing essential proteins that naturally slow down the ageing process. This facial re-activates these dormant genes and boosts cellular regeneration using "Epigenol" and "Zinc-Glycine Complex".

A powerful all-round anti-ageing treatment that provides firming, wrinkle reduction, revitalisation, improved pigmentation and hydration. 99% of clients have firmer, more supple and nourished skin after a single session.*

**Self-assessment test on 173 individuals after 1 treatment*



FACIAL ENHANCERS

Add-on to any Germaine de Capuccini facial

TIMEXPERT RIDES COLLAGEN BOOST EYES

Express eye treatment to reduce puffiness and wrinkles
15 minutes - £18.00

Utilising our exclusive Micro-Dermoxine Complex® and Azarole Buds, results are seen immediately after this 15 minute flash treatment. Lines and wrinkles are filled in and puffiness is reduced, rejuvenating the eye contour. In just a single session, 87% of clients have reduced wrinkles*, increasing to 100% after a course of 4.**

**Self-assessment test on 67 individuals after 1 treatment*

***Self-assessment test on 15 individuals after 4 treatment*

GLYCOCURE RENEWING PEEL

Exfoliation peel to renew the skin at the deepest level
15 minutes - £20.00

An advanced exfoliation peel to eliminate dead skin cells, detoxify the dermis and reduce congestion. Formulated with Alpha Hydroxy Acids (AHAs), wrinkles and pigmentation are reduced and the skin is left more balanced and hydrated, enhancing the effects of subsequent treatment.



THALGO FACIALS

THALGO DISCOVERY FACIAL

25 minutes - £40.00

The perfect express facial if you're on the go, for an instant infusion of marine active ingredients, tailored to your skin type. After a relaxing welcome massage and cleansing ritual, a skin-specific mask is applied. While it acts on the skin a soothing massage is carried out. When the mask is removed the Thalgo moisturiser and eye cream best suited to your skin is applied. After this pick-me-up, you will feel refreshed and relaxed and your skin will be glowing.

ILLUMINATING RADIANCE FACIAL

25 minutes - £45.00

Reveal your skin's beauty and radiance in just 25 minutes. The facial begins with a relaxing welcome massage, cleanse and exfoliation, after which the Ultra Radiance Mask is applied. An energising digitopressure massage helps the smoothing and radiance-boosting active ingredients absorb into the skin. The application of Absolute Radiance Concentrate to the face and neck awakens the skin and the treatment is finished with a skin-type appropriate cream, leaving the complexion fresh and glowing with radiance.

3 ALGAE FACIAL

55 minutes - £60.00

Experience true marine beauty with this signature algae facial, suitable for all skin types. Following a relaxing welcome massage, the skin is gently cleansed and exfoliated. A mask of pure natural seaweed, known for its beauty-enhancing properties, is then applied to remineralise and revitalise the skin. Thalgo's Heart of the Ocean massage recreates the rhythmic motions of the sea to relax the facial muscles and relieve tension before an application of serum and moisturiser appropriate for your skin type completes the treatment, leaving your complexion soft, radiant and beautiful.

THALGO HEART OF THE OCEAN RITUALS

SOURCE MARINE RITUAL – Normal / dehydrated

COLD CREAM MARINE RITUAL – Sensitive and dry / very dry

PURETE MARINE RITUAL – Oily / combination

55 minutes - £65.00

This personalised Thalgo signature facial ritual begins with a relaxing welcome massage after which the skin is gently cleansed and exfoliated. A serum packed with active marine ingredients is applied with Thalgo's Heart of the Ocean massage, recreating the rhythmic motions of the sea to relax the facial muscles and relieve tension in the arms, shoulders and neck. This is followed by a skin-specific mask to correct any skin concerns. The treatment finishes with an application of moisturiser, leaving the complexion restored to its natural beauty.

GERMAINE DE CAPUCCINI BODY MASSAGES

MEDITERRANEAN CANDLE MASSAGE

A warming body massage

55 minutes FB - £70.00 // 25 minutes BNS - £40.00

Choose one of our Mediterranean inspired massage candles; Lavender, Olive or Citrus which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

SPERIENCE WORLD OF AROMAS

A Feng Shui inspired full body massage

55 minutes FB - £70.00 // 25 minutes BNS - £40.00

Based on traditional Chinese philosophy, our Sperience Elements massage is specifically catered for you by matching one of our 5 active oils to your zodiac sign. During this sensual massage, your therapist will relieve tension and negative energy throughout your body. Oil blend choices: Relax, Detox, Energize, Hydrate or Stimulate.

BAOBAB FULL BODY RITUAL

Full body exfoliation and massage with scalp massage

90 minutes - £105.00

Using ethically sourced Baobab seed oil, this African-inspired ritual, promises an invigorating and stress-reducing experience. The blend of natural oils provide anti-inflammatory benefits, a reduction in stretch marks and increased skin elasticity. Your ritual includes a warm pinda protocol and foot cleanse, full body exfoliation, relaxing full body and scalp massage with baobab oil and an energizing leg massage using our cooling Dreamy Legs gel.

GREEN TEA DETOX THERAPY

Full body lymph drainage massage with Green Tea jelly

55 minutes - £75.00

This detoxifying body massage will help to eliminate toxins from the mind and body. Ideal for those finding it hard to sleep, suffering with skin concerns or headaches.

BLACK TEA ENERGY THERAPY

Full body massage with Black Tea jelly

55 minutes - £75.00

This energising body massage is packed with antioxidants to help reactivate and recharge the skin, mind and body. Ideal for those feeling run down or lethargic.

CRYSTAL HARMONY

Luxury massage with precious gems

65 minutes - £95.00

An exquisite and luxurious massage and exfoliation, combining minerals and precious gems. This therapy uses chakra crystals encouraging energy to follow through the body. With long luxurious massage techniques a cream mousse is applied to the body, which gently removes dead skin whilst nourishing with a mineralised body cream. The excess crystals from the mousse are removed with dry mitts leaving the skin with a slight shimmer and glow. Perfect for a party or wedding.

BNS = Back, Neck and Shoulders

FB = Body Massage

BAOBAB NOURISHING SCALP MASSAGE

Stress relieving neck and scalp massage

25 minutes - £45.00

A nourishing and moisturising neck and scalp massage utilising the benefits of ethically sourced Baobab seed oil. A highly effective stress relieving experience, ideal to add to any face or body treatment.

ENERGIZING LEG THERAPY

Luxury leg and foot therapy with Baobab

25 minutes - £45.00

Perfect for tired, achy legs this energising therapy uses ethically sourced Baobab seed oil to nourish, repair and protect the skin. Your therapy commences with an exfoliation, followed by a leg massage and a touch of Dreamy Legs gel, leaving you radiant and walking on air!

HOT STONE MASSAGE

Aromatic body massage with hot stones

70 minutes FB - £85.00 // 40 minutes BNS - £60.00

The most blissful way to soothe body and mind, stress doesn't stand a chance against this divine warm stone massage. Your personalised sensorial journey relies on the therapist's intuitive touch in harmony with smooth, heat-releasing stones. Individually shaped, these magical stones help release tension, soothe aches and rebalance energy levels; the use of luxuriously melting Aromatic Balms ensure skin emerges soft as silk too.

GERMAINE DE CAPUCCINI BODY EXFOLIATIONS

These exfoliations can be combined with any Germaine de Capuccini massage.

BAOBAB SEED EXFOLIATION

A luxurious exfoliation to nourish and protect the skin

25 minutes - £40.00

Using the seed of the baobab combined with the nourishing oil to gently exfoliate and hydrate the skin-our best-selling exfoliator for the body.

BAMBOO BODY SCRUB WITH JEJU WATER

Any invigorating exfoliation to energise the skin

25 minutes - £40.00

Packed with bamboo and plant extracts, this exotic scrub will help to protect the skin against negative free radicals. Your treatment is complete with the application of Volcanic Jeju water rich in minerals, nourishing salts and Hyaluronic Acid to deeply hydrate the skin.





GERMAINE DE CAPUCCINI MATERNITY TREATMENTS

Suitable after the 1st Trimester period of pregnancy.

PHYTOCARE BAOBAB RITUAL

Full body exfoliation and massage with scalp massage
90 minutes - £105.00

Using ethically sourced Baobab Seed oil, this African-inspired ritual, promises an invigorating and stress-reducing experience. The blend of natural oils provide anti-inflammatory benefits, a reduction in stretch marks and increased skin elasticity, making it the ideal treatment during pregnancy. Your ritual includes a warm pinda protocol and foot cleanse, full body exfoliation with baobab seed scrub, relaxing full body and scalp massage with baobab oil and an energizing leg massage using our cooling Dreamy Legs gel.

NEW LIFE MASSAGE

A firming massage adapted to suit pregnant ladies
60 minutes - £75.00

Our collagen body cream which firms, hydrates and tones the skin is combined with relaxing massage movements and warm pindas to soothe tension in the muscles whilst firming and toning the skin.

ENERGIZING LEG THERAPY

Luxury leg and foot therapy with Baobab
25 minutes - £45.00

Perfect for tired, achy legs this energising therapy uses ethically sourced Baobab seed oil to nourish, repair and protect the skin. Your therapy commences with an exfoliation, followed by a leg massage and finishes with a touch of cooling Dreamy Legs gel, leaving you radiant and walking on air.



GERMAINE DE CAPUCCINI FOR MEN

FOR MEN C+ ENERGY FACIAL

Relaxing, healing and energising facial
55 minutes - £70.00

This deep cleansing facial uses extracts of birch sap, trace elements and Vitamin C to treat your specific skin type, needs and concerns. Your therapy commences with a skin analysis, warm pinda welcome touch and aroma inhalations with ylang ylang and lavender to relax your mind and body. This is followed by a deep cleanse, exfoliation, massage to the face, neck and décolletage and mask application. Whilst your face mask is working to treat your skin, relax with a soothing scalp massage. Your facial is then complete with gentle neck stretches to release tension.

BODY ELEMENTS

A traditional massage combined with unique massage tools
90 minutes - £105.00

Take refuge with our elemental massage, combining traditional 'hands on' massage with pindas and ritual sticks, to relax muscular areas prone to tension. Choose one of our 5 pre-blended oils: relax, revitalise, hydrate, energize or detox to suit your need. This therapy will leave your mind, body and soul balanced and re-harmonised.

DEEP HEAT DE-STRESS MASSAGE

A deep tissue back, neck and shoulder massage
40 minutes - £55.00

This healing massage combines a specialised oil that penetrates heat into the muscles with a deep tissue massage to help remove toxins from the body and ease tension in the muscles.

THALGO BODY TREATMENTS

THALGO 3 ALGAE WRAP

55 minutes - £65.00

The original marine algae wrap, harnessing all the incredible benefits of seaweed. After a relaxing welcome massage to relieve tensions, the body is exfoliated before Thalgo's patented seaweed body wrap is applied, infusing its minerals, vitamins and micro-nutrients to the body. This treatment activates circulation, increases metabolism, relieves aches and pains and can improve certain dry skin conditions. Excellent for detox and general well-being.

THALGO AROMACEANE BODY WRAP

70 minutes - £70.00

This ultra-relaxing treatment combines Aromatherapy with a marine body wrap to improve health and well-being. After a welcome massage to soothe tensions. The Natural Marine Mud body wrap is customised with essential oils, chosen to suit your specific concerns (relaxation, slimming or detox) and applied to the body to infuse the skin. Once the wrap is removed, a light massage is carried out with the chosen blend of essential oils.

FRIGI-THALGO BODY WRAP

55 minutes - £65.00

Discover Thalgo's famous cold marine wrap. After a stimulating exfoliation, your therapist will apply a bandage wrap to the body, infused with a lotion containing Thalgo's patented seaweed extract, Menthol and active ingredients to improve blood flow and regulate fluid balance. Frigi-Thalgo is able to significantly boost circulation, making it highly effective at eliminating excess fluid and toxins from the hip and thigh area. It is very popular as an anti-cellulite treatment or for a slimming quick fix.

THALGO MARINE PRELUDE

55 minutes - £65.00

For the ultimate full body exfoliation designed to give super-soft skin, this treatment combines Natural Marine Mud taken from the Dead Sea and natural sea salts. The body is treated to a marine salt exfoliation to eliminate dead skin and alleviate dry and rough skin and invigorate the whole body. This is then followed by an application of marine mud to naturally remineralise and revitalise. While this is taking effect a deeply relaxing scalp massage promotes relaxation and eases tension. To finish, the whole body is treated to a light massage using an ultra-nourishing body cream.

SILHOUETTE HIGH PRECISION SHAPING

55 minutes - £65.00

This high performance innovative treatment tackles stubborn cellulite for amazing results! It features a unique Thalgo-exclusive Body Wrap which infuses oxygen deep into the skin to detoxify and encourage the release and elimination of stored fats. Corrective concentrates packed with active ingredients are applied to target zones to refine and re-sculpt cellulite-prone areas and address lack of firmness. The Perfect Sculpt Massage is then carried out using techniques specifically designed to correct problems related to cellulite and deep fat deposits. The treatment finishes with the application of Intensive Correcting Cream or High Performance Firming Cream.

POLYNESIA SPA RITUAL

90 minutes - £110.00

Experience Polynesia, the exotic sensorial spa ritual, inspired by four of the most beautiful islands hidden in the heart of the Pacific Ocean. This luxurious treatment begins with an azure water foot bath inspired by the crystal blue waters of the Manihi Lagoon to protect and hydrate the skin. Next is the Exotic Island Body Scrub, a gentle vanilla-scented body scrub blended with pure white sand from Bora Bora, sea salt, coconut shell and algo-monoï for a thorough exfoliation of the entire body to leave the skin feeling smooth and soft.

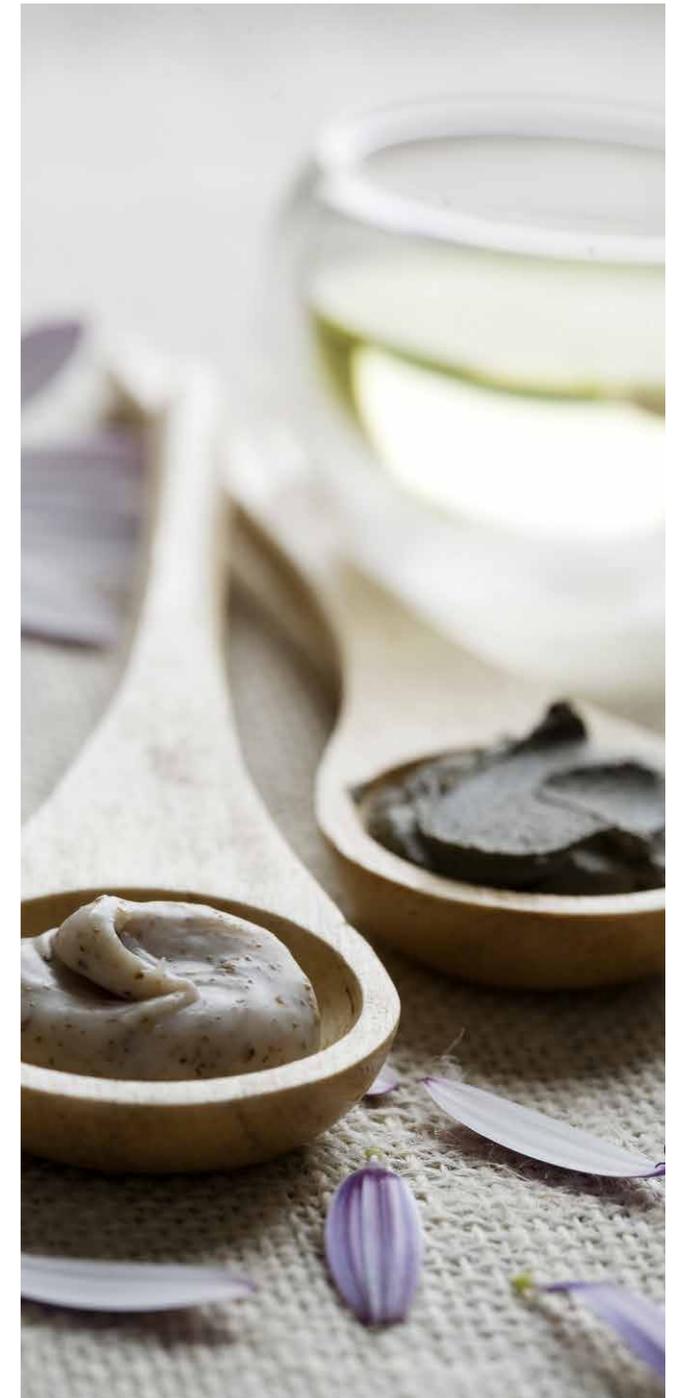
The Mahana Massage incorporates a rhythmic Lomi-Lomi massage and warm sand pouches to loosen muscles and nourish the skin. Finally, Polynesian Sacred Oil from Raiatea, the sacred island, is swept over the skin, its subtle golden pearls leaving a sunkissed glow and a delicate scent of flowers and monoï.

INDOCÉANE SPA RITUAL

90 minutes - £110.00

Indocéane is an intoxicating spa ritual, taking you on a journey of ultimate relaxation across the continents encompassing age-old traditions and rituals of beautification. This most sensual of treatments commences with soothing Egyptian Precious Milk bath foot ritual to relax and calm your senses.

This is followed by a skin softening Mediterranean influenced body exfoliation that prepares your skin for the Ayurvedic-inspired massage that uses warmed oils and an ancient Indian technique. The final Asian step is a Silky Smooth body wrap which harnesses the serenity and relaxing powers of the Orient. After 90 minutes of hands-on therapy, you and your skin will feel intensely reinvigorated.



NAIL TREATMENTS

OPI EXPRESS MANICURE OR PEDICURE

25 minutes - £30.00

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

OPI FOOT RITUAL

25 minutes - £30.00

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

OPI HAND RITUAL

25 minutes - £30.00

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

OPI MANICURE

45 minutes - £45.00

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

OPI PEDICURE

55 minutes - £50.00

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

OPI LUXURY PEDICURE

70 minutes - £60.00

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

OPI LUXURY MANICURE

55 minutes - £55.00

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

GEL POLISH – COLOUR

45 minutes - £35.00

File, cuticle work and application of gel polish.

GEL POLISH – FRENCH

55 minutes - £40.00

File, cuticle work and application of gel polish in the style of a French manicure.

GEL POLISH MANICURE

70 minutes - £55.00

File and shape, exfoliation, soak, cuticle work, massage and application of gel polish.

GEL POLISH PEDICURE

70 minutes - £55.00

File and shape, hard skin removal, exfoliation, soak, cuticle work, massage and application of gel polish.

GEL POLISH REMOVAL

25 minutes - £15.00

Soak off of gel polish.



HAIR REMOVAL

WAXING

Eyebrow Wax or Shape - £10.00

Shaping eyebrows by waxing, tweezing and trimming.

Lip or Chin Wax - £10.00

Removal of hair from lip OR chin.

Underarm Wax - £15.00

Removal of hair from underarms.

Bikini Wax - £15.00

Removal of the hair outside the knicker line.

Brazilian Waxing - £26.00

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

Hollywood Wax - £30.00

Removal of all hair from the bikini area.

Half Leg Wax - £22.00

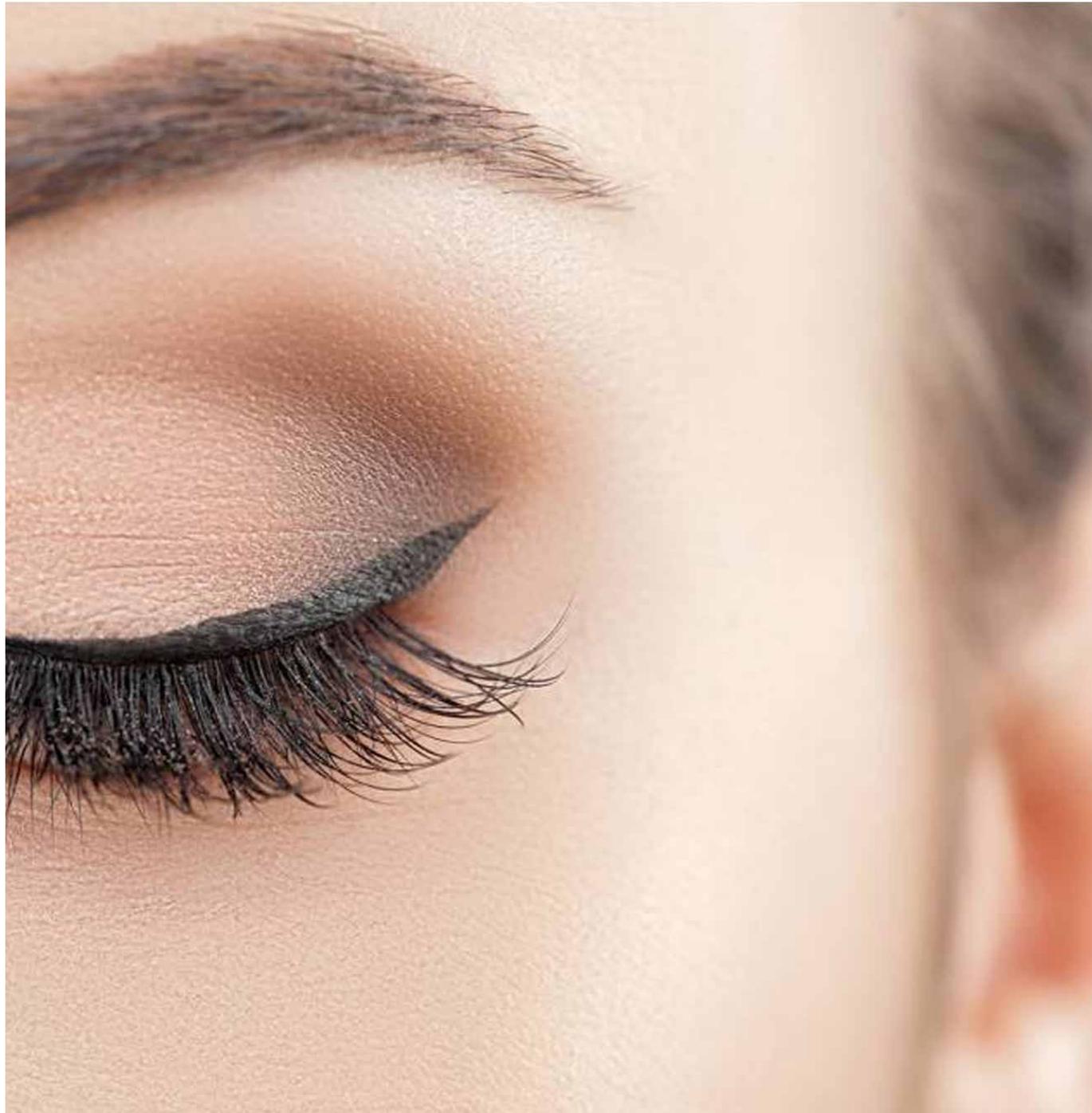
Removal of hair from upper OR lower leg.

Full Leg Wax - £30.00

Removal of hair from full leg.

Back or Chest Wax - £24.00

Removal of hair from back OR upper torso.



BEAUTY TREATMENTS

MAKE-UP

Bridal Make-up Application including trial - £95.00

A full consultation with a make-up specialist including a trial to create the perfect look for your special day.

Bridesmaid Make-up including trial - £85.00

Full trial and make-up application on the wedding day.

Mother of the bride Make-up including trial - £85.00

Full trial and make-up application on the wedding day.

Special Occasion Make-up including trial - £50.00

Full trial and make-up application on special day.

Evening Make-up - £50.00

Basic application in a style of your choice for any event.

TANNING

Sienna X Pre Tan Exfoliation 25 minutes - £40.00

Pre tan exfoliation to help achieve a long lasting, even tan.

Sienna X Spray Tan Full Body 25 minutes - £30.00

Head to toe natural looking sunless tan.

Sienna X Spray Tan Half Body 15 minutes - £20.00

Full leg or upper body sunless tan for a natural glow.

EYEBROWS AND LASHES

Eyebrow Tint* - £10.00

Tinting of eyebrow hairs.

Eyelash Tint* - £15.00

Tinting of upper and lower lashes.

Eyelash and Eyebrow Tint* - £20.00

Tinting of lashes and eyebrows.

Eyebrow Wax and Tint* - £15.00

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

Eyelash Extensions* Full Set - £60.00

Individual eyelash extensions to volumize and lengthen natural lashes.

Eyelash Extension* - 2 week infills - £30.00

Replacing any lost lashes to renew a full look.

Eyebrow Enhancement* (WOW Brows) 45 minutes - £40.00

One of the most popular treatments. Clients with thin and sparse brows can now have the eyebrows seen on celebrities. This is a seven step procedure which includes face shape analysis to ascertain perfect brow shape, tinting of the brows, waxing, trimming, plucking and threading of the brows, and finally applying brow powder to give the perfect brow shape.

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

SPORTS CLINIC

WHAT IS SPORTS THERAPY?

Sports Therapy is an aspect of healthcare that is specifically concerned with the prevention of injury and the rehabilitation of patients back to optimum levels of functional, occupational and sports specific fitness, regardless of age and ability.

WHAT IS A SPORTS THERAPIST?

A Sports Therapist is a healthcare professional who has the knowledge, skills and ability to:

- Optimise performance, preparation and injury prevention programmes
- Recognise and evaluate injuries
- Provide appropriate management, treatment and referral where needed
- Plan and implement rehabilitation programmes
- Provide the immediate care of injuries and life support in a recreational, training and competitive environment



SPORTS MASSAGE

60 minutes - £75.00 // 30 minutes - £55.00

A sports massage is designed to assist in correcting problems and imbalances in soft tissues caused from repetitive and strenuous physical activity and trauma. The application of sports massage, prior to and after exercise, may enhance performance, aid recovery and prevent injury. An ideal treatment for anyone experiencing acute or chronic pain not just a sports person.

**Please bring shorts and trainers if any lower body injuries.*

INJURY REHABILITATION

45 minutes - £50.00 // 30 minute follow up - £45.00

Rehabilitation is the process to regain full function following injury and involves restoring strength, flexibility, endurance and power. It is achieved through various exercises and drills. Rehabilitation is as important as treatment following an injury but unfortunately is often overlooked. The aim of a rehabilitation program is to regain pre-injury levels in all aspects of physical fitness. A full rehabilitation and strengthening program is essential to ensure full recovery and in order to prevent re-injuries.

**Please bring shorts and trainers if any lower body injuries.*

STRAPPING / TAPING

Taping and strapping techniques are commonly used by physiotherapists, athletic trainers and sports therapists in the treatment, support and prevention of sports injuries. Tape jobs are used to give extra support and reassurance to injured joints and soft tissues.

MEDI-SPA TREATMENTS

THALGO M-CEUTIC - RÉNOVATION RADICALE

The first medically-inspired professional cosmeceutical range with patented Mésolift Marin.

60 minutes - £75.00

Four Treatments - £270.00 (includes a complimentary Thalgo SPF 50 Worth £29)

This new dermatologically certified cosmeceutical skincare treatment by Laboratoire Thalgo features innovative patented ingredients Néo Skin and Marine Mésolift, to treat all types of skin irregularities such as pigmentation, acne scarring, blemishes and uneven skin tone.

An initial detailed consultation determines the grade of skin imperfections and impurities and products to be used. Then, a thorough double cleanse prepares the skin for the professional peel (available in three grades and determined according to skin type/concern).

Three acids are incorporated in the peel (Salicylic, Malic and Ascorbic) to regenerate, renew and resurface the skin leaving it looking noticeably clearer. A digitopressure point massage, using Marine Mésolift serum and a skin boosting detoxification massage, using Pro-Detox with pure active oxygen, is carried out and is followed by the application of a serum-mask to resurface, exfoliate and smooth the skin.

The treatment is completed with an application of a light cream-serum plus an SPF50 cream for a 'new-skin' effect. The resulting complexion is clearer and brighter, with a visible reduction in surface irregularities, tighter pores and a refined skin texture.

Recommended as a course of 4 treatments (note Sunscreen SPF50 must be used throughout the course).

DOCTOR ADMINISTERED TREATMENTS

BOTOX® WRINKLE REDUCING INJECTIONS

Treatment is available from £220

Botox® injections are a safe and effective way to smooth and soften wrinkles.

JUVÉDERM® DERMAL FILLER

Treatment is available from £300

Juvederm is a superior dermal filler that softens and corrects lines, wrinkles and folds in the skin. In addition it can be used to enhance the lips, cheeks and facial contours for a fresher more toned youthful appearance.



TERMS AND CONDITIONS

CANCELLATION T&C'S

Treatment Only

A 50% deposit is required at time of booking. If treatments are cancelled within 24 hours of the appointment time or you fail to arrive, the deposit will be lost. If cancelled before the 24 hour period, deposit is refunded. Robes, slippers and use of facilities are not included in treatment only bookings. Members eligible for 10% discount on treatments.

Spa Day Packages

A 50% deposit is required at time of booking. If the package is cancelled within 24 hours of the arrival time (10.00am) or you fail to arrive, the deposit will be lost. If cancelled before the 24 hour period, deposit is refunded.

Overnight Spa Packages

A non-refundable deposit of £35.00 per person per night is required at time of booking with full payment four weeks prior to arrival date. Any deposits or prepayments taken at the time of booking are completely non-refundable and should you cancel your reservation within 48 hours or fail to arrive, we will charge for the first night only at the full rate.

The reservation may be rescheduled if at least 48 hours notice is given (rescheduling is subject to availability). If the reservation is rescheduled, full payment is required at time of rescheduling and will become non-refundable. A new reservation date must be given at the time of rescheduling or it will be considered a cancellation and deposit/prepayment is lost.

SPA DAYS / SPA RESIDENTIALS T&C'S

All of our spa days and residentials include a two course carvery, use of the spa and health club facilities including, swimming pool, wellness area, gym plus exclusive use of the spa terrace and relaxation suite, with loan of a robe, towel and slippers.

Bank holiday weekends (Sunday-Monday) are charged at the weekend rate.

Please arrive 15 minutes prior to your treatment to allow time to fill in a consultation form. Appointment time includes collection, consultation and changing.

Guests with any infectious conditions, known allergies or under medical supervision, that we are not advised of upon booking, may be refused treatment without reimbursement. Treatment time cannot be extended due to late arrival or toilet breaks during your scheduled treatment.

Old Thorns Spa has a strict over 16's policy.

Overnight spa packages are based on two people sharing. 10% discount available on any additional treatments booked. Pre-booking advised.





OLD THORNS



OPENING TIMES

MON-SAT 10:00-18:00 | THURS 10:00-20:00 | SUN 09:30-17:30

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