



CALCOT SPA

*Treatment Guide*

### Full Day Spa | 9:30am - 5:00pm

*Calcot's full day spa includes use of the facilities, tea or coffee on arrival, a two-course lunch in the spa and the following treatments:*

- 25 minute Body Polish
- Tailored For You Massage With Facial
- (These treatments cannot be substituted)

Midweek (Mon - Fri ) £250

Weekend (Sat - Sun) £270

### Tailored Day Spa | 9:30am - 5:00pm

*Calcot's tailored day spa includes use of the facilities, tea or coffee on arrival, a two-course lunch in the spa and any two 55-minute treatments.*

Midweek (Mon - Fri ) £290

Weekend (Sat - Sun) £310

### Half Day Spa | 9:00am - 1:00pm or 1:00pm - 5:00pm

*Calcot's Half Day Spa includes spending either the morning or the afternoon in the spa with use of the facilities, tea or coffee on arrival, a two-course lunch in The Brasserie and one of the following treatments:*

- Aromatherapy Associates (Glow or Rebalancing) Facial, CACI Ultra Facial, Tailored For You Massage With Facial, De-Stress Massage with Scalp, Pregnancy Massage With Facial, Manicure, Pedicure, Men's Pedicure, Sublime Skin Pro Lift, Hydra Glow Facial, Remedy Soothing Facial, New Life New Mum, Himalayan Salt Ritual, Proverb Skin Workout Facial

Midweek (Mon - Fri ) £175

Weekend (Sat - Sun) £195

We are knowledgeable in tailoring your spa day experience and advising appropriate treatments for anyone undergoing current treatment for or recovering from cancer, or for anyone with an acute medical condition. Please contact us for advice from our trained Therapists, so we can design a spa day around your needs.

### Tea & Twilight Spa | 5:30pm - 8:30pm

*Calcot's Tea & Twilight Spa starts with an afternoon tea in The Hive followed by use of the facilities from 5:30pm and a 25 minute treatment of your choice:*

**Comfort Zone Mini Facial, Aromatherapy Associates Mini Facial, Relax and Sleep**

**Neck and Scalp Massage, Back Massage, Pregnancy Back Massage,**

**File and Polish Hands, File and Polish Feet.**

Midweek (Mon-Thu ) £135

Weekend (Fri - Sun) £145

### Evening Spa | 5:30pm - 8:30pm

*Calcot's Evening Spa starts at 5.30pm and includes use of the facilities and a 25 minute treatment of your choice:*

**Comfort Zone Mini Facial, Aromatherapy Associates Mini Facial,**

**Relax and Sleep Neck and Scalp Massage, Back Massage, Pregnancy Back Massage,**

**File and Polish Hands, File and Polish Feet.**

Midweek (Mon-Thu) £135

Weekend (Fri - Sun) £145

*The evening concludes with £30 towards your supper in The Brasserie at 8.30pm.*

### Mini Evening Spa | 5:30pm - 8:30pm

*Calcot's Mini Evening Spa starts at 5.30pm and includes use of the facilities and a 25 minute treatment of your choice:*

**Comfort Zone Mini Facial, Aromatherapy Associates Mini Facial,**

**Relax and Sleep Scalp Massage, Back Massage, Pregnancy Back Massage,**

**File and Polish Hands, File and Polish Feet.**

Midweek (Mon-Thu) £105

Weekend (Fri- Sun) £115

We are knowledgeable in tailoring your spa day experience and advising appropriate treatments for anyone undergoing current treatment for or recovering from cancer, or for anyone with an acute medical condition. Please contact us for advice from our trained Therapists, so we can design a spa day around your needs.

## Seasonal Treatments

### Winter Wellness Remedies for Mind, Body and Soul

The cooler winter months mean darker nights, central heating and other seasonal stresses which can take their toll on our sleep, skin, and wellbeing. Our therapists have selected the best treatments to support your overall wellbeing to help alleviate these seasonal effects and leave you feeling nurtured, balanced and with glowing skin. As well as introducing our newest treatment from Aromatherapy Associates perfectly named "Pause and Reset" thoughtfully designed to provide extra support to those facing hormonal imbalances due to menopause, PMT or other hormonal factors.

#### Pause & Reset Massage

*Are you struggling with the ups and downs of hormonal imbalances? Do you feel tired, moody, or anxious? Suffering from hot flushes or brain fog? If so, you're not alone. Millions of women experience hormonal imbalances at some point in their lives. Pre-menstrual syndrome, peri-menopause, menopause and everything in between. Our transformative spa treatment is designed to help you balance your hormones and improve your physical and emotional well-being. This is an enhanced traditional aromatherapy treatment that involves, body brushing, upper body massage, restorative abdomen massage and a hand and foot reflex treatment targeting the endocrine and reproductive system.*

*(upgrade to our 85-minute version to include an Aromatherapy Associates experiential facial for added bliss).*

55 mins £120

85 mins £165

#### The Ultimate Glow Facial

*A revitalising facial designed to support the skin's natural defences and combat the pressures of a busy lifestyle - perfect for a dry, dehydrated and mature skin. Built to combat tired, dull and mature skin, this uplifting and energising facial helps skin, mind and body recover. The face is cleansed and exfoliated using botanical actives and carefully crafted essential oils to rejuvenate tired skin, targeting skin and mind for immediate results. Tailored scalp, face, and décolleté massage work to release areas of tension and stimulate circulation for a glowing complexion. A powerful combination of serum, oil and moisturiser provide maximum hydration, leaving your skin and mind revitalised.*

55 mins £115





## For The Men

### For The Men

All of our menu is suitable for both men and women. But to help you decide we have a few of our favorites to choose from.

#### Hydro Glow Facial

*This dynamic facial is for anyone seeking ultimate hydration, immediate glow and vitality. Advanced techniques and the use of Cryo spoons reduce the appearance of fine lines, tone and cool skin. The unique combination of lactic acid for immediate renewal and glow, powerful Hyaluronic Acid and Bio Active Prickly Pear for profound hydration, provides instant hydration and radiance for a healthy dewy skin.*

#### Tailored For You Massage with Facial

55 mins £115

*The best of both. A bespoke massage focusing on back, neck and shoulders melts away stress and tension, combined with a results-driven facial.*

#### Tailored For You Full Body Massage

55 mins £115

*A tailored massage focusing on your individual needs.*

#### De-Stress Massage With Scalp

55 mins £115

*Formulated to fully relax muscle and mind using tailored massage techniques on the back, shoulders, neck and scalp. This treatment incorporates invigorating essential oils of rosemary, ginger and black pepper, focusing on easing tension areas of the upper body including a deeply relaxing scalp massage helping to unwind the mind and body.*

#### Proverb Upper Body Recovery

55 mins £115

*Back scrub and targeted massage with stretch for back, traps, neck and pecs - condition skin - reduces stress. Beginning with a back scrub from coconut, avocado stone or dead sea salts to remove the dead skin, dirt and debris that cause congestion on this hard-to-reach skin. Elite nutritional anti-oxidants and omega fatty acids massage oils are then used to massage and stretch your upper body - back, neck, shoulders, chest and head. This treatment will help boost blood and endorphins to the brain and aim to combat tension areas and improve health and mindset.*

55 mins £120



## Comfort Zone Facials

### Comfort Zone Facials

A complete menu of deluxe and express facials, body treatments and rituals, enhanced by proprietary massage techniques that maximise the efficacy and the pleasantness of our professional grade clean formulas, rich in natural-origin and high-tech ingredients and free from animal derivatives, parabens and silicones. Our products are developed and made in Italy according to a rigorous, sustainable, clinically-tested approach to ensure the comfort of the skin and the protection of the environment.

#### Sublime Skin Super Peel - For a smooth complexion

*This intensive facial visibly reduces expression lines and wrinkles and provides exceptional skin smoothness. The facial includes a facial massage and double peel which can be customised according to the skin condition. Suitable for the most delicate to the most resistant of skins. This treatment is not suitable during pregnancy or when breastfeeding.*

55 mins £115

#### Sublime Skin Pro-Lift - For plumping and lifting the skin

*This intensive facial has a natural filler-effect., providing instant skin firmness. The skin is nourished with a specialised kobido facial massage followed with a re-plumping Peel-off mask to restore fullness and tone.*

55 mins £115

#### Hydro Glow Facial - For hydration and glow

*This dynamic facial is for anyone seeking ultimate hydration, immediate glow and vitality. Advanced techniques and the use of Cryo spoons reduce the appearance of fine lines, tone and cool skin. The unique combination of lactic acid for immediate renewal and glow, powerful Hyaluronic Acid and Bio Active Prickly Pear for profound hydration, provides instant hydration and radiance for a healthy dewy skin.*

55 mins £115

#### Luminant Brightening Facial - For hyperpigmentation

*An intensive triple action facial, for the correction of existing dark spots, hyperpigmentation and uneven skin tone, revealing a fresh, bright and radiant skin. This indulgent facial is ideal after sun exposure, for dull and uneven complexions. We advise against the use of heat facilities for 24 hours after having this treatments. This treatment is not suitable during pregnancy or when breastfeeding*

55 mins £115

#### Remedy Soothing Facial - For sensitive skins

*An innovative , fortifying approach to sensitive, delicate skin. With a prebiotic from sugar beets, promoting skin resilience, and Marula oil, this facial calms skin discomfort, relieves neuroinflammation and reinforces the skins' defense. Our therapists recommend this as a perfect facial during pregnancy and while breastfeeding.*

55 mins £115

#### Sublime Skin Eye Treatment - Add On

*This triple action eye mask works against dark circles, puffiness and wrinkles, providing immediate lifting and luminosity. Add into any of the above facials (except for Sublime Skin Super Peel) for an additional £15.*



## Comfort Zone Body

### Comfort Zone Body

A complete menu of deluxe and express facials, body treatments and rituals, enhanced by proprietary massage techniques that maximise the efficacy and the pleasantness of our professional grade clean formulas, rich in natural-origin and high-tech ingredients and free from animal derivatives, parabens and silicones. Our products are developed and made in Italy according to a rigorous, sustainable, clinically-tested approach to ensure the comfort of the skin and the protection of the environment.

#### Himalayan Salt Ritual

*An extraordinary body ritual designed to hydrate the skin and ease muscle aches and pains. The ritual begins with our signature movements using warmed Himalayan salt stones, which bestow relaxation, alleviating tension, stress and anxiety. A combination of the precious pink Himalayan salt crystals and aromatic oils are then applied to detoxify the body, smooth the skin, stimulate the metabolism and restore vitality and balance. We would recommend avoiding waxing or shaving at least 24 hours prior to treatment. Not suitable during pregnancy or when breastfeeding*

55 mins £120

#### New Life New Mum

*A specialised massage for expectant mothers. This gentle calming massage uses products to elasticise, nurture and relieve skin discomfort. This treatment provides relief from backache and swelling, improving circulation and providing deep relaxation. Ideal during and post pregnancy. Suitable from 14 weeks.*

55 mins £115

#### Signature Face And Body Ritual

*Take a breath, inhale and release. This hero treatment experience has the aim of bringing a period of calm and wellbeing beginning with a Tranquility Ritual. The treatment begins with our Himalayan Salt Ritual and is followed by a facial to suit your specific needs. This experience provides a pause in our busy lifestyles and leaves your skin hydrated and radiant.*

110 mins £220



## Proverb Treatments

### Proverb

A Proverb exists to inspire a 360 approach to wellness and stress relief which integrates lifestyle, your skin care and results driven treatments. Engineered to improve longevity, movement, stretch, stress relief, recovery and your performance in life's journey. They harness clean, active, natural and organic ingredients such as proteins, anti-oxidants and enzymes, formulated for lab proven results.

#### Stretch And Align Massage

*Full body stretch and massage - all developed with powerful stress targeting techniques. Focused on removing tension and ironing away stress in the entire body. Our combination of massage and stretch techniques will revive tired and tight muscles, mobilise joints and increase your range of movement. To tailor and improve the results, choose your bioactive, organic body oil that best describes your currently -*

*'I can't sleep, I can't stay awake, I am stressed or I have too much to do'.*

55 mins £120

#### Proverb Upper Body Recovery

*Back scrub and targeted massage with stretch for back, traps, neck and pecs-,condition skin-reduces stress.*

*Beginning with a back scrub from coconut, avocado stone or dead sea salts to remove the dead skin, dirt and debris that cause congestion on this hard-to-reach skin. Elite nutritional anti-oxidants and omega fatty acids massage oils are then used to massage and stretch your upper body - back, neck, shoulders, chest and head. This treatment will help boost blood and endorphins to the brain and aim to combat tension areas and improve health and mindset.*

55 mins £120

#### Skin Workout Facial

*The Proverb HIIT Facial is a specially designed natural facelift. A high performance facial treatment that helps to reduce the signs of stress, fatigue and tension headaches. This intensive facial spa treatment combines cardio HIIT with targeted massage techniques to lift, contour and tone the skin, giving you an instant boost of radiance and energy. Enjoy the benefits of improved circulation, increased elasticity, and a youthful complexion with this powerful HIIT workout.*

55 mins £115





## Aromatherapy Associates

For more than 30 years, Aromatherapy Associates has specialised in harnessing the natural healing powers of the finest natural ingredients, purest extracts and essential oils to include in their products and treatments. These highly powerful treatments will help enhance physical, mental and emotional wellbeing.

### Aromatherapy Massage

*This hero treatment works on your physical, mental and emotional wellbeing. Using pressures to stimulate the nervous system, Swedish techniques to relieve muscular tension and lymphatic drainage to encourage circulation. From head to toes, this will massage melt away all of your stress and tension.*

55 mins £120

### Pause & Reset Massage

*Are you struggling with the ups and downs of hormonal imbalances? Do you feel tired, moody or anxious? Suffering from hot flushes or brain fog? If so, you're not alone. Millions of women experience hormonal imbalances at some point in their lives. Pre-menstrual syndrome, peri-menopause, menopause and everything in between. Our transformative spa treatment is designed to help you balance your hormones and improve your physical and emotional well-being. This is an enhanced traditional aromatherapy treatment that involves, body brushing, upper body massage, restorative abdomen massage and a hand and foot reflex treatment targeting the endocrine and reproductive system. (Upgrade to our 85-minute version to include an Aromatherapy Associates experiential facial for added bliss).*

55 mins £120

85 mins £165

### Aromatherapy Associates Relax and Sleep

*The ultimate massage for your best night's sleep. Carefully applied pressures relieve key areas of tension, whilst award-winning essential oil blend sedates, calms and grounds you to induce a serious state of relaxation. (Upgrade to our 85-minute version to include an Aromatherapy Associates experiential facial for added bliss).*

55 mins £120

85 mins £165

### Aromatherapy Associates Forest Therapy

*Bringing the outside in. Feel restored from the stresses of modern-day living, cleansed of pollution and relieved from restlessness and agitation. This massage therapy begins with guided inhalation to clear your mind. Forest Therapy's unique essential oil blend and treatment massage will reinforce your intention to feel refreshed, tranquil and grounded. (Combine your Forest Therapy massage with a mindful walk throughout Calcot's 220 acres of countryside to really experience the benefits of forest bathing).*

55 mins £120



## Ultimate Wellbeing Facials

### Aromatherapy Associates

For more than 30 years, Aromatherapy Associates has specialised in harnessing the natural healing powers of the finest natural ingredients, purest extracts and essential oils to include in their products and treatments. These highly powerful treatments will help enhance physical, mental and emotional wellbeing.

#### The Ultimate Wellbeing Facial

*More than just a facial, it's a pioneering treatment that focuses on lowering stress levels and encouraging full reset and repair for skin and mind.* Relax with our Ultimate Wellbeing Facial to bring balance back for visibly glowing, healthy skin. Scalp, face and décolleté massage release areas of tension, improve blood flow and activate pressure points to encourage lymphatic drainage and a gentle abdominal massage using warm oil supports top-to-toe physical and emotional wellness. Skin is twice cleansed and exfoliated using expertly formulated, high performance natural products that contain botanical actives. Serum, oil, and moisturiser are applied for optimum hydration, alongside a specialised massage and mask for tired eyes. *The treatment is supported by mood-boosting essential oils for results you can see and feel.*

85 mins £165

#### The Ultimate Glow Facial

*A revitalising facial designed to support the skin's natural defences - perfect for a dry, dehydrated and mature skin.* Built to combat tired, dull and mature skin, this uplifting and energising facial helps skin, mind and body recover. The face is cleansed and exfoliated using botanical actives and carefully crafted essential oils to rejuvenate tired skin, targeting skin and mind for immediate results. Tailored scalp, face, and décolleté massage work to release areas of tension and stimulate circulation for a glowing complexion. A powerful combination of serum, oil and moisturiser provide maximum hydration, leaving your skin and mind revitalised.

55 mins £115

#### The Ultimate Rebalancing Facial

*A balancing facial crafted for skin under stress, perfect for a combination, oily or congested skin.* Unwind with the Ultimate Rebalancing Facial to combat aggravated skin. Skin is deeply cleansed by exfoliating away dead skin cells and applying rebalancing serum, oil and moisturiser to repair skin under strain. Scalp, face, and décolleté massage address your skin, body, and mind to relieve areas of tension. Each product contains a unique blend of essential oils, botanical actives, and skin stress relief technology to target the cause and effect of internal and external aggressors that can lead to unbalanced skin and breakouts. Help your body to help your skin; stress response is lowered, mind and body are in equilibrium, and skin balance is restored.

55 mins £115



## Massage & Body Therapy

### Tailored For You Massage With Facial

*A bespoke massage focusing on back, neck and shoulders combined with a results-driven facial.*

55 mins £115

### Tailored For You Full Body Massage

*A tailored massage focusing on your individual needs.*

55 mins £115

### De-Stress Massage With Scalp

*Formulated to fully relax muscle and mind using tailored massage techniques on the back, shoulders, neck and scalp.*

*This treatment incorporates invigorating essentials oils of rosemary, ginger and black pepper, focusing on easing tension areas of the upper body including a deeply relaxing scalp massage helping to unwind the mind and body.*

55 mins £115

### Back of Body De-Stress Massage

*Back of body de-stressing massage focusing on back, neck and shoulders and back of legs. Finished with the cooling benefits of camphor and menthol to relieve tired legs and tension.*

55 mins £115

### New Life New Mum

*This A specialised massage for expectant mothers. This gentle calming massage uses products to elasticise, nurture and relieve skin discomfort. This treatment provides relief from backache and swelling, improving circulation and providing deep relaxation. Ideal during and post pregnancy. Suitable from 14 weeks.*

55 mins £115

### Tailored For Pregnancy Massage With Facial

*The best of both. An adaptive back massage suitable for all stages of pregnancy to leave you feeling soothed and relaxed, combined with a results-driven facial. Suitable from 14 weeks .*

55 mins £115



## Holistic Treatments

### Holistic Treatments

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#### Reflexology

*This is a non-invasive treatment working on reflex points on the feet, all of which correlate to different areas of the body. Reflexology is deeply relaxing, promotes general well-being and is known to be of benefit to many specific health problems.*

55 mins   £115

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#### Reiki

*Reiki is a Japanese energy therapy which uses hand placements above or on the body whilst you are fully clothed to promote a healthy flow of energy. Encouraging an overall balance of mind, body and emotions, Reiki can help reduce stress and anxiety, promote deep relaxation and improve sleep.*

55 mins   £115

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#### Aromaflex

*Combining reflexology with an invigorating aromatherapy back massage.*

55 mins   £115

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Face  
Technology:  
CACI

## CACI Face Technology

CACI (Computer Aided Cosmetology Instrument) facial is your answer to cosmetic surgery results—without the surgery. Using the power of electric waveforms, this is a sure-fire way to tighten and tone the muscles while smoothing away fine lines and wrinkles. Combining the powers of micro-current, LED light therapy, galvanic, Ultrasonic and microdermabrasion, there is a facial to suit any skin type and concern.

### Anti-Ageing...

#### CACI Microcurrent Non-Surgical Facial

*CACI's signature Non-Surgical Facial is an advanced non-invasive facial, with twenty years of medical research behind it. Microcurrent impulses will lift and tone the facial muscles, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles. This gives a more youthful, fresh appearance and glow. \**

55 mins £105

#### CACI Ultimate Facial

*The Ultimate Skin Rejuvenation treatment uses controlled orbital microdermabrasion to exfoliate and deeply cleanse the skin, leaving a brighter, smoother complexion. Microcurrent impulses will visibly lift and tone the facial muscles for your non-surgical face lift. CACI's unique Wrinkle Comb will then target fine lines and wrinkles providing a non-invasive alternative to collagen injections with LED light therapy to heal and trigger tissue repair. This facial is completed with the CACI Hydro Mask that intensively hydrates and nourishes the skin. \**

85 mins £155

#### CACI Super Ultra Facial

*This facial combines our signature Non-Surgical facial toning with the skin rejuvenation benefits of our Ultra technology. Ultrasonic peeling revitalizes and deep cleans the skin with a gentle exfoliation. Microcurrent impulses will then lift and tone the face and neck, followed by CACI's unique Wrinkle Comb to target fine lines and wrinkles. \**

85 mins £155

*\*Micro-current results are visible after a single treatment however long-lasting results of CACI are cumulative, so a course of 10 or more treatments are advised. Your CACI therapist will happily prescribe a course to suit your individual needs and maximize your results*



Face  
Technology:  
CACI

## CACI Face Technology

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### Rejuvenating..

#### CACI Ultra Facial

*A firm favorite from our Calcot therapists for a truly results driven experience. The Ultra Skin Rejuvenation treatment uses ultrasonic peeling to revitalize and deeply cleanse the skin, leaving a brighter, smoother complexion. CACI's unique Wrinkle Comb will then target fine lines and wrinkles providing a non-invasive alternative to collagen injections with LED light therapy to help heal the skin and trigger tissue repair. This facial is completed with the CACI Hydro Mask that intensively hydrates and nourishes the skin.*

55 mins £115

#### CACI Microdermabrasion Facial

*This Ultimate Skin Rejuvenation treatment uses controlled orbital microdermabrasion to exfoliate and deeply cleanse the skin, leaving a brighter, smoother complexion. CACI's unique Wrinkle Comb will then target fine lines and wrinkles providing a non-invasive alternative to collagen injections with LED light therapy to heal and trigger tissue repair. This facial is completed with the CACI Hydro Mask that intensively hydrates and nourishes the skin.*

55 mins £115



## Hands & Feet

### Jessica Manicure

There is no substitute for the beauty of carefully cultivated, natural nails. Gorgeous colour starts with the right foundation. Nails have their own biology, just like hair and skin. For the best care and the most beautiful outcome, nails require a studied approach that is similar to how a facialist cares for the skin.

#### Prescriptive Manicure

*Because the anatomy of your nails need to be cared for just like your skin and hair, a prescriptive Jessica manicure is tailored to you. A nail analysis determines how we treat individual nails with products containing nurturing botanicals, anti-oxidants, vitamins and proteins. This Manicure includes a hand and arm exfoliation, nail shape, cuticle care, therapeutic massage and finished off with an application of polish. A mini bottle of your chosen Jessica colour is given to you complimentary at the end of your treatment. Please ensure any gels are removed prior to treatment.*

55 mins £60

#### French Manicure

*Your Prescriptive Manicure with a French polish application*

55 mins £65

#### Gel Manicure

*Your Prescriptive Manicure finished with our Geleration polish. Please ensure any gels are removed prior to treatment.*

55 mins £65

#### Gel Removal For Hands

*Please inform us at time of booking if you have existing gels on that need removing. This requires an additional 25-minute appointment prior to your manicure and must be booked at time of booking. Alternatively, please remove them yourself before arrival. Arriving with existing gels may deprive you of precious treatment time.*

25 mins £30



## Hands & Feet

### Jessica Pedicure

There is no substitute for the beauty of carefully cultivated, natural nails. Gorgeous colour starts with the right foundation. Nails have their own biology, just like hair and skin. For the best care and the most beautiful outcome, nails require a studied approach that is similar to how a facialist cares for the skin.

#### Pedicure

*This therapeutic pedicure is the ultimate treatment for healthier, softer feet. A thorough cleanse, exfoliation and hard skin removal softens skin. Gentle cuticle care, nail shape and leg and foot massage are included before an application of polish. A mini bottle of your chosen Jessica colour is given to you complimentary at the end of your treatment.*

*Please ensure any gels are removed prior to treatment.*

55 mins £65

#### Gel Pedicure

*Your Prescriptive Pedicure finished with our Geleration polish. Please ensure any gels are removed prior to treatment.*

55 mins £70

#### Gel Removal For Feet

*Please inform us at time of booking if you have existing gels on that need removing. This requires an additional 25-minute appointment prior to your pedicure and must be booked at time of booking.*

*Alternatively, please remove them yourself before arrival. Arriving with existing gels may deprive you of precious treatment time.*

25 mins £30





## Personal Training

Individual or a course of personal training sessions in The Grain Store gym or Fitness Studio with a qualified instructor designed to show you skills to enhance your training programme and maximise your results.

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30 min PT session	£35
1 hour PT session	£55
10 x 30 min PT sessions	£315
10 x 1 hour PT sessions	£495

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## Facilities

*All facilities need to be pre-booked prior to your visit*

- 280 m<sup>2</sup> gymnasium with Technogym equipment, using computerised record keeping. (The Wellness or 'Key' System).
- 16 x 7m heated swimming pool with level deck and a constant depth of 1.2m. The water is maintained at a temperature of 30 degrees
- Fitness and Holistic Studios offering varied timetable.
- Two tennis courts for your use (rackets and balls available free of charge). A ball machine is also available for hire.
- 3.3 kilometre running/cycling track.
- Bikes available in a variety of sizes.
- Disc golf.
- Outdoor rig.
- 6 piece outdoor gymnasium.



## Spa General Information

### Attire

Clients on spa days (both men and women) will feel most comfortable going into treatments with their robe over their swimwear. Disposable pants and boxer shorts are provided for treatments, if needed and we respectfully request that underwear is worn for all other treatments. During treatments our therapists are trained to observe client modesty at all times. Swimwear is also requested in the steam room and sauna. Suitable footwear (trainers, gym shoes, etc) are required for tennis, cycling and when using the gym or attending fitness classes.

### Arrivals

Please arrive promptly to your appointment time to allow you to experience your full treatment.

### Health Concerns

Some treatments are not suitable for certain medical conditions or during pregnancy. To avoid disappointment, please raise any concerns at the time of booking. We also ask clients to fill out a medical questionnaire on arrival at the spa, to ensure that treatments are appropriate. If you are undergoing treatment, have been affected by or are recovering from cancer please make us aware at the point of booking. We have specialised therapists in place who can offer a suitable and effective treatment either during your treatment or as part of your recovery.

We ask you to postpone your treatment if you are feeling unwell as we are unable to honour treatments to those who have symptoms including a fever, cough or sore throat.

### Pregnancy

Many of our treatments are suitable during pregnancy, but do ask for information when booking.

### Mobile Phones

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

### Valuables

We strongly recommend that you leave your valuables in your locker. Some treatments require the removal of jewellery. Please ensure you retrieve all valuables before leaving the premises and in particular check the pockets of your robe as we cannot be held responsible for any losses.

### Opening Hours

Spa and pool 7am - 9pm  
The Grain Store gym - 7am - 9pm  
Steam and sauna 7am - 9pm  
Treatments 9am - 8pm

Children (under 14) are allowed in the pool during following times: Monday - Sunday afternoons: 3.45pm - 5.15pm and in addition Saturday and Sunday mornings: 8.45am - 10.15am. Please note: outside of these times children are not permitted in Calcot Spa but are welcome at our Ofsted registered crèche.

### Booking Policy

Spa packages and treatments must be fully prepaid at time of booking.

### Cancellation Policy

Spa packages require seven days' notice to cancel or re-schedule for a full refund. Treatment appointments have a 24 hour cancellation policy. For any cancellations without the required notice, we will actively try to re-sell the appointment(s). Where this is successfully achieved a full refund will be issued, but where this is not possible the treatments or package will remain at 100% charge.

Prices and treatments are subject to change without prior notice.

