



CALCOT SPA

*Treatment Guide*

©CALCOT SPA

## Spa Packages

### 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) **£235.00**  
**Weekend** (Sat - Sun) **£255.00**

### 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) **£275.00**  
**Weekend** (Sat - Sun) **£295.00**

### 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 Gumstool Inn and one of the following treatments: Pro-Glow Smooth Facial, Pro-Glow Brilliance Facial, Men's High Performance Skin Energiser Facial, Aromatherapy Associates Rose Facial, CACI Ultra Facial, Tailored For You Massage With Facial, De-Stress Massage with Scalp, Peaceful Pregnancy, Pregnancy Massage With Facial, Manicure, Pedicure, Men's Pedicure, personal training session.

**Midweek** (Mon - Fri) **£165.00**  
**Weekend** (Sat - Sun) **£185.00**

### 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: Elemis Mini Facial, Aromatherapy Associates Mini Facial, Men's Mini Facial, Relax and Sleep Neck and Scalp Massage, Back Massage, Pregnancy Back Massage, File and Polish Hands, File and Polish Feet. The evening concludes with £30 towards your supper in our Conservatory Restaurant at 8.30pm.

**Midweek** (Mon - Thu) **£130.00**  
**Weekend** (Fri - Sun) **£140.00**

### 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 Elemis Mini Facial, Aromatherapy Associates Mini Facial, Men's Mini Facial, Relax and Sleep Scalp Massage, Back Massage, Pregnancy Back Massage, File and Polish Hands, File and Polish Feet. *(Please note there is no supper included in this package).*

**Midweek** (Mon - Thu) **£105.00**  
**Weekend** (Fri - Sun) **£115.00**

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.



## Our Winter Wellness Remedies for Body and Mind

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 mind and body to help alleviate these seasonal effects and leave you feeling nurtured, balanced and with glowing skin.

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### Aromatherapy Associates Inner Strength Ritual

A truly nurturing treatment to fortify and strengthen the mind featuring the popular inner strength blend of clary sage, sandalwood and geranium known as a “hug in a bottle” Breathe deeply and focus the mind whilst the warm, rich products are applied to the body. Release tension with a soothing back massage and nourish the skin with a hydrating facial. A restorative and nourishing treatment perfect for the cold winter months hard-working facial that gives some TLC to ageing, stressed, dehydrated skin and tired eyes.

55 mins **£115.00**

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### Aromatherapy Associate 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.

55 mins **£115.00**

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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. ELEMIS know just how to treat their men. Designing high-performance facial therapies that restore energy and leave you sporting a welcome glow!

### ELEMIS High Performance Skin Energiser Facial

A hard-working facial that gives some TLC to ageing, stressed, dehydrated skin and tired eyes.

55 mins **£110.00**

### ELEMIS BIOTEC Super-Charger Facial

A result-focused facial with the added benefit of ultrasonic peeling and galvanic current.

55 mins **£115.00**

### Tailored For You Massage with Facial

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

55 mins **£110.00**

### Tailored For You Full Body Massage

A tailored massage focusing on your individual needs.

55 mins **£110.00**

### 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 **£110.00**

### Elemis Face & Body Sensation

A freestyle full body massage working deep into any tension, encouraging optimum circulation. Followed by a Superfood nutritional boost facial rich in antioxidants and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives. Clinically proven to leave skin plumper and luminously radiant.

115 mins **£200.00**



## 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 £115.00

### Aromatherapy Associates Immune Supporting Massage

Breathe easy with Immune supporting essential oils of eucalyptus, tea tree and peppermint. This de-stressing massage will ease muscular tension, ease heaviness and boost energy whilst providing relief and support to your immune system.

55 mins £115.00

### 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 £115.00

85 mins £160.00

### 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 £115.00



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Ultimate  
Wellbeing

### Aromatherapy Associates Luxury Bliss

Combining the best of Aromatherapy Associates iconic treatments, enjoy an aromatherapy massage with the essential Rose Facial. Commencing with a well-being consultation to determine your chosen blend, the powerful aromas will gently relax your mind and body and the pressure point massage releases stress and tension. The Rose facial concludes this blissful treatment leaving you deeply relaxed and recharged and your skin fresh and glowing.

115 mins **£200.00**

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### Aromatherapy Associates Essential Rose Facial

This luxury facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. This treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented. A firm favorite amongst our Calcot Spa Therapists.

55 mins **£110.00**

*(Upgrade to our 85-minute version to include the Real Aroma Back Massage).*

85 mins **£155.00**

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## ELEMIS Massage & Body Therapy

ELEMIS is...The #1 Luxury British Skincare Brand. Your skin, your body and your wellness lie at the heart of ELEMIS.

### Tailored For You Massage With Facial

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

55 mins £110.00

### Tailored For You Full Body Massage

A tailored massage focusing on your individual needs.

55 mins £110.00

### 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 £110.00

### ELEMIS Signature Face and Body Sensation

A freestyle massage working deep into any tension, encouraging optimum circulation. With an ELEMIS aromatic blend to suit your concerns the massage will balance and re-charge you both emotionally and physically. Followed by a Superfood nutritional boost facial rich in antioxidants and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives. Clinically proven to leave skin plumper and luminously radiant.

115 mins £200.00

### 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 £110.00

### ELEMIS Peaceful Pregnancy

Take some time out for you with this relaxing full body massage. An adaptive treatment for every stage of pregnancy this massage will leave you feeling soothed and rebalanced.

55 mins £110.00

### Tailored For Pregnancy Massage With Facial

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

55 mins £110.00



## 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 **£110.00**

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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 **£110.00**

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#### Aromaflex

Combining reflexology with an invigorating aromatherapy back massage.

55 mins **£110.00**

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## Hands-on Facials

### ELEMIS Facials

All the power of ELEMIS actives, combined with the touch of your therapist's hands. This is where intuition meets expertise with clinically proven results.

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#### Pro-Glow Smooth

This is the treatment to tackle fine lines and wrinkles, visibly improving firmness and elasticity for beautifully nourished, younger looking skin.

55 mins **£110.00**

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#### Pro-Glow Brilliance

A nutritional boost for stressed and dull skin. Rich in superfood ingredients designed to jump start the skin to restore moisture, luminosity and skin health.

55 mins **£110.00**

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#### Pro-Glow Resurface

This highly potent resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. This system delivers powerful exfoliation and renewal for smoother, younger looking skin. A firm favourite among our spa therapists.

55 mins **£110.00**

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#### Pro-Glow Genius

For the ultimate treatment of deeper lines and wrinkles. Clinically proven intelligent skincare results in transformative results for younger-looking skin. Powered by ULTRA-SMART technology, with a spotlight on deepset wrinkles for maximum, facial rejuvenation and skin hydration.

55 mins **£115.00**

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Face  
Technology:  
ELEMIS

## ELEMIS BIOTEC

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. The clinically proven result? Thriving, visibly healthy and energised skin. Choose from the following ELEMIS BIOTEC treatments...

All treatments  
55 mins **£115.00**

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### BIOTEC Pro-Glow Smooth +

Wrinkles are targeted using a combination of microcurrent, ultrasonic and a blast of oxygen therapy delivers a breath of fresh air, effectively ironing out lines and wrinkles.

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### BIOTEC Pro-Glow Brilliance +

A powerful facial to illuminate dull and tired skin. Through deep cleansing using ultrasonic, galvanic and oxygen therapy, you'll leave with instantly clearer, brighter and more radiant skin.

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### BIOTEC Pro-Glow Resurface +

For resurfacing skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion and LED light therapy restores equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

*(Not suitable in conjunction with the use of heat facilities such as sauna, steam room and hot tub or facial waxing.)*

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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 **£100.00**

#### 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 **£150.00**

#### 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 **£150.00**

*\*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*



CALCOT SPA

Face  
Technology:  
CACI

## 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 **£110.00**

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### 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 **£110.00**

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## 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.

55 mins £60.00

### French Manicure

Your Prescriptive Manicure with a French polish application

55 mins £65.00

### Gel Manicure

Your Prescriptive Manicure finished with our Geleration polish

55 mins £65.00

### 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 £30.00



Hands  
and Feet

**Jessica Pedicure**

The Zenspa therapeutic pedicure is the ultimate treatment for healthier, softer feet.

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**ZenSpa Pedicure**

This therapeutic Zenspa pedicure is the ultimate experience to restore softer and healthier 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.

55 mins **£65.00**

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**Gel Pedicure**

Your Prescriptive Manicure finished with our Geleration polish

55 mins **£70.00**

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**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 **£30.00**

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## Fitness and Sport

### Personal Training

Individual sessions in the gym or studio with a qualified instructor designed to show you skills to enhance your training programme and maximise your results.

30 mins **£30.00**

60 mins **£45.00**

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### Facilities

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

- 90 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 centigrade.
- Exercise studio 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.
- New 6 piece outdoor gymnasium.



CALCOT SPA

## 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 but we kindly ask that you do not arrive too early as we are limiting the number of guests in our treatment waiting area. For this reason we ask you to come alone for your 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

Club, gym, pool 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.*

