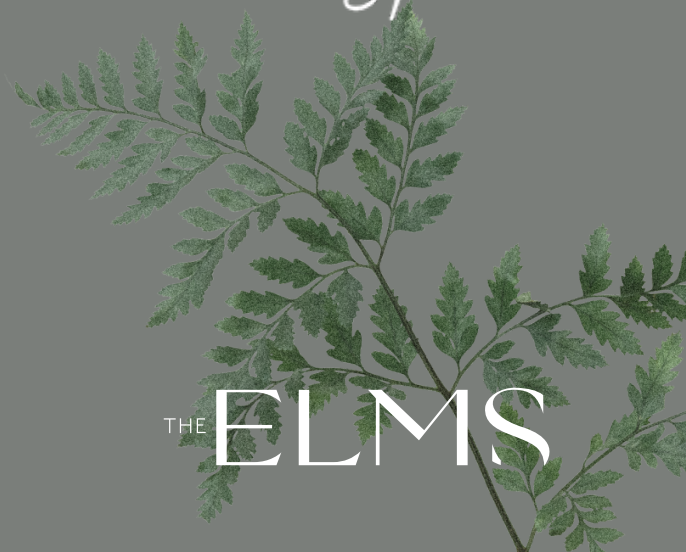




the greenhouse *Spa*



THE ELMS



ABOUT the greenhouse *Spa*



The Greenhouse Spa offers a selection of carefully curated treatments in addition to mind and movement classes. Each devoted to relaxing, restoring and nurturing your well-being in a gentle holistic way. Combining physical alignment with emotional and nutritional balance, our team of experts will guide you to achieving harmony and health in body, mind and spirit. We believe that taking time to slow the mind, relax and unwind is not a luxury in today's frenetic world, it is a necessity! Join us in the tranquil surroundings of our spa to reconnect with yourself.

SCAN ME



FOR MORE INFORMATION ON
SPA DAYS, TREATMENTS AND
SPA BREAKS



TREATMENTS

Facials

The Power Breakfast | 30 mins | £60

Looking for quick results, need to look your best but don't have much time? This is the one for you. A taster treat for all skin types!

Go Guy | 60 mins | £90

This high-performance men's facial is perfect to revive, refresh and invigorate.. Skin is treated to a deep exfoliation and an application of a bespoke face mask. Finally enjoy a hot stone neck and shoulder massage.

My Kinda Skin | 60 mins | £90

A totally bespoke facial designed to suit your personal skin type and your concerns. To begin with your skin will be deeply cleansed followed by our signature TEMPLESPA face & décolleté massage. Whilst you drift off your treatment is completed with a choice of a tension relieving hand & arm massage or a divine scalp massage.

HydraFacial

Skin Health for Life | 45 mins | £145

This treatment involves the different stages of skin health: Detox, Cleanse, Peel, Exfoliate, Brightens, Extraction, Hydration and Rejuvenation. Whilst refreshing dull skin you feeling and looking radiant.

Anti-Aging | 60 mins | £160

As well as the stages of skin health this treatment includes an anti-aging serum which targets fine lines and deep wrinkles. Your skin will be left looking brighter and smoother.

Acne Away | 60 mins | £160

Along with the stages of skin health a Glysal peel is added which helps in the rejuvenation of the skin and improve the appearance of acne and acne scarring. Blackheads and other skin impurities will be softened to aid with extraction. The strength of the peel will be tailored to your needs.

Massage

Drift Away | 30 mins | £60

This deeply relaxing back massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away.

Drift Away | 60 mins | £90

This deeply relaxing top-to-toe full body massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away.

Rocks of the Mediterranean | 75 mins | £120

Using warm basalt stones to massage the body from head-to-toe, this wonderfully, warming treatment works on energy points located throughout the body to re-balance and harmonise.

New Beginnings | 60 mins | £90

You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage.

Scrub

The Outer Glow | 60 mins | £70

Top-to-toe buffing and polishing. Using the unique, Award Winning Mediterranean SUGAR BUFF Scrub, we exfoliate and polish your body and gently buff away dead skin cells on your face with the BREAKFAST SMOOTHIE. This invigorating and refreshing all over treatment leaves the skin soft as silk, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before your holiday or a special event. Off you glow!



Ears, Hands and Feet

Immaculate Manicure | 60 mins | £55

This relaxing treatment includes complete nail prep with soak, moisturise, full hand and lower arm salt scrub exfoliation and massage. Finishing with nail polish of your choice.

Gel Application is an additional £10

Pristine Pedicure | 60 mins | £60

Foot heaven includes complete nail prep with soak, hard skin removal, full foot and lower leg salt scrub exfoliation and massage. Finishing with nail polish of your choice.

Gel Application is an additional £10

Hopi Candle | 45 mins | £45

Hopi means Peaceful people. This is a holistic treatment which promotes general good health and wellbeing. Benefits: Removal of compact wax, aids sinusitis, migraines, tinnitus, hay fever, vertigo, asthma and snoring.

On The Go Manicure | 30 mins | £30

Gel Application is an additional £10

On The Go Pedicure | 30 mins | £35

Gel Application is an additional £10



BECOME A MEMBER

Let us introduce your Greenhouse Spa Benefits

- Exclusive Spa Member events throughout the year
 - 10% discount on all Food and Beverage
 - Free room hire in our Gallery private dining room when 15 people or more dine from the set menus
 - 10% discount on Spa products
 - 20% discount on treatments
 - 1 x free treatment per person choosing either a HydraFacial or a full body massage (45 mins) - valid for annual membership
 - 10% off the best available rate for hotel rooms (Sunday to Thursday)
 - 30 minute gym induction
 - Unlimited classes (subject to availability)
- 4 x guest passes per single or joint membership - valid for annual membership
 - 15% off Mozzo Coffee retail website
 - 10% off at Checketts and The Jockey Inn



<u>Membership Category</u>	<u>Details</u>		
	Joining Fee	Annual	Monthly
Single	£175	£1600	£150
Joint	£250	£2800	£260
Children (1-14)	-	£300	£40



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THE ELMS



CHECKETTS

Great British Food

EST 1902

Our British country deli, your pit stop for beautiful fresh local offerings. From the butchery & delicatessen to our coffee shop & British kitchen.

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CHECKETTS GREAT BRITISH FOOD, MAIN ROAD, OMBERSLEY, DROITWICH, WR9 0EW
01905 620284 | ENQUIRIES@CHECKETTS.CO.UK



The JOCKEY Inn

Situated in the picturesque hamlet of Baughton, The Jockey Inn brings together the appeal of a classic country pub, bar and restaurant with a rustic yet contemporary interior.

BAUGHTON, EARLS CROOME, NR PERSHORE, WR8 9DQ, WORCESTERSHIRE WR8 9DQ
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