THE SPA
at
Summer Lodge

A TRUE COUNTRY EXPERIENCE

Set within four acres of beautiful gardens. Enter your own private world. The Spa will rejuvenate your senses, replenish your spirit and achieve inner peace and harmony.

We are dedicated to restoring beauty and balance through individual treatments and spa journeys, personalised for each of our guests by skilled therapists. Our commitment to well being focuses on holistic principals with modern expertise.

Our spa menu offers an extensive variety of beauty enhancing treatments to ensure our guests are nurtured and relaxed.

SPA FACILITIES

2 treatment rooms

2 manicure and pedicure stations

Indoor heated swimming pool

Jacuzzi

Sauna

Small fitness centre

Tennis court

Towels, robes and slippers provided for your comfort

SPA ETIQUETTE

ATTIRE

Clients on Spa Days (both men and women) will feel most comfortable going into treatments with their robe over their swimwear. For those clients just having treatments, we respectfully request that underwear is worn for all treatments. Our Therapists are trained to observe client modesty at all times. Swimwear is requested at all times in all areas of the Spa.

ARRIVALS

Guests are requested to arrive at least five minutes before your treatment is due to start in order to change, if desired, and to fill out a medical questionnaire. Late arrival will mean that your treatment time is reduced or unable to be honoured.

All treatment times indicated include an allowance of 5 minutes for consultation, dressing and undressing.

MOBILE PHONES

Please ensure that mobile phones and pagers are switched off during your visit to The Spa.

SMOKING

For the comfort and consideration of all our guests, a no smoking policy is operated throughout The Spa and the surrounding terraces.

TERMS AND CONDITIONS

RESERVATIONS

For reservations or more information please call 01935 482045, email spa@summnerlodgehotel.co.uk or visit www.summerlodgehotel.com

We can offer treatments that have not been pre-booked, however, to avoid disappointment we do recommend that you book your treatment in advance. If you are not sure what treatment to have then it is advisable to book time out with one of our therapists and then decide on a specific treatment upon arrival.

BOOKING POLICY

A non-refundable booking fee of £30.00 for Half Day and £50.00 for Full Day Packages is required, which can be made by debit/credit card over the phone by calling 01935 482045.

All Twilight Spa Experience Packages must be pre-paid by credit/debit card.

CANCELLATION POLICY

Bookings cancelled within 24 to 48 hours of treatment time will be charged at 50% of treatment cost. Bookings cancelled on the day or non arrival will be charged at full price of the treatment cost.

DARPHIN FACIALS

MEADOWSWEET AND CUCUMBER EYE REFINER (30 minutes) £40.00
Exquisite bliss, complete rejuvenation for the fragile eye area. Eyes look fresh, bright, younger, sparkling and well-rested.

DARPHIN SENSORIAL REVIVER FACIAL (30 minutes) £45.00
A detoxifying and relaxing facial that clarifies and removes every trace of city grit and grime. Recharge the skin from environmental elements and lift the spirit for those clients who are in a hurry and short of time.

DARPHIN KIWI AND POMEGRANATE HYDRATOR FACIAL (70 minutes) £75.00
A deep drench and soothing cooling quench for moisture-depleted skin. This intensive hydrating facial provides a delectably dewy-fresh, radiant complexion.

DARPHIN CHAMOMILE AND HONEY SOOTHING FACIAL (70 minutes) £75.00
A calming cocoon for aggravated complexions. A pillowy-soft flower blends to reduce redness and reveal a smooth, even-toned complexion while promoting inner and outer peace.

DARPHIN LEMON AND LAVENDER PURIFIER FACIAL (70 minutes) £75.00
A deep purifying and detoxifying treatment for all skin types that refines pores and leaves your complexion refreshed, sparkling clean, clear and bright.

DARPHIN HIGH POWER REVITALISING FACIAL (70 minutes) £75.00
Made for Men – A revitalising treatment personalised to suit every individual needs and concerns: from deep cleansing, age prevention, hydration and ultimate relaxation.

VITAMIN AND TANGERINE REVITALISING FACIAL (70 minutes) £75.00
Delivers a high-powered boost to rev-up skin's natural vitality and anti-ageing resources for a smooth, toned, revitalised and radiant complexion.

SPECIFIC ANTI AGING FACIALS

IRIS AND JASMINE WRINKLE REPAIRING FACIAL (70 minutes) £85.00
Rediscover the days of smoother skin. Darphin's unique line erasing massage works wonders to relax lines and firm muscle for a beautifully smooth, younger-looking skin.

STIMULSKIN LIFTING FACIAL (70 minutes) £85.00
This deeply nourishing anti-ageing treatment will lift, firm and tone your skin as well as help to reduce redness, age spots and the appearance of wrinkles for a rejuvenated complexion.

THE SPA EXCLUSIVE DARPHIN SIGNATURE TREATMENT (105 minutes) £130.00
Harmoniously bringing together all the best of Darphin's pleasure principles, this exclusive facial is the ultimate in relaxation, rejuvenation and indulgence. Darphin's Ultimate Rejuvenating Facial tones and redefines the facial contours, minimises the appearance of fine lines as well as relaxes and eases tension. Each treatment begins with an in-depth skin analysis followed by a back massage; the best in deep-tissue and aroma therapeutic massage techniques. For added indulgence a head massage is incorporated into each treatment allowing you to relax through the power of pleasure.

DARPHIN BODY TREATMENTS

SHEA BUTTER AND WHEAT MOISTURE DRENCH (60 minutes) £80.00
Deep nourishing treatment – experience immediate and exquisite relief from dry, tight skin as luxurious layers of pampering nourishment plump, soften, smooth and soothe skin.

BERGAMOT AND LEMONGRASS STRESS RELEASE (90 minutes) £105.00
De-stress body treatment – tension and mental clutters melt away with this blend of gentle exfoliation, nourishment and aromatic essences applied through rhythmic movements that soothes and smoothes the body and mind.

BLACK PEPPER SLIM AND DETOX (90 minutes) £105.00
Slimming and Detoxifying Treatment – a delightful slimming and detoxifying treatment designed to drain, tone, refine the look of 'orange peel' skin, remove toxins and target unwanted fatty tissues.

ORANGE ENERGISING EXFOLIATING POLISH (60 minutes) £65.00
Energising Exfoliating Massage – Special express two-in-one treatment that deeply exfoliates to reveal a new, radiant you as it pep up your skin's energy with stimulating massage trio of Orange, Lemon and Bergamot essential oils.

DARPHIN DEEP HARMONY MASSAGE
A delightful signature massage using rhythmical techniques to relax the deepest of tension in the gentlest way. Using a blend of essential oils this massage improves circulation to help oxygenate the skin and reveal a revitalised and healthy glow. The mind and body is left energised and in a state of harmonious relaxation.

Darphin Deep Harmony Back Massage (30 minutes) £50.00

Darphin Deep Harmony Full Body Massage (70 minutes) £70.00

Darphin Deep Harmony Complete Face and Body Massage (1 hour 45 minutes) £95.00

BODY MASSAGES

SWEDISH MASSAGE

A classic European massage using long strokes and kneading of the superficial layers of the muscles. This soothing massage helps relieve tension, improving circulation and flexibility.

Full Body and Head Massage (75 minutes)	£85.00
Full Body Massage (60 minutes)	£75.00
Back Neck, Shoulder and Head Massage (45 minutes)	£60.00
Back, Neck and Shoulder Massage (30 minutes)	£45.00

DEEP TISSUE MASSAGE

Submit your body to a vigorous workout of deep rhythmic pressure focused on relieving specific stress and muscle tone.

Full Body Massage (60 minutes)	£85.00
Back, Neck and Shoulder Massage (30 minutes)	£55.00

AROMATHERAPY MASSAGE

Using a blend of essential oils, aromatherapy massage is designed to treat the whole person and assist the body to balance and heal.

Full Body and Head Massage (75 minutes)	£85.00
Full Body Massage (60 minutes)	£75.00
Back, Neck, Shoulder and Head Massage (45 minutes)	£60.00
Back, Neck and Shoulder Massage (30 minutes)	£45.00

STONE THERAPY MASSAGE

The original stone therapy involving the use of hot stones that are placed on the chakra points of the body. Warm oil is then therapeutically massaged into the skin with hot stones to relieve tired and sore muscles, improving circulation, lymph drainage and inducing deep relaxation.

Full Body Massage (60 minutes)	£80.00
Back, Neck and Shoulder Massage (30 minutes)	£55.00

HEAD MASSAGE (30 minutes) £45.00

An Eastern complimentary holistic treatment, working on relieving stress and tension on the head and shoulders

HOLISTIC TREATMENTS

REFLEXOLOGY (45 minutes) £60.00
This original foot massage focuses on points of the feet which relate to specific parts of the body to heal and rebalance energy levels.

REIKI (50 minutes) £55.00
Reiki, meaning 'universal life force energy', is a system for channelling energy via the therapist to someone for the purpose of healing. Reiki treatments work by dissolving or eliminating toxic energy and substances from many levels of one's being.

HOPI EAR CANDLING FACIAL DRAINAGE MASSAGE (45 minutes) £55.00
The perfect treatment for those who suffer with ear and nose problems. The candles act as a vacuum to remove excess wax. A head and face massage then drains sinuses and helps to relieve problems with balance, earache, headache, stress and tension.

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AROMATHERAPY MASSAGE
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Full Body Massage (60 minutes) £75.00

Back, Neck, Shoulder and Head Massage (45 minutes) £60.00

MAMA MIO PRE AND POST NATAL BODY TREATMENTS

Mama Mio is a special programme of skin-salvation, indulgent maternity treatments designed to relax, comfort and nourish – all specifically designed to be totally safe and effective. The treatments are all individually created to alleviate the main issues of discomfort in pregnancy – increasing skin elasticity, nourishing parched skin, rejuvenating heavy legs, assisting circulation and reducing water retention.

YUMMY TUMMY BY MAMA MIO (75 minutes) £85.00
This is an Omega-rich facial for your tummy, because it's your tummy that needs the attention to maximise skin strength, health and elasticity. Combined with the luxury of an upper back, neck and head massage to ensure it is a full-on stress banishing treat.

MELLOW MAMA BY MAMA MIO (60 minutes) £70.00
A completely relaxing full body massage using our safe but effective pre-natal techniques and our award-winning Omega-rich oils to relax those specific lower back muscles that are carrying that beautiful bump.

LIGHTEN UP BY MAMA MIO (30 minutes) £45.00
A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load.

4TH TRIMESTER HEALING HOUR BY MAMA MIO (60 minutes) £70.00
Your baby is here and you are in need of a little rejuvenation? This restorative massage treatment helps your body realign as you remember how to be one person again. Sometimes new mothers need a little mothering too! This is the perfect present for new mamas.

BOOT CAMP FROM MAMA MIO

Boot Camp for Butts (60 minutes) £75.00

Buttock, hip and thigh treatment to reduce cellulite; detoxify plus fruit acid exfoliation for a sexy rear view. Lymphatic drainage and deep massage. Improved muscle tone, circulation. Smoother, tighter skin, 'melts away' cellulite.

Book a course of 6 treatments and receive the Boot Camp set for free worth £67.00.

Boot Camp for Boobs (60 minutes) 75.00

Bust and upper body treatment to lift, plump and increase circulation with peptides to lift and tone. Boosts circulation to lift boobs, define cleavage. Nourishing to keep firm, youthful, plumped. Bonus batwing blaster to tighten upper arms.

Book a course of 6 treatments and receive the Boot Camp set for free worth £56.00.

Boot Camp for Tummies (60 minutes) £75.00

A waist-whittling treatment to reduce cellulite and fat deposits; stimulates circulation and detoxify.

Improved circulation to help detoxify & de-bloat. Double exfoliation to refine skin texture. Tighter, firmer, toned touchable tummy.

Book a course of 6 treatments and receive the Boot Camp set for free worth £67.00.

Bikini Boot Camp (60 minutes) £95.00

Full body treatment – Intense treatment of double exfoliation and deep tissue massage to get you beach ready. Improves skin texture, stimulations collagen production. Tightens slack, spongy skin, reduce cellulite. Ease water retention and improve skin elasticity.

Book a course of 6 treatments and receive a Boot Camp set for free of your choice.

LEIGHTON DENNY HANDS AND FEET

ON THE MOVE MANICURE (15 minutes) £25.00
A file and polish to keep hands and nails well groomed and fashionable between manicures.

CUSTOM MANICURE (45 minutes) £40.00
Provides a 'celebrity' finish for those who want great looking hands and nails when time is of the essence. The soothing and calming benefits of essential oil of Lavender, Chamomile and Geranium envelop you as your hands and nails are revived in the shortest of time.

IMMACULATE MANICURE (60 minutes) £50.00
The soothing and calming benefits of essential oil of Lavender, Chamomile and Geranium envelop you as you enjoy this truly luxurious manicure treatment. Hard working hands need special care, transforming even the most neglected hands leaving them unrecognisable. Combats the signs of premature ageing, improves uneven skin tone and stimulates the circulation.

ON THE MOVE PEDICURE (15 minutes) £25.00
A file and polish provides tired looking feet with an instant pick-me-up when time is of the essence.

CUSTOM PEDICURE (45 minutes) £45.00
Provides a special treat for those hard wearing feet. The uplifting aromas of essential oil of Peppermint, Lemongrass and May Chang envelop you as your tired feet are revitalised and re-energised in the very shortest of time.

PRISTINE PEDICURE (70 minutes) £60.00
Transforms even the most hard working feet. The uplifting aromas of essential oil of Peppermint, Lemongrass and May Chang envelop you as your tired looking feet are super-charged back to life. This luxury treatment will renew even the most neglected feet, leaving them unrecognisable after they have been sloughed and buffed and brought back to life with the wonderfully restorative benefits of this foot treatment.

FRENCH MANICURE OR PEDICURE
If you require a French manicure or pedicure please advise at time of booking. An additional charge of £5.00 per treatment is payable.

SHELLAC
Shellac goes on like a polish and wears like a gel. True innovations in chip free, extended wear colour with zero dry time.

File and Shellac	£35.00
Add Shellac to any Manicure or Pedicure	£10.00
Shellac Removal	£5.00

SPA ESSENTIALS

EYE ESSENTIALS

Eyebrow Shape	£15.00
Eyelash Tint*	£15.00
Eyebrow Tint*	£12.00
Eyelash and Eyebrow Tint*	£25.00

*(A patch test is required 24 hours prior to any tint treatment)

WAXING ESSENTIALS

Full Leg	£35.00
Half Leg	£25.00
Full Leg and Bikini	£45.00
Under Arm	£15.00
Forearm	£20.00
Bikini Line	from £20.00
Brazilian	£35.00
Hollywood	£45.00
Lip or Chin	£15.00
Lip and Chin	£25.00
Eyebrow	£12.00
Back	from £35.00

INIKA MAKE-UP ESSENTIALS

Using a complete natural anti-ageing make-up range with the benefits of natural minerals and anti-oxidants to produce a flawless silky skin.

Make-up Lesson	£45.00
Make-up for special occasion	£40.00
Bridal Party Make-up	price on request

ST TROPEZ SELF TANNING ESSENTIALS

This treatment includes an exfoliation. It is essential to wear dark loose fitting clothing. We recommend you do not shower or exercise for 8 hours following the treatment.

Full Body (60 minutes)	£50.00
Half Body (30 minutes)	£35.00
Legs (30 minutes)	£25.00
Face and Shoulders (30 minutes)	£25.00

SPA DAY PACKAGES

HALF DAY PACKAGE

A Darphin Sensorial Reviver Facial

A Back, Neck and Shoulder Massage

Full use of our Luxury Spa Facilities for half a day including an indoor heated swimming pool, Jacuzzi, sauna, gymnasium and tennis court

Dorset Cream Tea

From either 10.00am – 2.00pm or 2.00pm – 6.00pm

Monday – Thursday	£85.00
Friday – Sunday	£100.00

SPA RETREAT DAY

Choose from either **a relaxing Full Body Massage** or **a Darphin 60 minute Facial** (excluding Anti-Ageing)

Full use of our Luxury Spa Facilities including an indoor heated swimming pool, Jacuzzi, sauna, gymnasium and tennis court.

Full Afternoon Tea

From 10.30am – 5.30pm

Monday – Thursday	£115.00
Friday – Sunday	£130.00

DELUXE DARPHIN DAY

A 70 minute Deep Harmony Full Body Massage

A Darphin 60 Minute Facial

Full use of our Luxury Spa Facilities including an indoor heated swimming pool, Jacuzzi, sauna, gymnasium and tennis court

Two-course Spa Lunch

From 10.30am – 5.30pm

Monday – Thursday	£185.00
Friday – Sunday	£200.00

SPA DAY PACKAGES (CONTINUED)

MOTHER-TO-BE SPA TIME

A Mello Mama pregnancy treatment

Full use of our Luxury Spa Facilities for half a day including an indoor heated swimming pool, Jacuzzi, sauna, gymnasium and tennis court

Choose to start with Morning coffee and cookies or finish with Afternoon Tea from 3.00pm

From 10.00am – 2.00pm or 2.00pm – 6.00pm £80.00

Monday – Sunday

SPA DAY FOR MEN

A 30 minute Detoxing Facial

A Back, Neck, Shoulder and Scalp Massage

Full use of our Luxury Spa Facilities including an indoor heated swimming pool, Jacuzzi, sauna, gymnasium and tennis court

Two-course Spa Lunch

From 10.30am – 5.30pm £125.00

Monday – Thursday £140.00

Friday – Sunday

TWILIGHT PACKAGE (Minimum of six persons).

Ideal for any Celebration, Birthday, Hen Parties or just getting together with friends.

Choose from one of the following:

Back, Neck and Shoulder Massage

Darphin Sensorial Facial

Head Massage

Leighton Denny Custom Manicure

Full use of our Luxury Spa Facilities including an indoor heated swimming pool, Jacuzzi, sauna, gymnasium and tennis court

A slection of sandwiches

From 6.00pm – 9.00pm £65.00 per person

Monday – Thursday

We would be delighted to tailor make any package for you according to your individual requirements.