

## DARPHIN FACIALS

Darphin is the Parisian Skincare Brand that uses the finest botanical ingredients, innovative technologies, and specialised sensory techniques. A Darphin treatment is for those seeking luxurious products combined with visible results.

### INSTANT SKIN REVIVER

25 minutes £45

The perfect facial for those short on time as a pick me up, or as a skin preparation before applying make up for a special occasion.

### EYE REFINER

25 minutes £45

Complete rejuvenation for the fragile eye area, eyes look fresh bright and well rested and can be added to any facial.

### ULTIMATE UPLIFT – ANTI AGING FACIAL

55/70 minutes £90/£110

The ultimate escape from the signs of ageing. This multi-corrective facial is infused with our precious botanical jewel, Sea Emerald and the rejuvenating 8-Flower Nectar, visibly plumps wrinkles, restoring skin's density and texture. Leaves the complexion looking smoother, contoured and radiant.

### EXQUISITE AT ANY AGE

55/70 minutes £90/£110

Celebrate your age beautifully. A complete treatment to diminish fine lines and wrinkles, smooth and refine skin texture and restore luminosity to reveal the skin at its radiant best.

### SENSITIVE TO SUBLIME

55 minutes £80

Specially created for delicate, sensitive skin. A cocooning soothing treatment with Chamomile and Hawthorn. Instantly alleviates redness and discomfort, evens out skin and leaves it calm and lastingly protected.

### IMMERSIVE EXPERIENCE

55 minutes £80

Deep relief for dehydrated skin. Moisturises as it restores vital water balance, slows moisture loss and increases natural resilience. The skin is nourished feeling replenished and appears dewy-fresh.

## THE SUMMER LODGE EXCLUSIVE

### DARPHIN SIGNATURE TREATMENT

90 minutes £135

Darphin's Ultimate Rejuvenating Facial, tones and redefines the facial contours, minimises the appearance of fine lines as well as relaxes and eases tension. A back and head massage is incorporated for ultimate relaxation.

### DARPHIN BODY COLLECTION

45 minutes £60

Satin-finish Exfoliating Treatment

Aromatic Citrus oils combine with mineral salts to revitalise the skin, enveloping it in hydration and comfort, whilst boosting the bodies natural energy. Leaving you with silky smooth polished skin.

### VELVET WRAP

55 minutes £80

Deeply Nourishing and Firming Treatment

This luxurious, indulgent full body wrap gives comfort from head to toe, with an opulent intensely moisturising cream mask and aromatic oils. Deeply nourishes and tones the skin, leaving it looking gorgeously refreshed and radiant.

### DEEP RELAXATION

55 minutes £80

Inspired by Pierre Darphin's iconic Massage, this treatment relies on a blend of nourishing aromatic oils and restorative, rhythmical techniques to gently erase deep tension, enhance oxygenation, re-energise and impart a blissful sensation of well-being.

## ila-SPA

ila-Spa is a luxurious selection of spa experiences with the aim of restoring both body and mind to a new harmony. The ila brand is 'beyond organic' offering a rare level of organic purity within its range of holistic treatments.

### ila ANANDA FACE THERAPY

Illuminating – Hydrating – Anti-ageing

60 minutes £90

Using ila's Glowing Radiance collection, this divine facial treatment includes a blackcurrant and honey exfoliation, application of powerful Damascena Rose Otto and Sandalwood essential oils to restore natural luminance and a green mask which reduces inflammation. Skin glows with radiance and a sense of peace pervades the body.

### ila GOLD CELLULAR AGE-RESTORE FACE THERAPY

Advanced Anti Ageing – Hydrating – Repairing

60/90 minutes £105/£145

For mature, irritated and rosacea prone skin. This powerful treatment encompasses a blend of the world's most natural ingredients that have been proven to work with the skin to heal and reverse the signs of ageing. Sonic Wave Therapy instantly increases collagen levels and reduces inflammation reprogramming and rejuvenating your skin.

### ila JUNIOR FACE THERAPY

30 minutes £50

The perfect introduction for young skin, this light face therapy comprises rose and gentle mama massage, warmed poultices and a refreshing mask to improve blood circulation and address hormonal imbalance. Its wholly natural ingredients fight bacteria and gently condition young skin.

### ila EXPRESS BLISS FACE THERAPY

30 minutes £50

The perfect quick fix for dehydrated and tired skin. This treatment uses delicate techniques to open the energy centres of the face leaving your skin glowing and you feeling peaceful and re-balanced.

### ila EYE INDULGENCE

40 minutes £55

Focusing on the often ignored eye region, this gentle yet effective treatment uses mama point stimulation, eye exercises and a hydrating mask to relieve tension, reduce dark circles and fine lines and restore radiance and sparkle.

## TREATMENTS FOR MEN

### GENTLEMAN'S HAND AND NAIL GROOMING TREATMENT

45 minutes £45

For hands in need of moisture and care, this manicure is designed to shape the nail, care for cuticles and soothe the skin with an indulgent massage.

### GENTLEMAN'S LUXURY SPA PEDICURE

55 minutes £60

Complete restoration for those tired feet. Nails are groomed and the soles are smoothed. Complete with a relaxing foot massage.

### MADE FOR MEN HIGH POWERED REVITALISING FACIAL

55 minutes £80

A revitalising treatment to suit specific skin concerns, from deep cleaning and age prevention to hydration and ultimate relaxation. This unique facial begins with a relaxing massage to the back and shoulders, followed by a deep cleansing and brightening facial. A scalp and hand massage are incorporated to enable you to switch off and unwind.

## BODY MASSAGE

### SWEDISH MASSAGE

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

### AROMATHERAPY MASSAGE

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

### Full Body and Head Massage

70 minutes £90

### Full Body Massage

55 minutes £80

### Back Neck Shoulder and Head

45 minutes £65

### Back Neck and Shoulder

25 minutes £50

### DEEP TISSUE MASSAGE

A vigorous workout of deep rhythmic pressure focused on relieving specific stress and muscle tone.

### Full Body Massage

55 minutes £90

### Back Neck and Shoulder

25 minutes £55

### HOLISTIC HEAD MASSAGE

25 minutes £50

A wonderful holistic treatment working on relieving stress and tension in the head and shoulders, leaving you feeling uplifted, and deeply relaxed.

### HOT STONE RITUAL

This therapeutic massage uses hot stones and essential oils. The heat of the stones penetrates further than hands alone, relieving aching muscles and joints, leaving you with a deeper feeling of relaxation.

### Full Body Massage

55 minutes £85

### Back Neck and Shoulder

25 minutes £55

### LAVA SHELL MASSAGE

### Full Body

55 minutes £90

The unique Lava Shell Massage provides deep relaxation. The heat from the Lava Shells eases away muscle tension, releases energy flow and restores a sense of balance to the entire body and mind.

### PREGNANCY WELLBEING MASSAGE

Promoting a sense of calm and optimum wellbeing, this is the ultimate treatment for the mother to be. Combining 100% organic oils, we will help to ease an aching back, fluid retention and promote a state of calm and optimum well-being.

Prenatal treatment is suitable in the second and third trimester of pregnancy.

### Full Body Massage

55 minutes £80

### Back Massage

25 minutes £50

### Legs and Feet

25 minutes £50

## SPECIFIC HOLISTIC TREATMENTS

### REFLEXOLOGY

45 minutes £60

This deeply relaxing foot treatment focuses on points of the feet, to break down tension, alleviate stress and normalise the body's functioning.

### REIKI

45 minutes £60

Reiki meaning Universal Life Force, is the energy that creates everything around and within us. Reiki is an ancient, simple and practical technique for deep relaxation and healing.

### HOPI EAR CANDLING WITH FACIAL DRAINAGE MASSAGE

45 minutes £60

The gentle warmth of the ear candle, helps clear the ear and sinuses, creating a soothing, relaxing effect with a profound feeling of well being.

## CND SPA MANICURES, PEDICURES AND SHELLAC

### VINYLUX COLOUR AND GO HANDS OR FEET

15 minutes £25

Nails are shaped to perfection, and painted with one of Vinylux luxurious colours for an instant impact.

### RADIANCE MANICURE

45 minutes £45

Replenish and revitalise your hands, includes a softening soak gentle conditioning scrub, cuticle care, shaping and hand massage. Complete with your chosen Vinylux nail colour.

### REJUVENATING SPA MANICURE

55/70 minutes £60/70

The ultimate indulgent hand treatment includes a softening soak, gentle conditioning scrub, mask with warming mitts, cuticle care, shaping, hand and arm massage. Complete with your chosen Vinylux polish.

### RADIANCE PEDICURE

45 minutes £45

Invigorate tired feet, polish dull skin with creamy conditioning scrub, cuticle care, shaping and foot massage. With a finishing touch of your chosen Vinylux nail colour.

### TRANSFORMING SPA PEDICURE

55/70 minutes £60/70

Paradise for the sole! Feet will be soothed and exfoliated – moisturises and renews dehydrated skin with the CND replenishing masque and heated boots. Foot and leg massage, cuticle care and shaping are included before your chosen colour of Vinylux polish.

### CUCUMBER HEEL THERAPY – INTENSIVE TREATMENT

15 minutes £10

Professional strength serum with concentrated Alpha Hydroxy Acids, softens skin in minutes followed by an intensive treatment therapeutic cream with Cucumber, Aloe and Camomile.

## CND SHELLAC

A long lasting, high mirror shine, superior colour and chip free finish with zero drying time.

Shellac application hands or feet £35

Includes cuticle work and nail shaping

Shellac Removal and re-application £40

Shellac Treatment Removal £15

Highly recommended for regular Shellac users, this treatment involves the safe removal of Shellac polish, followed by the application of nourishing cuticle oil and hand massage

Add Shellac to a manicure or pedicure £15

### FRENCH MANICURE OR PEDICURE

Please advise at time of booking. An additional £5 per treatment is payable.

### CALLUS PEEL FOOT TREATMENTS

A fast and efficient treatment to remove hard cracked or dry skin from the feet.

### Callus peel heel treatment

30 minutes £25

### Callus peel heel and foot treatment

40 minutes £30

## SPA ESSENTIALS

### EYE ESSENTIALS

Eye-brow shape £20

Eye lash tint\* £20

Eye-brow tint\* £15

Lash and brow tint \* £30

\*please note: a patch test is required 24 hours prior to any tint treatment.

### WAXING ESSENTIALS

Full leg £45

Half leg £30

Bikini from £20

Under Arm £20

Lip or Chin £15

Lip and Chin £25

Eye-brow £15

Back from £35

### MAKE UP

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

Make Up Lesson £50

Make Up for special occasions £45

### BRIDAL PARTY MAKE UP

£95

After a thorough consultation and make up trial to decide on the look you require, this is duplicated for you on the Wedding Day

We are able to provide Wedding Day make up in your home, or venue for the Bride, Bridesmaids, Mother of Bride. Prices on Request

### ST TROPEZ SELF TANNING

Full Body £65

Half Body £45

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

## SPA DAY PACKAGES

### HALF DAY PACKAGE

Monday – Thursday £95 per person

Friday – Sunday £110 per person

The perfect pick me up, to feel revived and refreshed.

### A Darphin Skin Reviver Facial

A Back Neck and Shoulder Massage

Full use of our Spa facilities for half a day, including indoor Heated Swimming Pool, Jacuzzi, Sauna, small Gymnasium and Tennis Court.

Choose from either an appetising morning Pastry Basket, with Fresh Fruit Salad, Yogurt, Tea or Coffee of your choice. Or a delicious Dorset Cream Tea, two scones, clotted cream, jam and Tea or Coffee of your choice.

Either 9:30am–1:30pm or 2:00pm–6:00pm

Monday to Saturday

Sunday 8:45am–12:45pm or 2:00pm–6:00pm

### SPA RETREAT DAY

Monday – Thursday £135 per person

Friday – Sunday £145 per person

Leave the outside world for a whole day of Rest and Relaxation and enjoy either:-

A relaxing Full Body Massage or a Luxurious 55 minute Darphin Facial.

Full use of our Spa Facilities, including indoor Heated Swimming Pool, Jacuzzi, Sauna, small Gymnasium and Tennis Court. Tea or coffee on arrival 2 Course Spa Lunch.

From 10:30am–5:30pm

### TOP TO TOE ULTIMATE SPA DAY

Monday – Thursday £195 per person

Friday – Sunday £205 per person

Re-energise with this Ultimate Top to Toe Body Experience. The ideal pick me up for those seeking some quality 'me' time to relax, and renew.

Full use of our Spa Facilities, including indoor Heated Swimming Pool, Jacuzzi, Sauna, small Gymnasium and Tennis Court. Tea or coffee on arrival 2 Course Lunch, Delicious Dorset Cream Tea.

From 10:30am–5:30pm

Full Body Exfoliation

Darphin Instant Skin Reviver Facial

Back Neck and Shoulder Massage

File and Paint Hands or Feet

### LAZY SUNDAY HALF DAY

8:45am–12:45pm or 2:00pm–6:00pm

£75 per person

What better way to finish the week and start afresh. An Aromatherapy Back, Neck and Shoulder Massage. Full use of our Spa Facilities for half a day, including indoor Heated Swimming Pool, Jacuzzi, Sauna and Tennis Court.

Choose from either an appetising morning Pastry Basket, with Fresh Fruit Salad, Yogurt, Tea or Coffee of your choice. Or a delicious Dorset Cream Tea, two scones, clotted cream, jam and Tea or Coffee of your choice.

### TWILIGHT SPA PACKAGE

(Minimum 2 people)

From 6pm to 9pm Monday – Friday

£75 per person

This is the perfect way to finish your busy working day, relax by our Heated indoor pool, whilst enjoying a glass of bubbly, with your friends. A Spa evening experience is a great way to celebrate any occasion.

Choose from one of the following:

Back, Neck and Shoulder Massage

Instant Skin Reviver Facial

Holistic Head Massage

Express Manicure

Full use of our Spa facilities including an indoor Heated Swimming Pool, Jacuzzi, Sauna, small Gymnasium.

A chilled glass of Bubbly included

### CELEBRATION SPA EXPERIENCES

If you are looking to celebrate a Hen Party, Baby Shower, Anniversary, Birthday or just a catch up with friends, we can offer Tailor Made Packages to accommodate your specific requirements.

## 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 areas.

## TERMS AND CONDITIONS

### RESERVATIONS

For reservations or more information please call 01935 482045, email spa@summerlodgehotel.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 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.

## THE SPA SHOP

A full range of products to maintain the benefits of your treatments are available. Please ask your therapist for more information.

## VAT

All prices include VAT at the prevailing rate.

## GIFT VOUCHERS

We offer gift vouchers for all occasions. Gift vouchers can be purchased to cover any value, treatment or package and make an ideal gift

## OPENING HOURS

### SPA TREATMENTS

Monday to Sunday: 9.00am – 7.00pm

### SPA FACILITIES

Monday to Sunday: 7.00am – 9.00pm

The Spa at Summer Lodge has been created to be a luxurious and relaxing retreat for adults and therefore access to children

under 8 is limited to the following times:

Monday to Sunday mornings: 7.00am – 10.30am

Monday to Sunday afternoons: 4.30pm – 7pm



## RESERVATIONS AND ENQUIRIES

T: +44 (0) 1935 482045 | E: spa@summerlodgehotel.co.uk

The Spa at Summer Lodge | Evershot | Dorset DT2 0JR

www.summerlodgehotel.com

PART OF THE FAMILY RUN RED CARNATION HOTEL COLLECTION

# THE SPA

at

## Summer Lodge

EVERSHOT | DORSET | ENGLAND