

## ELEMIS TREATMENT PHILOSOPHY

A healing hub where touch and technology are turbo charged by the power of minerals, plants and active natural aromatics.

All the treatments are designed to support great skin health; to respect that skin is alive. No two skins are the same, and no two bodies are the same. Every spa therapy is shaped and moulded around you. Personalised for a results-driven, personalised experience.

## ELEMIS TOUCH FACIALS

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

### INSTANT RADIANCE FACIAL

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

30 minutes £50.00

### ELEMIS PRO-COLLAGEN AGE DEFY

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

55 minutes £90.00

### ELEMIS PRO-DEFINITION LIFT AND CONTOUR

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix.

Creates a profoundly sculpted, youthful effect.

55 minutes £90.00

## ELEMIS DYNAMIC RESURFACING PRECISION PEEL

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

55 minutes £90.00

## ELEMIS SUPERFOOD PRO-RADIANCE

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper radiant and lit up with good health.

55 minutes £80.00

## ELEMIS SENSITIVE SKIN SOOTHER

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

55 minutes £80.00

## ELEMIS TOUCH FACIAL FOR MEN

High Performance Skin Energiser.

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, and decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.

55 minutes £90.00

## ELEMIS BODY TREATMENTS

### ELEMIS BODY NECTAR NOURISHING WRAP – SWEET ORCHID OR FRANGIPANI

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

55 minutes £80.00

### ELEMIS INTENSELY CLEANSING SALT SCRUB – LIME AND GINGER OR FRANGIPANI

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

45 minutes £65.00

### ELEMIS GARDEN OF ENGLAND ROSE RESTORE

Take a walk in an English rose garden with this lavishly hydrating massage and micro wrap. The unique trio of Rose, Camelina and Poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented. Together with a 25 minute Touch Facial, leaving you feeling totally relaxed and restored.

90 minutes £135.00

### WELLBEING SIGNATURE TREATMENT

A top to toe treatment to encourage a deep sense of wellbeing and optimum skin health using ground-breaking ELEMIS formulations and techniques. To begin our therapists will perform a grounding and relaxing Holistic head massage using warm and beautifully scented Aromatherapy oils tailored to your specific needs followed by the Elemis Superfood organic facial to rejuvenate your skin, this illuminating facial includes an arm, hand and neck massage to leave you feeling enveloped with a sense of wellbeing.

90 minutes £135.00

## BODY MESSAGES

### 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.

Full Body and Head Massage  
70 minutes £105.00

Full Body Massage  
55 minutes £90.00

Back, Neck, Shoulder and Head  
45 minutes £75.00

Back, Neck and Shoulder  
25 minutes £55.00

### DEEP TISSUE MASSAGE

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

Full Body Massage  
55 minutes £95.00

Back, Neck and Shoulder  
25 minutes £60.00

### AROMATHERAPY MASSAGE

Using a blend of 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  
70 minutes £105.00

Full Body Massage  
55 minutes £90.00

Back, Neck, Shoulder and Head  
45 minutes £75.00

Back, Neck and Shoulder  
25 minutes £55.00

## HEAD MASSAGE

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

25 minutes £55.00

## STONE THERAPY MASSAGE

Warm volcanic stones are used to massage and melt away muscle tension, ease stress and stimulate the circulation.

Full Body Massage  
55 minutes £95.00

Back, Neck and Shoulder  
25 minutes £55.00

## PEACEFUL PREGNANCY MASSAGE

This heavenly full body massage designed to soothe, calm and relieve the strains of pregnancy. For mothers to be who are experiencing disturbed sleep, aches, pains and puffiness, this relaxing massage will give you time to rest and restore. Using Certified Organic oils, which are highly effective for dry reactive skin.

Full Body and Head Massage  
70 minutes £105.00

Full Body Massage  
55 minutes £90.00

Back, Neck and Shoulder  
25 minutes £55.00

Legs and Feet  
25 minutes £55.00

Courses of treatments can be tailored throughout your pregnancy and beyond.

85 minutes £115.00

55 minutes £85.00

## MADE FOR LIFE ORGANICS

Made for Life Organics grew from a need for skincare that nourishes your body both inside and out. The products have been developed by combining dermatological science with the strength and purity of botanicals. Since their conception, the formulations have evolved with dermatological research and that of the incredible power of nature. The formulations are created using the synergy of organic herbs and flowers to be effective and uplifting. Beautiful skin is healthy skin.

Made for Life treatments have been designed to create a true sense of well-being for the body, mind and emotions using 100% organic ingredients and a range of specialised relaxation techniques. With a highly focused and dedicated holistic health and wellness approach. Made for Life treatments are unisex and suitable for anyone seeking a life affirming organic therapy.

These treatments are suitable for everyone; including guests living with cancer.

## HAND ON HEART™ BACK, FACE, SCALP TREATMENT

This nurturing and calming treatment for the head, face, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese massage techniques rebalance and calm the upper body while the facial will replenish, nourish and revive the skin and ease tension. The ritual uses slow, soothing and rhythmic techniques providing complete tranquillity and relaxation. 100% certified organic Made for Life products nourish and protect.

85 minutes £115.00

55 minutes £85.00

## CATCH THE BREATH® BACK & HEAD TREATMENT

Slow, rhythmic movements utilising Tui Na Chinese techniques on back, shoulders, neck and head with 100% certified organic Made for Life products to provide a true sense of well-being.

55 minutes £85.00

## SOOTHE & NURTURE™ ORGANIC FACIAL

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms and oils will cleanse and nourish, eliminating congestion and returning natural balance to the skin, whilst deeply relaxing face and scalp massage calms the mind and soothes the soul.

55 minutes £85.00

## SOFT TOUCH THERAPY RELAXING TOUCH TO FACE & BODY

An exceptionally relaxing sequence of touch therapy tailored to your needs. Soothing touch to full body or part body will induce a deep sense of relaxation enabling you to switch off and enjoy the present moment.

55 minutes £85.00

30 minutes £45.00

## SPECIFIC HOLISTIC TREATMENTS

### REFLEXOLOGY

This deeply relaxing original foot treatment focuses on points of the feet which relate to specific parts of the body to heal and rebalance energy levels.

45 minutes £65.00

### REIKI

Reiki, meaning "universal life force" 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.

45 minutes £65.00

## SPA DAY PACKAGES

### HALF DAY PACKAGE

Monday – Thursday £95.00 per person

Friday – Sunday £110.00 per person

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

An Elemis 25 minute Touch Facial  
A Back Neck and Shoulder Massage.

Full use of 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 Monday to Saturday 9.30am – 1.30pm or 2.00pm – 6.00pm

Sunday 8.45am – 12.45pm or 2.00pm – 6.00pm

### SPA RETREAT DAY

Monday – Thursday £135.00 per person

Friday – Sunday £145.00 per person

Leave the outside world for a whole day of rest and relaxation and enjoy either:

Relaxing Full Body Massage or an Elemis 55 minute Touch Facial.

Full use of spa facilities for half a day 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 £195.00 per person

Friday – Sunday £205.00 per person

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

A 55 minute Elemis Superfood Facial

A Full Body Exfoliation

Back Neck and Shoulder Massage.

Full use of spa facilities for half a day including indoor heated swimming pool, jacuzzi, sauna, small gymnasium and tennis court.

Tea or coffee on arrival.

2 course Spa Lunch. Delicious Dorset Cream Tea.

From 10.30am – 5.30pm

## LAZY SUNDAY HALF DAY

Sunday Only £75.00 per person

What better way to finish the week and start afresh. An Aromatherapy Back, Neck and Shoulder Massage, Full use of 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 delicious Dorset Cream Tea, two scones, clotted cream, jam and tea or coffee of your choice.

From 9.00am – 1.00pm or 2.00pm – 6.00pm

**TWILIGHT SPA PACKAGE**

(Minimum 2 people)

Monday – Friday £75.00 per person

This is the perfect way to finish your busy working day. Relax by our heated indoor swimming pool whilst enjoying a glass of bubbly with your friends. A spa evening experience is a great way to celebrate an occasion.

Choose from one of the following:

Back Neck and Shoulder Massage or Elemis 25 minute Touch Facial or Holistic Head Massage

Full use of spa facilities including indoor heated swimming pool, jacuzzi, sauna, small gymnasium.

From 6.00pm – 9.00pm

**CELEBRATION SPA EXPERIENCE**

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. Just ask.

**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 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 five 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 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 which treatment to have then it is advisable to book a 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 the 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.

**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 – 6.00pm

**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**

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PART OF THE FAMILY RUN RED CARNATION HOTEL COLLECTION

**WELL-BEING**  
at  
Summer Lodge

EVERSHOT | DORSET | ENGLAND