

## The Spa at Walleth's Court Country House Hotel, Dover, Kent

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### Therapy Menu

1<sup>st</sup> July 2005 -30<sup>th</sup> April 2006

#### For The Body

Treatment	Price (€GBP)	Duration (Minutes)	Description	Type
AROMATHERAPY MASSAGE	37.50	60	<i>A relaxing all over body massage using essential oils</i>	Body
HOLISTIC MASSAGE	32.50	60	<i>A stimulating all over body massage.</i>	Body
BACK MASSAGE	22.50	30	<i>A stress relieving back, neck and shoulder massage.</i>	Body
INDIAN HEAD MASSAGE	22.50	30	<i>An invigorating massage, using ancient methods.</i>	Body
LOWER LEG AND FOOT MASSAGE	22.50	30	<i>A stress relieving lower leg and foot massage.</i>	Body
REFLEXOLOGY	27.50	60	<i>Focusing on pressure points to relive tension.</i>	Body
BASIC THERMA STONE	27.50	30	<i>A back massage using hot stones, hot stone therapy is a complete mind and soul treatment. The circulation and metabolism are stimulated and you will reach a state of relaxation within minutes</i>	Body
DELUXE THERMA STONE	47.50	90	<i>A full body massage using hot stones, hot stone therapy is a complete mind and soul treatment. The circulation and metabolism are stimulated and you will reach a state of relaxation within minutes</i>	Body
EXFOLIATING BODY MASSAGE	42.50	90	<i>A massage to stimulate the circulation, leaving you tingling, glowing and silky smooth al over.</i>	Body
BODY BRUSHING	22.50	30	<i>Popular in Scandinavia this technique stimulates the circulation. Used in a combination with other approaches, it is helpful in removing cellulite</i>	Body
MOISTURISING BODY SUGAR SCRUB	25.00	30	<i>A gentle exfoliator even for the most sensitive skin. The moisturising affects of the olive oil seals into your newly exfoliated skin with hydrating glycerine, especially for those with dry thirsty skin. Followed by a gentle cloth buffing to finish</i>	Body
TOTAL DETOX SALT SCRUB	25.00	30	<i>Detoxifying salts, minerals and clay from the Dead Sea with pH balanced vegetable glycerin to remove dead skin cells and expose new, supple skin, followed by a gentle cloth buffing.</i>	Body
TOTAL DETOX BODY MASK	30.00	60	<i>Formulated with the power of Soy and loaded with vitamins A, E and B complex, this powerful body mask draws out impurities while soothing rough, scaly skin followed by a moisturize to finish</i>	Body
THE 3 STEP DETOX PACK	47.50	90	<i>This popular spa treatment starts with a salt scrub soufflé to exfoliate the skin, a mask is then applied to the body to detoxify, smooth and combat all the impurities. To finish moisture is put back into the skin using Soy and Algae dry oil spray to maintain a supple silky texture</i>	Body
INCH LOSS BODY WRAP Course of 3 Sessions	45.00 120.00	120 3 x 120	<i>Full body detox seaweed thalasso wrap combines marine algae with plant extracts to firm the skins elasticity and eliminate fatty deposits, detoxification and fluid retention. Ideal for weight loss and skin lacking tone. The wrap exfoliates and cleanses the skin, detoxifies the body, tightens loose tissue guarantees exceptional and lasting inch loss.</i>	Body
ST TROPEZ AIR TAN	35.00	30	<i>For best results exfoliate and moisturise 24hours before the tan. Wear very loose clothing and open toed sandals.</i>	

## From Tip to Toe

Treatment	Price (£GBP)	Duration (Minutes)	Description	Type
EXPRESS FACIAL	22.50	30	<i>Cleanse, tone exfoliation, mask and moisture</i>	Face
FACIAL MASSAGE	37.50	60	<i>As above, incorporating a steam and massage</i>	Face
LUXURY FACIAL MASSAGE	42.50	90	<i>As above, incorporating a paraffin wax masque</i>	Face
MULTI VITAMIN POWER TREATMENT	30.00	30	<i>Ideal for skin conditions affected by premature aging, skin repairing vitamins which include a non irritating vitamin power exfoliation and a vitamin power recovery mask to noticeably improve skin elasticity, tone and texture</i>	Face
DERMA-NEW FACIAL	45.00	60	<i>A dual crystal, antioxidant formula micro dermabrasion crème which helps to diminish the appearance of fine lines and wrinkles, decreases visible signs of sun damage, skin discoloration and enlarged pores. Smoothes skin surface and all over skin cell renewal.</i>	Face
REVITALISING EYE TREATMENT	25.00	30	<i>Cleansing around the eyes, exfoliate and a pressure point massage, eye mask and eye treatment cream applied</i>	Face
MENS EXCLUSIVE FACIAL	37.50	60	<i>Cleanse, steam, exfoliate, massage, masque, tone and moisture</i>	Face
MENS SPORT FACIAL	25.00	30	<i>Cleanse, steam, exfoliate, massage, tone and moisture</i>	Face
THERMA STONE FACIAL	32.50	30	<i>A facial massage incorporating hot basalt stones and cold marine stones. Cleanse, exfoliate, massage and moisture</i>	Face
HOLISTIC STONE FACIAL	47.50	90	<i>This also incorporates a foot and hand exfoliant and massage, using hot stones with concept oils. During the massage hot stones are placed in-between toes and hands for a full holistic approach.</i>	Face
MICRO CURRENT NON-SURGICAL FACELIFT	55.00	120	<i>A series of micro currents passed through the body which lifts, tones, reduces puffiness around the eyes, helps ageing skin, irons out wrinkles and fine lines, improves contours, softens scar tissue and improves lymphatic drainage. The treatment starts with a cleanse, tone, steam and exfoliation, followed by the micro-current surgery. A thermal contour mask is then applied which helps tighten the skin further.</i>	Face
THE BOTO MASK	65.00	60	<i>The boto mask system is a revolutionary semi permanent non-invasive luxury mask treatment to relax the muscles.</i>	Face
EYEBROW SHAPE/TIDY	12.50	30		Face
EYEBROW OR EYELASH TINT	12.50	30	<i>A Patch test is required 24 hours before any eye tinting</i>	Face
EYEBROW AND LASH TINT	15.00	30		Face
MAKE-UP	30.00	60		Face

MANICURE	22.50	30	<i>File, cuticles tidied and paint</i>	Hands
MANICURE WITH JOJOBA GLO SALT SCRUB	27.50	60	<i>All manicures include treating the cuticles with an arm and hand massage</i>	Hands
MANICURE WITH WARM OIL	27.50	60		Hands
PARAFFIN WAX MANICURE	30.00	60		Hands
PEDICURE	27.50	60	<i>Spa foot soak, removal of rough skin, file and cut, cuticle work, foot and leg massage and paint.</i>	Feet
CLASSIC PEDICURE WITH FOOT MASK	32.50	90	<i>Spa foot soak, removal of rough skin, file and cut, cuticle work, foot and leg massage and paint with cooling foot mask.</i>	Feet
LUXURY PEDICURE	35.00	90	<i>Spa foot soak, removal of rough skin, file and cut, cuticle work, foot and leg massage and paint with paraffin wax.</i>	Feet
WAXING UNDERARM	12.50	30		Waxing
WAXING BIKINI	12.50	30		Waxing
WAXING LIP AND CHIN	12.50	30		Waxing
WAXING EYEBROWS	12.50	30		Waxing
WAXING FOREARMS	12.50	30		Waxing
WAXING HALF LEG	15.00	30		Waxing
WAXING FULL LEG	20.00	60		Waxing

### Day Packages

Treatment	Price (€GBP)	Duration (Minutes)	Description	Type
PERFECT RETREAT PACKAGE	60.00	90	<i>Let us restore you with the combination of a stress relief BACK MASSAGE and a TOTAL DETOX SALT SCRUB followed by an INDIAN HEAD MASSAGE</i>	Package
TOTAL BODY WELLNESS PACKAGE	67.50	120	<i>This deluxe treatment for the body will leave you feeling refreshed and renewed. Relax with a TOTAL DETOX SALT SCRUB for the body. Then enjoy our anti-stress BACK MASSAGE with aromatic essential oils. Finish with a complete REFLEXOLOGY treatment</i>	Package
THE WORKS FOR MEN	60.00	90	<i>Lie back and relax with our deluxe treatment for face and body. Start with a therapeutic INDIAN HEAD MASSAGE to release tension follow with a MENS SPORT FACIAL to detoxify and revitalise skin. Complete the treatment with a LOWER LEG AND FOOT MASSAGE.</i>	Package
MONTHLY DIARY DATE	65.00	120	<i>For women who like to keep on top of things. Start with an EXPRESS FACIAL to maintain your skins healthy glow. Complete the look with a MANICURE and a PEDICURE</i>	Package
SPA PAMPERING DAY *	99.00	1 Day 9am-5pm	<i>1 day includes 90 minutes of treatments – (choose either 3 x 30 minute or 1 x 30 minute &amp; 1 x 60 minute or 1 x 90 minute treatment from the list below) also includes light lunch and all use of the leisure facilities. Robes and towels are provided for the day.</i>	Package
CLASSIC SPA DAY *	49.00	1 Day 9am-5pm	<i>A full day in the spa, full use of the leisure facilities with a 30-minute treatment – choose one from the list below. Robes and towels are provided for the day.</i>	Package

### Spa Pampering Day and Classic Spa Day Treatments\*

30 Minutes	60 Minutes	90 Minutes
BACK MASSAGE	AROMATHERAPY MASSAGE	DELUXE THERMA STONE MASSAGE
INDIAN HEAD MASSAGE	HOLISTIC MASSAGE	EXFOLIATING BODY MASSAGE
LOWER LEG AND FOOT MASSAGE	REFLEXOLOGY	THE 3 STEP DETOX PACK
BODY BRUSHING	FACIAL MASSAGE	LUXURY FACIAL MASSAGE
TOTAL DETOX SALT SCRUB	MENS EXCLUSIVE FACIAL	LUXURY PEDICURE
EXPRESS FACIAL	PEDICURE	

MENS SPORT FACIAL
MANICURE

**Medical Considerations:**

Please notify your doctor of your intent if you are taking any medication, are under medical supervision for any other treatments. Please notify the therapist. Consultations are treated in the strictest confidence.

**What to wear** – Male clients are required to wear under garments whilst having treatments.

**What to bring** – For Spa days a bathrobe and towel will be provided for your use during your spa day. Please bring with you exercise wear, trainers (non marking) and swimwear.

Spa days must be pre booked and are subject to availability.

We would like to suggest that you arrive with us at least 30 minutes prior to your appointment so that you can reach optimum relation by using the sauna, steam room and spa.

Once you have planned the treatments you wish to enjoy, we do advise you to book as early as possible to avoid disappointment – Fridays, Saturdays and Sundays are sometimes booked up many weeks ahead!

Time of treatments are approximate may vary with each individual treatment and may include time for a consultation and/or changing

**Gift Vouchers**

What do you give the person who has everything?

How about a gift voucher for some serious pampering.

Gift vouchers are available for use against any treatment, spa day, or product.

Gift vouchers are not refundable and must be presented at time of treatment.

**CANCELLATION POLICY**

Should you wish to cancel your appointment, please do so 24 hours prior to your appointment time. Any cancellations made within the 24 hours will be charged 50% of the value of the treatment

Terms and conditions

Packages available between 01/06/05 and 30/04/06. Subject to availability.