

## SPA BREAKS AT WALLETT'S COURT

Chill– Feel Alive – De-Stress – Shine – Glow

'All Inclusive' 2 Night, 3 Day Spa Break- **£239.00 per person** based on two sharing a room.

**UPGRADE...** Go on spoil yourself and upgrade to a fab **4-poster** or sexy **Suite** for £40.00 per person more.

What the heck, I want it all... Choose an extra treatment package for another £60.00

If you're coming on your own the Single Supplement is £79.00

(Why not ask a friend to come along and share the experience/cost?)

Your 2 night/3 day Spa Break will include - 2 nights in a double/twin room with breakfast and a 3 course dinner on each evening, a one & a half hours treatment package per person - choose below, and use of all leisure facilities all day on the day of arrival, throughout the stay and all day on the day of departure.

### SPA TREATS – You Choose...

What do you deserve? Choose one of the following...  
Remember it's an Hour and a Half and it's all about you...

#### Chill

*Lose yourself*

AN INDIAN HEAD MASSAGE & AROMATHERAPY MASSAGE

An energizing massage, using ancient methods followed by a relaxing all over body massage using essential oils.

#### Feel Alive

*Energise, Uplift, Restore*

BODY BRUSHING & A HOLISTIC MASSAGE

A Scandinavian technique to improve circulation finished with a stimulating all over body massage.

#### De-Stress

*Feel the energy flow through your body*

AN INDIAN HEAD MASSAGE, A BACK MASSAGE & A LOWER LEG AND FOOT MASSAGE

An energizing head massage, using ancient methods then a soothing lower leg and foot massage finished with a stress relieving back, neck and shoulder massage.

#### Shine

*Be Pampered*

A PEDICURE & MANICURE

File, cuticles tidied and paint with a Spa foot soak, removal of rough skin, file and cut, cuticle work, foot and leg massage and paint.

#### Glow (for Him)

*Feel the years slip away...*

A BACK MASSAGE & MEN'S FACIAL

A stress relieving back, neck and shoulder massage followed by a Cleanse, steam, exfoliate, massage, masque, tone and moisture.

#### Glow (for Her)

*You're Beautiful...*

A MANICURE & FACIAL MASSAGE

Nails filed, your cuticles tidied and a painted and then to your face for a cleanse, tone exfoliation, mask and moisture incorporating a steam and massage.

### THIS SOUNDS LIKE MY CUP OF TEA I'D LIKE TO BOOK RIGHT NOW!

Please quote 'Spa Break' on initial booking.

Email [spabreaks@wallettscourt.com](mailto:spabreaks@wallettscourt.com) or call 01304 852424 to book

#### Boring Small Print:

Once you have planned your Spa Break and the treatment package 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!

There are loads of additional treatments such as stone massages, waxing, body wraps, cosmetic tanning etc, etc. that are not included in the 1 ½ hours of a Spa Break these may be taken at a further charge. See The Therapy Menu for more details. Terms & Conditions - This offer is available between 01/05/06 & 30/04/07.

Check-in to room from 2pm Day of Arrival. Checkout of room by 11am on Day of Departure.

Spa Facilities may be used from 7am - 9pm on each day. Subject to availability.

# WALLETT'S COURT

-PLEASURES-

## SPA THERAPY MENU

may06

april07

WHAT'S YOUR PLEASURE? CALL 0800 0351628

OR EMAIL SPA@WALLETTSCOURT.COM

TREATMENT	HOW MUCH?	HOW LONG?	WHAT I NEED TO DO!
<b>MASSAGES</b>			
BACK	£25.00	30 mins	DE-STRESS
INDIAN HEAD MASSAGE	£25.00	30 mins	DE-STRESS
LOWER LEG AND FOOT	£25.00	30 mins	DE-STRESS
THERMA STONE	£25.00	30 mins	RELAX
AROMATHERAPY	£40.00	60 mins	CHILL
HOLISTIC	£40.00	60 mins	FEEL ALIVE
REFLEXOLOGY	£40.00	60 mins	UPLIFT
DELUXE THERMA STONE	£50.00	90 mins	LOSE MYSELF
<b>SHRINK N' WRAP</b>			
TOTAL DETOX BODY MASK	£40.00	60 mins	GET PAMPERED
INCH LOSS BODY WRAP	£50.00	120 mins	SHAPE UP
INCH LOSS BODY WRAP x 3	£130.00	3x120 mins	FIT IN
<b>BEAUTIFUL FACES</b>			
EXPRESS FACIAL	£25.00	30 mins	REFRESH
REVITALISING EYE TREATMENT	£25.00	30 mins	REFRESH
THERMA STONE FACIAL	£30.00	30 mins	REVITALISE
MULTI VITAMIN POWER TREATMENT	£30.00	30 mins	REVITALISE
FACIAL	£40.00	60 mins	GLOW
DERMA-NEW FACIAL	£45.00	60 mins	REFRESH
LUXURY FACIAL	£50.00	90 mins	AWAKEN
HOLISTIC STONE FACIAL	£50.00	90 mins	REVITALISE
THE BOTO MASK	£65.00	60 mins	LOSE YEARS
MICRO CURRENT NON-SURGICAL FACELIFT	£75.00	120 mins	LOSE YEARS
<b>TIP TO TOE</b>			
MANICURE	£25.00	30 mins	SHINE
LUXURY MANICURE	£35.00	60 mins	SHINE MORE
PEDICURE	£35.00	60 mins	SHINE
LUXURY PEDICURE	£40.00	90 mins	SHINE MORE
<b>PLUCKING &amp; SCRUBBING</b>			
EYEBROW SHAPE	£12.50	15 mins	LOOK GREAT
EYEBROW TINT	£12.50	15 mins	FEEL GREAT
EYELASH TINT	£12.50	15 mins	LOOK GREAT
BIKINI WAX	£17.50	30 mins	FEEL GREAT
LIP AND CHIN WAX	£17.50	30 mins	LOOK GREAT
EYEBROWS WAX	£17.50	30 mins	FEEL GREAT
UNDERARM WAX	£17.50	30 mins	LOOK GREAT
FOREARM WAX	£17.50	30 mins	FEEL GREAT
HALF LEG WAX	£17.50	30 mins	LOOK GREAT
FULL LEG WAX	£25.00	60 mins	FEEL GREAT
BODY BRUSHING	£25.00	30 mins	FEEL ALIVE
MOISTURISING BODY SUGAR SCRUB	£25.00	30 mins	GET SMOOTH
TOTAL DETOX SALT SCRUB	£25.00	30 mins	FEEL ZINGY
LOOK BETTER NAKED	£50.00	90 mins	GET SILKY
EXFOLIATING BODY MASSAGE	£50.00	90 mins	FEEL ZINGY
<b>GO FOR BRONZE</b>			
ST TROPEZ AIR TAN	£35.00	30 mins	CHEAT!
<b>AND FOR THE BOYS ...</b>			
BACK MASSAGE	£25.00	30 mins	DE-STRESS
INDIAN HEAD MASSAGE	£25.00	30 mins	DE-STRESS
LOWER LEG AND FOOT MASSAGE	£25.00	30 mins	DE-STRESS
REFLEXOLOGY	£40.00	60 mins	UPLIFT
HOLISTIC MASSAGE	£40.00	60 mins	FEEL ALIVE
MENS FACIAL	£40.00	60 mins	GLOW
PEDICURE	£35.00	60 mins	SHINE
MANICURE	£25.00	30 mins	SHINE
EYEBROW SHAPE	£12.50	15 mins	LOOK GREAT
BACK WAX	£17.50	30 mins	FEEL GREAT

Fellas – Don't be shy, if you want any of the other treatments on the list just ask.

## FAQ's

Here's a list of some of the most frequently asked questions.

If you need more info' call us on 0800 0351628 to speak to one of the Wallett's Team.

Q: What can I do to ensure I get the most out of my Spa experience?

A: Chill out in the spa lounge for at least 5 minutes before your treatment time. Your therapist will collect you from there. You will then be escorted to your own treatment room in the woods outside the spa. (You may need to wear suitable shoes walking on the path if you have delicate feet & if the weather is bad we recommend staying dressed and changing in the treatment room). It is best not to wear wet swimwear to your treatments so please allow enough time to get yourself dry. Drink plenty of water after your treatment and relax.

Q: What do I Wear?

A: You generally remove your clothes for a massage and body treatments, but you are draped with large towels. We would like to ask male clients to wear shorts whilst having treatments. If you are coming for a pedicure, please wear open-toed shoes to allow the nail varnish to dry. In the spa lounge or on the terrace robes and swimwear are fine but if you're going over to the main house please change out of swimwear/robes into normal clothes.

Q: What do I bring?

A: If you're coming on a Spa Day or you're a hotel guest a robe and towel will be provided for your use. Bring swimwear if you plan to use the pool, sauna, steam room or jacuzzi. If you're using our fitness facilities or tennis court please bring exercise wear and trainers.

Q: Are oils used for the Indian Head Massage?

A: No

Q: What products do we use?

A: Dermalogica for Beauty treatments, OPI for nails, St. Tropez for Tans,

Q: Is the Therma Stone Massage a dry massage?

A: Yes

Q: What is the difference between a Holistic and Aromatherapy massage?

A: Aromatherapy massage is softer, using essential oils. While Holistic body massage is more intense, without oils.

Q: What is included in Total Detox Body mask?

A: Powerful body mask to purify and sooth, followed by a moisturise to finish

Q: How often can an Inch loss Body Wrap be done?

A: A 24 hour gap is recommended, the rest is entirely up to you.

Q: What extra do I get during an hour facial?

A: Steam and massage of the face.

Q: What extra do I get during Luxury facial?

A: Paraffin wax masque.

Q: What extra do I get during Luxury manicure?

A: incorporating a paraffin wax masque

Q: What extra do I get during Luxury pedicure?

A: Spa foot soak, removal of rough skin, file and cut, cuticle work, foot and leg massage and paint with paraffin wax.

Q: What is a Holistic Stone Facial?

A: Treatment that also involves foot and hand exfoliation and massage, using hot stone with concept oils. Hot stones are placed between toes and hand for full holistic approach.

Q: What is body brushing?

A: A Scandinavian technique, to stimulate circulation, good for cellulite!

Q: What is Moisturising body sugar scrub?

A: Exfoliator suitable even for sensitive skin, moisturising effect, good for dry thirsty skin.

Q: What is Total Detox Salt Scrub?

A: Detoxifying salts used to exfoliate, to remove dead skin cells.

Q: What is the Look Better Naked Treatment?

A: 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

Q: How long after the St. Tropez tan can we use the pool etc?

A: For St. Tropez air tan treatments, please wear loose garments and note that after your treatment you won't be able to use the spa facilities for at least 24 hours.

Q: I am diagnosed with certain illness, after an operation etc...What treatments can I have?

A: ALWAYS consult your GP before booking the treatments with us.

Q: I am pregnant, what treatments can I have?

A: Consult your GP/Midwife before booking the treatments with us. Pregnancy Safety Policy – No body treatments can be given in the first 12 weeks of pregnancy. Other limited facial and beauty treatments are available but please be sure to inform your therapist of your wonderful condition.

Q: Can I buy a Treatment as a Gift for some one.

A: Yes, Vouchers ranging in value from £20 to £500 are available from Wallett's Court's Online Shop at [www.wallettscourt.com](http://www.wallettscourt.com) or by phone 0800 0351628.

## 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.

## Tedious Small Print...

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

Credit Card Details are required to secure a booking for any treatment, a charge may be made in the event of a cancellation within the 24 hour cancellation period. Rates applicable 01/05/06 until 30/04/07. Subject to change by management without notice. Subject to availability.

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. Treatment times & prices are subject to change without notification, please check time/price before your treatment with your therapist.