



SPA RESTAURANT SUITES
Moddershall Oaks

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Elemis

Exclusive to only the best spas within the UK, Elemis is designed to stimulate all your senses. You can expect from your treatment a luxurious blend of exotic cultures, colours and textures from around the world with unique massage techniques and facials to leave your skin beautiful and glowing.

Gerard's

Gerard's are passionate about producing the finest natural ingredients for use in their amazing spa therapies. They believe nature is the best source of beauty. Their truly indulgent treatments will leave you feeling refreshed and revitalised.

Spa Ritual

Spa Ritual are dedicated to spa tradition and creating eco-friendly products. They use vegan ingredients from around the world to create the most luxurious treatments designed to balance your body and mind.

Bumble & bumble

Bumble & bumble are only found in the top 2% of salons in the UK, adding an exclusive touch to hair therapies at Moddershall Oaks. They boast editorial-quality products and revere authenticity and creativity.

Aveda

Aveda ensures their products will not only benefit you through exceptional performance, but will positively impact the people and economies from which the product's ingredients are sourced. They believe they will succeed in this effort by striving to use 'Green Ingredients' in their products whenever possible.

St Tropez

For over a decade St Tropez revolutionised self tanning. Their innovative original formula has created a simple and reliable self tanning system that delivers professional results first time, every time.

Spa Facilities

Spa area including swimming pool, sauna, steam room, hydrotherapy pool, heated tiled loungers, experience shower and reflexology footbaths.

Lockers and changing rooms with complimentary use of Elemis products, robe, towels and slippers throughout your visit.

For the more active, a gymnasium including Technogym Wellness System.

Luxurious relaxation lounge with books and magazines... or why not borrow our portable DVD player to watch a film?

More than 70 acres of woodland and parkland to explore... borrow wellies and an umbrella if it's raining.

Woodside tennis court with complimentary use of tennis equipment.

Complimentary use of bicycles and cycling equipment if you want to explore the local area.

10 luxury bedroom suites with use of an outdoor hot tub.*

Award-winning lakeside bar & restaurant.

**For guests on a Spa Break package only.*

You don't have to be a spa guest or member to dine with us in our restaurant, take part in or hold an event or to indulge in a spa treatment or hair appointment. However in doing so, you are not entitled to use all of the above facilities. Full use of these spa facilities is only included when you visit Moddershall Oaks for a Spa Day or Break, booked in advance.

Spa Day Tariffs

Our Spa Days include a complimentary drink on arrival, a 2 course lunch in our lakeside restaurant, use of all our Spa Facilities (see page 4) and the treatments stated below. Arrival is 9am and departure is 6pm.

	Monday-Friday (excluding Bank Holidays)	Saturdays, Sundays & Bank Holidays
SPA ME Excludes treatments	£65	Not Available
RELAX ME Includes one 25 minute treatment up to the maximum of £35	£85	£100
PAMPER ME Includes one 55 minute treatment up to the maximum of £55	£105	£120
INDULGE ME Book treatments to the value of £200 and receive your Spa Me package for free	£200	£200

Our evening package starts at 5pm and includes a drink on arrival, a 2 course evening meal in our lakeside restaurant, use of all our Spa Facilities (see page 4) and the treatments stated below. For spa evenings, Bank Holidays refer to the evening before the Bank Holiday day.

	Sunday-Thursday (excluding Bank Holidays)	Fridays, Saturday & Bank Holidays
RELAX ME (EVENING) Includes one 25 minute treatment up to the maximum of £35	£70	£85

In making a reservation you are agreeing to our Terms & Conditions. Therefore please consult pages 22 & 23 before booking.

Spa Breaks

When you retreat to your suite at Moddershall Oaks you will enjoy a world of absolute luxury.

Each suite has...

- Under-floor heating, plush furnishings, soft seating, private deck area and access to our outdoor hot tub
- Luxury en-suite bathrooms with heated towel radiators and complimentary use of Elemis products
- LCD flat panel TV, DVD/CD player, internet, docking station and the full range of SKY HD channels
- Hairdryer, tea and coffee making facilities, iron and ironing board and a safe

When staying with us for a spa break, check in to both the spa and your room is at 3pm on the day of arrival, and on the day of departure check out of your room is at 11am and check out of the spa is at 5pm.

SPA BREAK

Our Spa Break includes...

- A complimentary drink on arrival and a complimentary bottle of Staffordshire Spring Water in your suite
- A 2 course evening meal in our award-winning lakeside restaurant and breakfast the following morning
- Overnight stay in a twin or double luxury suite awarded 5 star Guest Accommodation by Visit Britain
- Use of all our Spa Facilities (see page 4) from 3pm on the day of arrival to 5pm on the day of departure
- One 25 minute treatment up to the maximum value of £35

LUXURY SPA BREAK

Upgrade your Spa Break to include the following extras...

- A 5 course Chef's special evening meal plus homemade bread (upgrade from the 2 courses)
- One 55 minute treatment to the maximum value of £55 (upgrade from one 25 minute treatment)
- A 2 course lunch on the day of departure in our lakeside restaurant (additional package item)

£46 worth of extras each for just an extra £30!

MASTER & DELUXE SUITES

Our Deluxe Suite is a larger room with a spa bath

Our Master Suite is our largest room with a double patio, spa bath, larger lounge, desk area and four poster bed

Spa Break Tariffs

SUNDAY - THURSDAY TARIFFS

(Excluding Bank Holidays*)

	1 Night	2 Nights	3 Nights	4 Nights	+Nights
SPA BREAK	£150	£280	£390	£480	£120
LUXURY SPA BREAK	£180	£340	£480	£600	£150

Prices are per person based on 2 people sharing a room and include VAT.

FRIDAYS, SATURDAYS & BANK HOLIDAYS

Please add a £20 per person per night supplement for a Friday, Saturday or Bank Holiday night.

For Saturdays & Bank Holidays, the Spa Break is not available, guests must take the Luxury Spa Break.

*For Spa Breaks, Bank Holidays refer to the night before the Bank Holiday day.

SINGLE & TRIPLE OCCUPANCY

Single occupancy incurs a £50 supplement per night and is only available Sunday-Thursday (excluding Bank Holidays).

Third person sharing is £100 (Spa Break) or £130 (Luxury Spa Break) per night Sunday-Thursday (excluding Bank Holidays), please apply relevant supplements for Fridays/Saturdays & Bank Holidays.

DELUXE & MASTER SUITES

Our Deluxe Suite incurs a £15 supplement per person per night.

Our Master Suite incurs a £30 supplement per person per night.

In making a reservation you are agreeing to our Terms & Conditions. Therefore please consult pages 22 & 23 before booking.

Facials

ELEMIS SKIN SPECIFIC FACIAL (women/men/pregnancy)

£30 (25 mins) or £55 (55 mins)

Cleanse, nourish & renew

These prescription facials combine specialised deep cleansing and Eastern massage techniques to help bring radiance and youthful vitality back to a dull, lack lustre skin.

ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL (women/men/pregnancy)

£35 (25 mins) or £65 (55 mins)

One anti-wrinkle facial – proven results

This anti-wrinkle facial is clinically proven to reduce the number of wrinkles by up to 94%* and improve skin firmness by up to 57%*, after just one treatment.

ELEMIS VISIBLE BRILLIANCE ANTI-AGEING FACIAL (women/men/pregnancy) £35 (25 mins) or £65 (55 mins)

To combat ageing, stressed and slackened skin

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin, whilst helping to reduce dark circles. Moisturisation levels of the skin increase by up to 61% and elasticity by 40% after just 1 treatment*.

ELEMIS TRI-ENZYME ANTI-AGEING FACIAL (women/men/pregnancy)

£35 (25 mins) or £60 (55 mins)

Peel away the years for smoother, more radiant skin

Clinically proven to visibly resurface by up to 75% and increase smoothness by up to 32% after just 1 treatment*, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing younger looking skin. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

ELEMIS SKIN SOLUTIONS FACIAL (women/men/pregnancy)

£65 (55 mins)

Customised to soothe the most sensitive or to purify the most congested of skins

These advanced prescription facials incorporate a specialised lifting massage to help reduce puffiness, tiredness and dark circles from around the eyes as well as a pro-collagen booster serum to reduce the appearance of crows feet and wrinkles and are further enhanced by a luxurious hand and arm massage and de-stress scalp treatment to produce immediate results beyond belief.

**Information from independent clinical trials.*

Facials

ELEMIS MODERN SKIN FACIAL (women/men/pregnancy)

£55 (55 mins)

Designed for skin challenged by modern living

Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results: remineralised, rebalanced and renewed skin.

ELEMIS URBAN CLEANSE FACIAL (men)

£55 (55 mins)

Deep cleanse and complete skin detox

This super-grooming facial decongests the skin, eliminates blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide lasting defence against daily pollutants, leaving the skin visibly clear and squeaky clean.

ELEMIS SKIN IQ FACIAL (men)

£65 (55 mins)

Anti-ageing and super boosting for tired, stressed and dehydrated skin

Helping to calm irritation and minimise signs of ageing, this facial is the ultimate overhaul for male skin. Incorporating Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-ageing treatment protects against the harsh effects of shaving and environmental damage.

GERARD'S CHOCOLATE THERAPY FOR THE FACE (women/men/pregnancy)

£55 (55 mins)

The ultimate indulgent feel good facial

Using 100% Cocoa and Natural Cocoa Butter, skin is nourished, oxygenated and hydrated with natural anti-oxidants and minerals. Skin is left looking luminous and the smell releases endorphins for a feeling of wellbeing from within.

GERARD'S COLLAGEN EYES TREATMENT (women/men/pregnancy)

£50 (25 mins)

High quality collagen eye treatment

The purest and most concentrated form of Collagen soothes, calms and refreshes the eyes. The skin immediately looks re-vitalised, softened and the wrinkle profile visibly reduced. A delight to eyes showing signs of ageing, wrinkles, de-hydration, lack in elasticity, reddening and swelling.

Massage & Alternative Therapies

EAR CANDLES (women/men/pregnancy*)

A relaxing, rebalancing and painless alternative to syringing

The Ear Candles Treatment aids a wide range of ear, nose and throat ailments. Extend to a 55 minute treatment to incorporate drainage massage movements on the face, neck, scalp and ear area to aid congestion, stress and headaches. **Pregnancy after 12 weeks*

£40 (25 mins) or £60 (55 mins)

AROMATHERAPY MASSAGE (women/men)

Combining the use of essential oils and therapeutic massage

With light pressure, Aromatherapy massage uses a personalised blend of warm essential oils to activate your sense of smell and increase your sense of well-being, creating the ultimate in relaxation and stress relief. Invigoration for your back, neck and shoulders or full body.

£30 (25 mins) or £55 (55 mins)

INDIAN HEAD MASSAGE (women/men)

Excellent for neck and shoulder tension

A relaxing and invigorating massage of the upper back, shoulders, neck, scalp and face. Ideal for relieving stress and tension headaches, sinus congestion, sleep problems and many other complaints.

£30 (25 mins)

SWEDISH BODY MASSAGE (women/men)

Enjoy a mixture of firm and relaxing strokes

This western massage uses classic techniques and improves circulation, soothes muscles, eliminates fluid deposits and makes you feel more relaxed. A back massage or a full body massage with a pressure tailored to you.

£30 (25 mins) or £55 (55 mins)

REFLEXOLOGY (women/men)

Treat the whole body by massaging the reflexes of the feet

An ancient treatment working on the key pressure points of the feet, Reflexology can help to energise, relax and restore the body's balance as well as being proven to improve general health.

£55 (55 mins)

Massage & Alternative Therapies

HOT STONES MASSAGE (women/men)

Smooth hot stones massage away your stress

Advanced techniques are used in this very deep tissue massage with hot stones, soothing muscles and making it possible to relieve tension from the deeper layers of tissue. Choose the hot stones experience for your back, neck and shoulders or for your full body.

£35 (25 mins) or £60 (55 mins)

LAVA SHELLS MASSAGE (women/men)

For the ultimate, calming massage, Lava Shells® is the soothing solution.

As the therapist glides the marine polished sea shells smoothly over the body, you will instantly drift into a blanket of warmth, falling into a state of utter relaxation and calm. The massage focuses on pressure points, easing all muscle tension, knots and stress points, unblocking an energy flow and releasing a sense of balance to the entire body and mind. Choose deep tissue work in an intensive back, neck and shoulder treatment or choose the full body experience.

£35 (25 mins) or £60 (55 mins)

ELEMIS DEEP TISSUE MUSCLE MASSAGE (women/men)

Deep rhythmic pressure massage

Alleviate stress, ease aching muscles and revive the senses with this deep, powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension in massage for the back, neck & shoulders or the full body.

£30 (25 mins) or £55 (55 mins)

ELEMIS NURTURING MASSAGE FOR MOTHER-TO-BE (pregnancy)

Massage adapted to each stage of pregnancy

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

£55 (55 mins)

Massage & Alternative Therapies

GERARD'S BAMBOO MASSAGE (women/men)

Unlike any massage you have ever experienced before

Stress relief, muscle strengthening, lymph drainage and reactivated circulation are all achieved from this powerful massage using silky bamboo canes. Unique massage movements improve wellbeing, activate reflexology points and leave your skin silky, nourished and restored.

£60 (55 mins)

GERARD'S TIBET BUNDLE MASSAGE (women/men)

A unique treatment from the highest regions in the world

Warm bundles of pure Dead Sea Salts and Himalayan pebbles are rhythmically massaged over your body easing away aches and relieving tension. Your skin benefits from a light exfoliation from the Tibetan Bundles, soothing your muscles and allowing your mind to completely switch off.

£60 (55 mins)

GERARD'S KERALA AYURVEDIC FACIAL & HEAD MASSAGE (women/men/pregnancy)

Advanced facial treatment and cranial massage combined

Kerala eliminates stress and tiredness with an incomparable Ayurvedic relaxation technique. Delicate herb filled bundles work on marma points to ease contractions of the facial muscles to relieve tension headaches, relax wrinkles and stimulate chakras.

£60 (55 mins)

GERARD'S SHIRODHARA HEAD MASSAGE (women/men)

A constant flow of warm oil flows onto the third eye followed by a delicate head massage.

Based on the Indian Ayurvedic philosophy, Shirodhara is an extraordinary wellness treatment that alleviates stress, promotes relaxation, improves the senses and helps to lift anxiety. It also helps with stress, concentration difficulties, insomnia, sight, memory and circulation.

£65 (55 mins)

GERARD'S CHOCOLATE BACK MASSAGE (women/men/pregnancy)

Warming, detoxifying and more-ish!

Using a softening exfoliator and blended oils, your skin is polished and cleansed. A massage with warm 100% Pure Cocoa Butter then targets the most tense areas of your back, neck and shoulders. This utterly scrumptious treat will leave your mouth watering.

£35 (25 mins)

Face & Body Treatments

TREATMENT COMBO DEAL

ELEMIS FACE & BODY SENSATION (women/men)

The perfect treatment duo

Experience a sensational massage combined with a prescribed anti-ageing facial. Choose from the Re-Energiser, an 'ice-cool thermal' massage to relieve tension and ease aching muscles, or Tranquillity, a 'thermal-soothing' massage to induce deep relaxation and calm.

You will then be treated to your intensive anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance. Your therapist chooses from the Pro-Collagen Quartz Lift Facial, Tri-Enzyme Resurfacing Facial, Visible Brilliance Facial or Skin IQ+ Men's Facial

£60 (55 mins) SAVE £10*

*Compared to if booked separately

TREATMENT COMBO DEAL

ELEMIS ABSOLUTE SPA RITUAL (women/men)

The ultimate skin and body therapy for maximum results

Choose from one of the unique Elemis Advanced Anti-Ageing or Skin Solutions Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage for the full body. Two hours of pure relaxation with dramatic results!

£100 (115 mins) SAVE £20!

*Compared to if booked separately

LAVA SHELLS RELAX FACE & BODY MASSAGE (women/men)

This is the ultimate Lava Shells® experience for both the face and body

The warm lava shells deep tissue massage works over pressure points in the palms, arms and neck, as well as the feet, back and shoulders to induce total relaxation. This is combined with a gentle facial massage to stimulate circulation, ease tension and boost natural radiance.

£85 (85 mins)

GERARD'S FACE & BODY MOTHER-TO-BE TREATMENT (pregnancy*)

Pure indulgence for the face and body using safe, natural products for the pregnant and nursing mother

100% active Shea Butter rich in Vitamin E is used to soften and protect the skin and to help combat and prevent stretch marks and cellulite during pregnancy. Muscular aches are relieved and skin is given a boost to give you an increased glow. *Pregnancy after 12 weeks

£75 (85 mins)

Body Treatments

ELEMIS EXOTIC LIME & GINGER SALT GLOW (women/men)

£40 (25 mins)

Invigorated, cleansed & polished to perfection

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime & Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing, vibrant, replenished and flawless.

TREATMENT COMBO DEAL

ELEMIS EXOTIC LIME & GINGER SALT GLOW

£60 (55 mins) SAVE £10!*

COMBINED WITH DEEP TISSUE MUSCLE MASSAGE FOR THE BACK (women/men) *Compared to if booked separately

ELEMIS COCONUT RUB & MILK RITUAL WRAP/FLOAT (women/men)

£65 (55 mins)

Pure sensuality to enliven the senses

Warm Elemis Skin Nourishing Milk Bath is poured over the body before being cocooned in a wrap or unique dry float. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

ELEMIS FRANGIPANI BODY NOURISH WRAP/FLOAT (women/men/pregnancy)

£55 (55 mins)

For immediate softness and suppleness

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing wrap or unique dry float. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

ELEMIS MUSCLEASE AROMASPA OCEAN WRAP/FLOAT (women/men)

£65 (55 mins)

Powerful seaweed wrap for complete muscle relaxation

Drift away while you are cocooned in a comforting wrap or unique dry float and treated to a pressure point facial massage and de-stress scalp treatment. Using a warm blend of Essential oils, this specialised treatment helps ease aching, tense muscles.

Body Treatments

GERARD'S CHOCOLATE THERAPY FOR THE BODY (women/men/pregnancy)

£65 (55 minutes)

Mouth-watering pampering for the body

Using a softening exfoliator, blended oils and warm 100% Pure Cocoa Butter, this body scrub and wrap is unforgettable. A guilt free sensation to leave skin hydrated re-mineralised and smelling gorgeous.

GERARD'S LULUR (women)

£70 (55 mins)

An innovative Oriental body exfoliation and cleansing wrap

Lulur is derived from an ancient oriental ritual used in the islands of Bali and Java to prepare a girl for her wedding. An exotic envelopment treatment for the body and spirit, rich in active principles extracted from exotic fruits, spices, and plants mixed with natural yoghurt. This wellness treatment uses specialist Eastern exfoliation techniques to reactivate circulation, strengthen the immune system, improve oxygenation to the skin and eliminate toxins and liquids.

GERARD'S SHEA BLISS (women/men)

£60 (55 mins)

Ideal to prepare the skin for holiday or to re-hydrate on return

A luxurious body treatment using 100% Shea Butter, Vitamin E and Essential Oils to nourish, soften and re-hydrate the skin. Shea butter acts as a natural sun-barrier, making this the ultimate anti-ageing body treatment that reveals moisturised and toned skin.

GERARD'S GREEN CLAY BACK TREATMENT (women/men)

£55 (55 mins)

Detoxifying and relaxing treatment for the back

Upgrade your usual back massage with a soothing and detoxifying Green Clay back mask treatment. Natural Green Clay eliminates dead skin cells, enriches tissues with minerals, stimulates circulation and heals inflamed skin. All this combined with a wonderful muscle releasing massage; you will never look back.

Detox Treatments

ELEMIS CELLULITE & COLON THERAPY (women)

Redefine and smooth your silhouette

Redefine your silhouette with the Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream targeting stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask combined with a specialist massage cleanses the body, firms skin, stimulates circulation and reduces fluid retention. Colon cleansing through abdominal massage helps to detoxify the body.

£60 (55 mins)

ELEMIS CELLUTOX AROMASPA OCEAN WRAP/FLOAT (women/men)

A deeply defining blend to decongest and stimulate the system

Relax whilst you are cocooned in a wrap or unique dry float and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, the appearance of cellulite and discomfort of fluid retention is reduced. The body is re-energised and skin is left silky soft and smooth.

£65 (55 mins)

GERARD'S GREEN TEA ABDOMEN TREATMENT (women)

Perfect before a big event, holiday or for those suffering with common abdominal problems

Experience this non-invasive colonic treatment that has a dual action that treats both the internal digestive system and firms the skin on the outside. You are left looking firm and feeling relieved of tension and bloating. This natural peel off mask contains Green Tea, Seaweed and Alginate which has extraordinary capacity to reduce excess liquids combined with a unique massage.

£70 (55 mins)

GERARD'S SEAWEED CELLULITE TREATMENT (women)

Perfect for toning legs, abdomen, lower back and upper arms

The ultimate natural anti-cellulite treatment using Seaweed that is proved to be effective at aiding poor circulation, reducing water retention and fatty deposits. The skin will appear smoother and more toned following this sought after treatment that combines pure Essential Oils and Vegetable Extracts. Significant inch loss may be achieved after just one treatment.

£60 (55 mins)

GERARD'S OLOIL (women)

The Mediterranean's secret deep anti-cellulite massage and wrap

A holistic treatment using essential oils and pure olive oil to fight the appearance of cellulite and loss of skin tone. This treatment involves Eastern massage techniques resulting in deep relaxation and skin tingling with vitality. Your skin will be noticeably toned and glowing.

£65 (55 mins)

Beauty Treatments

ST TROPEZ SPRAY TAN (women/men/pregnancy)

Excluding pre-treatment polish

£25 (10 mins)

Including pre-treatment polish

£30 (25 mins)

This specially formulated UV free treatment features a tan using a spray application in as little as 10 minutes, leaving you with a perfect natural looking tan. Perfect for a busy schedule or a great way to finish off your experience with us. Include a pre-treatment body consultation for just an extra £5, where if necessary your therapist will buff and polish any areas to ensure a flawless tan application.

AVEDA MAKE-UP (women/pregnancy)

Application Only

£30 (25 mins)

Application and Lesson

£50 (55 mins)

Bridal & Special Occasion

£50 (55 mins)

Ideal prior to a special occasion or a great way to end your time with us. Book a make-up application customised to your features and skin tone using techniques to enhance your appearance or book a make-up application including a lesson to receive professional advice on how to apply make-up properly, discuss colours and leave the lesson feeling more confident.

Book an hour long session either as a practice session or for on the day of your event. This professional make-up application will ensure you look stunning and will last the duration of your special occasion. For bridal make-up in particular, for the application to run smoothly on the day, a make-up trial is an absolute must. The bridal make-up trial is an opportunity to experiment with your chosen look to see what works. Book your make-up trial at least four weeks before the wedding to ensure that you are happy with the result.

EYEBROW SHAPE/EYEBROW TINT/EYELASH TINT (women/men/pregnancy)

Choose 1 out of the above

£20 (10 mins)

Take advantage of 2 or 3 of the above

£25 (25 mins)

A reshape of the eyebrows giving your eyes new depth; or colour tint* treatments for the eyebrows or eyelashes.

**Please note: if you haven't had a tint with us before, please call in for a patch test 48 hours before, or you may be required to sign a disclaimer.*

Hands & Feet

All hands & feet treatments are unisex. For men, the time not taken applying colour polish is replaced by extending other elements of the treatment e.g. additional massage.

ELEMIS PRO-COLLAGEN HAND & NAIL TREATMENT (women/men/pregnancy) £30 (25 mins)

Redefine the hands of time

An anti-ageing treatment to soothe dry, chapped hands and nails. Conditioning and strengthening nails, this treatment targets age spots, reduces crepiness and leaves hands beautifully smooth and youthful looking.

TREATMENT COMBO DEAL

ELEMIS PRO-COLLAGEN HAND & NAIL TREATMENT COMBINED WITH MINI-MANICURE (women/men/pregnancy)

£50 (55 mins) SAVE £10!*
**Compared to if booked separately*

ELEMIS SOLE DELIGHT FOOT TREATMENT (women/men/pregnancy) £30 (25 mins)

A total sensory experience for your feet

Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin.

TREATMENT COMBO DEAL

ELEMIS SOLE DELIGHT FOOT TREATMENT COMBINED WITH MINI-PEDICURE (women/men/pregnancy)

£50 (55 mins) SAVE £10!*
**Compared to if booked separately*

Spa Rituals... a selection of spa treatments for the hands or feet from SpaRitual (see below and right)

SpaRitual is a luxury, vegan, eco-conscious spa lifestyle brand composed of effective multi-purpose products and beauty rituals for the hands, feet and nails. Their dedication to the environment is the cornerstone to the brand, whilst also focusing on how to balance people holistically with signature spa treatments.

SHORTCUT RITUAL (women/men/pregnancy) £30 (25 mins)

Mini-manicure or mini-pedicure treatment

A swift route to a preened and polished look. Receive cuticle work, a file and shape of the nails, a light pumice (pedicure only) an application of a colour polish of your choice and a luxurious moisturising lotion to ensure your skin is left feeling soft and supple.

Hands & Feet

WELL CONNECTED RITUAL (women/men) £50 (55 mins)

Reflexology Inspired Treatment... includes Shortcut Ritual

Reflexology incorporates special pressure techniques stimulating nerve endings that correspond to the body's internal organs. Prepare for a total body balance as the flow of energy throughout the body is re-established and a renewed sense of well-being is achieved.

HEALING RITUAL (women/men/pregnancy) £50 (55 mins)

Hot Stone Treatment... includes Shortcut Ritual

Relax with a gentle cleansing and exfoliation followed by a warm stone therapy massage that ensures a sense of balance to the mind, body and spirit creating an aromatherapeutic environment for total emotional grounding.

BLOOMING FLOWER RITUAL (women/men/pregnancy) £50 (55 mins)

Asian Inspired Treatment... includes Shortcut Ritual

Chinese Jasmine and Wildcrafted Indonesian Ginger essential oils are key ingredients in this luxurious ritual. Essential oils of Mandarin caress your hands/feet while micro algae and vitamins A & E exfoliate and soothe the skin. Shiatsu inspired massage melts away tension.

SAVASANA RITUAL (women/men/pregnancy) £50 (55 mins)

Ayurveda Inspired Treatment... includes Shortcut Ritual

Eastern practice of Marma point massage works on the body's energy system, enhancing your state of mind with Wildcrafted Frankincense from India and hydrating your skin with Jasmine and Ginger. Ideal for men wanting a pressure point massage for the hands or feet.

ISLAND EARTH RITUAL (women/men/pregnancy) £50 (55 mins)

Revitalising Thai Inspired Treatment... includes Shortcut Ritual

Soak in a flower bath of orchids and essentials oil of Mandarin, followed by an exfoliating scrub of 21 mineral sea salts to leave skin soft and nourished. Relax into a Thai inspired massage to restore vitality. This firm treatment is not recommended for those with joint problems.

AURA BALANCE RITUAL (women/men/pregnancy) £50 (55 mins)

Ultimate Relaxation Treatment... includes Shortcut Ritual

This aromatherapeutic journey balances the body's Chakra system. Choose your intent... Relax, Uplift, Inspire. Micro algae and mineral salts infused with Wildcrafted Indonesian Ginger will exfoliate away dry skin. The properties of ginger are deepened with a full massage using a hydrating blend of Ginger and Chinese Jasmine essential oils, aloe, shea butter, sesame oil, olive oil, avocado and vitamins A & E.

Hair Appointments

The Salon at Moddershall Oaks uses two of the most prestigious brands in the hair industry today:

Bumble & bumble; our salon is a selected Bumble & bumble network salon; recognised as some of the best in the world. This bears testimony to the superb cutting, styling, and creative talent of our team, and their passion and love of their craft. Only the top 2% of UK salons boast membership of this exclusive network.

Aveda; our salon uses hair colour by Aveda, allowing ultimate customisation for creative results. Aveda hair colour consists of up to 99% naturally derived formulas, including protective plants oils such as sunflower, castor and jojoba oils for amazing shine and condition, whilst still maintaining long lasting, fade-resistant results.

CUTTING & STYLING

Shampoo & Finish	£25
Shampoo, Cut & Finish	£35
Bumble & bumble Hair Repair Treatment	£10
Shampoo & Finish with Blow Dry Lesson	£35
Shampoo & Finish with Straightening Irons Lesson	£35
Shampoo, Cut & Finish with Blow Dry Lesson	£45
Shampoo, Cut & Finish with Straightening Irons Lesson	£45

BARBERS SERVICES

Dry Cut	£12.50
Shampoo, Cut & Finish	£25

COLOURING

Full Head Colour	£45
Semi-Permanent Colour	£35
Root Application Colour	£35
Foils Full Head	£55
Foils Half Head	£35
Foils T Section	£30

Please note these prices are a guide, and they may differ depending on the specific requirements of our clients.

Please be aware that there is a cancellation policy in place, and if you do not provide at least 24 hours notice to amend/cancel your appointment then a charge will be made. Please ask staff for more details.

If you have never had an Aveda Technical Service before, skin tests are required at least 48 hours prior to your appointment, otherwise you may be required to sign a disclaimer.

Spa Membership

Fancy a Spa Day every day?

Limited to a select number of members, we offer a tranquil lifestyle & fitness choice to facilitate your leisure & relaxation time. An exclusive adult environment, luxurious facilities & elite service create a unique, intimate & exclusive experience in a picturesque setting that adds to the appeal of being a spa member. We are also delighted to show you the benefits that demonstrate our concept of a wellness lifestyle.

Becoming a Spa Member means you can have unlimited use of our spa facilities every day, subject to our opening times. Our opening times are Monday-Friday 7.30am-9.00pm and Saturdays & Sundays 9.00am-6.00pm. You can also take advantage of great introductory offers and ongoing member discounts.

Facilities

The facilities available to our members include unlimited use of the following:

- Spa area including swimming pool, sauna, steam room, hydrotherapy pool, heated marble loungers, reflexology footbaths & experience shower
- Relaxation lounge with books, magazines & newspapers
- Gym including Technogym Wellness System
- Tennis court with complimentary use of tennis equipment
- Bicycle hire with complimentary use of cycling equipment
- Grounds & woodland trail

Discounts

As a member, it is our commitment that you have the best discounts on our services second only to our staff & short-term one off promotions. Only one discount or offer can be used at once and all discounts are subject to availability. Discounts include:-

- 15% off treatments booked in advance OR 50% off treatments booked on the day
- 10% off hair appointments booked in advance OR 20% off hair appointments booked on the day
- 15% off spa break packages (spa packages/bed & breakfast/dinner, bed & breakfast available)
- 10% off food and beverage purchases in the restaurant and bar (applies to up to 4 persons on any given table, even where 2 members are dining, tables of over 4 will be discounted as follows; Total bill divided by number of diners x 4 x 0.1)
- 10% off tickets for Moddershall Oaks Exclusive Events in The Venue & 10% off beverages from The Venue bar
- 4 Guest Passes (to be used over the 12 months)
- Half price introductory offer to the Hair Salon

Contact us for more information on how to become a Spa Member, including prices and terms & conditions. Call 01782 399000 option 5 or email enquiries@moddershalloaks.com

Terms & Conditions

Spa Days & Spa Breaks - General

- Our staff are pleased to advise you of the availability and prices for packages on the dates that you require and will be glad to give you any other information. • No reservation can be accepted as binding on the Company unless accompanied by full payment, subject to payment terms.
- In exceptional/necessary circumstances the Company reserves the right to offer an alternative date or cancel the spa day or break reservation(s) with full refund to the payee.
- No refund will be given for early departure unless caused by significant acts of negligence on the part of the Company and or its staff.
- All tariffs in this menu are inclusive of VAT at the current rate. Cheques and most major credit cards are accepted.
- The Company will require a credit card imprint on arrival to guarantee any monies due on departure. Accounts will only be forwarded if arrangements are made in writing before arrival.
- Moddershall Oaks reserves the right at all times to cancel or terminate any reservation without notice or reason.

Spa Days: Details, Payment & Cancellation

- Please note that we limit the number of day guests we can accommodate per day.
- Please note inclusive spa therapies within day spa packages are non-transferable and non-refundable. To avoid disappointment, additional spa therapies should be booked at the time of making your spa day reservation.
- Extra spa treatments will be charged at the rates shown by the Company at its premises.
- Treatment times are scheduled and given on arrival, and can be any time between 10.00am and 6.00pm unless arranged otherwise at the time of booking.
- Regarding payment for Spa Days, full payment is required at time of booking. Payment for additional spa treatments must also be made at time of booking the spa day/s.
- Payment for additional purchases must be made on departure. The Company requires a credit card imprint on arrival as a guarantee of any payment due on departure.
- Regarding cancellation for Spa Days, the cancellation must be made in writing by post/fax/e-mail. Date of arrival at

the Company will be the accepted date. The Company will apply the following charges per person for cancellations/amendments:

- Cancellation within 7 days of arrival date: Full payment.
- Cancellation between 7 and 30 days of arrival date: 50% payment.
- Cancellation more than 30 days before arrival date: £25.
- Alterations to spa day bookings: £10 administration fee*.
- *Please note to change your reservation to another date we require a minimum of 7 days notice.
- Non arrival without notice: Full payment.
- Cancellation of additional spa treatments within 48 hours: Full cost of spa treatment/s.

Spa Breaks: Details, Payment & Cancellation

- Treatment times are scheduled and given on arrival, and can be any time between 3.00pm on the day of arrival and 5.00pm on the day of departure, unless arranged otherwise at the time of booking.
- Regarding payment for Spa Breaks, bookings made less than 30 days prior to date of arrival require full payment at time of booking; bookings made more than 30 days before arrival require £100 deposit per person to secure the booking and full payment is required 30 days before arrival. For any package that differs from the short break prices stated in this menu, full payment is required at time of booking.
- No reminders are sent to chase balance payments. In the event of non-payment for whatever reason, the Company may refuse admission, or cancel the reservation and the deposit will be forfeited.
- Inclusive spa therapies within spa breaks are non-transferable and non-refundable. To avoid disappointment, additional spa therapies should be booked at the time of making your short break reservation.
- Additional spa treatments will be charged at the rates shown by the Company at its premises and must be paid for at time of booking.
- Regarding cancellation for Spa Breaks, the cancellation must be made in writing by post/fax/e-mail. Date of arrival at the Company will be the accepted date. The Company will apply the following charges per person for cancellation/amendments to spa breaks:

- Cancellation within 7 days of arrival date: Full Payment of the first night tariff.
- Cancellation within 30 days prior to arrival date: £100.
- Cancellation more than 30 days prior to arrival: £25.
- Alteration to spa break bookings: £10 administration fee*. *Please note to change your reservation to another date we require a minimum of 7 days notice.
- Non arrival without notice: Full payment for the first night plus 50% of tariff for subsequent nights.
- Cancellation of additional spa treatments within 48 hours: Full cost of spa treatment/s.

Spa Treatments (individual*)

**bookings not relating to a day or stay package*

- All individual spa treatment bookings* must be paid for in full at the time of booking.
- Payment is forfeited for those who do not give 24 hours notice to cancel or do not arrive at the allotted time for their spa treatment. Less than 48 hours notice to cancel will result in a £10 charge.
- Please arrive 15 minutes prior to your allotted appointment time in order to relax and fill in your pre-treatment consultation card.

Spa Treatments (general)

- Each therapist is qualified in different spa treatments; therefore we cannot guarantee that all spa treatments will be available at all times, particularly in the case of our more specialised spa treatments.
- All spa treatment durations are provided as a guide only, and take into account preparation, consultation and relaxation.
- A guide as to whether or not the spa treatment is suitable for women/men/pregnancy/breast feeding has been provided but it is the individual's responsibility to ensure the treatment is suitable for them.
- The Company shall not be held responsible for spa treatments that are either missed or shortened as a result of clients/guests arriving late for their appointment/package. In these circumstances no refund or other form of compensation shall be available or offered. Spa therapies are subject to revision without prior notice.

Terms & Conditions

Medical

- The Company is not a medical centre, and does not have a resident doctor. Guests are advised to consult with their family doctor about the need to limit or avoid our full range of spa treatments and spa facilities, for example inclusive spa treatments, steam room, sauna, gym etc.
- The Company pursues a policy of continuous development of fitness, health and beauty treatments and techniques. We therefore reserve the right to make changes that will be beneficial to our guests. Notification of specific changes will be given where relevant.
- Should a guest choose not to proceed with an alternative spa treatment that may have been substituted for a specific choice, no spa treatment cancellation charge will be made.
- Certain medical conditions may preclude you from having some of the spa treatments, or taking part in some of the facilities available here at Moddershall Oaks.
- If you wish to have a spa treatment and have any of the following, please consult with us and if necessary your doctor before booking (we may need written evidence of your fitness to participate):
 - You are currently receiving radiotherapy or chemotherapy for the treatment of cancer;
 - You have had surgery within the last three months;
 - You suffer from heart or circulatory disorders, high or low blood pressure, epilepsy or asthma;
 - You have had a deep vein thrombosis.
 - You are pregnant/breast feeding.
- We regret we are unable to provide spa treatments if you are suffering from an infectious disease or open sores or wounds. It is important to disclose any medical conditions or medication at time of booking.
- If you fail to reveal any such condition that may impede your participation in spa treatments/spa facilities, refunds will not be given.

Spa Gift Vouchers

- When making a booking over the phone using your vouchers, you must quote your voucher number & expiry date. No bookings can be taken can be made without this information.
- Please ensure you bring your redeemable Gift Voucher to the property to present on arrival. Non presentation of

your gift voucher will necessitate a full charge being made until the gift voucher is presented.

- If full/part payment for your visit is by a Gift Voucher this will become void if you fail to arrive. All other cancellation charges are shown on page 22, except a cash refund cannot be made against a Gift Voucher.
- Moddershall Oaks gift vouchers should be redeemed against goods/services to the equivalent/greater value than the face value of the voucher. Change and credit on account cannot be given.
- Gift Vouchers can only be used as payment for goods and services on the property. Gift Vouchers cannot be used to purchase other Gift Vouchers.
- Gift Vouchers are valid for 12 months from date of purchase, and cannot be extended in any circumstances.

Mechanical & Electrical Breakdowns

- Any mechanical or electrical breakdowns, which occur on the premises, are usually beyond our control, although we will try to repair any such fault as soon as possible.
- No refunds will be given unless any such breakdown is due to the negligence of the Company or its employees or agents.

Valuables

- No responsibility can be accepted by the Company for the safety of money or valuables of any kind brought to the property whether placed in a safe or not.
- If you do bring valuable items it is essential they be covered by your own insurance for the period of your stay. The Company will not be liable, under any circumstances whatsoever, for damage, injury or consequential loss, however caused, to our residents, their property and belongings unless it is solely due to negligence of the Company, its employees or agents.
- Mobile phones are not permitted in any of the public areas.

Children & Pets

- The Company regrets that we do not have the spa facilities or spa accommodation for children under the age of 16.
- We also do not allow guests to bring pets (except guide dogs), but good boarding kennels are available locally.

Smoking & Alcohol

- Smoking is not permitted in any of the buildings, designated external spaces are provided.
- No alcohol is to be brought onto the premises - we reserve the right to remove alcohol found in the property and shall return it to guests on departure.

Members' Discounts

- Members' discounts apply throughout the property on various goods and services. Exclusions apply (for example retail products) so please ask for more information.

Service Charge

- A discretionary service charge of 2.5% will be applied to the final accounts of day spa packages and spa break packages. No further individual tips are expected.
- This gratuity is fully distributed fairly between all the staff here at Moddershall Oaks. This system encourages and rewards the excellent personal service that is offered throughout all of the departments.
- Should you wish to increase, decrease or entirely remove the service charge you are able to do so, just inform your cashier on check out.

Your Details

- In providing your details to Moddershall Oaks, we can assure you that we do not share your information with any third parties.
- Your information will automatically be used for our marketing purposes, for example our Email Newsletter, keeping you up to date with news, competitions and offers. You can unsubscribe at any time.



Moddershall Oaks Spa-Restaurant-Suites

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