

Overnight Spa Breaks

THE NUSSMEDE RETREAT

Our overnight spa break includes:

- A refresher facial (25 m) and an aromatic back, neck and shoulder massage (25 m)
- Full use of our award-winning Spa facilities including use of the Spa club lounge
- Three course dinner in our riverside restaurant Leftbank to include a glass of Champagne
- Overnight accommodation with full English breakfast followed by a late check-out (1pm)

Priced from £199 per person per night Friday to Sunday and from £219 per person per night Monday to Thursday.

STRESS FREE SUNDAY

- Three course lunch in our riverside restaurant Leftbank on arrival
- Full use of our award-winning Spa facilities
- Aromatic back, neck and shoulder massage (25 m)
- Overnight accommodation with full English breakfast followed by a late check-out (2pm) on Monday

Priced from £136.00 per person per night.

ELEANOR'S OVERNIGHT RETREAT (MIN OF 4 PEOPLE)

- Exclusive use of Aquitaine
- A Magna facial (45 m)
- A day dreamer body treatment (45 m)
- Full use of our award-winning Spa facilities and a light lunch
- Three course dinner in our riverside restaurant, Leftbank
- Overnight accommodation with full English breakfast

Priced from £265 per person per night Friday to Sunday and bank holidays and from £285 per person per night Monday to Thursday. A £20 supplement applies for executive accommodation.

Spa Pamper Days

All of our pamper days include the use of our superb spa facilities with lunch and refreshments served in the Club Lounge.

ELEANOR'S RETREAT £185 2hr30m
Magnificent ESPA Ayurvedic experience including a foot ritual, hot stone massage, customised linen wrap and a Refresher facial. Includes 30 minutes of relaxation time.

IT'S A WRAP! £160 2hr25m
Choose from either a deluxe well-being mud wrap or an algae detoxifying wrap plus an aromatic full body massage and a refresher facial.

MATERNAL MOMENTS £160 2hr25m
A specialised ESPA treatment for pregnant and nursing mothers to aid in relaxation and tonicity of the skin, also includes a perfection pedicure.

PURE AWAKENING £135 2hr15m
Experience the famous Guinot hydradermie facial and the pampering perfection pedicure.

REVIVAL £80 25m
Enjoy a refresher facial or an aromatic back, neck and shoulder massage.

SPA RITUAL £125 1hr25m
Choose from either a discovery facial and an aromatic back, neck and shoulder massage or a face, back and scalp treatment with hot stones.

STRESS BUSTER £110 1hr25m
Choose from either an aromatherapy facial with hot stones or a full body aromatic massage with hot stones

Aquitaine Pamper Days

A day of pure pampering with your nearest and dearest in Aquitaine, our luxury group treatment suite... a chic relaxation area ideal for a day of pure pampering. It's the perfect way to enjoy a hen party, or just some time with your best friends, colleagues or family. All Aquitaine packages include: exclusive use of Aquitaine, full use of spa facilities, light Champagne lunch, refreshments throughout the day and the treatments below.

TRANQUILLITY DAY £100 45m
min. of 4 people
Choose from either the Magna facial or day dreamer massage

SERENITY DAY £125 1hr30m
min. of 4 people
Heavenly facial

DREAM CATCHER £140 1hr40m
min. of 4 people
Choose either the total indulgence or back to nature treatment

GLOWING EMBER £195 2hr30m
min. of 2 people
Ayurvedic influence treatment and Magna facial

We are also able to create bespoke pamper days on request.
Please note there is a supplement of £10 per person on Saturday and Sundays

Luxury Treatments

(INCLUDING 30M OF RELAXATION & REFRESHMENTS IN AQUITAINE)

AYURVEDIC INFLUENCE £100 2hrs
Individually prepared warm oils blended with herbal concentrates poured onto the body; hot or cold stones used for the Doshā specific massage.

INFINITY £75 2hrs
An exceptional treatment incorporating the Guinot Hydradermie facial.

HEAVENLY £75 2hrs
ESPA aromatherapy products combined with specialised massage techniques and relaxing hot stones to enhance total wellbeing.

MAGNA £50 1hr15m
This facial incorporates the products and techniques used within the heavenly facial without the use of hot therapeutic stones.

VELVETINE £65 1hr15m
A full body massage, using therapeutic pre-blended oils and an Oriental head massage

TOTAL INDULGENCE £90 2hr15m
A body massage using therapeutic hot stones to ease tension and restore balance

BACK TO NATURE £90 2hr15m
A full intensive facial with a back and scalp massage using hot stones

DAY DREAMER £50 1hr15m
De-stressing massage for knots, aches, pains using Swedish and pressure point techniques on the back, neck and shoulders

COMFORT WRAPS £65 1hr30m
A choice of a purifying, a conditioning, or a relaxing wrap – you choose

Facials

Guinot luxury facials	£50.00	55m
Guinot Hydradermie facial	£55.00	1hr 10m
Guinot Hydra plus facial	£70.00	1hr25m
Guinot Hydradermie lift express	£45.00	25m
Guinot Hydradermie lift deluxe	£60.00	55m
Guinot Hydradermie lift with lifosome	£95.00	1hr55m
Clarins Personal blend facial	£50.00	55m
Clarins Pro-active facial (redefining, radiance or hydrating)	£55.00	1hr 10m
ESPA Super Active Facials	£90.00	1hr30m
ESPA luxury facials	£50.00	55m
Signature Refresher facial 25m	£40.00	
Signature Discovery facial	£50.00	55m

Body Therapies

ESPA Aromatherapy face, back and scalp treatment with hot stones	£60.00	1hr 10m
	£85.00	1hr40m
ESPA Aromatherapy total body care with hot stones	£85.00	1hr40m
ESPA body wraps	£60.00	55m
ESPA Pre-natal	£70.00	1hr25m
ESPA Ayurvedic body ritual	£95.00	1hr55m
Guinot Aromatic minceur body treatment (redefining)	£60.00	1hr 10m
Guinot Aromatic body bien-etre	£65.00	1hr25m
Guinot Aromatic spa treatment	£90.00	1hr55m
Guinot Pregnancy pampering	£70.00	1hr25m
Guinot or Clarins bronzing treatment	£50.00	55m
Clarins Pro-active body (redefining or renewing)	£55.00	1hr 10m

Body Therapies continued

Clarins Pro-active body with pro-polish exfoliation	£66.00	1hr25m
Signature olive, coconut and sea salt scrub	£40.00	25m
Signature Aromatherapy full body massage with hot stones	£70.00	1hr25m

Massage & Alternative Therapies

Aromatic back, neck and shoulder massage	£40.00	25m
Aromatic full body massage	£55.00	55m
Sports injury massage	£55.00	55m
Full body massage with craniosacral therapy	£70.00	1hr25m
Indian head massage	£40.00	25m
Reflexology	£50.00	55m
Osteopath initial treatment and consultation	£42.50	55m
Osteopath follow up treatment	£35.00	25m

Just For Men

Tonic facial	£50.00	55m
Anti tension scalp massage	£40.00	25m
ESPA face, back and scalp treatment	£60.00	1hr 10m
Energising foot treatment	£40.00	40m
Nourishing hand treatment	£35.00	40m
Back Hydradermie	£50.00	55m
Hydradermie tres homme	£55.00	1hr 10m

Teens (13 - 17 years old)

Teen angel facial	£40.00	55m
Teenie toes	£25.00	25m
Fab fingers	£25.00	25m
Beginnings - make up and skin care	£40.00	55m
Totally teens back massage	£30.00	25m

We also offer a wide range of treatments for both men and women including depilatory treatments, manicures, pedicures and make-up applications.

TO BOOK ANY OF OUR OVERNIGHT SPA BREAKS PLEASE CALL OUR RESERVATIONS TEAM ON: 01784 220980
 WE ARE ALSO ABLE TO OFFER BESPOKE AND CORPORATE PAMPER DAYS ON REQUEST.
 FOR ADVICE OR TO BOOK ANY OF THESE PAMPER DAYS PLEASE CALL OUR BEAUTY RESERVATIONS TEAM ON: 01784 220973