

A photograph of two women sitting on a bright green sofa in a spa-like setting. Both women are wearing white, textured bathrobes. The woman on the left has long dark hair and is smiling while looking at a magazine. The woman on the right has her hair in a ponytail, is laughing, and holding a strawberry in one hand and a glass of pink juice in the other. In the foreground, a dark coffee table holds a glass of orange juice and a plate of fresh fruit including strawberries, raspberries, and blackberries. The background is a light-colored, textured wall.

TREATMENTS AND SPA DAYS

Hello

So you want to be soothed and massaged, polished and pampered? You've come to the right place! With leading brands ESPA, Guinot, and Jessica, there's a wide range of luxurious and effective treatments for you to enjoy right here at The Runnymede on Thames.

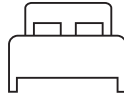
You don't have to be a spa member or a hotel guest to visit us. Pop in for a treatment with one of our experienced therapists, or take advantage of the fantastic facilities we have on offer and indulge in a pamper day or an overnight break.

You can relax in our indoor pool, sauna or eucalyptus steam room. Alternatively, reinvigorate yourself with a workout in our gym featuring Technogym equipment; play tennis outside, swan around in our glam outdoor pool* or take a stroll along the riverside. The choices are endless!

We are here to help; call us on 01784 220973 to book a treatment or for advice on finding the right treatment for you.
We also offer alternative health treatments, such as physiotherapy and osteopathy.

*Please note that the outdoor pool is open from May to September inclusive. Use is subject to availability and weather conditions at the time; a supplementary charge on the day is applicable.

Overnight Breaks



Our range of relaxing and pampering spa breaks offer something for everyone!

THE RUNNYMEDE SPA RETREAT

Enjoy a 25 minute refresher facial and a 25 minute ESPA aromatic back, neck and shoulder massage, full use of our fab spa facilities, dinner in our riverside restaurant, Leftbank, complete with a glass of Champagne and an overnight stay in one of our comfy rooms. The next morning, you'll enjoy a full English breakfast and use of the spa before your late check out at 1pm.

STRESS FREE SUNDAY

When you arrive you'll enjoy a wonderful Sunday lunch in our riverside restaurant, Leftbank. Then just let the hours drift past as you immerse yourself in our gorgeous spa - only briefly interrupted by a heavenly half-hour ESPA aromatic back, neck and shoulder massage. Overnight accommodation for two inclusive of breakfast is included, plus an indulgently late check out of 2pm.

COUPLES SPA RETREAT

Perfect for treating someone special, this relaxing break includes a 40 minute ESPA aromatherapy facial or a back, neck and shoulder massage, a delicious three course dinner in The Lock Bar and Kitchen accompanied by a glass of house Champagne per person and overnight accommodation for two inclusive of breakfast.

To find out more and to book any of these breaks please call our Bedroom Reservations Team on 01784 220980.

Pamper Days



Our pamper days are a full day of pampering which include at least one of the treatments listed below, refreshments throughout the day, a delicious two course light lunch in The Garden Room and full use of our spa facilities.

REVIVAL £99 25m

A refresher facial or a back, neck and shoulder massage.

STRESS BUSTER £125 55m

An ESPA aromatherapy facial with hot stone therapy or an ESPA full body aromatic massage with hot stone therapy.

HARMONY £155 1hr25m

Includes a bespoke treatment to meet your individual needs, combining massage, facial and scalp techniques.

MATERNAL MOMENTS £140 1hr10m

This ESPA treatment for pregnant and nursing mothers includes exfoliation, massage, cleansing and moisturiser.

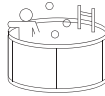
We advise against this package in the 1st Trimester.

TOP TO TOE WRAP £225 2hr25m

A mud or algae body wrap, a full body aromatherapy massage and a refresher facial.

All our pamper days are available Monday to Friday, subject to availability. Please note that the prices shown are per person. Upgrades are available. Receive 15 minutes extra for just £25 or alternatively 25 minutes extra for £45. The maximum size of a group we are able to accommodate for a Spa Day is six people.

Half Day Experiences



Our half day packages are a 4 hour experience which include one of the treatments listed below, refreshments throughout your time with us and full use of our spa facilities. Upgrades are available on all half day experiences. Recieve 15 minutes extra for just £25 or alternatively 25 minutes extra for £45.

HALF DAY DELIGHT £70 25m

A back, neck and shoulder massage with or without hot stones, a refresher facial with or without hot stones, a salt and polish scrub, a file and varnish or an anti-tension scalp massage.

CELEBRATION £85 25m

A back, neck and shoulder massage with or without hot stones, a refresher facial with or without hot stones, a salt and polish scrub, a file and varnish or an anti-tension scalp massage. Plus a one course light lunch with a glass of fizz in The Garden Room.

The Half Day Delight and Celebration experiences are available Monday to Friday anytime, on Saturday between 9am-3pm and on Sunday between 2pm-7pm. A £10 supplement applies on Saturday and Sunday.

SUNSET £75 25m

A refresher facial, a back, neck and shoulder massage or an anti-tension scalp massage, with a glass of fizz.

Available between 4pm-8pm or 5pm-9pm, Monday to Thursday, subject to availability.

MUM AND TEEN PAMPER EXPERIENCE £125 25m

Perfect for some mum and daughter quality time; this pamper experience includes a 25 minute treatment each.

Price is for mum and teen. Available between 3pm-7pm, Sunday to Friday, subject to availability.

Age-Defying Facials



GUINOT LIFTOSOME £65 55m

A facial based on pro-collagen to treat mature skin. This stimulating thermal treatment leaves the skin firm and radiant.

GUINOT HYDRADERMIE² £72 1hr10m

A preventative and corrective treatment for fine lines, shadows, hydration, pigmentation and wrinkles. Suitable and customised for all skin types, using cutting-edge skin care technology and techniques.

GUINOT HYDRADERMIE² AGE LOGIC £90 1hr25m

An intensive facial using additional specialised products and procedures for the eyes, face, neck and décolleté.

GUINOT HYDRADERMIE² LIFT EXPRESS £55 40m

A high tech lifting treatment where muscles regain tone and features are lifted. Recommended as a course of 6 to 12 treatments.

GUINOT HYDRADERMIE² LIFT DELUXE £75 1hr10m

This is a 'youth revolution' treatment, with lymphatic drainage, muscle stimulation, a collagen massage cream and lifting mask.

GUINOT HYDRADERMIE² YOUTH WITH CELLULAR ENERGY £110 1hr40m

A highly advanced treatment that acts immediately on wrinkles, dull skin, elasticity and skin tone. The stimulation of cell reproduction creates a more youthful appearance, while lifting stimulation tightens and firms the skin; a real alternative to invasive procedures.

GUINOT AGE SUMMUM £75 55m WITH EYE LOGIC £95 1hr25m

Guinot's ultimate anti-ageing treatment that will regenerate, firm and restore radiance.

Relaxing and Rejuvenating Facials



REFRESHER FACIAL £49 25m

An express facial including cleansing, exfoliation, light massage, mask and moisturiser.

GUINOT HYDRACLEAN OR ESPA 'HANDS ON FACIAL' £55 40m

A radiance facial that boost the skin's circulation or a deeply purifying facial if using the hydraclean heated electrode.

GUINOT AROMATIC £60 55m

This unique method combines the benefits of the essential oils with pressure point massage techniques and a mask tailor-made for your skin's needs.

GUINOT HYDRA PEELING £70 55m

A gentle double-peeling facial with vitamin C to boost radiance and regenerate the skin. Instant results with one treatment for that special occasion, or for long lasting effects as a course of three.

ESPA AROMATHERAPY £70 55m

A highly relaxing and nourishing facial consisting of cleansing, exfoliation, acupressure face massage, head and scalp massage, mask and moisturiser.

ESPA LIFT AND FIRM FACIAL £70 55m

An advanced facial to improve skin tonicity and firmness.

ADVANCED PERSONALISED FACIAL £85 1hr10m

A facial 'tailored' to your own skin following an in depth analysis and consultation with your therapist. A bespoke facial designed to meet the individual needs of each client. The treatment time includes an in-depth consultation, product selection from either Guinot or ESPA based on skin type and condition and home care advice.

Massages



ESPA AROMATIC BACK, NECK AND SHOULDER £49 25m

ESPA AROMATIC BACK, NECK AND SHOULDER £60 40m

ESPA AROMATHERAPY FULL BODY £75 55m

ANTI TENSION SCALP £49 25m

INDIAN HEAD MASSAGE £55 40m

Targets deep tension in the upper back, neck and head areas, as well as eye strain and headaches.

Add £5 to include hot stones to any massage.

Wraps

ESPA ENERGY BOOSTER RITUAL £85 1hr10m

This treatment includes a body exfoliation, algae wrap, scalp massage and oil application to leave you feeling energised.

ESPA DETOX RITUAL £85 1hr10m

A combination of a body wrap and oil application to help improve circulation, speeding up the elimination of toxins and excess fluid.

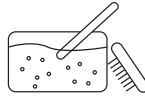
ESPA BODY TONER RITUAL £85 1hr10m

This treatment combines a body wrap and oil application using specific oils, ideal after weight loss to leave the skin smooth and toned.

ESPA MUSCLE RELAXER RITUAL £85 1hr10m

A body wrap and massage using specific oils to ease tension in the muscles, help restore mobility and reduce aches and pains.

Body Treatments



BRONZING TREATMENT £60 55m

The safe way to tan! Face and body exfoliation and moisturiser, followed by a top to toe application of self-tanning cream.

SALT AND POLISH SCRUB £49 25m

A thorough body exfoliation followed by an application of nourishing body oil to leave the skin smooth and free of dry skin.

ESPA AROMATHERAPY FACE, BACK AND SCALP £85 1hr10m

A deeply relaxing treatment incorporating back exfoliation and massage, an aromatherapy facial and deep scalp massage.

TOP TO TOE £100 1hr25m

This highly luxurious ESPA treatment includes a full body massage, hair oil and mask treatment and a facial and scalp massage.

ESPA MINDFUL MASSAGE £85 1hr10m

A massage to calm both mind and body, beginning with a foot zone massage to rebalance and ground, before a soothing massage is continued up through the body, finishing with a re-energising scalp massage using warm Rose Quartz Crystals.

Maternity Treatments

PRE/POST NATAL PAMPERING £87 1hr10m

This total body treatment is designed for pregnant and nursing mothers to aid relaxation and tonicity of the skin. Includes a body and scalp massage, and either a back exfoliation or a mini facial.

ESPA BODY TONER RITUAL £85 1hr10m

Combining a body wrap and massage, this is a perfect post pregnancy treatment which leaves your skin feeling smooth, toned and nourished.

We advise against these treatments within the 1st Trimester.

Finishing Touches



Eyes

EYEBROW WAX/SHAPE	£15	EYELASH TINT	£20
EYEBROW TINT	£12	LASH AND EYEBROW TINT	£25

Waxing

FULL LEG	£35	FULL LEG AND BIKINI	£40	EXTENDED BIKINI	£24
HALF LEG AND BIKINI	£35	BIKINI	£16	BRAZILIAN	£32
HOLLYWOOD	£40	UNDERARM	£12	FULL ARM	£25
HALF ARM	£17	UPPER LIP	£12	CHIN	£12
HALF LEG	£25	WAXING UPGRADE	£8	15m	

Brows by Mii

EYE LASH AND BROW TINT, BROW SHAPE, FINISHED WITH A BROW DEFINING PRODUCT	£40
EYE BROW SHAPE, TINT AND DEFINITION	£25

Hands



GLYCOPEEL ANTI-AGING HAND TREATMENT £42 40m

A luxurious radiance treatment for hands which targets wrinkles, blemishes and age spots.

FILE AND PAINT £30 25m

Just that; nails shaped and polished only!

SPEEDY NAILS £38 40m

For those 'on the go'; nail shape, cuticle care, hand cream application and varnish.

JESSICA 'GEL NAILS' FOR HANDS OR FEET £40 45m

This revolutionary treatment gives a beautiful natural look that is strong, dries in seconds, smudge proof and chip resistant.

JESSICA 'GEL NAILS' FOR HANDS OR FEET (WITH REMOVAL) £53 1hr15m

This revolutionary treatment gives a beautiful natural look that is strong, dries in seconds, smudge proof and chip resistant.

JESSICA 'GEL' REMOVAL £15

Simple soak removal of existing gel nail colour.

HANDS OR FEET FOR ALL SEASONS £46 55m

Including nail shape, cuticle work, exfoliation, mask, moisturiser finishing with an application of colour.

KIDDIES NAILS (8 - 12 YEARS) £12 15m

Treatments for Teens (13 - 17 years old)



TEEN EXPRESS FACIAL £42 25m

Ideal as a taster facial, or for those returning after their prescription facial for a speedy skincare treat.

TEEN PRESCRIPTION HYDRACLEAN FACIAL £57 55m

An initial skin analysis, a deep cleanse, gentle exfoliation, light massage, treatment mask and protective moisturiser and oodles of homecare advice.

TEENIE TOES £30 25m

A nail tidy, foot massage and colour application.

FAB FINGERS £30 25m

A nail tidy, hand massage and colour application.

TOTALLY TEENS BACK MASSAGE £42 25m

TOTALLY TEENS FULL BODY MASSAGE (15-17YRS OLD) £65 55m

Using one of six blended aromatherapy oils, this de-stressing treatment is perfect for relieving exam stress and tension.

MUM AND TEEN PAMPER EXPERIENCE £125 25m

Perfect for some mum and daughter quality time; this pamper experience includes refreshments on arrival, use of the spa facilities and a 25 minute treatment each.

Price is for mum and teen. Available from 3pm-7pm, Sunday to Friday, subject to availability.

Treatments for Men



ANTI TENSION SCALP MASSAGE £49 25m

ESPA BACK, NECK AND SHOULDER MASSAGE £49 25m

ESPA GENTLEMAN'S REVITALISER £75 55m

A deep, therapeutic massage focused on the back and feet designed to alleviate tension and stress.

ESPA AROMATHERAPY FULL BODY MASSAGE £75 55m WITH HOT STONES £80 55m

This treatment deeply relaxes and revives the whole body, with or without hot stones.

ESPA FACE, BACK AND SCALP £85 1hr10m

Back exfoliation and massage using aromatic oils, followed by an aromatherapy facial and deep scalp massage.

TONIC FACIAL FOR MEN £70 55m

A relaxing treatment which includes a Clarisonic brush cleanse, exfoliation, relaxing facial massage, a mask and moisturiser.

GUINOT HYDRADERMIE² TRES HOMME £72 1hr10m

A deep cleansing, re-hydrating treatment using mild electrotherapy to help the active ingredients penetrate deep into the skin.

ESPA ADVANCED AGE REBEL FACIAL FOR MEN £82 1hr10m

An effective, age-defying facial designed to deliver immediate results to tired looking skin, and reduce fine lines and wrinkles.

HANDS OR FEET TREATMENT £40 25m

A bespoke treatment tailored to individual requirements.

BACK WAX £28 25m

CHEST WAX £28 25m

Express Treatments



DE-STRESS SHOULDER AND UPPER BACK £25

Effleurage massage to relax areas of tension in the upper back and shoulders.

SCALP MASSAGE £25

A pressure point massage on the scalp and forehead.

LOWER LEG MASSAGE £25

Release tension, aches and pains in the knee and calf area. Perfect after long flights!

NAIL SHAPE, BUFF OR SHINE (HANDS ONLY) £25

HEEL SMOOTHER £25

Hard skin removal and application of moisturiser.

CLARISONIC FACIAL £25

A facial cleanse using the ESPA Procleanser/exfoliator and the clarisonic brush, followed by an application of facial serum and moisturiser.

Treatment time is approximately 12 minutes

We are unable to swap 2 or more express treatments for alternative treatments from our full tariff

PLEASE NOTE

It is not advisable to use any heat treatments (sauna, steam room), swim or use the gym after facial or depilatory treatments. We also strongly advise that you do not consume any alcohol before utilising the pool, sauna, steam room or gym facilities. It is also inadvisable to consume alcohol prior to undergoing beauty treatments and, in some cases, subsequent to particular treatments. We advise that you consult your therapist for further guidance.

OUTDOOR POOL

Should you wish to use the outdoor pool during your visit, a supplement will apply. Use is subject to availability and weather conditions.

MEDICAL INFORMATION

Please inform our beauty reservations co-ordinator of any current or previous medical conditions you may have or had that may be affected by any of the services on offer at the time of reservation. If you have any doubts please consult your doctor for advice and we may request you provide their advice in writing.

PREGNANCY

If you are pregnant, please seek further advice from our Beauty Reservations team as some of the treatments will not be suitable for you.

CLIENT CONDUCT

The therapist reserves the right to stop the treatment at any time if she/he feels that the client's behaviour is inappropriate.

PAYMENT

All treatments must be paid for either in advance or on the day. All prices include VAT at the standard rate. If paying by Gift Vouchers the original gift voucher must be presented upon arrival; photocopies will not be accepted.

CHILDREN

As it contravenes our insurance policy, babies and children are not permitted into our treatment rooms, unless they are 13 or over and accompanied by an adult for a treatment.

MEMBER'S DISCOUNT

All spa members receive a 10% discount on all treatment prices (Monday to Thursday inclusive).

CANCELLATION FEE

The treatments you select are reserved especially for you with one of our professionally trained therapists. A cancellation charge for the full amount will be made if less than 24 hours notice is given on individual treatments and 7 days on package days.

UPGRADE

Why not extend your treatment time? For just £25 receive 15 minutes extra or alternatively for £45 receive 25 minutes extra.

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01784 220973 OR EMAIL: BEAUTYRESERVATIONS@THERUNNYMEDE.CO.UK



THE RUNNYMEDE

ON THAMES

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THE SPA

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