

**The Manor  
House  
&  
Ashbury  
Hotels**

*- The Only Sport, Craft & Spa -  
Hotels in the UK*

**Health & Beauty Treatments**

# Our Health & Beauty Treatments

Why not complete your break by indulging in a luxury treatment during your stay at the Manor House & Ashbury Hotels? Our treatments provide you with the perfect escape from your busy programme of activities and will give you the opportunity to relax and nourish mind, body and spirit.

We offer an outstanding choice of over 20 treatments, all using the highest quality products. We have partnered with The Natural Spa Factory to offer a range of body and face treatments that use products made with quality, naturally derived ingredients, all sourced in the UK.

*natural spa factory*

— EST. BATH ENGLAND —



# The Blank Canvas Facial

£40 - 60mins / £20 - 30mins

Break away from protocol and treat yourself to a memorable, bespoke experience! Allow our certified skin therapist to tailor a facial to your skin's needs. This facial experience will be made to measure because we realise that beauty is ageless, sexless and 100% individual.

Treatment will include consultation, cleansing, toning, polishing, mask application, moisturising and will include products from the capsule and illuminate ranges. For the full experience we recommend the 60 minute facial which also includes décolleté and facial massage, plus a hand and arm massage whilst the mask is applied.

# The 23 Carat Gold Facial

£50 - 60mins

Transport yourself back to the Golden age of Cleopatra with this decadent facial experience. Utilising the Natural Spa Factory gold range, this facial focuses on the healthy ageing of skin. Active ingredients include grape and leaf, pearl extract and 23 carat gold, all of which are rich in vitamins A, B, C, D and E.

This treatment will also assist in the renewal of skin cells, aid in tissue repair, restore elasticity and provide a tightening effect for radiant and youthful looking skin. Natural golden, amber tones will cocoon the skin in a silky warmth that permeates throughout this timeless facial.



# Natural Spa Factory Body Treatments

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## **Detoxifying Body Wrap**

**Green, Red & White Tea with Mint Leaves**

£35 - 45mins

This mix has both anti-oxidising and anti-allergic properties which helps to fight against skin ageing. The potent mix of three tea varieties contains theanine and flavonoids which work to drain toxins and break down fatty acids. The addition of mint leaves encourages circulation and leaves skin awakened, refreshed and suitably plumped. Includes scalp massage.

## **Toning Body Wrap**

**Rosemary & Guarana**

£35 - 45mins

This gel-like body wrap combines fat busting guarana with uplifting rosemary essential oil which is rich in anti-oxidants. The high caffeine level in the guarana is thought to target cellulite, reduce puffiness and impart a smoothing effect on skin. This concoction also includes horsetail (plant extract) which assists in breaking down deposits in tissues and supports the production of collagen for youthful looking skin. Includes scalp massage.

## **Invigorating Body Scrub**

**Peppermint & Marine Extract Salt**

£35 - 45mins

Harnessing the power of marine extracts, this scrub is both detoxifying and invigorating and will breathe new life in to skin which may be a little tired and grey from the long British Autumn and Winter months. Skin will be lifted and tightened, leaving you with a radiant glow.

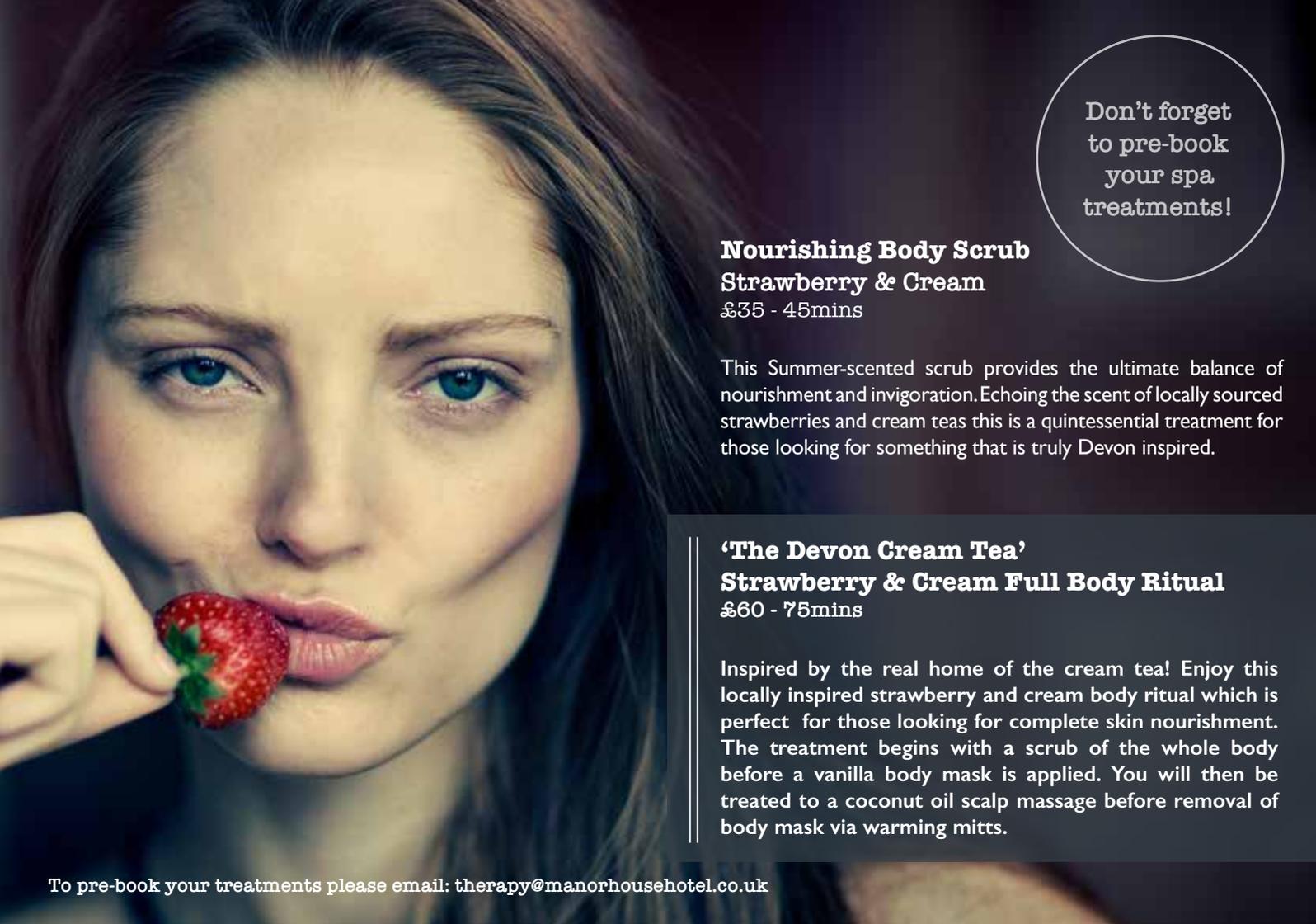
## **Cellulite Busting Body Scrub**

**Geranium & Grapefruit**

£35 - 45mins

Rejuvenation and the promotion of weight loss are the driving forces behind this blend. Bursting with floral and citrus scents this scrub will leave your skin with a fresh glow and grapefruit oil contains significant levels of anti-inflammatory agents which are proven to break down cellulite in those problem areas.

**Why not create your own bespoke body ritual by combining the scrub & wrap of your choice for just £65?**



Don't forget  
to pre-book  
your spa  
treatments!

**Nourishing Body Scrub  
Strawberry & Cream**  
£35 - 45mins

This Summer-scented scrub provides the ultimate balance of nourishment and invigoration. Echoing the scent of locally sourced strawberries and cream teas this is a quintessential treatment for those looking for something that is truly Devon inspired.

**'The Devon Cream Tea'  
Strawberry & Cream Full Body Ritual**  
£60 - 75mins

Inspired by the real home of the cream tea! Enjoy this locally inspired strawberry and cream body ritual which is perfect for those looking for complete skin nourishment. The treatment begins with a scrub of the whole body before a vanilla body mask is applied. You will then be treated to a coconut oil scalp massage before removal of body mask via warming mitts.

To pre-book your treatments please email: [therapy@manorhousehotel.co.uk](mailto:therapy@manorhousehotel.co.uk)

# Massages

For a full body massage please choose a 60 minute session. 30 minute sessions focus on one specific area: Back, Neck & Shoulders, Leg & Foot, Hand & Foot or Hand & Arm

## Swedish Massage

£20 - 30 mins / £40 - 60 mins (12yrs+)

A classic massage to improve muscular function, movement, circulation and pain relief, as well as helping with many other physical problems. Can be relaxing, stimulating, or uplifting depending on the client's needs. This is the perfect entry level massage.

## Aromatherapy Massage

£20 - 30 mins / £40 - 60 mins (12yrs+)

Enjoy a massage with your choice of natural spa essential oils pre-blended specifically to suit your needs. Whether you want a relaxing or stimulating treatment the combination of massage and oils can help relieve symptoms of stress, muscle tension and more. Choose from calming, sensitive, invigorating, or locally sourced seaweed infused oil.

## Deep Tissue Massage

£21 - 30 mins / £42 - 60 mins (16yrs+)

Deep Tissue uses firm pressure and slow strokes to reach deep layers of muscle and fascia. Very good for those suffering with knots and stiffness.

## Bumps A Daisy Pregnancy Massage

£20 - 30 mins / £40 - 60 mins (16wks+)

A nurturing massage that connects Mother and Baby. Specialised positioning is used to ensure both safety and relaxation, plus the Natural Spa Factory's Bumps A Daisy pregnancy oil is used to complete this specialised treatment.

## Sports Massage

£42 - 45 mins (16yrs+)

Sports massage is a form of bodywork aimed towards athletic participants. It is used to help prevent injuries, prepare the body for activity and maintain it in optimal condition. The skilled therapist blends together a mixture of techniques, knowledge and advice during the treatment to bring out optimum performance, provide injury free training and minimise post event injuries.

Sports massage tends to be deeper and more intense than any other massage variant and is certainly not for those looking for an entry-level treatment. Kinesiology tape may also be available in discussion with your therapist.

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### **Candle Massage**

£45 - 60 mins (12yrs+)

Using the soothing heat of a scented, burning candle, your therapist will drizzle melted candle onto the body, then massage luxurious Natural Spa mixes of Honey, Cacao Flower, Rose or Fig into the body. You can then take the remainder of your candle home.

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## Gelish

This revolutionary product applies like nail polish but performs like gel. It dries instantly and lasts for up to 3 weeks, so you can say goodbye to chips and smudges. Choose from 50 colours.

### Gelish - Hands / Feet

£30

Inc. filing, shaping, cuticle work and polish.

### Express Gelish™ Removal

£10

Soak off session to remove any remaining Gelish from a previous treatment.

Please attend all manicure / pedicure treatments with clean nails, free of products. We advise guests not to use the spa or swimming pools for 24hrs after a manicure / pedicure.



# Jessica Nails

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Jessica reveals the natural beauty of every nail through hand and cuticle treatments, prescriptive base coats and extra glossy top coats. You will find proven ingredients such as Almond Oil, Vitamin E, Echinacea and Zinc to nourish and nurture different nail needs - It's the ultimate in nail nutrition!

**Jessica with Midi Polish:** Jessica colours are renowned for their superior wear, vitamin rich formula and ultra rich pigments. Plus receive a pot of Midi polish to top up your colour at home when you choose either the Luxury Manicure or ZenSpa Pedicure.

**Phénom by Jessica:** Quick drying gel-look polish provides chip resistance and up to 10 days wear.

## **Jessica Express Manicure**

Midi Polish £17.50 • Phénom £17.50

Hands and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive base coat, completed by the perfect polish.

## **Jessica Luxury Manicure with Le Remedi**

Midi Polish £37 • Phénom £35

The ultimate in hand and nail care. All the benefits of the exfoliating and conditioning Le Remedi Hand treatment combined with Jessica's Express Manicure.

## **Jessica Express Pedicure**

Midi Polish £17.50 • Phénom 17.50

Nails are trimmed and filed to desired length and shape, cuticles are moisturised and conditioned. The nails are treated with a Jessica prescriptive base coat, completed by the perfect polish.

## **Jessica ZenSpa Pedicure**

Midi Polish £37 • Phénom £35

Jessica's ZenSpa pedicure with the luxurious added benefits of stimulating exfoliation and your choice of leg and foot massage or a moisturising and invigorating mask. Excellent for increasing circulation and relieving stiff, painful joints.



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## Express Beauty

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**Brow Shape - £7**

**Lip & Chin Wax - £7**

**Half/Full Leg Wax - £13/£18.50**

**Bikini Line Wax - £13**

(Please be aware that we are unable to offer intimate waxing)

**Lash and Brow Tint - £13**

A patch test is required 24-48hrs prior to treatment, please consult the spa receptionist upon booking these treatments.

**Eye Trio - £15**

Enjoy a brow and lash tint, plus a brow shape at a discounted price, saving £5!

# Holistic Therapy

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## Hopi Ear Candles

£35 - 45 mins

A relaxing therapy that calms the mind and soothes the head and ears. A good way to relieve symptoms of snoring, headaches, migraine, sinusitis, rhinitis, tinnitus and neuralgia. Also includes a drainage massage. (Not suitable for people with grommets or perforated eardrums.)

## Reiki

£18.50 - 30 mins / £37 - 60 mins

Healing energy is channelled through the hands of the therapist enabling the client's body to accelerate its own healing process. It works to release blocked energies, cleanse the body of toxins and create a state of balance.

## Indian Head Massage

£20 - 30 mins

A seated massage which works on the back, shoulders, neck, head and face. It provides deep massage over the muscles and pressure points to promote deep relaxation.

## Reflexology

£37 - 45 mins

There are over 7000 nerve endings in the feet and all of the points correspond to different parts of the body. By working on different points, reflexology can help energise, rebalance, relax and often eliminate a variety of conditions.

## Hot Stones Massage

£20 - 30 mins / £40 - 60 mins (12yrs+)

The heat from the water-heated basalt stones penetrates deeply to help loosen and soothe tightened muscles, creating sensations of comfort and warmth.



The Manor House and Ashbury offer an all-encompassing service regardless of gender. All treatments are available for both men and women but for the men of the group looking for inspiration we have selected the following treatments which are tinged with more masculine elements and fragrances.

### **Invigorating Body Scrub Peppermint & Marine Extract Salt**

£35 - 45mins

Harnessing the power of marine extracts, this scrub is both detoxifying and invigorating and will breathe new life in to skin which may be a little tired and grey from the long British Autumn and Winter months. Skin will be lifted and tightened and glow and radiance will last for several days.

### **Detoxifying Body Wrap Green, Red & White Tea with Mint Leaves**

£35 - 45mins

This mix has both anti-oxidising and anti-allergic properties which helps to fight against skin ageing. The potent mix of three tea varieties contains theanine and flavonoids which work to drain toxins and break down fatty acids. The addition of mint leaves encourages circulation and leaves skin awakened, refreshed and suitably plumped.

### **Gentlemen's Club Foot Care**

£17.50

Hard skin is removed and feet and legs are massaged with deep conditioning creams, leaving them softer and smoother. Cuticles will be made neat and tidy and toenails will be perfectly shaped.

### **Gentlemen's Club Hand & Nail Care**

£17.50

Hands are exfoliated and massaged with treatment creams to remove dryness. Cuticles are conditioned and nails trimmed into shape.

### **Men's Brow Shape** £7

**Back Waxing** £18.50

# The Manor House Men's Room

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## Mini Spa

A specially selected range of treatments aimed at children aged 12 and under looking for their first treatment experience.

Choose a Fingernail or Toenail Paint for just £10

## The Hydro Spas

FREE - 90mins (16+)

Whether you want to melt your troubles away in one of our saunas or simply unwind in the Hydro Pool, you'll find our Hydro Spas are the perfect place to relax during your next break.

Simply book your session on arrival at the hotels.



# Treatments

Blank Canvas Facial	£20 - 30mins / £40 - 60mins
Peppermint & Salt Scrub	£35 - 45mins
Strawberry & Cream Scrub	£35 - 45mins
Geranium & Grapefruit Scrub	£35 - 45mins
Trio of Tea & Mint Body Wrap	£35 - 45mins
Rosemary & Guarana Wrap	£35 - 45mins
'Devon Cream Tea' Body Ritual	£60 - 75mins
Swedish Massage	£20 - 30mins / £40 - 60mins
Aromatherapy Massage	£20 - 30mins / £40 - 60mins
Pregnancy Massage	£20 - 30mins / £40 - 60mins
Deep Tissue	£21 - 30mins / £42 - 60mins
Sports Massage	£42 - 45mins
Candle Massage	£45 - 60mins
Jessica Express Mani/Pedi	£17.50
Jessica Luxury Mani/Pedi	£35 - £37
Gents Club Hand/Foot Care	£17.50
Gelish Hands/Feet	£30
Hot Stones Massage	£20 - 30mins / £40 - 60mins
Hopi Ear Candles	£35 - 45mins
Reflexology	£37 - 45mins
Reiki	£18.50 - 30mins / £37 - 60mins
Indian Head Massage	£20 - 30mins
Lash or Brow Tint	£13
Eye Trio	£15
Waxing	£7 - £18.50



Ask us  
about our  
Double  
Treatment  
Rooms!

# Booking Treatments

**We highly recommend booking treatments prior to your arrival. Please contact our team on [therapy@manorhousehotel.co.uk](mailto:therapy@manorhousehotel.co.uk)**

Our treatments are incredibly popular so we suggest you pre-book as soon as you have confirmed your accommodation reservation. We will confirm your appointments 10-14 days prior to arrival.

Please note, for last minute bookings we require at least 7 days notice to pre-book your treatments. (Availability can not be guaranteed). Once at the hotels please pop down to the spa reception or call between 9am - 5pm to check availability. (Manor 880 / Ashbury 77880).

# Terms & Conditions

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## Pre-Bookings

We ask all guests who have pre-booked to check their appointments upon arrival at the hotel. We reserve the right to alter bookings and despite the fact that we endeavour to let all clients know of alterations, we advise all clients to double check for peace of mind. Clients should arrive 5 minutes early for their treatment to pay and to fill out a client record form. If you are late your treatment may be cut short.

If you have any ailments or medical conditions that may affect treatments, please bring a doctors note. In particular, we ask all clients who are on blood thinning medication, or similar, to gain permission from a medical practitioner before booking a massage. We also ask that those who have been afflicted by cancer and wish to book a massage, have been in remission for 5 years, or gain permission from a medical practitioner via doctors note. If you do not have a doctors note, you will be refused treatment.

## Payment

Payment for treatments is to be made directly prior to the treatment in the spa reception by cash, debit card or by billing to a room on presentation of a valid hotel ID card. For treatments at Ashbury please pay at the main reception.

## Cancellations

We require as much notice as possible from anyone who wishes to cancel their appointment. Appointments are often hard to come by and in the interest of other potential clients we ask for at least 12 hours notice of cancellation. It is considered impolite not to turn up for an appointment and guests doing so will incur a charge to their final room bill.

Therapists reserve the right to cancel treatments at their discretion if they believe a contra indication to the treatment in question has been established through consultation or if they encounter behaviour they deem inappropriate during the session.

## Treatment Routines / Time

Although many of our therapists offer the same treatments, routines may differ somewhat from therapist to therapist. All therapists reserve the right to tailor their treatment in accordance with consultation at the beginning of the session and treatments may differ slightly from what is advertised in hotel literature. Treatment times are approximate and include changing, consultation and aftercare. Times are used as a guide for clients when booking treatments.

## Children

Anyone considered a minor in accordance with the law (under 18) must be accompanied by an adult. We have a minimum age limit of 12 for all massage treatments. All other treatments are at the therapist's discretion upon consultation to establish whether the treatment should be carried out. This is not negotiable, regardless of whether the client has had treatments before.

## Pricing & Information

All prices are subject to change without notice. Please see website for the most up to date prices. We reserve the right to amend or remove any treatments from websites, brochures and leaflets and to alter appointment slots without prior notice. Treatments advertised in this brochure may not be available during your stay. Should this happen, we will endeavour to offer a suitable alternative.