



Treatment Lounge
RELAX - REFRESH - REVIVE

ESPA
Natural Beauty
Inner Calm

SPA TREATMENTS



HEYTHROP PARK
RESORT

TREATMENT LOUNGE

The Treatment Lounge at Heythrop Park Resort offers a great choice of packages. Relax, refresh and revive your body's equilibrium with our ESPA and OPI treatment ranges.

Facilities include a 20m heated indoor pool, mixed steam room, mixed sauna and three treatment rooms.

Heythrop Park Resort is located approximately 5 minutes from the Health Club & Spa.

We also offer a range of overnight spa breaks to suit your requirements.



ESPA INTENSIVE FACIALS

PERSONALISED FACIAL

Enjoy exceptional results with this entirely bespoke expert facial from ESPA. Following skin analysis with our SkinVision™ lamp, naturally advanced skincare products, rich in plant and marine extracts are selected according to your individual needs and used alongside a tailored massage to deeply cleanse, exfoliate, purify and boost your complexion. This customised treatment is then completed with a relaxing scalp massage.

55 minutes: Includes triple cleanse, skin analysis with SkinVision™ lamp, exfoliation, facial massage, personalised mask and scalp massage.

25 minutes: Includes double cleanse, exfoliation, facial oil application tailored to your skin, personalised mask and scalp massage.

LIFT & FIRM EYE TREATMENT

Perfect for those who are concerned with signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Includes: Cleanse, exfoliation, massage, firming eye mask and lift & firm intensive eye serum application.

25 Minutes

OPTIMAL SKIN PROFACIAL

Reveal your skin's true potential with this facial by enjoying expertly tailored facial techniques. Designed to rebalance, hydrate and revitalise, this facial instantly revives and brightens the complexion while helping to protect against environmental damage and delay the early, invisible signs of ageing.

Optimal ProFacial is for all skin types and all ages.

Includes: Deep brush cleanse, skin analysis with SkinVision™ lamp, facial treatment mask, ESPA Optimal Skin product range, facial and eye area massage, Optimal hand & arm treatment.

55 Minutes

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.



ESPA BODY TREATMENTS

BACK, FACE & SCALP TREATMENT

This luxurious combination begins with a cleansing of the back followed by exfoliation and a soothing back massage. A relaxed mind and body reflect in the skin and a hydrating facial together with a therapeutic scalp massage will compliment this. The use of hot stones aids natural healing.

85 Minutes

SALT & OIL SCRUB

This skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished. Perfect as a stand-alone treatment or in preparation for a massage. Includes body brushing, full body salt & oil scrub and application of ESPA body moisturiser.

25 Minutes

BODY POLISH

In order to obtain the best possible tan, your skin needs to be prepared. This exfoliation is made with natural ingredients such as peppermint and apricot kernels.

Includes: Body Brushing Full Body Exfoliation and application of ESPA body moisturiser.

25 Minutes

INVIGORATING FOOT TREATMENT

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothes aches and pains.
Includes: Foot and lower leg exfoliation and massage, finishing with an application of ESPA body moisturiser.
25 Minutes

FACE & SCALP SOOTHER

This massage focuses on the key areas of tension using an ESPA facial oil chosen for your specific needs. Working on the shoulders, face and scalp to soothe aches
Includes: Massage to neck face and scalp.
25 Minutes

PERSONALISED MASSAGE

Choose your pressure:

Gentle, medium or firm

Choose your type:

Aromatherapy: A relaxing massage. Your therapist will select oils from: Detoxifier, De-stresser, Muscle Relaxer, Jet-Lag Eliminator, Immune Booster & Energiser.

Swedish: Using stimulating movements and a nourishing calendula infused oil.

Hot Stone: A powerful massage designed to alleviate deep-seated tension and muscular stress. *(£5 supplement)*

Pregnancy: A safe and gentle massage for a mum-to-be to enjoy some relaxation and alleviate pain and stress whilst pregnant.

55 minutes: Full Body OR 25 minutes: Back

OPI PROSPA MANICURE & PEDICURE SERVICES

EXPRESS MANICURE OR PEDICURE

Featuring essential OPI ProSpa products in a condensed service that doesn't sacrifice on a premier experience.

30 minutes

SIGNATURE MANICURE OR PEDICURE

Experience the quintessential OPI ProSpa products combined with a relaxing massage and acupressure.

45 minutes

PAMPER MANICURE OR PEDICURE

Unparalleled exfoliation, moisture & protection, while revelling in a combination of massage techniques and acupressure designed to reduce stress and relieve tension.

60 minutes

Gel colour application can be added to any manicure or pedicure service for an additional £10.

Please note, if you require gel removal before new application please ensure you book the pamper version to allow sufficient time.

FINISHING TOUCHES

SMOOTH TOUCH

Full Leg - 50 Minutes
Half Leg - 30 Minutes
Bikini Line - 15 Minutes
Full Leg & Bikini - 60 Minutes
Underarm - 15 Minutes
Lip/Chin - 15 Minutes
Back Wax - 40 Minutes
Chest Wax - 40 Minutes

EYE TREATMENTS

Eyebrow Shape - 15 Minutes
Eyelash Tint* - 30 Minutes
Eyebrow Tint* - 15 Minutes
Eyelash & Eyebrow Tint* - 30 Minutes

*Tinting requires a patch test to be performed 24 hours prior

HEYTHROP PARK SPA DAYS

Robe, towel & slippers provided with all Spa Days

SPA SAMPLE DAY

Includes bento box lunch, glass of Prosecco and one of the following treatments:

Back, neck and shoulder massage

ESPA express facial

OPI express nail treatment

10% off all spa retail products

INDULGENT AFTERNOON TEA & SPA

Includes afternoon tea* and one of the following treatments:

Back, neck and shoulder massage

ESPA express facial

OPI express nail treatment

15% off all spa retail products

*Served in the Manor House between 12pm - 4pm

ULTIMATE SPA DAY

Includes all three treatments (back, neck and shoulder massage, ESPA express facial, OPI Express nail treatment), bento box lunch, a glass of Prosecco and 20% off all spa retail products.

LUXURIOUS SPA DAY

Includes all three treatments (full body massage, ESPA express facial, OPI express nail treatment), bento box lunch, a glass of Prosecco and 20% off all spa retail products.

HOW TO SPA

OPENING TIMES

Treatments available from 10:00 -18:00

SCHEDULING AN APPOINTMENT

To book an appointment, please contact our leisure club reception team who will be able to guide you. To ensure your preferred time and treatment is available, we recommend that you book in advance. All spa treatments and packages will only be guaranteed with full payment in advance. Groups over four may reserve their packages with a 50% deposit on booking, with balance due one week before arrival.

ARRIVAL TIME

Guests are requested to arrive 15 minutes before their treatment time to allow sufficient time to complete a spa consultation form and health questionnaire. We recommend you arrive up to 30 minutes in advance of all Spa Days treatments so that you have time to change and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time or treatment cancellation.

SPA AND GYM FACILITIES

The following Spa facilities are available at Heythrop Park Resort: 20m heated pool, sauna, steam room, changing areas and gym. The gym is equipped with cardiovascular and strength machines and a free weights area. The spa and gym facilities are available to hotel guests, members and day spa guests.

LEISURE CLUB BAR

The Leisure Club bar offers a range of hot and cold snacks & drinks. As well as an outside terrace with seating facilities, we have the option of private dining for larger groups using the hotel facilities within Heythrop Park Resort.

Tables will be reserved for those guests on an inclusive lunch spa package.
Lunch is served between 1pm and 2pm.

CHILDREN'S POLICY

Unfortunately, we are unable to offer treatments for children under 16 years old. Treatments and access to the heat experiences & gym are restricted to over 15's.

CANCELLATION POLICY

Treatment and package refunds are only available if you cancel at least 72 hours prior to your arrival time. Weekend treatments and packages are non-refundable.

HEALTH CONDITION & PREGNANCY

Please advise us of any health conditions, allergies or injuries which could affect your treatment when making your reservation. We have specially designed treatments for expectant women or nursing mothers. Please inform our spa team and we can guide you when booking your treatment.



Treatment Lounge

RELAX - REFRESH - REVIVE

	DURATION	MON - THU	FRI - SUN
ESPA FACIALS			
Personalised Facial	25 min	£40	£45
Personalised Facial	55 min	£65	£70
Lift & Firm Eye	25 min	£40	£45
Optimal Skin ProFacial	55 min	£70	£75
ESPA BODY TREATMENTS			
Back, Face & Scalp Treatment	85 min	£95	£100
Salt & Oil Scrub	25 min	£42	£48
Body Polish	25 min	£42	£48
Invigorating Foot Treatment	25 min	£42	£48
Face & Scalp Soother	25 min	£40	£45
Personalised Massage	25 min	£42	£48
Personalised Massage	55 min	£65	£70
OPI PROSPA MANICURE or PEDICURE			
Express Manicure or Pedicure	30 min	£25	£30
Signature Manicure or Pedicure	45 min	£30	£35
Pamper Manicure or Pedicure	60 min	£40	£45
Gel Colour Application		£10	£10

	DURATION	MON - THU	FRI - SUN
SMOOTH TOUCH			
Full Leg Wax	50 min	£29	£29
Half Leg Wax	30 min	£20	£20
Bikini Line Wax	15 min	£11	£11
Full Leg & Bikini Wax	60 min	£40	£40
Underarm Wax	15 min	£14	£14
Lip/Chin Wax	15 min	£5 each	£5 each
Back Wax	40 min	£22	£22
Chest Wax	40 min	£22	£22
EYE TREATMENTS			
Eyebrow Shape	15 min	£10	£10
Eyelash Tint	30 min	£15	£15
Eyebrow Tint	15 min	£10	£10
Eyelash & Eyebrow Tint	30 min	£20	£20
SPA DAYS			
Spa Sample Day	25 min	£58	£68
Indulgent Afternoon Tea & Spa	25 min	£65	£75
Ultimate Spa Day	3 x 25 min	£105	£115
Luxurious Spa Day	3 treatments	£145	£155

