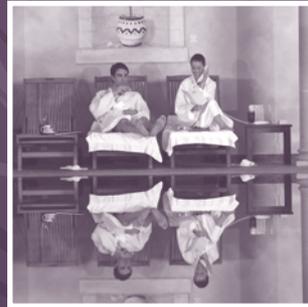
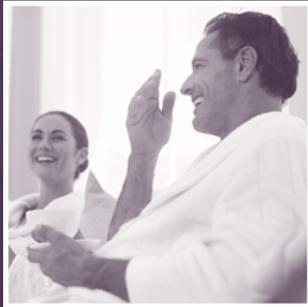




The Day Spa

Whittlebury Hall



Indulging the mind, body and soul

Welcome to The Day Spa at Whittlebury Hall

From the moment you arrive, we will take you out of your daily routine and into ours. You will experience a host of stimulating Heat and Ice Experiences, complemented by wonderful therapies.

The Day Spa offers the ultimate in pampering, with treatments from the houses of ELEMIS, ESPA and Jessica Nails. Our team of therapists are dedicated to your needs. Whether you are with us for the day or decide to stay on a spa break for one or more nights, we are sure you will have an experience that will make you want to return time and time again.



To book online and for more details visit whittleburyhall.co.uk

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The Day Spa
Whittlebury Hall



Our Heat and Ice Experiences

These experiences are taken in the relaxing atmosphere of the spa and provide body sensations as a result of different temperatures.

Move through the experiences increasing your body's temperature before stepping into the Ice Cave to stimulate your circulation and senses, whilst aiding the elimination of toxins and exfoliating your skin.

Your body will feel invigorated and your skin will feel soft, smooth and hydrated.

- Aromatherapy Crystal Steam
- Caldarium
- Experience Showers
- Foot Spas
- Hydrotherapy Pool
- Ice Cave
- Roman Salt Steam
- Sanarium®
- Tepidarium
- Traditional Sauna



Our Heat and Ice Experiences

Caldarium – Roman Hot Bath

Large-scale warm air bathing rooms, or ‘caldaria’, were a central feature of Roman lifestyle: a lifestyle that was both luxurious and healthy. A typical feature of the Caldarium is the even, beneficial, radiated heat that emanates from the stone walls, floors, seats and reclining areas. The intensive warmth of the Caldarium penetrates the body very deeply, stimulating the circulation and regenerating the body’s natural energies.

This powerful effect has often been regarded as having healing benefits. Tense muscles relax, the skin becomes smoother, stress melts away and joint pain is eased. These are the perfect conditions for anyone wishing to avoid extremes or looking for a delightful form of deep relaxation in the tranquil atmosphere of The Day Spa Heat and Ice Experiences.

Its low humidity means that bathers can stay in the Caldarium for a relatively long period of time (up to 45 minutes).

Steam Bath (& Salt Steam)

Steam Baths have a history behind them that dates back centuries. They were very popular in ancient Greece and the ‘sudatorium’ was a central feature of Roman bathing culture. The Romans also took the steam bath with them to the Eastern Mediterranean, where Turkish steam baths still thrive today. Steam baths have also been common in Northern Russia for centuries.

Not only are they enduringly popular, steam baths are also extremely good for you. It is all about perspiring pleasantly as you would in a sauna, but in a totally different climate – not so hot but a good deal more humid. For many people the lower temperatures of around 43 – 46°C and 100% humidity are the optimum conditions for relaxation. But steam baths are also especially beneficial for the respiratory system and for rheumatic complaints.

Salt Steam has the added benefit of a salt water atmosphere, which is great for cleansing and toning the skin and stimulating the circulation.

Sanarium®

If you find a classical Finnish Sauna too hot or too dry, the Sanarium® offers the ideal alternative. A temperature of around 60°C and a controlled humidity of not more than 55% creates a particularly gentle and temperate climate in which to relax and feel good.

Relaxing in the Sanarium® is the ideal way to recharge your batteries. The unique blend of heat followed by a stimulating shower boosts the body's natural defences and promotes the circulation, shifting your entire metabolism up a gear. A Sanarium® bath also cleanses the skin and tones up the body's tissue.

Sauna

The beneficial effects of perspiring in specially designed facilities have been known for thousands of years. The ancient Greeks and Romans knew and used the therapeutic effects of perspiration, although the modern practice of savouring a Sauna in a log cabin, at high temperatures and low humidity, originated in Finland.

Ice Cave

The Ice Cave is a great place to cool off after your Sauna or Sanarium®, providing an unforgettable cooling experience. Grab a few handfuls of the fresh rock ice and rub it over the skin to provide instant cooling. Mix in a cold shower in the Ice Cave and you will have truly cooled down, contracting your blood vessels, stimulating your circulation and oxygen intake.



Our Heat and Ice Experiences

Suggested Bathing Plan

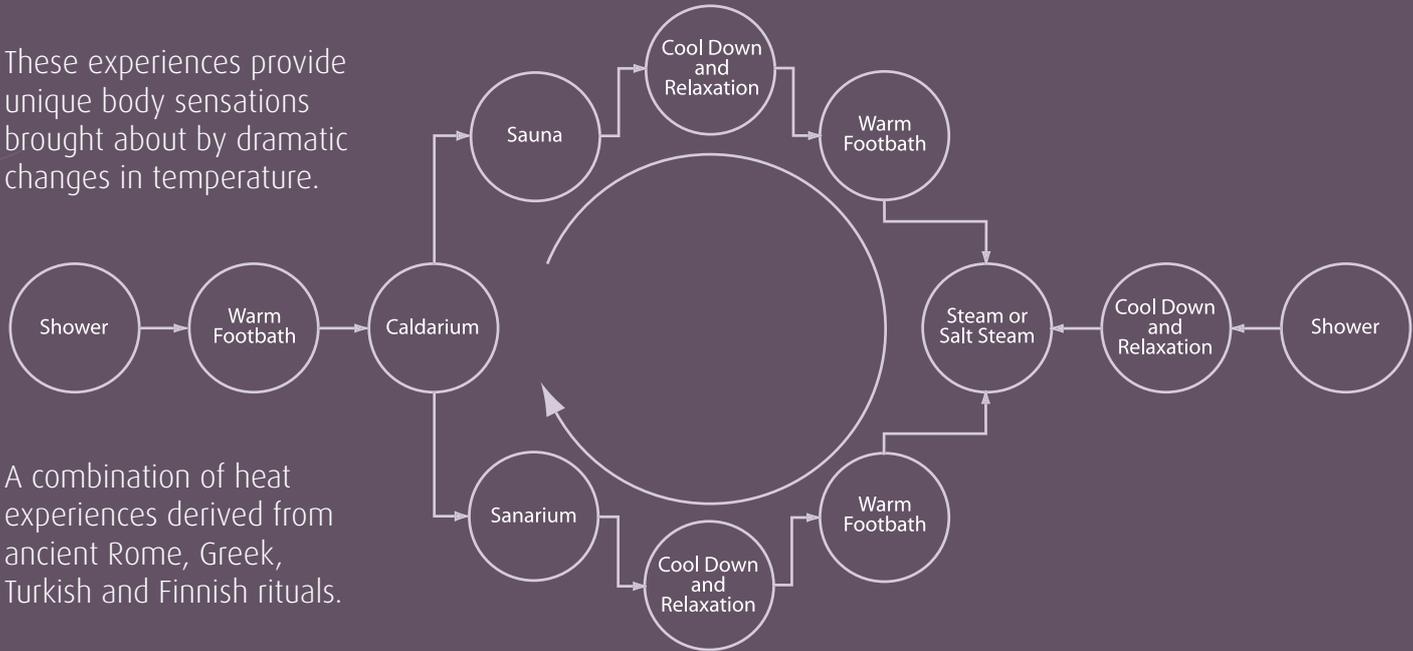
- Always start with a thorough shower, removing all makeup, deodorants and perfumes. Dry thoroughly. A warm foot bath will open the blood vessels and promote circulation.
- The Caldarium is your main starting point as this is a lower temperature than the other experiences and is often used as a warm up.
- After the Caldarium, you can go into either the Sauna or the Sanarium®, depending on your heat preference.
- After a treatment in each experience, it is important that you cool down (showers and Ice Cave) and relax (warm benches, bathing, Tepidariums or even back in the Caldarium) for at least 20 minutes. You can then repeat this cycle 2 or 3 times. It is important that you enter the experiences dry, not wet from the showers or spa as this stops you perspiring and therefore does not have any real beneficial effects.
- After, you should move on to the steam bath and repeat the same cycle – bathing, cooling, relaxing and repeat.
- Before getting dressed and leaving, it is important to cool off properly (putting clothes on straight away could make you feel a little unwell). It is important that you drink plenty of water to aid rehydration.

Spa Ancient Bathing Rituals*

Within The Day Spa, you have the opportunity to select treatments which incorporate the ancient bathing rituals associated with our Rasul.



These experiences provide unique body sensations brought about by dramatic changes in temperature.



A combination of heat experiences derived from ancient Rome, Greek, Turkish and Finnish rituals.



Day Spa Packages

What better way to take some well-deserved time out to treat yourself, loved ones or friends than with one of our luxurious spa days? All spa days include full use of the Heat and Ice Experiences and The Leisure Club facilities, along with a delicious two-course buffet lunch. You'll have the use of a robe, towels, hair and body wash, hair dryers and straighteners, with our compliments.

To get the most out of your day, arrive early to make full use of the range of leisure facilities, and bring swimwear and suitable exercise clothing if you plan to make use of the gymnasium or take a complimentary exercise class. With a whole range of spa day experiences to choose from, you're sure to find the perfect package for you.

The Day Spa Relaxation Day for Two

Treat yourself and a friend or loved one to a day of indulgence with full use of The Leisure Club facilities, the Heat and Ice Experiences and a delicious two-course buffet lunch.

From £99 for two people

The Day Spa Indulgence Day

Choose from our exclusive ELEMIS, ESPA or Jessica Nails Day Spa great value packages, offering all the indulgence you deserve and allowing you to escape and unwind. Each of our Indulgence Days include use of the Heat and Ice Experiences, and two treatments.

From £115 per person

The Day Spa Unwind Day for Two

Rejuvenate your whole body with this great value pamper day. Enjoy a Back, Neck and Shoulder massage in a Dual room and a Rasul Ancient Bathing Ritual - bliss!

From £225 for two people

The Day Spa Jennifer Young Day

A bespoke package designed for those living with, and beyond cancer. Your choice of either the Jennifer Young restoring Facial (50mins) or the Jennifer Young soothing Massage (50mins) both of which are ground-breaking treatments using specially formulated products to leave you feeling relaxed and revived. Please note the Heat and Ice Experiences are not included in this package.

From £75 per person



The Day Spa Deluxe Day

Indulge in a luxurious package, with full use of the Heat and Ice Experiences, an ESPA Full Body Massage with Hot Stones and an Elemis Body Nectar Nourishing Wrap, for all-over pampering. Includes an arrival drink, lunch and a Spa goody bag!

From £215 per person

The Day Spa Mums To Be Day

This perfect pre-natal pampering experience includes an ESPA Total Indulgence Pre & Post Natal Experience (1hr 25 minutes) to relieve tension in the back and alleviate swollen hands and feet, and choose from either a Jessica Prescriptive Manicure (45 minutes) or Jessica ZenSpa Pedicure (55 minutes).

From £115 per person

The Day Spa Whittlebury Day

Enjoy a relaxing and reviving day with full use of the Heat and Ice Experience, a choice of two seasonal treatments - choose from either a Well Being Massage or a Day Spa Facial and a leisurely lunch.

From £115 per person

Sunset Spa for Two

After a hard day, turn your evening into an opportunity for some 'me-time' by relaxing with the Heat and Ice Experiences, along with an antipasti meal - Bliss!

From £59 for two people

Sunrise Spa for Two

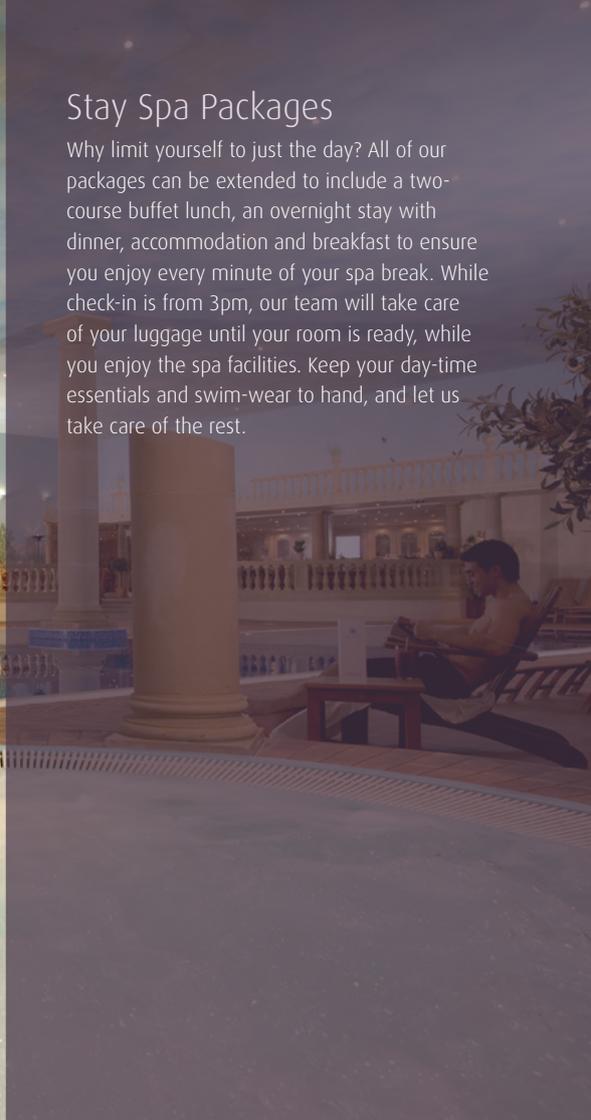
Simply the best way to start your day. Enjoy full use of the Heat and Ice Experiences between 7.30-11.30am, followed by a continental breakfast in the Terrace Cafe.

From £59 for two people



Stay Spa Packages

Why limit yourself to just the day? All of our packages can be extended to include a two-course buffet lunch, an overnight stay with dinner, accommodation and breakfast to ensure you enjoy every minute of your spa break. While check-in is from 3pm, our team will take care of your luggage until your room is ready, while you enjoy the spa facilities. Keep your day-time essentials and swim-wear to hand, and let us take care of the rest.



Deluxe Spa Stay

Unwind with a friend or loved one and enjoy an arrival drink, followed by an ESPA Full Body Massage with Hot Stones and an Elemis Body Nectar Nourishing Wrap. A two-course buffet lunch, dinner at Murrays 2AA Rosette restaurant, overnight accommodation in a Club room and a full English breakfast, plus a Spa goody bag completes your stay.

From £275 per person*

Escape & Spa Stay

This overnight escape includes a two-course buffet lunch, a three-course meal in Astons Restaurant, overnight accommodation, full English breakfast and a 25-minute treatment. Choose from an Energising Facial, Soothing Back, Neck and Shoulder Massage or Pregnancy Back Massage.

From £105 per person*

Escape & Spa Stay Plus

Indulge in an overnight escape and enjoy overnight accommodation, full English breakfast, two-course buffet lunch, three-course dinner in Astons Restaurant, full use of The Day Spa Heat and Ice Experiences and The Leisure Club facilities, plus your choice of The Day Spa Facial, The Day Spa Signature Massage or ELEMIS Peaceful Pregnancy Massage.

From £135 per person*

One Night Spa Stay

Take a short break, stay over and enjoy our Heat and Ice Experiences in The Day Spa. This One Night Spa Stay includes an overnight stay, full English breakfast, three-course dinner in Astons Restaurant, full use of our Heat and Ice Experiences on your day of arrival and The Leisure Club facilities.

From £99 per person*

Two Night Spa Stay

Indulge in a rejuvenating two night spa stay including, full English breakfast each morning, three-course dinner on day of arrival in Astons Restaurant, and full use of our Heat and Ice Experiences and a 25 minute treatment of your choice on your second day.

From £95 per person per night*

*£60 single person supplement per night applies. Prices are per person per night, based on two people sharing a classic room unless otherwise stated. Subject to availability.





Facial Treatments

No matter what your skin-type, the expertise of our therapists and the outstanding results of the ELEMIS and ESPA products we swear by will create a bespoke solution to leave your complexion glowing.

ELEMIS Pro-Collagen Age Defy

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

From £89 (55 minutes)

ELEMIS BIOTEC Facials

Each BIOTEC facial combines a unique high-potency activator and specially designed ELEMIS Skin Lift Touch. Using the power of hands-on therapy, the Skin Lift Touch softens and prepares the skin. Significantly improving skin function, it enables it to convert energy from each technology and “receive” the actives more effectively, whilst re-balancing the skin’s micro-flora.

Choose from one of the following facials:

- ELEMIS BIOTEC Line Eraser
- ELEMIS BIOTEC Firm-a-Lift
- ELEMIS BIOTEC Skin Resurfacer

- ELEMIS BIOTEC Radiance Renew
- ELEMIS BIOTEC Blemish Control
- ELEMIS BIOTEC Sensitive Skin Soother
- ELEMIS BIOTEC Anti-Pigment Brightener
- ELEMIS BIOTEC Super-Charger for Men

From £75 (55 minutes)

ELEMIS Superfood Pro-Radiance

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.

From £69 (50 minutes)

ELEMIS Pro-Definition Lift and Contour

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted youthful effect.

From £85 (55 minutes)

ESPA Active Peel Facial

Following a Skin Vision analysis and a steam brush and cleanse, a powerful Enzyme Peel deeply exfoliates and removes dead skin cells, followed by a soothing massage using Rose Quartz Crystals to help cool and calm, resulting in an even skin tone and a smooth, glowing complexion.

From £95 (55 minutes)

ESPA Advanced Skin Radiance Facial

This advanced brightening facial treatment helps refresh tired skin while evening out skin tone to help boost collagen and elasticity, leaving the skin hydrated and revitalised. Using the most up to date advanced techniques including the distinguished Age Defyer massage and Rose Quartz Crystals that will help calm and soothe the skin while helping to speed up cell regeneration.

From £99 (1 hr 25 minutes)

ESPA Intensive Facial

Using active key ingredients, this treatment combines exfoliation, acupressure, lymphatic drainage massage, oriental head massage, mask and moisturisers to relax, plump, renew and revitalise your skin.

From £69 (50 minutes)

ESPA Lifestage Facial

A targeted and rejuvenating facial for maturing skin to address the most visible signs of ageing. Incorporating special age-defying massage techniques and the technologically advanced LIFESTAGE product range, this luxurious facial will minimise wrinkles, immediately improve hydration levels whilst helping to reduce the appearance of pigmentation, large pores and redness.

From £85 (50 minutes)

ESPA Optimal Pro Facial

Reveal your skins true potential with expertly tailored facial techniques and the Optimal skin collection, designed to rebalance, hydrate and revitalise. This facial instantly revives and brightens the complexion whilst helping to protect against the environment damage and delay the early, invisible signs of ageing.

From £69 (50 minutes)

Jennifer Young Facial

A blissfully relaxing facial beautifully adapted and designed for those living with, and beyond cancer. Soothing massage techniques help you drift off into the world of peace and tranquility leaving your skin perfectly replenished with a glowing radiance. Your specialist therapist extends the treatment to include the scalp making the experience even more indulgent.

From £60 (50 minutes)

If you're unsure which facial is right for you, our team of expert therapists will be happy to advise.

Body Treatments

With a wide range of invigorating and rejuvenating treatments to choose, from massages through to wraps and scrubs using exotic salts, muds and milks, put yourself in the capable hands of our therapists for a sublime experience with feel-good results.

ELEMIS Freestyle Full Body Massage

A choice of four prescriptive massages - spirit reviver, stress-a-way, muscle melt and chakra balancing - to target individual needs and reduce stress and muscle tension using a blend of essential oils.

From £65 (50 minutes)

ELEMIS Freestyle Back Massage

A customised stress-relieving back, shoulder and neck massage using a blend of essential oils to target your individual needs to reduce stress and tension and ease aching muscles.

From £49 (25 minutes)

ELEMIS Body Nectar Nourishing Wrap – Sweet Orchid or Frangipani

The velvety texture of the Monoi Oil offers super hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

From £69 (45 minutes)

ELEMIS Intensely Cleansing Salt Scrub – Lime and Ginger or Frangipani

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

From £49 (30 minutes)

ELEMIS Garden of England Rose Restore

Take a walk in an English rose garden with this lavishly hydrating massage and micro wrap. The unique trip of Rose, Camellina and Poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented. A full body massage, including foot massage, décolleté neck and shoulder and scalp massage.

From £75 (50 minutes)

ELEMIS Hot Mineral Body Boost

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, mineral-charged experience of skin conditioning, metabolic balancing and energising wellness. A full body massage, including foot massage, décolleté neck and shoulder and scalp massage.

From £75 (50 minutes)

ELEMIS Thousand Flower Detox Wrap

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

From £65 (50 minutes)

ESPA Holistic Back, Face and Scalp

A luxurious back, face and scalp treatment combines cleansing, exfoliation and massage, with a hydrating, purifying facial together and therapeutic scalp massage to calm your mind. The treatment formulation will ensure complete harmony.

From £99 (1 hr 25 minutes)

ESPA Holistic Back, Face and Scalp with Hot Stones

Enhance the relaxing ESPA Holistic Back, Face and Scalp further by opting for hot stones is to bring about total balance in the body, and aid the natural healing process.

From £119 (1 hr 40 minutes)

ESPA Aromatherapy Full Body Massage

A full body massage using essential oils designed to ease tension, relieve stress and promote a general state of well-being.

From £65 (50 minutes)

ESPA Full Body Massage with Hot Stones

A therapeutic full body massage, using warm volcanic stones and a choice of different aromatherapy oils to relieve deep muscle tension, soothe aches and pains. This will help you unwind and leave your body feeling rejuvenated.

From £99 (1hr 25 minutes)

ESPA Body Polish

A complete exfoliation to cleanse and refine the skin and invigorate the body. Perfect preparation for a massage or tanning treatment, the body will be smoothed with a Tri-Serum spray.

From £39 (25 minutes)

Indian Head Massage

Enjoy the benefits of this ancient art for the relief of chronic neck and shoulder stiffness, eye strain and headaches. Perfect for overcoming mental tiredness and improving circulation.

From £55 (40 minutes)

The Day Spa Hot Stone Therapy

A deeply relaxing and highly personalised hot stone massage that gently releases tension, soothes aching muscles, eliminates toxins, and calms mind and body.

From £69 (40 minutes)

The Day Spa Sampler

A combination of express facial, and back, neck and shoulder massage cleanses, tones and rehydrates the skin and eases tension, relieves stress and promotes complete relaxation.

From £65 (50 minutes)

The Day Spa Well-Being Massage

An indulgent, relaxing massage to soothe tension and stress from the body, concentrating on the backs of your legs, back, neck and shoulders, with a scalp and facial massage.

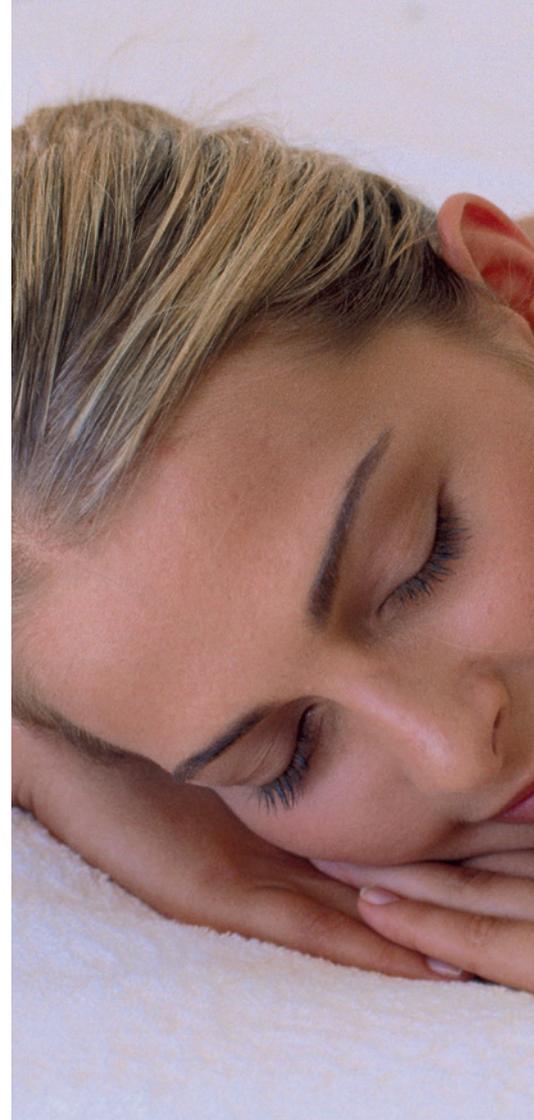
From £65 (50 minutes)

The Day Spa Signature Massage

A body massage that is designed to deliver relaxation and enhance well-being. This relaxation massage include legs, arms, décolleté and a Soothing Back, Neck and Shoulder Massage.

From £60 (50 minutes)

Pricing is per person unless otherwise stated





For Mums-To-Be

While essential oils and many spa treatments are a no-go for expectant mothers, we've prepared packages to treat you to some much-deserved pampering and ensure baby's safety during this exciting time.



ELEMIS Peaceful Pregnancy Massage

Performed on a pear-shaped beanbag that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

From £79 (1 hr 15 minutes)

ESPA Total Indulgence Pre & Post Natal Experience

A total body treatment carefully designed for pregnant and nursing mothers using a combination of muds, creams, Calendula-infused oil and massage to leave the skin toned and the mind and body relaxed.

From £89 (1 hr 25 minutes)

The Day Spa Mums To Be Day

This perfect pre-natal pampering experience includes an ESPA Total Indulgence Pre & Post Natal Experience (1hr 25 minutes) to relieve tension in the back and alleviate swollen hands and feet, and choose from either a Jessica Prescriptive Manicure (45 minutes) or Jessica ZenSpa Pedicure (55 minutes).

From £109

Detoxifying Treatments

Give your body a boost to improve circulation, enhance the metabolism, even skin tone and expel toxins with a range of luxuriant, powerful therapies that work inside and out.



ESPA Detoxifying Algae Wrap

A balancing, detoxifying treatment combining skin-brushing, exfoliation and a mineral-rich algae wrap to ease tension and dispel toxins, while a full scalp massage ensures total relaxation.

From £85 (55 minutes)

ESPA Stimulating Hip and Thigh Treatment

A stimulating treatment using skin brushing, marine extracts, iced mitts and detoxifying massage to target cellulite, fluid retention and uneven skin texture.

For optimum results a course of six treatments is recommended.

From £65 (55 minutes)

ELEMIS Targeted Toning Tightener

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Clinically proven to reduce the appearance of cellulite after just one treatment.

From £49 (30 minutes) for one area
(abdomen, hips, thighs, backs of arms and knees)

From £109 (90 minutes) for three areas
(abdomen, hips, thighs, backs of arms and knees)

Hopi Ear Candle Therapy

An alternative therapy to alleviate stress, hayfever and symptoms including sinusitis, headaches and tinnitus, this painless, pleasant treatment sees ear candles placed gently into the auditory canal.

From £55 (40 minutes)

Time For Men

The Day Spa at Whittlebury Hall has a range of tailored treatments designed with the modern man in mind. From basic grooming to prescriptive massages to target individual needs, these therapies offer full relaxation for the mind and body.



Back Wax

Quickly and effectively removes unwanted hair from the back for improved confidence.

From £25 (30 minutes)

ELEMIS Freestyle Full Body Massage

A choice of four prescriptive massages - spirit reviver, stress-a-way, muscle melt and chakra balancing - to target individual needs and reduce stress and muscle tension using a blend of essential oils.

From £65 (50 minutes)

ELEMIS Freestyle Back Massage

A customised stress-relieving back, shoulder and neck massage using a blend of essential oils to target your individual needs to reduce stress and tension and ease aching muscles.

From £49 (25 minutes)

ELEMIS High Performance Skin Energiser

The hard-working facial for ageing dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

From £75 (55 minutes)

ESPA Purifying Facial For Men

A relaxing facial to purify, balance and hydrate the skin using steaming hot towels, massage and a purifying mask and conditioning hair and scalp mud to aid drainage, prevent blocked pores and ease tension.

From £69 (50 minutes)

Pricing is per person unless otherwise stated

To book online and for more details visit whittleburyhall.co.uk

Spa Bathing Experiences

Try something different with one of our traditional exotic bathing experiences. Dating back centuries, these treatments use cleansing rituals and heat to detoxify the body, leaving you revived and relaxed..

Rasul Ancient Bathing Ritual

A traditional Arabian cleansing ritual using self-applied Chakra mud, herb-infused steam and heat to provide a detoxifying, relaxing and nourishing spa experience, cleansing the body inside and out.

From £80 for two people (45 minutes)

From £120 for three people (45 minutes)

From £140 for four people (45 minutes)

Pricing is per person unless otherwise stated





Health and Beauty Essentials

From essential waxing and tinting to perfect pedicures, The Day Spa at Whittlebury Hall can take care of all the finishing touches during your visit.

Manicure

For luxurious-looking fingertips, treat yourself to one of our manicure options, all using Jessica products for long-lasting, high quality results.

Jessica Luxury French GELeration Overlay Manicure	From £55
Jessica GELeration Overlay Manicure	From £45
Jessica Luxury French Manicure	From £49
Jessica Luxury Manicure	From £45
Jessica Prescriptive Manicure	From £39

Pedicure

Your feet work hard for you, so treat them to a Jessica pedicure to keep them looking and feeling their best.

ZenSpa GELeration French Overlay Pedicure	From £59
ZenSpa GELeration Overlay Pedicure	From £49
Jessica Luxury ZenSpa French Pedicure	From £55
Jessica Luxury ZenSpa Pedicure	From £49
Jessica ZenSpa Pedicure	From £45
GELeration Removal Hands or Feet	From £20

Waxing

From tidying up your brows to a pre-holiday full leg and bikini wax, The Day Spa offers a full range of waxing treatments.

Full Leg and Bikini Wax	From £35
Full Leg Wax	From £30
Back Wax	From £25
Half Leg Wax	From £20
Full Arm Wax	From £20
Half Arm Wax	From £15
Bikini Line	From £15
Under Arm Wax	From £15
Lip, Chin or Eyebrow Wax	From £10

Sienna Spray Tan

Get sun kissed skin in minutes. The Sienna X professional spray tan application is the fastest and most natural way to give your skin that pre or post-holiday look. Your therapist will select the most appropriate colour for your skin tone and will tailor that colour to give you the most natural finish.

Sienna Spray Tan	From £25
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Lash and Brow Treatments

From enhancing the natural look with tinting, to sculpted shaping or lash extensions, we offer a full range of treatments to ensure that all eyes are on you.

For the Eyes

La La Express Lashes	From £40
HD Brows	From £40
Eyelash and Brow Tint	From £20
Eyelash Tint	From £15
Eyebrow Tint	From £10

Mii Make overs

Mii Make Over	From £35
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Bridal Packages

Leave nothing to chance on your special day by putting yourself in the talented hands of our team of make-up artists and hair stylists.

Bronze wedding package **From £238**

Bridal Hair and Make-up package, 2 Bridesmaids Hair, Mother of the Bride Hair

Silver wedding package **From £328**

Bridal Hair and Make-up package, 2 Bridesmaids Hair and Make-up, Mother of the Bride Hair and Make-up

Gold wedding package **From £464**

Bridal Hair, Make-up and la la lashes package, 2 Bridesmaids Hair and Make-up, Mother of the Bride Hair and Make-up, Jessica Nails file and polish for four people

To book online and for more details visit whittleburyhall.co.uk



Planning Your Visit

We want you to get the most out of your experience at The Day Spa at Whittlebury Hall. At Whittlebury Hall we are committed to delivering great service from the moment you choose to book. Our website Best Rate Guarantee is a further promise, so not only is it the easy way to find what you are looking for but its best value too - guaranteed! Go online and visit our web site - whittleburyhall.co.uk. Alternatively call our Reservations team, available on 0845 400 0002*.

Opening times

The Day Spa and The Leisure Club are open seven days a week. Please note that during the Christmas and New Year period our opening times vary. Please contact The Day Spa for further details on 0845 400 0002*.

The Day Spa

Treatment Suites

Mon - Fri: 10am - 8:30pm

Sat, Sun & Bank Holidays: 10am - 6:30pm

Hydrotherapy Pool and Heat and Ice Experiences

Mon - Fri: 8am - 10pm

Sat, Sun & Bank Holidays: 8am - 8pm

The Leisure Club

Mon - Fri: 6:30am - 10pm

Sat, Sun & Bank Holidays: 8am - 8pm

The Hair Studio

Monday - Saturday: 9.30am - 6pm

(for an earlier or later appointment this is available on request)

Sunday: closed

To book online and for more details visit whittleburyhall.co.uk

*Calls cost 4p per minute plus your phone company's access charge.

Getting Here

Directions to The Day Spa are detailed on the 'Contact Us' section of our hotel website whittleburyhall.co.uk. On arrival at Whittlebury Hall, please park in the Hotel car park. We kindly request our guests to refrain from parking in areas with double yellow lines. Disabled parking bays are available. The entrance to The Day Spa is found through the automatic doors on your left as you come down the corridor after crossing the road from the car park.

Guests on an overnight Spa Break are kindly requested to continue to the Hotel Reception to register before going to The Day Spa Reception.

On Arrival

For Spa Day experiences, you will be asked to arrive at 9am and proceed to The Day Spa Reception on the ground floor of The Day Spa. Please check the arrival time on your confirmation letter. Please note that if you are late arriving we may not always be able to reschedule missed appointments. Please bring your Confirmation Letter with you on the day and hand into The Day Spa Reception upon check in.

On checking in with The Day Spa Reception, where you will be provided with your locker key, a complimentary robe and towel will be in your locker and you may exchange used towels for fresh ones during the day. We recommend you bring your own suitable footwear (slippers or flip flops). Alternatively slippers or flip flops and a Whittlebury Hall spa bag for your personal belongings will be available for you to purchase at The Day Spa Reception for £6. There are both communal and private changing areas and vanity areas. Shower gel, shampoo and conditioner, hair dryers and hair straighteners are also available with our compliments.

You will be given a detailed tour of the spa and leisure club on arrival so that you can make your way around with ease.

Whilst we are preparing your room for you on the day of arrival and after check-out on the day of your departure we do offer a luggage storage facility at the hotel's main reception. Please contact the porters via reception.

Be Prepared

While our team can look after your luggage until your room is ready if you're enjoying an overnight stay, you'll want immediate access to the spa and leisure club, so we

recommend that you bring a separate day bag for your swimwear and daily essentials as your room will not be available until after 3pm. We are able to set up a tab for you to use throughout the day for any extras, so there is no need to carry money or cards around with you. Please note a Credit Card will be required, and we are unable to accept Debit Cards, for this facility.

You'll need to have suitable swimwear and exercise clothing to hand should you wish to use the gym or join in classes.

During your visit, you will be welcome to use The Leisure Club and The Terrace Café, and our state of the art gym on the first floor of The Leisure Club. To book a personal training session with one of our qualified personal trainers in advance, please contact The Leisure Club on 0845 400 1404*.

Mind and Body Studio classes can be booked at The Leisure Club reception on the day only and are subject to availability.

The Heat and Ice Experiences and Spa facilities are only available to guests who have booked onto a Spa Day or Overnight Spa Package. This can also be added onto any overnight package from £29 per person.

Treatment Times

Your treatment itinerary will be issued to you on arrival at The Day Spa Reception. All treatments will be scheduled between the time of your confirmed arrival and last treatments will be by 6.30pm. Should you have any questions with regards to your treatments or your schedule, please contact the Therapy Reception desk on the ground floor of the Spa.

Aim to arrive in the Spa Lounge five minutes before your treatment appointment. Should you arrive late for your given treatment time, this may result in a reduced time being available and in some cases could result in your treatment being cancelled with full charge.

Whilst we try to accommodate guest requests for specific treatment times, these cannot be guaranteed and are subject to change. Please be aware that it is not always possible to schedule treatment times at the same time as other members of your party. If you wish to book additional treatments or a hair appointment, we do recommend these are made on making your reservation to avoid disappointment.

*Calls cost 4p per minute plus your phone company's access charge

Suitability and Medical Considerations

Upon booking, you'll be sent a medical questionnaire, which will be treated in the strictest confidence. All treatments booked, and use of the spa facilities, are subject to medical status. If you have had, or are suffering from any medical condition we strongly advise that you speak with your doctor prior to booking your treatments. On booking please advise us if you have any medical condition or allergies in order that we may recommend suitable therapy.

The set of guidelines below is not an exhaustive list and only serves to highlight some of the main medical indicators where treatments may not be advised:

PREGNANCY, MOBILITY PROBLEMS, ACTIVE/UNDER ACTIVE THYROID, VERRUCAS/WARTS, HEART PROBLEMS, EPILEPSY, SKIN DISEASES/DISORDERS, DIABETES, METAL PINS/PLATES, CLAUSTROPHOBIA, EAR INFECTIONS, CANCER, SURGERY IN THE LAST 3 MONTHS, NUTS OR WHEAT ALLERGIES AND SEAFOOD/SHELLFISH ALLERGIES.

Please be assured our Reservations Team and Therapists have your health and well-being at the forefront of their concerns. If you have any of the above medical conditions there may be a risk or restriction to any of the treatments listed and you are advised to contact us or your GP prior to arrival.

We do ask that all guests complete and return the medical questionnaire prior to arrival. Please follow the link on your confirmation e-mail to complete the questionnaire prior to your arrival. This will speed up your arrival when checking in.

On Departure

We kindly request our Day guests to check out and settle their account at the ground floor reception on departure by 6:30pm.

On the day of your departure we request rooms are vacated by 11am. Please report to the Main Hotel Reception to check out, alternatively an Express Check out option is available.

Refreshments, Dining & Breakfast

Both healthy and indulgent breakfast options are available in The Terrace Café between 8am and 10am – why not arrive early and start your visit in style with a leisurely breakfast to prepare you for the experience ahead?

Bookings are recommended prior to arrival or join us on the day subject to availability. Your lunch booking will be made to coincide with your treatment schedule for the day and will be shown on your itinerary. If lunch is not already included in your package, this can be added for just £15 per person.

Iced water, herbal tea and fresh fruit are available throughout the day with our compliments.

Enhancing Your Visit

To make your visit even more indulgent, why not treat yourself to a delicious Cream Tea in The Terrace Café? Other refreshments such as afternoon tea, light meals and a selection of alcoholic and non-alcoholic beverages can be purchased and served in The Terrace Café and in the lounge and waiting area on the first floor of the spa.

If you didn't make a dinner reservation at the time of booking your Spa Break, please telephone the Reservations Team to reserve a table prior to arrival. Dinner will normally be taken in Astons Restaurant.

To book additional treatments, contact the Reservations Team prior to arrival, or visit the Therapy Reception desk on the ground floor of the Spa.

Our Hair Studio has fully qualified stylists to hand to give you a new look, or create a special style for dinner. Treat yourself to a new image as part of your visit.

If you'd rather turn a Spa Day into an overnight Spa Stay, contact the Reservations Team prior to your visit.

Complimentary water is available throughout your stay – please ensure you drink plenty of water to keep your body hydrated while using the facilities.

Remember this is your time, so make the most of our relaxation areas; read a book, take a snooze, or float away on a floatation bed.

Upgrade your stay with a Club room upgrade for just £50 per room or to one of our five Suites for £140 per room.

The Reservations Team can be contacted on 0845 400 0002* and are happy to help make you make the most of your time with us.

Payment

The Day Spa and Stay Spa packages must be prepaid in full to confirm your visit.

Cancellation Policy

We do request full pre-payment for all bookings and these are non-refundable in the event of a cancellation.

We will however extend an option to change your date and rebook another date when this request is made a minimum of two weeks prior to your arrival.

Groups

The Day Spa can accommodate group bookings.

Children and Teens

Children under the age of 16 are not permitted to use The Day Spa facility – either treatments or the Heat and Ice Experiences.

Young persons between the ages of 16 and 18 are to be accompanied by an adult whilst visiting The Day Spa.

Large groups of young people cannot use the facility – even when with an adult.

Children under the age of 16 have limited swim times during which they can use The Leisure Club for the comfort of adult guests.

Children can access the swimming pool when accompanied by an adult during the following times only: Thursday's 4pm - 5.30pm, Saturday's 8am - 9am, 4.30pm - 6pm, Sunday's 8am - 9am, 5pm - 6.30pm.

Etiquette

We want our guests to thoroughly enjoy their time with us, and relish the indulgent experience it is intended to be.

To allow all guests to enjoy the facilities in a stress-free atmosphere, we kindly request all guests to respect other Spa users by refraining from the use of mobile phones, reserving poolside loungers and to keep noise to an agreeable level throughout The Day Spa facility.

We reserve the right to ask any guest or group of guests to leave the Spa if they are disturbing other users of the facilities.

A designated smoking area is available on the open terrace outside the Silverstone Bar.

Confused?

If there is anything that you're unsure of, please don't hesitate to call us on 0845 400 0002*.

Disclaimer

All treatment and package prices are correct at time of publishing and are subject to change. The Day Spa and Whittlebury Hall reserve the right to change, amend, alter or withdraw treatments or packages without prior notice.

There may be occasions when advertised facilities, classes and therapies are not available or appropriate. In such incidents we do reserve the right to vary, amend, cancel or withhold without prior notice.

Prices effective from 1st January 2017.



The Day Spa
Whittlebury Hall

Winner of The Good Spa Guide Awards 2016: Best Spa for Groups.

Winners of The Good Spa Guide Regional Awards 2012-2015
Best Spa in the Midlands & East, voted for by spa-goers.

Whittlebury Hall Hotel and Spa, Whittlebury, Towcester, Northamptonshire NN12 8QH

Telephone 0845 400 0002*

whittleburyhall.co.uk