

# THE SPA

at ILSINGTON

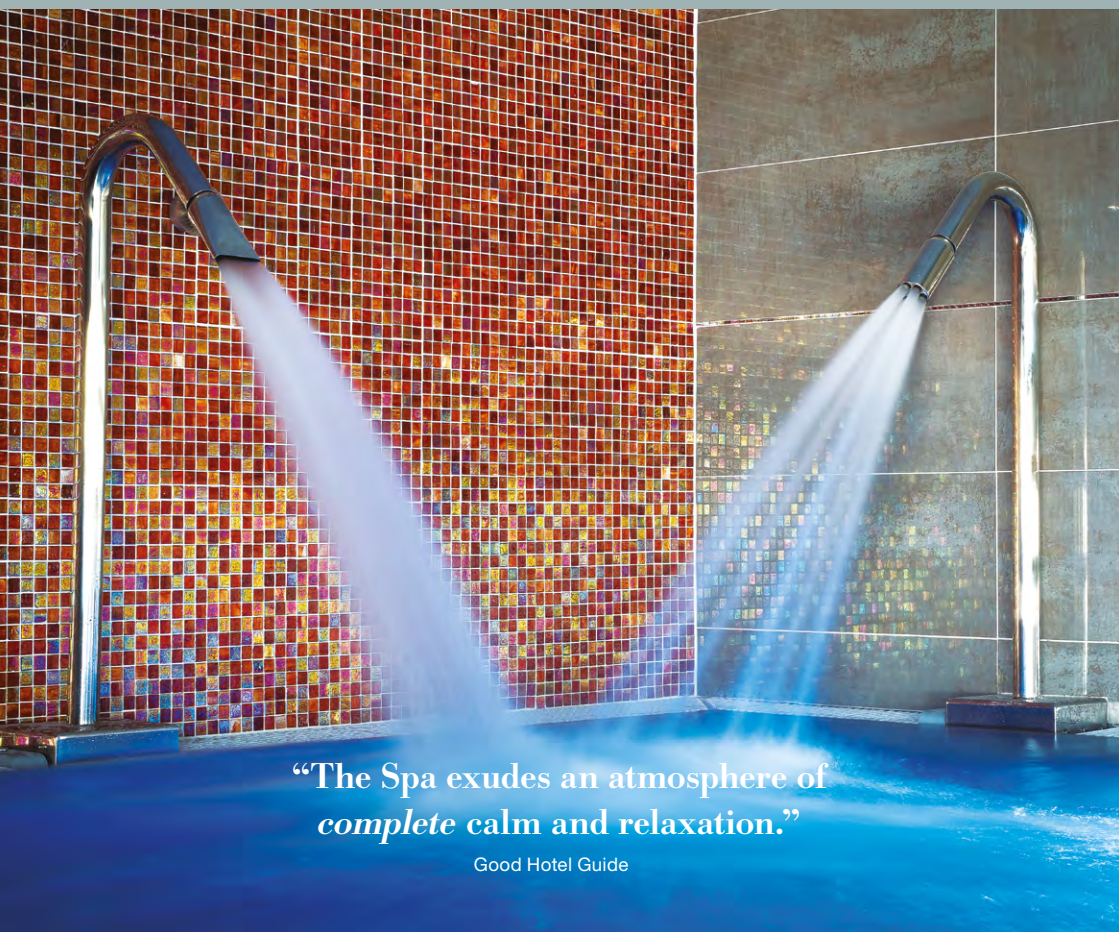
NEAR HAYTOR, DARTMOOR



SPA AND WELLNESS EXPERIENCE

## *Spa Treatments*

With beautifully tiled floors, well appointed changing rooms and the latest facilities, the Spa at Ilsington offers an exclusive corner of peace and tranquillity with a hint of Tibetan influence.



*“The Spa exudes an atmosphere of complete calm and relaxation.”*

Good Hotel Guide

# For the face ...



# CAUDALIE

PARIS

## *Premier Cru Facial*

### ***Ultimate Anti-Ageing Facial***

This exceptional anti-ageing treatment uses innovative techniques including 3 patents to lift, moisturise, smooth and plump the skin. A firm anti-ageing massage is performed to stimulate the facial muscles, next an exclusive Hydrogel Mask is applied before Premier Cru cream is massaged into the skin which will feel smoother, firmer and visibly less lined.

75 minute treatment ..... £115.00

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## *Resveratrol[Lift] Facial*

### ***Anti-Wrinkle and Firming***

This instant firming and lifting treatment is for skin lacking vitality and firmness, it includes a mask rich in Caudalies unique resveratrol anti-ageing, active ingredients, toning and lifting effects are immediate.

60 minute treatment ..... £100.00

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## *Vinoperfect Radiance Facial*

### ***Specifically aimed to restore Radiance and Tired skin***

This facial begins with a cleansing massage and small hot and cold basalt stones applied to the face, before a Radiance Peeling Mask is used to restore your complexion's luminosity. The Vinoperfect Serum adds the finishing touch to this treatment, leaving you looking fully rested and radiant.

60 minute treatment ..... £100.00

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## *Vinothrapy Facial*

### ***Anti-Oxidant and Anti-Wrinkle***

A facial ideal for men's skin; designed to relax your features, restore radiance and regulate moisture levels throughout a long relaxing massage. This accelerates cellular renewal and improves your skins' texture.

60 minute treatment ..... £100.00



## *Vinosource Hydrating Facial*

### ***Nourishing and Soothing***

This glamorous, nourishing and anti-oxidising treatment with fresh grapes is designed to restore comfort, radiance and softness to dry skin. Treatment includes skin cleansing, smoothing using grapes, a long sculpting massage and a Moisturising Cream Mask. Skin is left soft, moisturised and protected from external stress.

60 minute treatment ..... £100.00

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## *Vinopure Facial*

### ***Purifying, anti-blemish***

Vinopure, the purifying and anti-blemish skincare treatment, perfect for combination and oily skin. This treatment begins with cleansing, followed by a purifying massage to free the skin of imperfections, tighten pores and refine the skin texture.

60 minute treatment ..... £100.00

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## *The Express D-Vine Facial*

### ***Instant Radiance Boost***

This express facial creates an instant burst of luminosity in the skin. Treatment includes a deep cleansing facial to exfoliate the skin, a customised mask and choice of a relaxing hand, scalp or foot massage.

45 minute treatment (to include facial massage) ..... £80.00

30 minute treatment..... £70.00

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## *Caudalie Anti-Ageing Eye Treatment*

### ***Lifting and Firming***

Caring for the delicate eye area, treatment will deliver instant brightening, smooth lines and substantially reduce puffiness and dark circles with the use of ice cold stones.

30 minute treatment ..... £60.00

# For the body ...



# CAUDALÍE

PARIS

## *Divine Body Massage Treatment*

### *Relaxing*

A relaxing massage using softening oils and compression techniques to gently soothe tense muscles and re-boost your energy. Your skin will be left luxuriously moisturised, wrapped in a delicate floral fragrance.

90 minute treatment .....	£135.00
60 minute treatment .....	£115.00
45 minute treatment (back, neck and shoulders) .....	£85.00
30 minute treatment (back, neck and shoulders) .....	£70.00

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## *Signature Upper Body Bliss*

### *Relaxing*

Unwind the stress and tension in your upper body with this bespoke treatment. We begin with a targeted back massage to relieve aches and pains. This will then be followed by a hand and arm massage and finished with a soothing facial and scalp massage to leave you feeling and looking totally refreshed!

60 minute treatment .....	£125.00
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## *Muscle Relief Therapy*

A deep tissue massage treatment designed to intensely release muscle tension. Allow your therapist to tailor your treatment to focus on any specific areas of concern.

60 minute treatment .....	£125.00
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## *Hot Stones Massage*

A highly therapeutic massage using the energy and heat retaining properties of volcanic basalt stones. The warm stones will be used as an extension of your therapist's hands, as well as being expertly placed on energy centres of the body. With the addition of one of our Signature Body Oils, this treatment becomes a truly blissful experience.

90 minute treatment .....	£140.00
60 minute treatment .....	£120.00
45 minute treatment (back, neck and shoulders) .....	£90.00

## *Pressure Release Scalp Massage*

This deeply relaxing scalp and neck massage uses techniques to relieve tension and restore your natural energy flow. The calming properties of our soothing oil will help de-stress and revitalise the mind & body.

30 minute treatment ..... £70.00

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## *Energy Point Remedy*

The hands and feet are firstly refreshed by soothing mitts. The key reflex points are then stimulated before these areas are massaged further to relieve tired muscles. A 'short but sweet', highly effective treatment.

30 minute treatment ..... £70.00

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## *Reflexology*

A specialised massage which focuses solely on the feet! Using the ancient map on your feet, reflex points are worked to balance the body's energy flow and induce a sense of tranquillity.

60 minute treatment ..... £100.00

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## **Mothers-to-be ...**

*The following treatments are suitable for mothers-to-be over 12 weeks. These treatments also include access to the pool area. We strongly recommend that you do not use the Hydrotherapy Pool, Sauna or Steam Room.*

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## *Pregnancy Massage*

Enjoy this relaxing treatment at the time you need it the most. This gentle and relaxing full body massage is a well-deserved treat for mothers-to-be.

60 minute treatment ..... £110.00

45 minute treatment (back, neck and shoulder) ..... £85.00

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## *Ilstington Ultimate Mother-To-Be Package*

Enjoy a fully indulgent luxury break. To include a full body massage followed by a Caudalie facial tailored to your skins needs, to leave you feeling relaxed and refreshed.

1 hour 45 minute treatment ..... £165.00

# For indulgence ...

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## *Heavenly Haytor*

A bespoke back, neck and shoulder massage followed by an express facial to leave you feeling relaxed and radiant.

60 minute treatment ..... £110.00

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## *Ilslington Tibetan Back, Neck & Scalp Massage Treatment*

This amazing bespoke treatment incorporates a herbal heat compress to give a fantastic treatment that soothes and alleviates muscle tension on your back and neck. Finishing with a relaxing scalp massage.

45 minute treatment ..... £95.00

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## *Contouring & Invigorating Body Wrap*

### *Slimming and moisturising*

A deep nourishing treatment for the body that will start with a body brush to remove dead cells and then an application of Contouring Concentrate to help smooth cellulite and refine your body. This is followed by a Vine Body Butter wrap for a deep body moisture treatment. It includes a full scalp massage for total relaxation.

60 minute treatment ..... £110.00

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## *Crushed Cabernet Body Treatment*

### *Stimulates and firming*

This exfoliation technique recovers your skin's radiance and softness. This scrub with a base of grape-seed, honey, brown sugar and essential oils, is an ideal treatment for relieving tension and invigorating your mind & body. Your skin will be left feeling clean, refined and perfectly smooth.

60 minute treatment ..... £100.00



# For ultimate indulgence ...

*to include 2 hours complimentary use of the spa*

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## *Delight of Dartmoor*

A tailored full body massage to relieve tension followed by a personalised facial to complete the luxurious pampering experience. Stress is forgotten and the skin is left feeling beautifully soft and luminous.

1 hour 45 minute treatment .....£180.00

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## *Ilsington Tibetan Full Body Massage*

The Tibetan Massage is a unique mixture of massage, heat and retreat through the application of warmed oil, hot steamed herbal poultice, hot stones, inspiring and awakening the senses to create a deeply relaxing and soulful experience, quietening the mind and relaxing the body.

1 hour 30 minute treatment .....£160.00

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## *Bamboo Massage*

A unique massage which uses heated bamboo sticks to provide deep relaxation and release muscle tension, making it an ideal choice for those seeking stress relief and rejuvenation. The warmth of the bamboo sticks helps to relax the muscles, allowing for deeper tissue manipulation without causing discomfort.

1 hour 45 minute treatment .....£180.00

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# For the nails ...

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## *Express Manicure or Pedicure*

Nail shape, cuticle tidy and polish 30 minute treatment ..... £40.00

## *Full Manicure or Pedicure*

Nail shape, exfoliation, cuticle tidy, massage and polish 45 minute treatment ..... £55.00

## *Express GelFX application*

Nail shape, cuticle tidy, GelFX polish 45 minute treatment ..... £50.00

## *Full GelFX Manicure or Pedicure*

Nail shape, cuticle tidy, GelFX Polish, exfoliation and massage 60 minute treatment ..... £65.00

## *Gel Removal*

30 minute treatment ..... £25.00

# *Spa Etiquette*

## **Arrival at the Spa**

Upon arrival you will be greeted by a member of staff who will familiarise you with the spa and facilities. When having a treatment, we ask that you arrive at the treatment waiting area at least 5 minutes prior to your treatment time in order to complete a health questionnaire and ensure you receive your full treatment time.

## **Booking and Cancellation**

Booking is essential. All Booking times include consultation time. We do operate a 48hr cancellation policy. Should you need to cancel within 48hrs full payment is required.

## **Health Conditions**

Some treatments and spa facilities are not recommended for those with specific health conditions. Please inform us when booking and we will happily advise you of the most suitable treatments.

## **Spa Attire**

Please wear suitable, DRY and comfortable clothing which are easy to change in and out of if the treatment requires it or that you can completely relax in if it's a fully clothed treatment.

## **THE SPA** *at* ILSINGTON

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