

SPA TARIFF AT ALDWARK MANOR



QHOTELS

THE WESTERWOOD, NEAR GLASGOW. TEL: 01236 860 701

ALDWARK MANOR, YORK. TEL: 01347 833 940

FOREST PINES, NORTH LINCOLNSHIRE. TEL: 01652 655 678

TANKERSLEY MANOR, TANKERSLEY, NEAR SHEFFIELD. TEL: 01226 352 700

THE PARK ROYAL, STRETTON, CHESHIRE. TEL: 01925 730 073

THE NOTTINGHAM BELFRY, NOTTINGHAM. TEL: 0115 973 9405

CREWE HALL, CREWE, CHESHIRE. TEL: 01270 259 300

TELFORD GOLF & SPA HOTEL, TELFORD, SHROPSHIRE. TEL: 01952 429 977

CHESFORD GRANGE, WARWICKSHIRE. TEL: 01926 515 115

HELLIDON LAKES, NORTHAMPTONSHIRE. TEL: 01327 265 656

THE CHELTENHAM CHASE, GLOUCESTER. TEL: 01452 519 901

THE CAMBRIDGE BELFRY, CAMBOURNE, CAMBRIDGE. TEL: 01954 714 620

THE OXFORD BELFRY, THAME, OXFORD. TEL: 01844 277 555

THE HAMPSHIRE COURT HOTEL, BASINGSTOKE. TEL: 01256 319 777

NORTON PARK, NEAR WINCHESTER. TEL: 01962 763 323

BRIDGEWOOD MANOR, CHATHAM, KENT. TEL: 01634 662 610

ASHFORD INTERNATIONAL, ASHFORD, KENT. TEL: 01233 218 403

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HEALTH, FITNESS & SPA



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SPECIAL TREATMENT AT ALDWARK MANOR

ESPA Facial Therapy

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| Luxury Facial & Soothing Eye Treatment | £55 |
| Regenerating Facial | £45 |
| Skin Brightening Facial | £50 |
| Re-Hydrating Facial | £45 |
| Aromatherapy Facial | £45 |
| Rebalancing Facial | £45 |
| Express Facial | £30 |
| Soothing Eye Treatment | £25 |

Special Treatments

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| ESPA Advanced Lifting & Firming Facial | £65 |
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ESPA Body Therapy

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| Back, Neck & Shoulder Massage | £30 |
| Scalp, Neck & Shoulder Massage | £30 |
| Face, Neck & Shoulder Massage | £35 |
| Aromatherapy Fitness Massage | £45 |
| Detoxifying Algae Wrap | £55 |
| Skin Hydrator Body Wrap | £55 |
| Body Exfoliation | £25 |
| Body Salt & Oil Scrub | £25 |
| Life Saving Back Treatment | £42 |

Holistic Treatments

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| Hot Stone Full Body Massage | £55 |
| Hot Stone Back Massage | £35 |
| Holistic Back, Face & Scalp Massage | |
| with Hot Stones | £90 |
| Holistic Total Body Care with Hot Stones | £85 |
| Holistic Total Body Care | £65 |
| Holistic Back, Face & Scalp Massage | £60 |

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| Luxury Hand & Arm Treatment | £35 |
| Luxury Foot & Leg Treatment | £35 |
| Reflexology | £40 |
| Indian Head Massage | £30 |
| Stimulating Hip & Thigh Treatment | £45 |

Nails

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| File & Polish | £15 |
| Manicure | £20 |
| Pedicure | £28 |
| Deluxe Manicure | £28 |
| Deluxe Pedicure | £34 |
| French Manicure | £22 |

Waxing

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| Full Leg | £24 |
| Full Leg & Bikini | £30 |
| Full Leg, Bikini & Underarm | £38 |
| 3/4 Leg | £22 |
| 3/4 Leg & Bikini | £30 |
| 3/4 Leg, Bikini & Underarm | £36 |
| 1/2 Leg | £19 |
| 1/2 Leg & Bikini | £27 |
| 1/2 Leg, Bikini & Underarm | £32 |
| Standard Bikini | £10 |
| Underarm | £10 |
| Forearm | £15 |
| Lip or Chin | £8 |
| Eyebrow Shape | £10 |
| Men's Back or Chest | £20 |

Tinting

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| Eyelash Tint | £10 |
| Eyebrow Tint | £10 |
| Eyelash & Eyebrow Tint | £16 |

Make-Up

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| Make-Up Lesson or Special Occasion | £26 |
| Bridal Make-Up (Includes a trial make-up) | £40 |

St Tropez Tan

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| Full Body Cream | £45 |
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Men

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| Express Relaxer | £30 |
| Just for Men | £60 |
| The Ultimate Stress Buster | £45 |
| Men's Purifying Facial | £45 |
| Gent's Grooming | £20 |
| Golfer's Re-Charge | £55 |

Spa Journeys

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| Essential Spa Journey | £65 |
| Soothing Spa Journey | £90 |
| Ultimate Purifying Journey | £135 |
| Style Your Own Package | £105 |

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