

SPA



treatments





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SPA



Set in the Cotswold Water Park, an unsurpassed setting of lakes, rivers, wetlands and grasslands, Spa 6 is the perfect place to relax, unwind and be pampered.

As you make your way to Spa 6 through almost 55 acres of prime, unspoilt Cotswold parkland, you realise you are somewhere very special. Somewhere dedicated to the well-being of both body and soul. Designed to work in harmony with your lifestyle, a Decléor spa treatment will relax your mind, de-stress your body and revive your energy levels.

Discover a haven for the senses. A truly luxurious setting for an enviable range of heat and water treatments designed to pleasure, pamper and ensure you enjoy a genuine spa experience.

# Spa 6 Signature Treatments

Exclusive to Spa 6, these treatments have been prepared especially with you, our guest, in mind. We have worked with skincare experts from Decl or Paris to create this special range and, whichever you choose, your therapist will tailor it to suit your individual needs.

## “Exotic Orange Blossom Ritual” Face and Body Treatment

This indulgent treatment is the perfect pick-you-up whenever you are in need of a treat. Skin is prepared with a gentle exfoliation to smooth and invigorate. A full body massage with oils of frankincense, myrrh and sandalwood, focusing on key pressure points, then eases away stress, after which a body mask is applied to condition the skin. An orange blossom face massage completes this luxurious treatment, which leaves the complexion radiant and the whole body feeling silky smooth and completely rejuvenated.

## “Revive, and Glow” Face and Body Treatment

Turn back time with this exceptional face and body treatment. A full body exfoliation, which polishes and revitalises the skin, is followed by a refreshing shower. Then it is time to lie back and relax as your therapist eases away tension using the ‘Perfect Sculpt’ massage technique. Aromatherapy oils of iris, rose and jasmine are massaged into the face to increase cell renewal, after which a mask is applied to firm and nourish the skin.

## Chocolate Delight - *Smooths and firms*

This sweet treat uses pure cocoa to moisturise the skin and aid drainage, resulting in a firmer, more refined skin tone. Skin is exfoliated with a body polish, and then smothered with a soothing chocolate mask. Relax weightlessly in our dry floatation bed while the treatment does its magic, then emerge for a relaxing massage with essential oils that will leave the skin feeling fully hydrated and re-mineralised.

## Blissful Back, Face and Scalp Ritual

This wonderfully complete ritual commences with an exfoliation of the back, followed by hot towels to warm the back. A massage is then performed combining pressure points and massage of the back, neck, scalp and face, leaving you in a state of deep relaxation. Using a relaxing blend of aroma oils, nourishing hair oils and individually tailored facial treatment balms, your therapist will soothe you into a blissful state.

# Spa Experience Treatments

## *Rasul Ritual - Cleanses and softens the skin*

This ancient Arabic tradition has been used for centuries to purify and soften the skin. At Spa 6, this treatment is brought up to date in luxurious, contemporary surroundings. Whether alone or with a friend or partner, enjoy smothering the deep cleansing mud into the skin, then relax while steam allows the minerals to be absorbed. A refreshing tropical rain shower completes the treatment and leaves the whole body glowing with health.

## *Dry Floatation - Complete relaxation for the body and mind*

For the ultimate state of tranquillity, it is hard to beat the Spa 6 Dry Floatation experience. Delight in the sensation of complete weightlessness in the warm water of the floatation tank, protected and supported by soft, waterproof layers. This natural state of complete relaxation significantly enhances physical and mental health and well-being.





# Massage and Body Treatments

## **Volcanic Hot Stone Body Massage - *Warming and soothing for body and mind***

Volcanic rock has always had a special place in the heart of spa treatments – and so it is with our Volcanic Hot Stone Body Massage. Whilst replenishing the skin, it is also designed to restore and re-balance body, mind and spirit. Energy points are gently stimulated during this relaxing treatment to infuse the body with energy and leave skin glowing with health.

## **Aroma Ultimate “Relaxer” Body Massage - *Soothes and eases tension***

This intricate combination of massage, acupressure and essential oils acts on tension points to leave the entire body feeling completely pampered. To complete this relaxing treatment choose from four different types of massage, all designed to address specific needs, then lie back and relax as cares are soothed away.

**Detox • Energise • Firm • Relax**

## **Sumptuous “Mother to Be” Skin Conditioner - *Improves elasticity and skin tone***

Ideal to soothe and pamper during pregnancy, this programme of safe, effective therapies is suitable from the three-month stage to the due date. Designed to maintain elasticity and balance the skin, this treatment is the perfect way to keep body and mind in tip-top condition during this special time.

## **“Indian Sandalwood” Soothing Scalp Massage - *Relieves tension***

Indian head massage has long been used to relieve accumulated tension in the shoulders, neck, scalp and face. Using aromatherapy oils of sandalwood and oriental massage techniques, this intensive treatment frees the body and mind of stress and stimulates the circulation.

### **Aroma Back Relief Massage - *Relaxes and eases tension***

For a fast but intense release from stress, this back, neck and shoulders massage works to relieve tired muscles, while essential oils revive and stimulate the senses.

### **Aroma “Body Brilliance” Wrap - *Tailor-made to address specific concerns***

Whether you need to relax, cleanse or stimulate your system, there is a luxurious, creamy Decléor body mask to suit you. The mask is smoothed over the skin and the body is cocooned in a heated blanket, which helps the mask, rich in plant extracts, to penetrate the skin. To complete this relaxing treatment choose from four different types of specialist massage.

Detox • Energise • Firm • Relax

### **Skin Bliss - *Salt and oil body scrub***

An exotic blend of essential oils and salt particles are vigorously massaged over the entire body, to invigorate, polish and slough away dead skin cells. After a warm shower, an application of nourishing body cream will leave your entire body silky soft.

### **Reflexology**

A relaxing treatment that relieves tension, improves circulation and helps promote the natural function of the related areas of the body.





## Facials

At Spa 6 our facials begin with Decléor's trademark back massage to promote relaxation and ascertain specific areas of concern. This enables us to then personalise the facial to suit the exact needs of the skin and ensure that the best possible results are achieved.

### Aroma "Advanced Precision" Facial - *Personalised skin care*

Tailored specifically to the individual needs of the skin, the therapist will select the most effective combination of treatments to give impressive instant results. Of course, regular use will prolong the effects and ensure that the complexion is always at its best.

### Aroma "Multi-Active" Facial - *Cleansing and refreshing*

A thorough skin analysis to ascertain the skin type and diagnose particular concerns is followed by a deep cleansing linseed, wheat germ and sunflower mask. The therapist will then select a combination of 100% natural products to combat specific areas of concern and leave skin fully rejuvenated and refreshed.

### Aroma "Relaxer" Facial - *For a radiant complexion*

Drawing on centuries of knowledge, this classic facial combines precise massage techniques with aromatherapy to leave every inch of the face radiantly beautiful and glowing with health.

### **Aroma “Time Precious” Facial - *An instant beauty boost***

When time is of the essence and skin needs an instant pick-me-up, experience a taste of the world renowned Decléor facials with this introductory treatment. Enjoy all the benefits of the specially selected aromatherapy oils – recognised for centuries as being one of the most powerful and stimulating beauty ingredients known to man – in just 25 minutes.

### **Vital Eyes - *Reduces the visible signs of ageing***

Protect and restore the delicate eye area, while reducing visible signs of ageing, with this highly effective treatment. Puffiness, dark circles and fine lines are smoothed away, to leave eyes sparkling and the surrounding area clear and revitalised.





## Men's Grooming

### **Intensive Energising Facial Treatment - *Deep cleanse, replenish and revive***

Decléor are renowned for creating results driven treatments. Using their 34 years of research and development, they have created products and treatments which are designed exclusively for men. Respecting that a man's skin is different to a woman's, the facial encompasses a neck and shoulder massage to help release tension. The skin will be deeply cleansed and exfoliated using bamboo and coconut extracts, followed by aroma pressure points to take you into a deep state of relaxation. The incredible Pure Energy mask is the first professional mask to be created for men. Your skin will be left feeling revived, refreshed and clarified. The treatment finishes with hot towels and energising gel.

### **Express Energising Facial - *Purify, refresh and energise***

This invigorating facial gives you a great taster of the famously acclaimed men's essential skincare to give you trouble free skin. Created just for men to overcome many of the problems you may experience, such as razor burn, ingrown hairs, congestion and parched skin.

### **Blissful Back, Face and Scalp Ritual**

This wonderfully complete ritual commences with an exfoliation of the back, followed by hot towels to warm the back. A massage is then performed combining pressure points and massage of the back, neck, scalp and face, leaving you in a state of deep relaxation. Using a relaxing blend of aroma oils, nourishing hair oils and individually tailored facial treatment balms, your therapist will soothe you into a blissful state.



Feel tension ebb away 11



## Classic Beauty Treatments

### **Jessica Deluxe Manicure - *Includes a complimentary nail polish to take away with you***

An indulgent hand treatment to nourish the skin and perfect the nails. After soaking the hands in a warm, moisturising bath, nails are filed to perfection, then anti-ageing and moisturising creams are applied and warming mittens are worn to soften and condition the hands. Nails are then painted with a polish of your choice.

### **Jessica Deluxe Pedicure - *Includes a complimentary nail polish to take away with you***

No need to hide feet away after this luxurious treatment. Feet are immersed in a nourishing soak, dead skin is removed, luxury conditioning mask is applied and warming booties are worn to nourish the skin. Nails are filed and painted to leave them feeling refreshed and ready for the strappiest of sandals.

**Express Manicure** - to promptly tidy and pretty your nails, this includes nail soak, hand and arm massage and a file and polish.

**Express Pedicure** - to promptly tidy and pretty your toes, this includes a soothing foot soak, leg and foot massage and a file and polish of your toes.

## Tinting

Enhance eyes and minimise the need to wear make up with these lash and brow tinting treatments.

Eyelash Tint  
Eyebrow Tint  
Eyelash and Eyebrow Tint



## Waxing

There is nothing like a professional waxing treatment for that long-lasting, silky smooth finish. Legs, arms, bikini and face are all catered for in our mix and match menu.

Eyebrow	Bikini
Lip/Chin	Hi Bikini
Eyebrow + Lip + Chin	Half Leg
Under Arm	Full Leg





# Spa Etiquette

## General Information

**Booking** - We advise that you book your spa day and treatments as far in advance as possible to secure your preferred date and time. Credit card details are required for all bookings. Payment will be taken on the day of the treatments. For group bookings, a deposit may be required. To make a booking or check availability, please call us on 0845 500 6666.

**Cancellations** - You must give at least 48 hours notice of cancellation. Failure to do so will result in the full fee being charged to your card. For bookings of over 10 people, additional terms and conditions apply.

**Children** - are not permitted in the spa treatment area or gymnasium, however may use the spa pool at restricted times.

**Gift vouchers** - Gift vouchers are available for all our spa days and individual treatments, and can be purchased either in person at the spa, by calling reception or via mail order.

**Mobile phones** - Spa 6 is a tranquil environment where our guests can escape the pressures of modern living. We therefore ask that you switch off mobile phones and other electronic devices before entering the spa.

**Shaving** - We advise you to avoid shaving for 24 hours before any body treatment or men's facial.

## Day Spa Guests

**Arrival time** - Your day spa journey will start at 10.00am and finish at 5.00pm. However, please arrive at least 20 minutes prior to your first treatment. We recommend that no jewellery be worn in the spa. Please shower prior to your treatment.

**Attire** - A bathrobe, towel and slippers will be provided for your day. Please bring swimwear if you intend to use the pool and heat areas, or gym gear if you wish to use the state-of-the-art Technogym equipment. All the facilities are equipped with toiletries, hairdryers and complimentary GHD hair irons in the ladies. Please note that you will require a £1.00 coin for your locker.

## Hotel Guests

**Arrival time** - For treatments please arrive 10 minutes prior to your first scheduled appointment. We recommend that no jewellery be worn to the spa. Please shower prior to your first treatment.

**Attire** - If you have a bathrobe in your room, we recommend you change into this prior to arriving at the spa. Alternatively, a bathrobe and slippers will be provided for all treatments excluding manicures and pedicures. Please bring swimwear if you intend to use the pool and heat areas, or gym gear if you wish to use the state-of-the-art Technogym equipment. All the facilities are equipped with toiletries, hairdryers and complimentary GHD hair irons in the ladies.

**Additional information** - A £1.00 coin is required for all lockers. Towels will be provided at the leisure club reception. Please bring with you your room key card and holder, and present on arrival at the leisure club. The Spa 6 facilities are available to all hotel residents from 3.00pm on your day of arrival to 11.00am on your day of departure. Additional day passes can be purchased at the leisure reception.



For Spa bookings and all the latest information visit:

[www.spa6.co.uk](http://www.spa6.co.uk) or call 0845 500 66 66

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