

MENZIES

WELCOMBE  
SPA

*Escape the world...*

CLARINS

Elemis



# A country retreat



# Would you like to escape?

Let the Welcombe Spa in Stratford-upon-Avon be your haven.

Surrounded by 157 acres of beautiful parkland, this spa is an oasis of peace and tranquillity. An exclusive ambience. A blissful environment. Our first-class facilities are designed to stimulate every one of your senses. Luxuriate in our pools. Rejuvenate in our thermal experience rooms. Pamper yourself in our Clarins and Elemis treatment rooms. Or tone up in the gymnasium and aerobics studio. It's entirely up to you.

The Welcombe Spa, your country retreat from the world.




## Experience the Welcombe Spa's luxurious facilities: cleanse, bathe, relax, meditate, invigorate

An impressive level-decked swimming pool with heated loungers and foot spas. A soothing external Vitality Pool for the ultimate in relaxation. Four thermal rooms; a Finnish Sauna, a Caldarium, a Laconium and a Tepidarium, offering a choice of experiences. An Ice Fountain to cool-down the traditional way and Tropical and Polar Storm Showers for that final invigorating experience.



At the Welcombe Spa,  
you can wash away the  
cares of the world.

[www.welcombehotelstratford.co.uk](http://www.welcombehotelstratford.co.uk)

A close-up photograph of a woman lying on her back, receiving a massage. Her eyes are closed, and she has a serene, peaceful expression. Her head is resting on her hands, which are placed on a white textured surface. The background is softly blurred, showing a white sheet and the hands of the masseuse. The overall mood is calm and relaxing.

Lie back and  
drift off to  
another world.



Expert hands weave their magic and leave you with a feeling of utter rejuvenation and contentment.

Taking time out to treat your face and body is no longer a luxury, but a necessity of modern living.

At the Welcombe Spa, our aim is to maintain your sense of well-being and boost your inner strength and outer beauty. We have six themed treatment rooms; six completely different environments where you can be exquisitely pampered. Our new dual treatment room is now open and offers friends and loved ones the perfect place to enjoy treatments together.

# Refresh

# Reinvigorate

# Relax

## Treatments and Spa Days

At the Welcombe Spa, we place real value on the therapeutic benefits of plant extracts and essential oils, which is why our beauty consultants use Clarins, Elemis and Jessica treatments and products, skillfully combined with unique massage movements.

We offer a complete range of treatments for face and body, as well as the ultimate in Spa Day Experiences.

# Spa Day Experiences

Escape the world with one of our Spa Day experiences. All the packages include a light lunch, luxurious towels and towelling robes and full use of the following Spa facilities:

level deck swimming pool with heated loungers and foot spas, external vitality pool, four thermal experience rooms and tropical / polar storm showers.



## The Quick Fix

The ideal half-day Spa Day which includes either a 30 minute stress relieving massage or a relaxing facial.

Peak Fri-Sun	Off Peak Mon - Thurs
£80.00	£70.00

## The Recovery Day

The ideal full Spa Day experience with Clarins or Elemis treatments.

**Clarins Recovery** • Aromatic Balancer Facial or Welcombe Aromatherapy Massage.

**Elemis Recovery** • Skin Specific Facial or Deep Tissue Massage.

£100.00	£90.00
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## The Pamper Day

The ideal full Spa Day experience with Clarins or Elemis treatments.

**Clarins Pamper** • Aromatic Balancer Facial and the Welcombe Aromatherapy Massage.

**Elemis Pamper** • Skin Specific Facial and the Deep Tissue Massage.

£145.00	£135.00
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## The Revitalisation Day

**Clarins Revitalisation** • Start the day by choosing from an Aromatic Balancer Facial or Welcombe Aromatherapy Massage and finish the day with Clarins Detox Wrap experience.

**Elemis Revitalisation** • Start the day by choosing from a Skin Specific Facial or Deep Tissue Massage and finish the day with an Exotic Coconut Rub and Milk Ritual Wrap.

£155.00	£145.00
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## The Indulgence Day

Our Indulgence Day offers a full day of pampering.

**Clarins Indulgence** • Clarins Advanced Facial, Welcombe Aromatherapy Massage and Clarins Detox Body Wrap.

**Elemis Indulgence** • Elemis Absolute Spa Ritual and Exotic Coconut Rub and Milk Ritual Wrap.

**Peak  
Fri-Sun**

**£205.00**

**Off Peak  
Mon - Thurs**

**£195.00**

## The Welcombe Experience **for 2 people**

The Welcombe Experience is the ultimate Spa Day for couples and is also extremely popular for mothers and daughters. Your day will be planned in advance with our therapist and will include three treatments of your choice for you and your partner. Chilled champagne will be served with lunch and you will be presented with a Clarins or Elemis gift.

**£460.00**

**£450.00**

## Baby Pamper Day 1

Relax in the spa for the day and choose from one of the following treatments:-

**Welcombe Back, Neck and Shoulder Massage**

**Welcombe Express Facial**

**Jessica Deluxe Pedicure**

**£130.00**

**£125.00**

## Baby Pamper Day 2

Relax in the spa for the day and choose from one of the following treatments:-

**Clarins Mother to be Or Elemis Mother to be**

**and**

**Jessica Pedicure**

**£130.00**

**£125.00**

# Relax Unwind and Replenish

## Residential Spa Packages

Experience the magnificent surroundings of the Menzies Welcombe Hotel, acknowledged as one of the leading county house hotels in the heart of England combined with the relaxing spa.

This imposing Jacobean style mansion has 78 luxury bedrooms including four poster rooms and suites, an impressive lounge with original oak panelling, ornate mirrors, chandeliers and period furniture, an award-winning restaurant with views over the hotels beautiful Italian gardens and for golfers among your party, an 18 hole championship course.

# Residential Spa Packages

We offer a number of special residential Spa Packages for you to choose from:

## The Essential Package

**£126 per person Monday - Friday (£10 supplement per person for a Saturday night)**

Experience the Welcombe Spa's luxurious facilities; cleanse, bathe, relax, meditate, invigorate. This special package is available Monday - Saturday on a one night dinner, bed and breakfast basis and includes a 30 minute Back, Neck, Shoulder massage, Express Facial or Mini Manicure/Pedicure.

## The Luxury Package

**£156 per person Monday - Friday (£10 supplement per person for a Saturday night)**

Experience the Welcombe Spa's luxurious facilities; cleanse, bathe, relax, meditate, invigorate. This special package is available all week on a one night dinner, bed and breakfast basis and includes one of our 60 minute Classics treatments.

## The Welcombe Escape

**£115 per person - Sunday only**

Experience the Welcombe Spa's luxurious facilities; cleanse, bathe, relax, meditate, invigorate. This special package is available on a Sunday night on a one night dinner, bed and breakfast basis and includes one of our Classics treatments.

## The Welcombe Retreat

**£290 per person DB&B - Two night stay**

Let the Welcombe Spa be your haven. Luxuriate in our pools. Rejuvenate in our thermal experience rooms. Pamper yourself in our treatment rooms. This luxury package is available on a two night dinner, bed and breakfast basis and includes two individual Classic treatments.

**For further information or to book contact the hotel on 01789 295 252**

**or email [welcombe.sales@menzieshotels.co.uk](mailto:welcombe.sales@menzieshotels.co.uk)**

## Hen Party Package for the Apartments

This package is for a minimum of 4 people and includes:-

- Full use of the spa and leisure facilities
- Overnight accommodation in a luxury apartment
- Dinner in the award winning restaurant (£30pp allowance exc wine)
- Full English breakfast

## Treatments

Choose from one treatment from the 4 below:-

**Express Facial • Treatment Time 30 minutes**

**Back, Shoulder and Neck Massage • Treatment Time 30 minutes**

**File and Polish for Hands • Treatment Time 30 minutes**

**File and Polish for Feet • Treatment Time 30 minutes**

## Price

Luxury Apartment (Sunday - Friday) **£105.00 per person per night DB&B**

Luxury Apartment (Saturday) **£119.00 per person per night DB&B**

## Champagne Package

This package includes all the elements above as well as a glass of champagne per person on arrival.

Luxury Apartment with Champagne (Sunday - Friday) **£115.50 per person per night DB&B**

Luxury Apartment with Champagne (Saturday) **£129.50 per person per night DB&B**

**For further information or to book contact the hotel on 01789 295 252**

**or email [welcombe.sales@menzieshotels.co.uk](mailto:welcombe.sales@menzieshotels.co.uk)**

# Face

## Express Facial

Choose between our Elemis or Clarins Products

# Elemis Facials

### Skin Specific Facials

## Fruit Active Glow

**Bring back the glow to a lifeless complexion.**

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

## Exotic Moisture Dew

**Treat your skin to a moisture boost.**

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

## Herbal Lavender Repair

**For perfect restoration of skin balance.**

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

## Modern Day Skin Facial

Skin challenge by modern day living, and bursting with anti oxidant rich minerals and vitamins. This purifying treatment helps remove damaging toxins.

Regenerates skin cells and replaces sebum, resulting in re mineralised, rebalanced and renewed skin.

All treatment times stated include preparation time and consultation.

Treatment Time	Peak Fri-Sun	Off Peak Mon - Thurs
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30 mins	£35.00	£30.00
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1 hr	£60.00	£55.00
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1 hr	£60.00	£55.00
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1 hr	£60.00	£55.00
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1 hr	£65.00	£60.00
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# Elemis Facials

## Advanced Performance Facials

### Oxygen SkinCalm Facial

#### **Pure soothing heaven for sensitive skin.**

Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask impregnated with Absolute SkinCalm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

Treatment Time	Peak Fri-Sun	Off Peak Mon - Thurs
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1 hr 15 mins	£65.00	£60.00
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### S.O.S Purifying Facial

#### **A purifying treatment for congested skin.**

A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, impregnated with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

1 hr 15 mins	£65.00	£60.00
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	Treatment Time	Peak Fri-Sun	Off Peak Mon - Thurs
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### Advanced Anti-ageing Facials

#### Tri-Enzyme Resurfacing Facial

1 hr	£75.00	£70.00
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**Peel away the years for smoother, more radiant skin.**

This ground-breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to **75%\*** and increase skin smoothness by up to **32%\*** after just 1 treatment, this unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin. Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

\*Independent Clinical Trials 2006

#### Visible Brilliance Facial

1 hr 15 mins	£75.00	£70.00
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**To combat ageing, stressed and slackened skin.**

Independently tested with revolutionary results, this Anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to **61%** and elasticity by **40%** after just 1 treatment.\* Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

\*Independent Clinical Trials 2004

#### Pro Collagen Quartz Lift Facial

1 hr 15 mins	£75.00	£70.00
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**See a younger, firmer future. Instantly.**

This advanced anti-ageing facial is clinically proven to reduce the number of wrinkles by up to **94%\*** and improve skin firmness by up to **57%\***, after just one treatment. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance.

\*Independent Clinical Trials 2007

# Elemis Body

## Musclease Aroma Spa Ocean Wrap

### **Powerful seaweed wrap for complete muscle relaxation.**

Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles.

## Cellutox Aroma Spa Ocean Wrap

### **A deeply detoxifying blend to decongest and stimulate the system.**

Let thoughts drift away whilst being cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

## Exotic Coconut Rub and Milk Ritual Wrap

### **Pure sensuality to enliven the senses.**

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

## Exotic Frangipani Body

### **For immediate softness and suppleness.**

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

Treatment Time	Peak Fri-Sun	Off Peak Mon - Thurs
1 hr 15 mins	£70.00	£65.00

1 hr 15 mins	£70.00	£65.00
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1 hr	£60.00	£55.00
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1 hr	£60.00	£55.00
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## Body Sculpting Cellulite and Colon Therapy

### **Redefine and smooth your silhouette.**

Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out. Course treatment - recommended min 3 treatments to start seeing effects.

<b>Treatment Time</b>	<b>Peak Fri-Sun</b>	<b>Off Peak Mon - Thurs</b>
<b>1 hr</b>	<b>£70.00</b>	<b>£65.00</b>

## Exotic Lime and Ginger Salt Glow

### **Invigorated, cleansed and polished to perfection.**

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

<b>40 mins</b>	<b>£50.00</b>	<b>£45.00</b>
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### **Elemis Face and Body Therapy**

## Absolute Spa Ritual

### **The ultimate skin and body therapy for maximum results.**

Choose from one of the unique Elemis skin specific facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage. Two hours of pure relaxation with dramatic results!

<b>2 hrs</b>	<b>£105.00</b>	<b>£100.00</b>
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# Elemis Massage

## Elemis Deep Tissue Muscle Massage

**Submit your body to a vigorous workout of deep rhythmic pressure massage.**

Focused on relieving specific stress and muscle tension, this powerful, customised massage, uses dynamic blends of essential oils to suit individual needs.

### Choose from:

- **Stress-a-Way**  
Soothe and relax with a 'de-stress' blend of Lavender, Chamomile, Melissa, Geranium and Bergamot.
- **Spirit Reviver**  
Uplift, detoxify and renew your zest for life with the 'Cellutox' blend of Lemon, Lime, Peppermint and Grapefruit.
- **Muscle Melt**  
Ease away tired, aching muscles with the 'Musclease' blend of warming Rosemary, Juniper, Thyme, Birch and Chamomile.  
(Excellent for rheumatic or sport related pain).
- **Chakra Balancing**  
Bring your body and emotions into total equilibrium with this blend of Ylang Ylang and Geranium, or the exotic essence of Frangipani.

## Elemis Total Glow Self Tanning Treatment

**The healthy way to radiant sun-kissed skin.**

We know the sun is good for the soul, but not necessarily for the skin, so fake it with this rich and sensual treatment. The Elemis Total Glow Self Tanning Cream mimics the skin's natural colour and helps give a warm glow within 2-3 hours.

Treatment Time	Peak Fri-Sun	Off Peak Mon - Thurs
1 hr	£60.00	£55.00

45 mins	£45.00	£40.00
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# CLARINS Facials

## Aromatic Balancer

Oily and congested, dry and dull, dehydrated or sensitive. Whatever your skin condition, this customised treatment will rebalance and coax it back to blooming. *Our natural beauty secret...*the potency of Clarins renowned 100% pure plant facial oils, which are prescribed according to your skin type and contain amongst others, essential oils of sandalwood, lotus and blue orchid.

## Clarins Triactive Facial

Powered by CLARINS PRO formulas. A new generation of CLARINSPRO High-performance formulas have been developed for the expert hands of therapists trained in the exclusive Clarins Touch massage method. To help prolong the benefits of your treatment, your therapist will recommend a daily skin care programme, products and application tips to help you maintain results at home in between regular treatments.

## Youth Activator

Intensive replenishment reactivates the plump, peachy-smooth luminosity of youthful looking skin while contouring and detoxifying massage de-puffs to restore definition to features. The ultimate wake-up call for mature skin. At home: Clarins Super Restorative or Vital Light Skin Care.

## Lifting Line Smoother

As skin is retextured and its youth-giving renewal process intensively energised, it instantly becomes smoother, firmer, even lifted and looks refreshed and rested. Just like a week away. At home: Clarins Extra-Firming Skin Care.

## Radiance Reviver

Dull, tired, stressed skin is intensively detoxified and recharged with a cocktail of antioxidants and super revitalising plant extracts which restore health and radiance. Think multi-vitamin for the skin. At home: Clarins Multi-Active Skin Care.

## Moisture Replenisher

Intensively replenishes depleted moisture levels in dry, dehydrated skin which immediately restores softness, suppleness, comfort and radiance. An oasis in the desert that is parched skin. At home: Clarins HydraQuench Skin Care.

## Skin Healer

Sensitive skin is immediately and intensively soothed, calmed and repaired to restore softness, suppleness, comfort and radiance. A cooling, healing hand. At home: Clarins Gentle Skin Care.

Treatment Time	Peak Fri-Sun	Off Peak Mon - Thurs
1 hr	£60.00	£55.00
1 hr 30 mins	£70.00	£65.00
1 hr 30 mins	£70.00	£65.00
1 hr 30 mins	£70.00	£65.00
1 hr 30 mins	£70.00	£65.00
1 hr 30 mins	£70.00	£65.00

## Detox & Shine Stopper

Intensively purifies skin, rebalances oil production, tightens and refines pores so oily, combination and even shiny complexions become clearer, smoother, softer and more matte. A fresh start with a shine-free finish.

At home: Clarins Truly Matte Skin Care.

# CLARINS Body

## Gentle Skin Smoother

Visibly brighter, super soft skin is the main benefit of this highly efficient body treatment. Enriched with fruit enzymes, it also refines, refreshes and detoxifies. *Our natural beauty secret...*Exfoliating and firming powered bamboo from India and detoxifying African Moringa Seed extract.

## Fruit Salt Body Scrub

An exotic blend of warmed mineral-rich sea salts, aromatic oils, lavender flowers and pineapple and lemon enzymes has a three phase exfoliating action to remove superfluous cells, boost circulation and stimulate cell regeneration. The calming aromas soothe the senses and tap into over active minds. After a warm shower and application of hydrating body lotion, you'll feel recharged and relaxed with super soft, glowing skin.

## Detox Body Wrap

A personalised blend of warmed clay with basil and chamomile aromatherapy oils is massaged into the skin using the Clarins Touch.

The treatment relieves muscular tension, boosts circulation and eliminates toxins. The body is enveloped in a thermal blanket to intensify the activity of the deep cleansing ingredients, and you are treated to a scalp and foot massage. It's the pleasurable way to detox your body!

## Welcombe Aromatherapy Massage

Pure pleasure and a real must for out-of-condition skin. Aromatherapy massage helps the absorption of custom-blended oils and creams, which deeply replenish as they firm, detoxify and relax the body. *Our natural beauty secret...* the potency of Clarins 100% pure plant body treatment oils.

## Clarins So Natural Self Tanner

This crème de la crème of self tanning treatments for face and body will give your skin a gorgeous long lasting, glowing, golden colour that looks as natural in winter as it does in the summer.

Treatment Time	Peak Fri-Sun	Off Peak Mon - Thurs
1 hr 30 mins	£70.00	£65.00
40 mins	£50.00	£45.00
40 mins	£50.00	£45.00
55 mins	£70.00	£65.00
1 hr	£60.00	£55.00
60 mins	£50.00	£45.00

# Men's Treatments

## Elemis for Men

### Skin IQ Facial

#### Anti-ageing booster for tired, stressed skin.

Helping to calm irritation and minimise the signs of ageing, this facial is the ultimate overhaul for male skin. Protecting against the harsh, ageing effects of shaving and environmental damage, moisturisation levels are proven to increase by up to **38%** and elasticity by **28%** after just 1 hour.\*

\*Independent Clinical Trials 2006

## CLARINS for Men

### Skin Blitz Facial

Shaving bumps and irritation, stress and tiredness, greyness and congestion... Whatever life has hit your skin with, this super-relaxing bespoke facial will target and treat it. Your face will look and feel refreshed, healthy and smooth.

### Muscle Ease Body Massage

Whether you've overdone it at the gym or work, this intensely therapeutic massage eases tense shoulders, back knots and aches. Aromatic essential oils supercharge the stress-relieving benefits, restoring your sense of well-being.

### Energising Back, Neck & Scalp Massage

Back cleansing and deep massage rolled into one rejuvenating treatment that sorts out congested skin and tired muscles. The ultimate post-exercise pick-me-up, it leaves you feeling chilled out instead of strung out.

### Men's Welcombe Retreat

Men's body cleanse - facial groom - scalp and foot ritual.

### Welcombe Sports Massage

#### Back, Neck, Shoulders and Legs

#### Back, Neck and Shoulders

Deep and powerful massage techniques that loosen tight and tired muscles, relieving areas of tension, firm skin, enhance flexibility, flush away body toxins and leave you feeling re-energised for days to come

	Treatment Time	Peak Fri-Sun	Off Peak Mon - Thurs
Skin IQ Facial	1 hr 15 mins	£75.00	£70.00
Skin Blitz Facial	1 hr	£60.00	£55.00
Muscle Ease Body Massage	1 hr	£60.00	£55.00
Energising Back, Neck & Scalp Massage	40 mins	£45.00	£40.00
Men's Welcombe Retreat	1 hr 30 mins	£70.00	£65.00
Welcombe Sports Massage		Peak	Off Peak
Back, Neck, Shoulders and Legs	45 mins	£45	£40
Back, Neck and Shoulders	45 mins	£35	£30

# Pregnancy Treatments

## Elemis

### Elemis Mother-To-Be

#### **Nurturing Massage for Mother-to-Be**

#### **Massage adapted to each stage of pregnancy.**

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation.

Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

Recommended:

- 1 treatment every 2 weeks in 1st/2nd trimester.
- 1 treatment every week in 3rd trimester.

Treatment Time	Peak Fri-Sun	Off Peak Mon - Thurs
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1 hr 15 mins	£75.00	£70.00
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## CLARINS

### Clarins Mother-To-Be and

### New Mum Treatment

Pure indulgence for face and body, adapted to your pre and post-natal stage of pregnancy and how you look and feel. Eases backache, fluid retention, stress, fatigue and tired legs, as well as improving skin tone and elasticity. Afterwards, you'll feel energised and wonderfully relaxed, with baby-soft skin.

*Our natural beauty secret...* Clarins universally acclaimed Tonic Body Treatment Oil, which helps to prevent the appearance of stretch marks.

1 hr 10 mins	£75.00	£70.00
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# Welcombe Signature Treatments

	<b>Treatment Time</b>	<b>Peak Fri-Sun</b>	<b>Off Peak Mon - Thurs</b>
<h2>Make-Up Master Class</h2> <p>This session will teach you all the tricks of the trade. Which products are best for you, how to apply them correctly and how to use them to enhance your features and create different looks. Whatever your skin type, age or style you'll learn professional skills that are perfect for you.</p>	<b>40 mins</b>	<b>£35.00</b>	<b>£30.00</b>
<h2>Bridal Makeover plus trial</h2> <p>Your Wedding day is one of the most important days of your life. Our Therapists will discuss with you your requirements, offer advice and ensure on your day, you are looking your best.</p>	<b>2 x 40 mins</b>	<b>£55.00</b>	<b>£55.00</b>
<h2>Back, Neck and Shoulder Massage</h2> <p>Back massage combines elements of deep tissue and remedial massage to ease tension from your back, neck and shoulders. This massage will leave you feeling more relaxed and is personalised for your needs.</p>	<b>30 mins</b>	<b>£35.00</b>	<b>£30.00</b>
<h2>Indian Head Massage</h2> <p>Soothe away stress and tension, leaving you relaxed, revitalised and re-energised. This is a very popular treatment, perfect for promoting a calm mind, a stress-free body and for maintaining optimum health. The treatment works on various energy points of the body to help relieve muscle tension and stress.</p>	<b>40 mins</b>	<b>£50.00</b>	<b>£45.00</b>
<h2>Welcombe Leg Massage</h2> <p>A deeply therapeutic massage for your legs, ideal for relieving tension or stresses and strains from vigorous exercise. Revitalising your legs for another day of activity.</p>	<b>30 mins</b>	<b>£35.00</b>	<b>£30.00</b>
<h2>Chakra Stone Massage</h2> <p>Warm Almond Oil followed by hot Basalt stones expertly glide over your skin, breaking down tension in your muscles and nourishing your skin. Experience the re-balancing energy of the stones for a sense of wellbeing from within.</p>	<b>1 hr</b>	<b>£70.00</b>	<b>£65.00</b>

# The Essential Collection

## Wax and Tint

	<b>Treatment Time</b>	<b>Peak Fri-Sun</b>	<b>Off Peak Mon - Thurs</b>
Full Leg Wax	<b>40 mins</b>	<b>£35.00</b>	<b>£30.00</b>
Full Leg and Bikini Wax	<b>50 mins</b>	<b>£40.00</b>	<b>£35.00</b>
Half Leg Wax	<b>30 mins</b>	<b>£25.00</b>	<b>£20.00</b>
Bikini Wax	<b>15 mins</b>	<b>£20.00</b>	<b>£15.00</b>
Underarm Wax	<b>15 mins</b>	<b>£15.00</b>	<b>£10.00</b>
Facial Waxing (Per Area)	<b>15 mins</b>	<b>£15.00</b>	<b>£10.00</b>
Eyelash Tint	<b>15 mins</b>	<b>£15.00</b>	<b>£10.00</b>
Eyebrow Tint	<b>15 mins</b>	<b>£15.00</b>	<b>£10.00</b>
Combination	<b>20 mins</b>	<b>£20.00</b>	<b>£15.00</b>

Please note a patch test is required 24 hours before treatment.

## Jessica Nails

### French Manicure

Treatment Time	Peak Fri-Sun	Off Peak Mon - Thurs
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1 hr	£40.00	£35.00
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### Jessica Manicure

The manicure will include exfoliation, massage and cuticle care. Your nails will be beautifully shaped and treated with a prescriptive basecoat finishing with the perfect polish.

45 mins	£35.00	£30.00
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### Jessica Pedicure

45 mins	£35.00	£30.00
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### Jessica Deluxe Manicure

Includes luxury heated mask treatment.

1 hr	£45.00	£40.00
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### Jessica Deluxe Pedicure

Includes luxury heated mask treatment.

1 hr	£45.00	£40.00
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### Jessica File and Polish

15 mins	£15.00	£15.00
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### Gentlemen's Nail Groom

Your hands are exfoliated to remove any dryness and massaged with treatment creams, cuticles are conditioned and groomed and nails are trimmed and perfectly shaped.

45 mins	£30.00	£25.00
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### Gentlemen's Executive Pedicure

A relaxing and grooming foot and leg treatment. Hard skin is removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother. Your cuticles will be neat and tidy and your toenails will be perfectly shaped.

45 mins	£35.00	£30.00
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## Gift Vouchers for the Spa

**Gift wrap a present for a loved one with a Welcombe Spa Gift Voucher available throughout the year.**

The Welcombe Spa can also put together Gift packs including Beauty products and other Menzies Hotel, Golf & Spa Vouchers. Please contact the Spa for more details. The ideal present for Christmas, Valentine's Day, Birthdays and Easter.

### Spa Opening Hours

The Welcombe Spa is open for Treatments for Members and Non-Members

Monday - Friday - 9am - 8pm

Saturday - 9am - 6pm

Sunday - 9am - 5pm

All Spa Days need to be booked in advance and include use of the Spa between 9.00am and 5.00pm. The minimum age for the use of all treatments is 16 years of age.

The Spa has a no-smoking policy and we ask that all mobile phones, laptops and pagers are turned off prior to entering the complex.

Gift vouchers are available for purchase from the Spa Reception and can be used against any treatments, Spa Days or retail products.

Clients that are either taking any medication, pregnant or trying for a baby should consult our Spa Reception Team prior to booking any treatments. We do not recommend waxing or facials directly before or after any form of heat treatment. To gain maximum benefit from aromatherapy oils we suggest you should avoid showering or swimming for three/four hours after these treatments. We recommend you avoid drinking any alcohol before or after aromatherapy treatments and ensure you drink plenty of water during your Spa Day.

All individual treatments need to be booked in advance and we recommend you arrive at least 15 minutes before your treatment is due to start. Late arrival may mean your treatment time is reduced or unable to be honored.

### Cancellation Policy

#### Individual Treatments

Individual treatments cancelled less than 24 hours in advance will incur a 50% cancellation charge and less than 6 hours will incur a 100% cancellation charge.

#### Spa Days

All Spa Day Experiences are subject to availability and need to be reserved in advance with full prepayment. Cancellations up to four weeks in advance will incur a £10 administration fee. For cancellations less than four weeks in advance, any prepayment can be used as payment for another booking within the next six months. Cancellations less than 48 hours in advance are non-refundable.

#### Residential Packages

All residential packages are subject to availability and prices are based on two adults sharing a twin/double bedroom. Single supplements will apply. For groups of 8 guests or more full prepayment is required 14 days prior to arrival. For cancellations after this time the payment will be non-refundable. All treatments must be booked in advance direct with the spa. All Prices may be subject to change. This information will be communicated prior to confirmation of a booking.

The Company accepts no liability whatsoever for accident, injury or misadventure. All members and their guests and visitors are responsible for making their own insurance arrangements in respect of injury suffered or caused by them, or caused to them by any third party. The Company does not accept liability or responsibility for the loss of or damage to property or motor vehicles belonging to any member, their guests and visitors.

# Menzies Welcombe Hotel Spa & Golf Club Facilities

- 78 en-suite bedrooms
- 11 function rooms
- Cocktail bar
- AA rosette a la carte restaurant
- 18 hole championship golf course and clubhouse
- Luxury spa
- All weather tennis courts
- Outdoor pursuits and activities
- 157 acres of grounds
- Extensive car parking
- Free Wi-Fi
- Helicopter landing pad

## Location

For detailed directions please visit our website

[www.menzieshotels.co.uk](http://www.menzieshotels.co.uk)

[www.welcombehotelstratford.co.uk](http://www.welcombehotelstratford.co.uk)



A unique portfolio of distinctive hotels located throughout England and Scotland

[www.welcombehotelstratford.co.uk](http://www.welcombehotelstratford.co.uk)



MENZIES

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**Central Reservations 0845 850 3013**

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