



FOUNDED 1908



Stoke Park, Park Road, Stoke Poges, Buckinghamshire SL2 4PG
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SPA
 2018

Spa
2018



Welcome

We pride ourselves on offering luxury treatments that transcend you from your everyday hectic lifestyle into a world of tranquil escapism.

THALGO treatments are renowned for their incredible results. THALGO harnesses the riches of the sea so you can benefit from powerful healing, revitalising and rebalancing properties vital for health and well-being.

Aromatherapy Associates treatments use the true power of essential oils and the incredible effects they have at a therapeutic level. Combining expertly blended essential oils with the unique active botanicals has led to remarkable innovations in skincare.

I wish all of our visitors and guests a truly memorable and relaxing spa experience.



Anna Thomas
Spa & Health Club Manager



Stoke Park Spa

Stoke Park Spa is situated within The Pavilion which offers a beautiful modern fusion of energy and serenity. The Pavilion also houses 28 contemporary bedrooms.

Facilities include:

- Indoor Heated Swimming Pool
- Single Sex Italian Marble Steam Rooms
- Spa Garden - Summer opening
- Outdoor Scandinavian Sauna - All year
- Outdoor Hot Tub - All year
- Deep Relaxation Room
- Private Atrium
- A stunning Tropical Aquarium
- Nail Bar
- Boutique
- 13 Multi Surface Tennis Courts (indoor, grass and floodlit artificial clay)
- Gymnasium fitted with Star Trac equipment, latest Boditrax technology and the Running Immersive Pod
- Hot Yoga, Fitness and Group Cycling Studios

Individual treatments are only available on a Saturday or Sunday to Hotel Residents and Members.

Please note, peak pricing applies for individual treatments booked on a Saturday, Sunday or Bank Holiday. An additional £15 will be added to the indicated brochure price on these days.

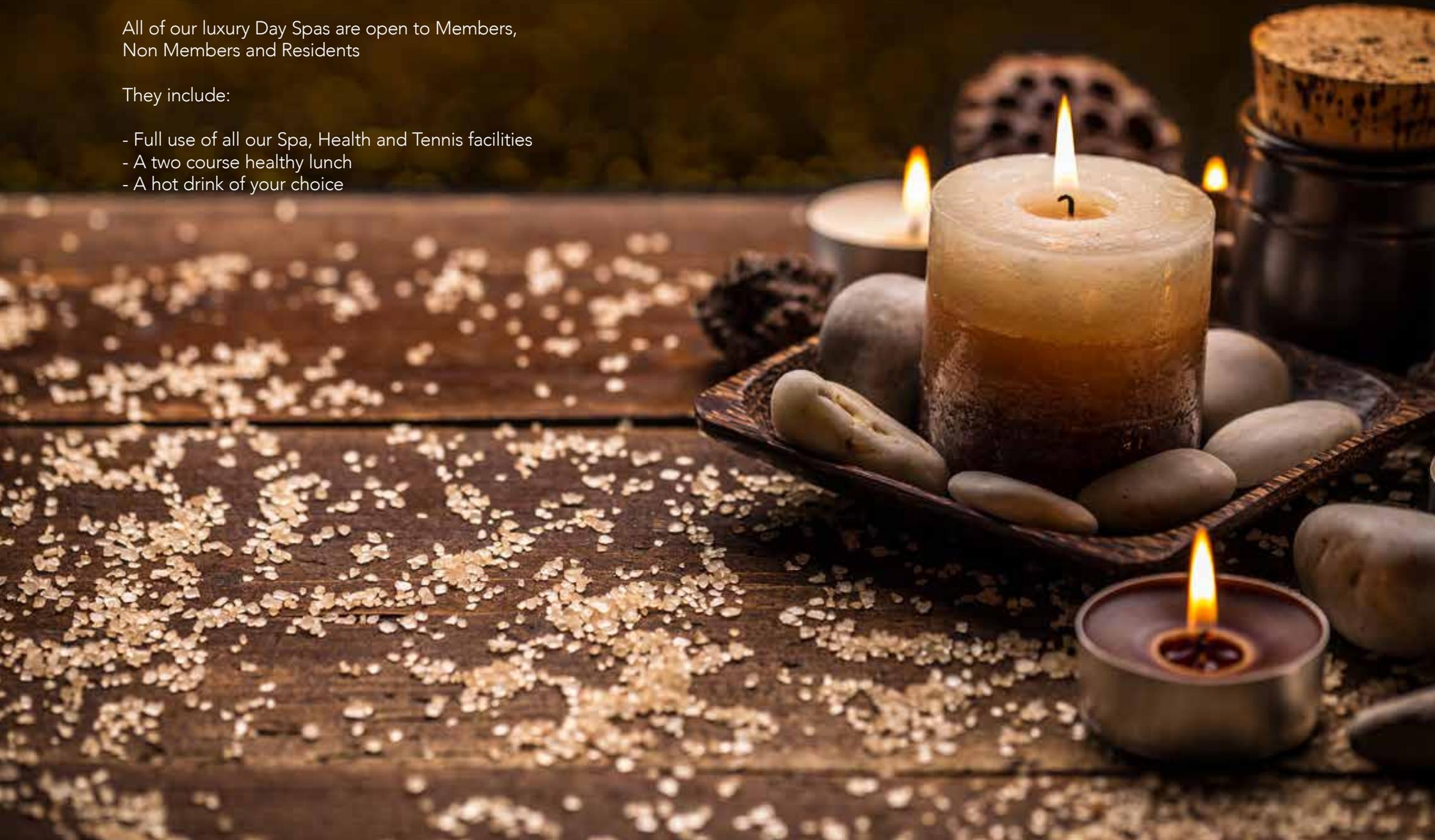


Day Spa Retreats

All of our luxury Day Spas are open to Members,
Non Members and Residents

They include:

- Full use of all our Spa, Health and Tennis facilities
- A two course healthy lunch
- A hot drink of your choice



Stoke Park Time Retreat

£180

Your Stoke Park Time Retreat will start with a welcome foot ritual, a chance for you to unwind and for your therapist to understand your needs to truly enable them to tailor your treatment.

Enjoy any two 55 minute treatments from the list below:

55 minute treatments:

- THALGO Skin Solution Facial
- THALGO Back, Face and Scalp Massage
- THALGO Radical Renovation Facial
- THALGO Swedish Full Body Massage
- THALGO Cellulite Busting Treatment
- THALGO Ultimate Body Exfoliation
- THALGO Mud Ritual
- THALGO Rebalancing Back Treatment
- THALGO Algae Wrap
- Lava Relax
- Lava Rescue
- Lava Recovery
- Aromatherapy Associates Sleep Deeply Massage
- Aromatherapy Associates Intense Muscle Release
- Aromatherapy Associates Clear Your Mind
- Aromatherapy Associates Uplift Your Mood
- Margaret Dabbs Supreme Manicure
- Margaret Dabbs Supreme Pedicure
- Reflexology

Mother-to-Be Retreat

£170

This Spa Day is ideal for mums-to-be after the first trimester of pregnancy. The mother-to-be retreat consists of the THALGO Pregnancy Ritual and Margaret Dabbs Supreme Pedicure (both 55 minute treatments).

Refreshing Retreat

£125

Full use of Spa, Fitness and Tennis facilities for the day with a two course healthy lunch and one 55 minute treatment of your choice.

Discovery Retreat

Monday - Friday £65

Sunday £75

A chance to discover Stoke Park's facilities, this Spa Day consists of full use of the facilities for the day and a two course healthy lunch.

Twilight Spa Retreat

£65 | Monday - Friday 5pm - 10pm

Unwind after a busy day, this Spa Retreat offers full use of Stoke Park's facilities for the evening with a bowl of Pasta or Salad in our San Marco Restaurant.

Ultimate Spa Retreat

£300

This ultimate Spa Day, with just over 4 hours of treatment time and a glass of Prosecco, will leave you feeling truly relaxed.

This Ultimate Spa Retreat includes:

THALGO Indoceane Ritual

AND

THALGO Skin Solution Facial

AND

Margaret Dabbs Total Manicure

AND

Margaret Dabbs Total Pedicure

Spa Rituals

Our Spa Rituals are heavenly 1 hour and 55 minute treatments that take you on a complete journey of relaxation, time out and indulgence. Enjoy full use of the facilities, Monday to Friday with your Spa Ritual experience.

THALGO Indoceane Spa Ritual:

£145 | 155 minutes

Indoceane is a heavenly Spa ritual which commences with a full body exfoliation preparing the skin for an Ayurvedic massage. A sublime body wrap then cocoons you, nourishing and hydrating your skin.

THALGO Polynesia Spa Ritual:

£145 | 155 minutes

This sensorial ritual commences with an exotic island body scrub followed by a Mahana massage incorporating warm sand pouches.



“Best Spas in the UK”
THE INDEPENDENT



Facial Treatments

THALGO Silicium Super-lift Facial:
£120 (peak £135) | 85 minutes

Defy time with this super lifting facial designed for all signs of ageing at 40+.

THALGO Back, Face and Scalp Treatment
£120 (peak £135) | 85 minutes

Targeting three key areas of tension this is the ultimate in relaxation. A tension relieving back massage, full prescriptive facial concluding with a relaxing scalp massage.

THALGO Collagen Radiance Facial
£105 (peak £120) | 70 minutes

Give your skin a collagen boost and correct the first signs of ageing.

THALGO Radical Renovation Facial Peel
£100 (peak £115) | 55 minutes

This facial is specially designed to treat skin irregularities such as pigmentation, acne scarring, blemishes and uneven skin tones. An assessment of the skin will be carried out to determine the strength of peel to be used. This facial will provide results as well as relaxation. We strongly recommend the use of home-care products to achieve the best results.

THALGO Skin Solution Facial:
£90 (peak £105) | 55 minutes

This prescriptive facial is designed to be tailored to your specific skin type and needs. Including a double cleanse, exfoliation, massage and a skin specific mask, your skin concerns will be answered.

Aromatherapy Associates Rose Facial
£90 (peak £105) | 55 minutes

Luxurious rose oils help condition the skin and deeply nourish. The result is a smooth, radiant complexion and a relaxed state of mind.

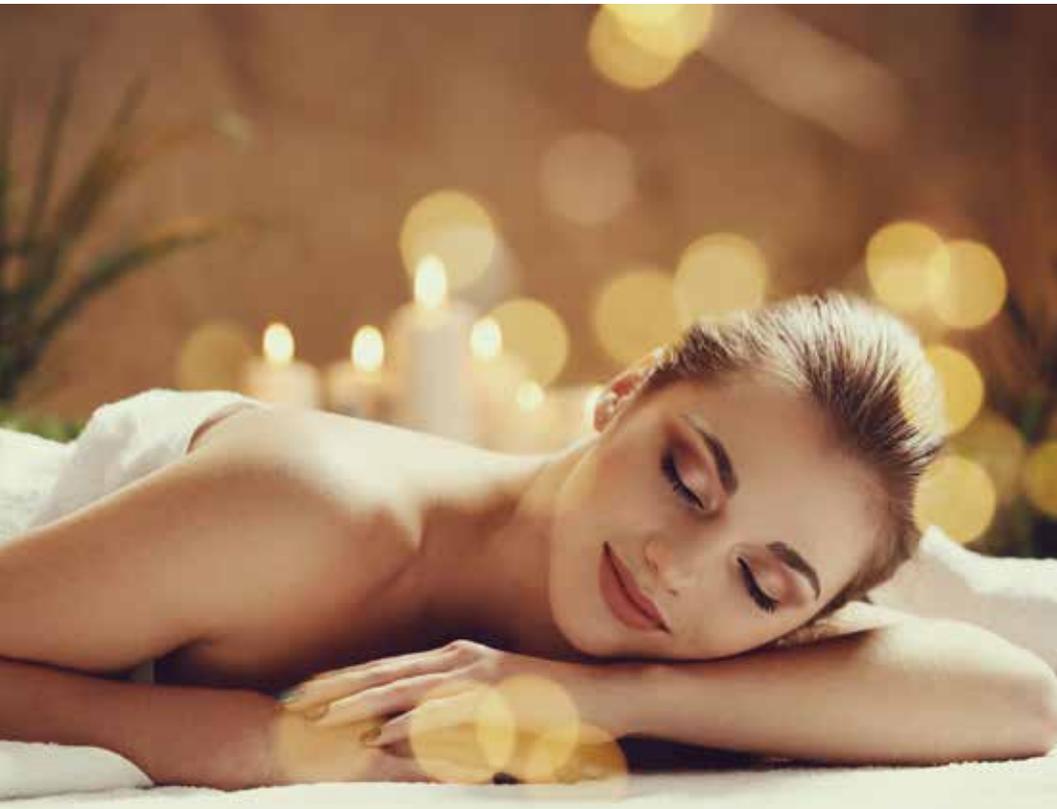
THALGO Back, Face and Scalp Massage
£90 (peak £105) | 55 minutes

A tension relieving back massage, a mini spa facial followed by a relaxing scalp massage, key areas addressed all in one.



iBeauty

Featuring an exfoliating and purifying mechanical exfoliation from sound vibrations, a sequential ultrasound emission to drain and stimulate the skin and infuse the treatment products, plus regenerating and plumping tripolar radio-frequency, the iBeauty treatment from Thalgo can be tailored to all skin types for a purifying, hydrating or anti-ageing result. The technology for an immediate smoothing effect. Combined with specialist professional products, your skin specific iBeauty facial treatment will leave you feeling relaxed, while your skin will be left exceptionally clear, cleansed and deeply restored.



iBeauty Purity Reviver

£90 | 55 minutes

This highly effective facial, suitable for all skin types but particularly good for oily and combination skin. The combination of marine cosmetics developed specifically to work in synergy with iBeauty removes impurities and restores perfect balance to the complexion. The skin is healthier and brighter from the very first session.

iBeauty Hydration Corrector

£90 | 55 minutes

Treat your dehydrated or tired skin to this facial! Draining, infusion and stimulating manoeuvres with ultrasound technology allow the product to be absorbed deep into the skin. The treatment leaves the skin fresh, bright and hydrated from the very first session.

iBeauty Anti-Ageing Activator

£90 | 55 minutes

This anti-ageing facial is perfect for anyone looking to restore a rejuvenated look to their skin. An application of I PLUMP combined with radio-frequency stimulates the fibroblasts to restore their original youth functions. The complexion is smoother, lines are plumped and skin tissue is firmer.

iBeauty Wrinkle Corrector

£90 | 55 minutes

This anti-ageing treatment uses a new marine cosmetic product, I SMOOTH, alongside the iBeauty's latest ultrasound technology in fibrolysis mode to target all types of fine lines and wrinkles by reactivating the skin regeneration process. The skin is smoothed and the appearance of wrinkles is visibly reduced.

Body Treatments

Ultimate Aromatherapy Experience

£120 (peak £135) | 85 minutes

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged.

Lava Relax, Face and Body

£120 (peak £135) | 85 minutes

Indulge with this ultimate head to toe warm Lava Shell experience.

Lava Relax

£90 (peak £105) | 55 minutes

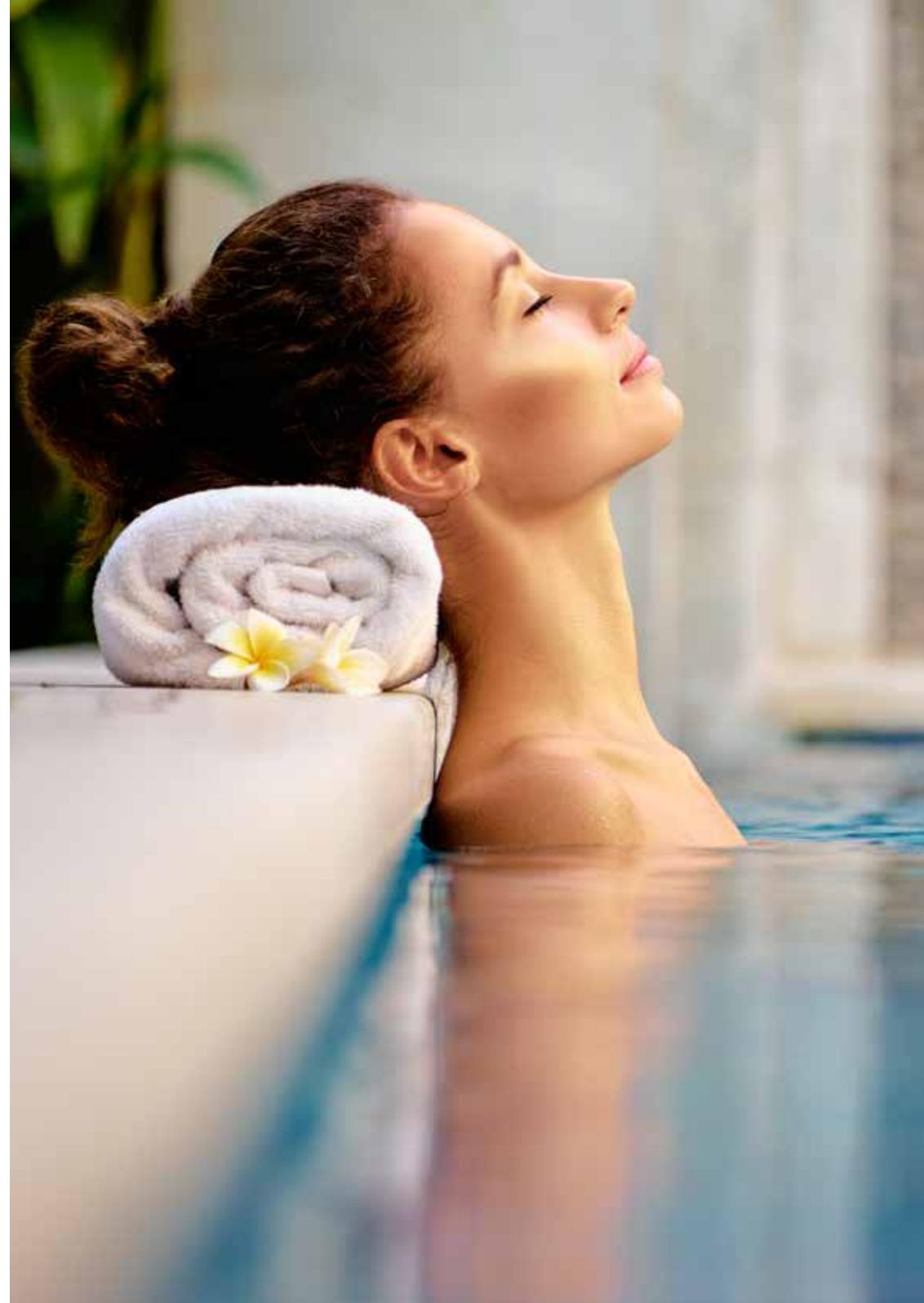
This truly pampering treatment combines the warmth of Lava Shells with relaxing massage techniques to create a sense of balance to the mind and body.

Lava Rescue

£90 (peak £105) | 55 minutes

£120 (peak £135) | 85 minutes

This individually tailored treatment offers a combination of deep tissue massage with warm Lava Shells to relax the muscles and cool glacial shells to reduce inflammation.



Body Treatments

THALGO Swedish Full Body Massage:
£90 (peak £105) | 55 minutes

This full body massage is tailored to suit your individual needs using traditional massage techniques.

THALGO Marine Wellbeing Massage:
£90 (peak £105) | 55 minutes

This Wellbeing massage incorporates techniques of Shiatsu and Swedish massage alongside ocean-reflecting movements. It is designed to relax and relieve tensions enabling you to truly let go.

Aromatherapy Associates Massages:
£90 (peak £105) | 55 minutes

Choose from:

1. Clear Your Mind - Perfect for times of stress helping you to unwind and re-focus
2. Uplift Your Mood - A treatment to help harmonise and rejuvenate the spirits
3. Intense Muscle Release - Releasing tension from stiff, tight aching muscles
4. Sleep Deeply - Pressure point massage to induce a state of relaxation

THALGO Rebalancing Back Treatment:
£80 (peak £95) | 55 minutes

This back treatment combines exfoliation, massage and an application of algae to renew, relax and detoxify the skin.



Body Treatments

THALGO Ultimate Body Exfoliation £90 (peak £105) | 55 minutes

A full body scrub with either the Indoceane or Polynesia salt scrub for the ultimate silky smooth skin. An application of oil is applied after the scrub is removed to hydrate the skin.

THALGO Mud Ritual £90 (peak £105) | 55 minutes

This treatment commences with a full body salt exfoliation before an application of natural marine mud to remineralise and revitalise. To finish, the whole body is treated to an application of ultra nourishing body cream.

THALGO Algae Wrap £100 (peak £115) | 65 minutes

The original in marine algae wraps. This all over body treatment including exfoliation and wrap helps to improve skin conditions such as eczema and psoriasis and give an all over detox, improving well being.

THALGO Cellulite Busting Treatment £90 (peak £105) | 55 minutes

This high performance treatment tackles cellulite and stubborn unwanted curves.

Pregnancy

Please note that during the first trimester of pregnancy, we can only perform nail treatments. We have specially designed treatments for expectant mothers in their second and third trimesters. Please let us know at the point of booking if you are pregnant, so we can advise the correct treatment for you.

THALGO Pregnancy Ritual £90 (peak £105) | 55 minutes

This top to toe treatment is a perfect mother-to-be pamper. Incorporating massages on the feet, legs, hands and décolleté with a mini facial and scalp massage.

Nurturing Mother-to-Be Massage £80 (peak £95) | 55 minutes

Consisting of traditional Swedish techniques, this massage will be tailored to your needs and your comfort during pregnancy. It will leave you feeling relaxed and calm.

THALGO Skin Solution Facial £90 (peak £105) | 55 minutes

This prescriptive facial is designed to be tailored to your specific skin type and needs. Including a double cleanse, exfoliation, massage and a skin specific mask. Your skin concerns will be answered.

Reflexology £80 (peak £95) | 55 minutes

Reflexology is a healing art centering on the reflex points on the feet that reflect organ and energy channels of the body.

Margaret Dabbs Supreme Pedicure £60 (peak £75) | 55 minutes

Margaret Dabbs Total Pedicure £50 (peak £65) | 40 minutes

Margaret Dabbs Supreme Manicure £55 (peak £70) | 55 minutes

Margaret Dabbs Total Manicure £45 (peak £60) | 40 minutes



Alternatives

Indian Head Massage

£55 (peak £70) | 40 minutes

This unique head, neck and shoulder massage, will help treat key areas of tension bringing about balance promoting a sense of well-being.

Reflexology

£90 (peak £105) | 55 minutes

Reflexology is a healing art centering on the reflex points on the feet that reflect organs and energy channels of the body.

Hopi Ear Candles

£60 (peak £75) | 40 minutes

This treatment involves a candle being placed into the opening of the ear to encourage the drawing out of any congestion within the ear. It can ease blocked ears, headaches and migraines.



Mens Treatments

Lava Recovery

£90 (peak £105) | 55 minutes

Designed specifically for men, this massage targets the back and legs combining deep massage with warm Lava Shells to relax muscles and cold glacial shells to reduce inflammation.

Lava Rescue

£90 (peak £105) | 55 minutes

This individually tailored treatment offers a combination of deep tissue massage with warm Lava Shells to relax the muscles and cool glacial shells to reduce inflammation.

THALGO Rebalancing Back Treatment

£80 (peak £95) | 55 minutes

This back treatment combines exfoliation, massage and an application of algae to renew, relax and detoxify the skin.

THALGO Men's Skin Solution Facial

£90 (peak £105) | 55 minutes

This facial is designed to help reduce the signs of ageing, ease fatigue and help fight against daily aggressions on the skin.

Deep cleansing, exfoliating and relaxing, this facial will leave your skin feeling fresh and hydrated.

Male Spa Pedicure **£35** | 25 minutes

Male Spa Manicure **£35** | 25 minutes

Finishing Touches

Artistic Gel Polish

Manicure with Gel Polish **£55 (peak £70)**

Pedicure with Gel Polish **£55 (peak £70)**

This is a pure luxurious transformation for hands. Nails will be painted at the end of your treatment.

Gel soak off

£25

Margaret Dabbs Supreme Pedicure

£60 (peak £75) | 55 minutes

Using the Margaret Dabbs fabulous feet product range and finishing with a soak, deep exfoliation and a foot massage, this is a luxurious transformation for feet. Nails will be painted to end your treatment.

Margaret Dabbs Total Pedicure

£50 (peak £65) | 40 minutes

A thorough pedicure, to the point and effective. This treatment is carried out on dry feet utilising the Margaret Dabbs product range. Nails are clipped, cuticles pushed back, feet are moisturised and nails are painted.

Margaret Dabbs Supreme Manicure

£55 (peak £70) | 55 minutes

Using the Margaret Dabbs fabulous hand range and finishing with an exfoliation and a wonderful hand massage.

Margaret Dabbs Total Manicure

£40 (peak £55) | 40 minutes

A thorough manicure to the point and effective using Margaret Dabbs products. Nails are clipped, cuticles pushed back, hands are moisturised and nails painted.

Footlogix Wellness Pedicure*

£40 (peak £55) | 40 minutes

This intensive pedicure focuses on the condition of the feet and includes hard skin removal, tidying the cuticles and re-shaping the nails.

*This pedicure does not include a polish. Add a varnish for £15



Finishing Touches

Brows and Lashes

(All clients must have a tint patch test 24 hours prior to treatment.)

Eyelash Tint

£22 (peak £32) | 25 minutes

Eyebrow Tint

£15 (peak £25) | 15 minutes

Eyebrow Shape

£15 (peak £25) | 15 minutes

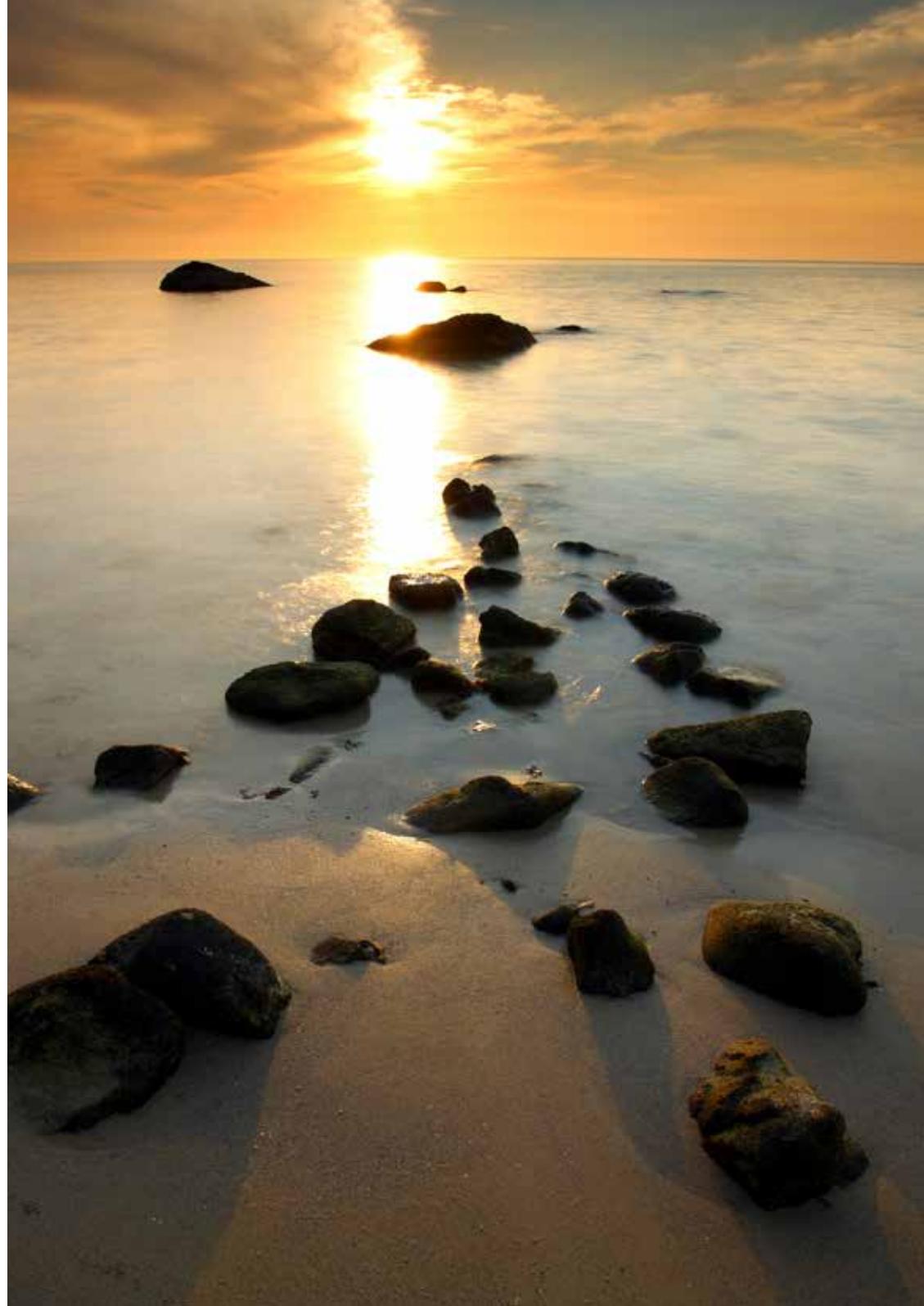
Eyelash Tint with Brown Tint and Shape

£40 (peak £50) | 40 minutes

Waxing

Stoke Park uses a combination of Lycon hot wax and warm strip wax for the very best in depilatory care and comfort.

		Peak			Peak
1/2 Leg	£28	£38	Under Arm	£15	£25
3/4 Leg	£36	£46	Bikini	£20	£30
Full Leg	£40	£50	G-String	£20	£30
1/2 Arm	£18	£28	Brazilian	£35	£45
Full Arm	£25	£35	Hollywood	£40	£50
Eyebrow	£15	£25	MEN		
Lip or Chin	£15	£25	Chest	£40	£50
Lip and Chin	£20	£30	Chest and Stomach	£60	£70
Cheeks	£15	£25	Shoulders	£40	£50
Full Face	£30	£40	Back and Shoulders	£60	£70



How to Spa

Advance Bookings

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

Spa Etiquette

Our Spa environment is one of tranquillity and relaxation. Please respect all Spa guests' right to privacy and serenity.

Age Requirement

The minimum age requirement for access to the Spa is 16. Please note that children are entitled to use the swimming pool for a certain number of hours each day. Please check before booking if this will inconvenience you.

Spa Arrival

We recommend that you arrive at the Spa Reception at least 30 minutes prior to your scheduled appointment, allowing you to check in at our reception and be shown through to our Spa area. All Spa face and body treatments include a few minutes for your therapist to discuss any health concerns or potential contra-indications and consultation of the treatment. Please understand that late arrivals will not receive an extension of scheduled treatments.

Individual Treatments

Individual treatments are available on a Saturday or Sunday to Hotel Residents and Members only.

Please note, peak pricing applies for treatments booked on a Saturday, Sunday or Bank Holiday. An additional £15 will be added to the indicated brochure price on these days.

Gift Voucher

An ideal gift for anybody, gift certificates are available for Stoke Park Spa. Gift certificates are non refundable and non transferable (minimum £50). You will be required to give your voucher number at the point of booking a treatment and credit card details will be needed to secure your booking. Please keep all valuables locked away in the locker provided during your visit.

Loss Or Damage

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked away in the locker provided during your visit.

Health Conditions

Please advise us of any health conditions, allergies or injuries when making your spa reservation.

Pregnancy

Please note that during the first trimester of pregnancy, we can only perform nail treatments. We have specially designed treatments for expectant mothers in their second and third trimesters. Please let us know at the point of booking if you are pregnant, so we can advise the correct treatment for you.

Living with or Recovering from Cancer

We have a few Stoke Park therapists trained with the registered charity the Amethyst Trust, who have developed an approach to treating guests living with cancer through the development of specialists training course. This now enables guests who are currently undergoing treatment or medication for cancer to have a full Stoke Park Spa experience. A thorough consultation process is completed at the beginning of a treatment, to ensure each experience is tailored to meet the guests individual requirements.

Please state at the time of booking to ensure we have you booked in with one of our trained specialists.

Cancellation Policy

No shows or cancellations within 24 hours will incur a 100% charge. A credit card number is required at the time of booking.

Spa Boutique

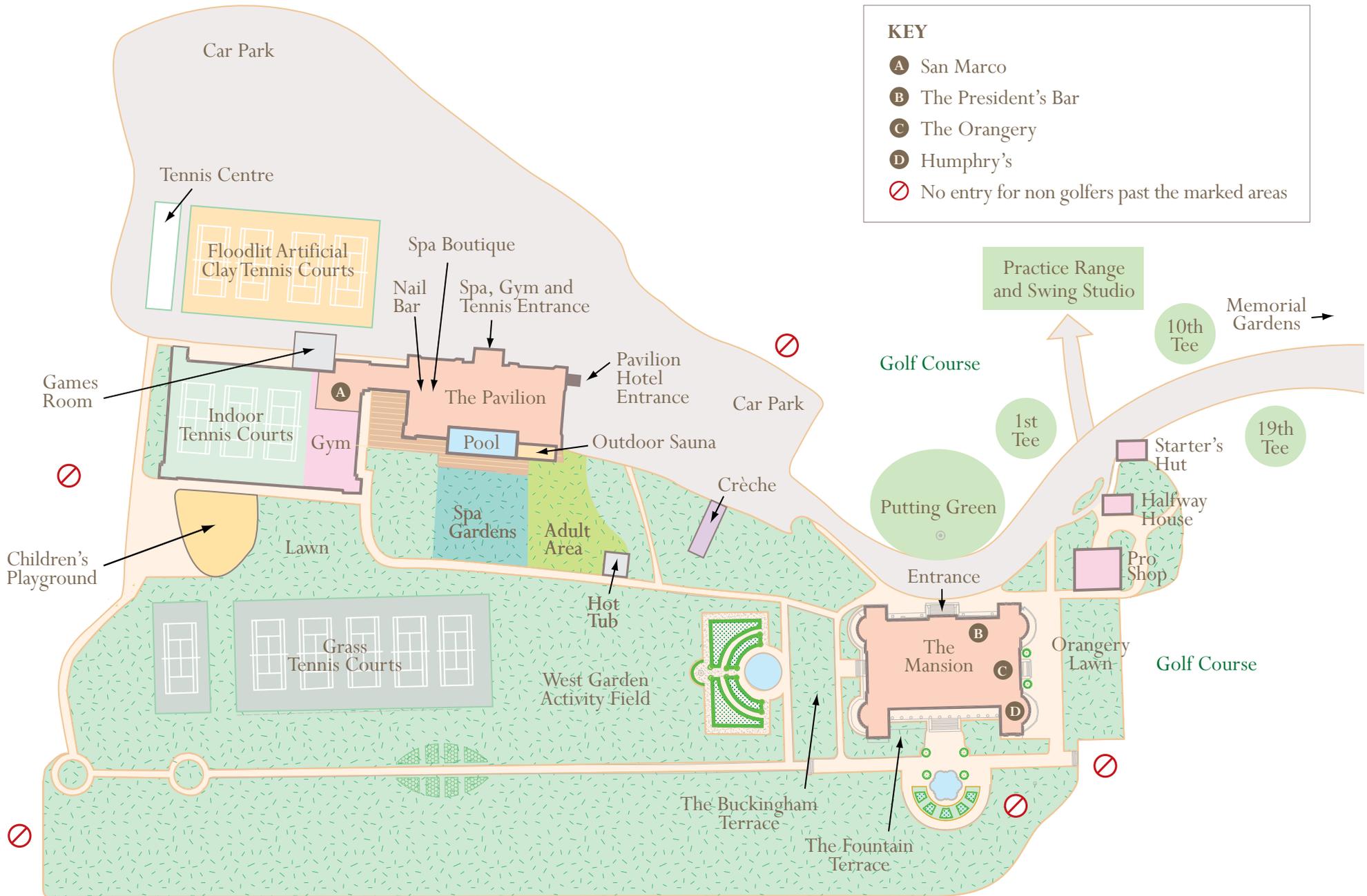
To continue your spa regime at home, all spa products used in treatments are available from the Spa Boutique on departure.

Pavilion Opening Hours

Monday - Friday 6.30am -10.00pm

Saturday and Sunday 7.00am - 8.00pm

The opening times of the treatment room vary and may be subject to change.



Best Spa Retreats for R&R in the UK

HUFFINGTON POST

Five Bubble Award

GOOD SPA GUIDE

Best British Spa Hotels

THE TIMES

*For a respite with British
refinement, whether it's food,
spa, or sport - there's no place
quite like Stoke Park!*

LUXURIOUS MAGAZINE