



CALCOT SPA

Treatment Guide & Price List

(from November 2018)

PART OF THE CALCOT COLLECTION

CALCOT SPA

THE PAINSWICK
— *Treatment Rooms* —

BARNSLEY SPA

Calcot Spa . Near Tetbury . Gloucestershire . GL8 8YJ | T: 01666 891232 | E: spa@calcot.co | W: calcot.co



CALCOT SPA

Day Spa Packages

Full Day Spa | 9:30am - 5:00pm

Calcot's full day spa includes use of the facilities, tea or coffee on arrival, a two-course lunch in the spa and the following treatments:

- Frangipani body polish
- Classic face and body

These treatments cannot be substituted.

£175.00

Tailored Day Spa | 9:30am - 5:00pm

Calcot's tailored day spa includes use of the facilities, tea or coffee on arrival, a two-course lunch in the spa and any two 55-minute treatments.

£205.00

Half Day Spa | 9:00am - 1:00pm or 1:00pm - 5:00pm

Calcot's half day spa includes spending either the morning or the afternoon in the spa with use of the facilities, tea or coffee on arrival, a two-course lunch in Calcot's Conservatory Restaurant and one of the following treatments: Any ELEMIS 55-minute hands-on facial, Aromatherapy Associates rose facial, Classic face and body, CACI Ultra facial, Peaceful pregnancy, luxury manicure, luxury pedicure, personal training session.

£125.00

Twilight Spa | 5:45pm - 8:30pm

A twilight spa starts at 5.45pm and includes use of the facilities and a 25-minute treatment of your choice. Choose from the following: express ELEMIS facial, express rose facial, men's facial, frangipani body polish, back massage, frangipani head massage, file and polish for hands or feet. The evening concludes with a supper (£15 voucher included) in the informal Gumstool Inn at 8.30pm.

£90.00

Mini Spa

This package is the same as the twilight spa, but without supper.

£75.00

Day spa packages are available for those aged 14-15. We will tailor a day with suitable treatments. Please let us know at point of booking so we may advise accordingly.



We are knowledgeable in tailoring your spa day experience and advising appropriate treatments for anyone undergoing current treatment for or recovering from cancer, or for anyone with an acute medical condition. Please contact us for advice from our trained Therapists, so we can design a spa day around your needs.



CALCOT SPA

Massage & Body Treatments

Massage

Massage

Back massage	25 mins	£50.00
Back, neck, shoulder and scalp massage	40 mins	£65.00
Full body massage	55 mins	£80.00
Frangipani head massage	25 mins	£50.00

Face & Body Sensation

The flowing massage works deep into any tension, encouraging optimum circulation and is followed by a nutritional boost facial rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper and luminously radiant.

115 mins £140.00

Classic Face & Body

Enjoy a Swedish back neck and shoulder massage followed by an ELEMIS facial to relax the body and revive the skin.

55 mins £85.00

Aromatherapy Massage

Choose one of the Aromatherapy Associates oils and experience a full body and scalp massage. The concentration of the oils works at a therapeutic level, whilst the aromas balance the mind and emotions. Specialised massage techniques enhance the benefit of the oils.

55 mins £85.00

Deeper than Deep Hot Stones

Nothing gets into the belly of the muscle like a hot stone. The stones are selected to address exactly what you need and are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of intensely hydrated skin.

55 mins £90.00
85 mins £125.00

Peaceful Pregnancy

Award-winning therapy that's good for you and your baby from the first trimester. This unique therapy helps relieve back tension, swollen hands and feet. Eases the mind and lifts the spirit.

55 mins £80.00



CALCOT SPA

Massage & Body Treatments

Hydrotherm

Hydrotherm Full Body Massage

A totally unique and profoundly relaxing new way to receive a massage. Warm water cushions support your body weight whilst giving greater comfort and release to aching muscles and joints. This 3 dimensional massage allows you to receive your full body massage lying face up, eliminating the need to turn over.

This way of working facilitates a more profound sense of relaxation.

55 mins **£85.00**

Tranquil Sea Hydrotherm Massage *(for clients in treatment, recovery and remission from cancer)*

Safe, effective and nurturing massage for those with cancer at any stage of treatment. Experience the healing and restorative power of massage. Our specialised trained therapists can deliver a safe and effective treatment to bring relief from aches and pains allowing the body to assist the process of healing and restoration. Hydrotherm 3 dimensional massage can be safely received at any stage of your treatment and recovery even post-surgery. *£10 from every Tranquil Sea massage will be donated to the Penny Brohn Centre who offer support for those affected by cancer.*

55 mins **£85.00**

ELEMIS Body

Frangipani Body Polish

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The frangipani salt will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body cream. Delivers velvety soft skin.

25 mins **£50.00**

Holistic Treatments

Reflexology

This is a non-invasive treatment working on reflex points on the feet, all of which correlate to different areas of the body. Reflexology is deeply relaxing, promotes general well-being and is known to be of benefit to many specific health problems.

25 mins **£50.00**
55 mins **£80.00**

Aromaflex

Combining reflexology with an invigorating aromatherapy back massage.

55 mins **£80.00**



CALCOT SPA

Facials

ELEMIS

These globally-renowned hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive the actives. Product is applied using a combination of ancient and modern massage techniques from around the world. The hands of a highly trained ELEMIS Elite therapist are profoundly effective anti-ageing tools. This is where intuition meets expertise with clinically proven results.

(All treatments)

55 mins **£85.00**

Pro-Collagen Age Defy *(Anti-ageing, if your concerns are lines and wrinkles)*

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. The clinically proven benefits of marine charged Padina Pavonica and Red Coral help plump out fine lines and help relax wrinkles. Targeted lymphatic drainage massage re-energises and rejuvenates, while an age defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger looking skin.

Pro-Definition Lift & Contour *(Anti-ageing, if your concerns are sagging jowls and jawlines)*

Powered by breakthrough technology targeting sagging jowls, cheeks and jawlines, this facial helps restore the architecture of the face. The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells help support the extra-cellular matrix. The structure of the skin is boosted through a unique deep, muscle toning massage from the scalp to the décolleté. The skin appears plumper and revitalised, creating a profoundly sculpted, youthful effect.

Dynamic Resurfacing Precision Peel *(Anti-ageing, if your concerns are uneven skin tone)*

This highly potent resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. Specifically designed to work in conjunction with your skin's unique structure, this pioneering precision layering protocol uses three layers of enzymes to exfoliate the skin revealing extraordinary results. This system delivers powerful exfoliation and renewal for smoother, younger looking skin. A new start for new skin that has never looked better.

(Not advised on the same day as using our heat facilities of sauna/steam room or hot tub, or facial waxing)

Superfood Pro-Radiance *(If your concerns are to brighten dull skin)*

This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals and trace elements; Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful energising nutrients. Skin is left smoother, plumper and luminously radiant—stress-free and lit up with good health.



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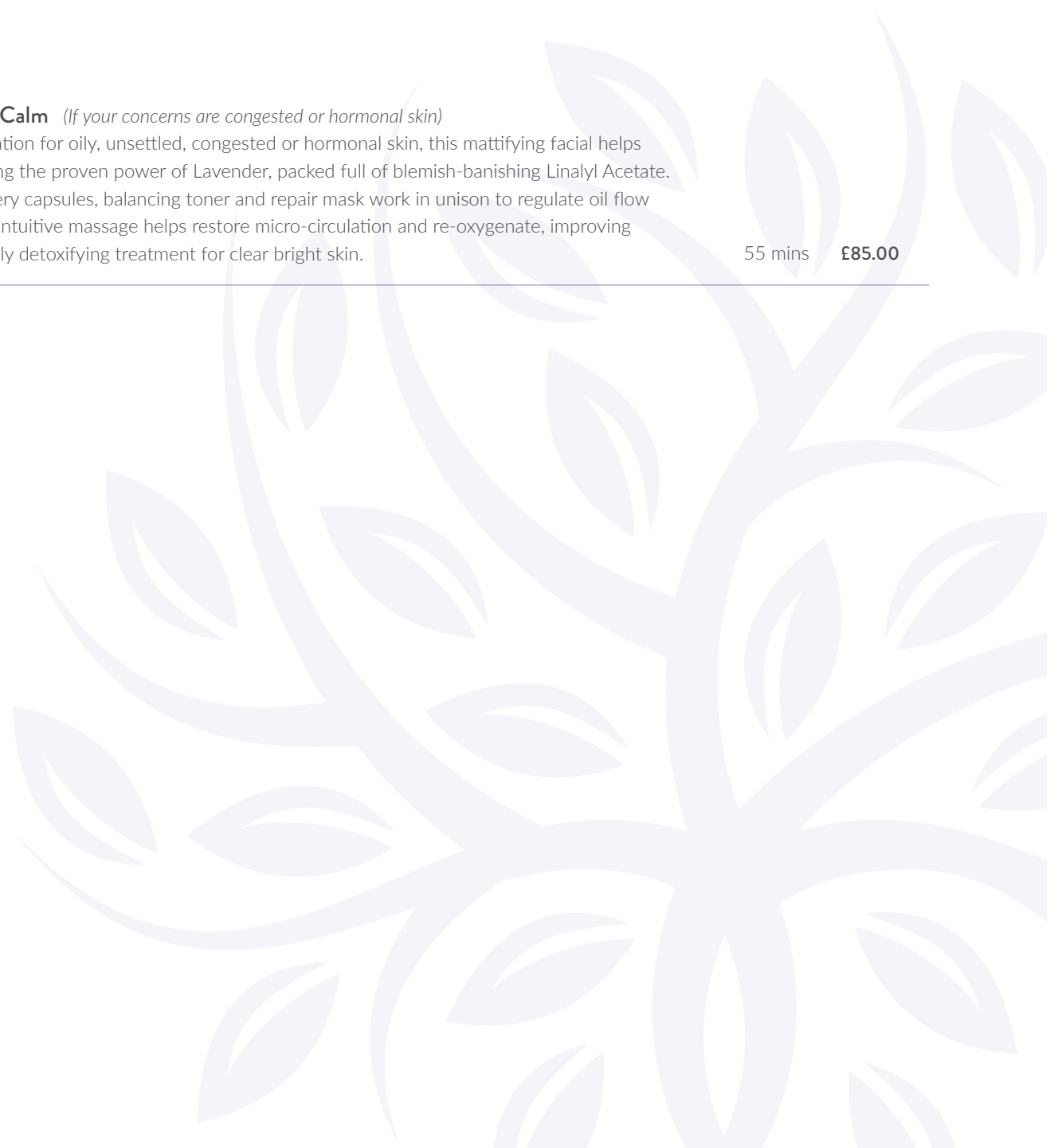
Facials

ELEMIS *(continued)*

Anti-Blemish Mattify Calm *(If your concerns are congested or hormonal skin)*

A deeply cleansing revelation for oily, unsettled, congested or hormonal skin, this mattifying facial helps combat oil and shine using the proven power of Lavender, packed full of blemish-banishing Linalyl Acetate. Lavender Cellular Recovery capsules, balancing toner and repair mask work in unison to regulate oil flow and calm the skin, while intuitive massage helps restore micro-circulation and re-oxygenate, improving tone and texture. A deeply detoxifying treatment for clear bright skin.

55 mins **£85.00**





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Facials

Aromatherapy Associates

Rose Facial

These facials work to encourage the complexion's natural radiance through the use of 100% pure aromatherapy oils and active plant extracts. Combined with specialist aromatherapy pressure points and massage, circulation and lymph flow is stimulated to improve overall skin condition and health. The result is a smooth, radiant complexion and a relaxed state of mind.

55 mins **£85.00**

CACI Face Technology

CACI ultra facial *(If your concerns are congestion and blackheads)*

One of our most popular deep cleansing facials, giving immediate and dramatic results and leaving your skin brighter.

40 mins **£70.00**

Sunlight and sunbed use should be avoided for five days and a SPF of 30 or above is advised during this time.



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Face Technology: ELEMIS

ELEMIS BIOTEC Technology

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Thriving, visibly healthy and energised skin. Choose from the following ELEMIS BIOTEC treatments...

(All treatments)

55 mins **£90.00**

BIOTEC Line Eraser *(If your concerns are lines and wrinkles)*

Wrinkles are targeted with firming and toning micro-current pulses to stimulate the skin cells towards dynamic functionality. Circulation is improved, increasing the production of collagen and elastin, whilst the dermis is flooded with super-hyaluronic hydrating activators. Red and blue light therapy warms and de-stresses the skin whilst a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

BIOTEC Firm-a-Lift *(If your concerns are sagging jowls and jawlines)*

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting technology. Circulation stimulating stem cells and Alaria Esculenta seaweed are activated by micro-current pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

BIOTEC Skin Resurfacer *(If your concerns are uneven skin tone)*

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion. Skin is deeply cleansed and detoxified before massage and light therapy restores equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

(Not suitable in conjunction with the use of heat facilities such as sauna, steam room and hot tub or facial waxing.)

BIOTEC Radiance Renew *(If your concerns are to brighten dull skin)*

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities and dead skin cells, while the Galvanic rejuvenating current harnesses the power of Elderberry & Orange flower extracts to restore moisture and vitality. Skin is left profoundly reinvigorated. Instantly clearer, visibly brighter and radiant.

BIOTEC Blemish Control *(If your concerns are congested or hormonal skin)*

A deep cleansing facial that detoxifies the skin and repairs damaged tissue. This treatment uses ultrasonic vibration, massage, steam and galvanic currents to thoroughly decongest and exfoliate. A powerfully anti-oxidant, anti-bacterial activator containing Salicylic Acid and inflammation-reducing Iris soothes and smoothes while light therapy helps balance and clear the complexion, speeding up recovery.



CALCOT SPA

Face Technology: CACI

CACI Face Technology

The CACI treatment system can deal with a myriad of concerns from acne, congested pores and blemishes to sagging jawlines. Take free advice from our CACI specialists for your personalised solution. *Learn more about CACI treatments below...*

Microcurrent

Originally developed for treating facial palsy, microcurrent is used to re-educate the facial muscles. Due to its dramatic lifting and toning effects the CACI microcurrent facial has become known as the 'non-surgical face lift'. For best results a course of 10 treatments is recommended.

CACI Jowl

Targeting the jowl area, this microcurrent treatment uses quad probe applicators to double the lifting action of the muscles to firm and tone.

Microdermabrasion

A procedure using disposable abrasive tips to give controlled exfoliation of the dead outermost surface of the skin, this light abrasion reveals a softer, more youthful complexion.

*Sunlight and sunbed use should be avoided for five days and a SPF of 30 or above is advised during this time.
Not suitable if you are using sauna/steam hot tub or receiving facial waxing 12 hours before and after.*

CACI Ultrasonic Skin Peeling (Ultra Facial)

Provides a gentler alternative to microdermabrasion using ultrasonic vibrations which propel impurities to the surface of the skin and causes skin cells to become dislodged. A good choice for those with an acne skin or concerns with blackheads. Your CACI therapist can perform controlled extractions to help visibly clear and brighten skin.

Sunlight and sunbed use should be avoided for five days and a SPF of 30 or above is advised during this time.

Light Therapy

Numerous scientific studies have shown the effect of light therapy. The system has the option of red or blue photo stimulations; blue light will give an antibacterial and calming effect, perfect for treating an acne or blemished skin, whilst the red light works to treat lines and wrinkles.

CACI Hydratone

Combines active microcurrent rollers with a unique Hydratone mask, rich in skin quenching ingredients; rose water, collagen and hyaluronic acid. The gel mask has a dramatic softening action to smooth lines and wrinkles and provides immediate and intense skin hydration and firming to the face, neck and décolleté.



CALCOT SPA

Face
Technology:
CACI

CACI Facials

For long-lasting results we recommend a course of 10 microcurrent facials.

CACI Ultimate Facial

- Microcurrent (non-surgical face lift)
- Microdermabrasion
- LED light therapy
- Wrinkle comb
- Hydratone mask

85 mins **£120.00**

CACI Superultra Facial

- Microcurrent (non-surgical face lift)
- Ultrasonic skin peeling
- LED light therapy
- Wrinkle comb

85 mins **£120.00**

CACI Microcurrent Non-Surgical Facial

- Microcurrent

55 mins **£80.00**

CACI Microdermabrasion Facial

- Microdermabrasion
- LED light therapy
- Hydratone mask

40 mins **£70.00**

CACI Ultra Facial

- Ultrasonic skin peeling
- LED light therapy

40 mins **£70.00**

CACI Jowl

- Microcurrent

25 mins **£50.00**

CACI Eye Revive

- Microcurrent
- Mask

40 mins **£60.00**

CACI Extras

To complement and target your concerns, these 15 minute treatments are designed to maximise your CACI results. These 'add-ons' may only be booked alongside your CACI facial and are not available as a stand-alone appointment.

CACI Eye

15 mins **£20.00**

CACI Jowl

15 mins **£20.00**

CACI Hydratone Mask

15 mins **£20.00**

CACI Lip Plumping

15 mins **£20.00**



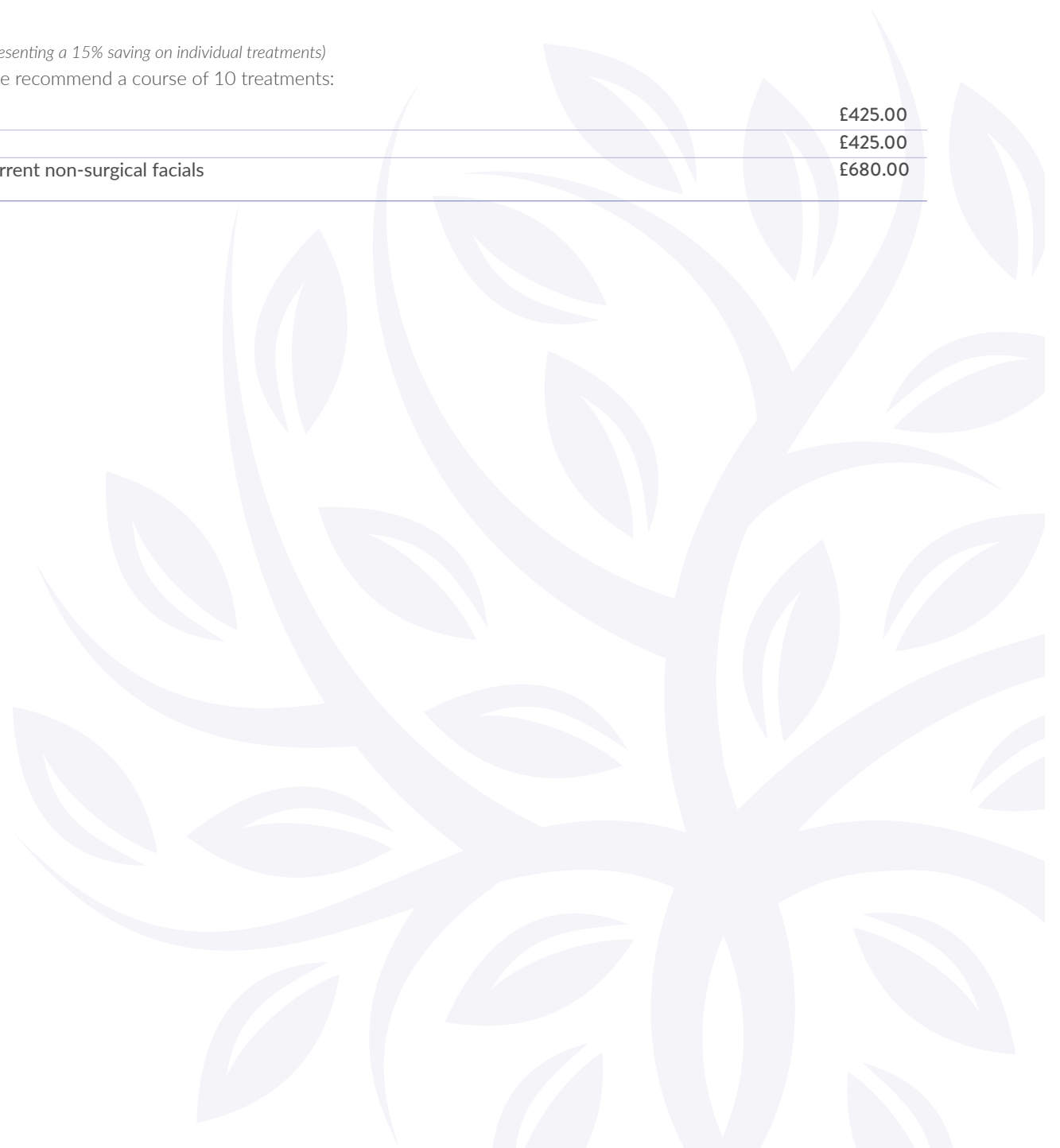
CALCOT SPA

Face
Technology:
CACI

Courses Available *(Representing a 15% saving on individual treatments)*

For long lasting results we recommend a course of 10 treatments:

10 x CACI Eye Revive	£425.00
10 x CACI Jowl	£425.00
10 x 55-minute Microcurrent non-surgical facials	£680.00





CALCOT SPA

Time For Men

Time for Men

Men's skin behaves differently to women's. Shaving fatigue, sport and screen time all make their own demands. We have specifically designed these treatments with men in mind...

Full Body Massage

Back massage	25 mins	£50.00
Essential back, neck, shoulder and scalp massage	40 mins	£65.00
Full body massage	55 mins	£80.00
Scalp massage	25 mins	£50.00

Aromatherapy Men's De-Stress Massage

Using essential oils of ginger, black pepper and rosemary, this massage works on the back, neck, shoulders and backs of the legs to alleviate stress-related tension.

40 mins £65.00

Aromatherapy Associates Massage

Choose one of the Aromatherapy Associates oils and experience a full body and scalp massage. The concentration of the oils works at a therapeutic level, whilst the aromas balance the mind and emotions. Specialised massage techniques enhance the benefit of the oils.

55 mins £85.00

ELEMIS High Performance Skin Energiser Facial

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. It maximises cell regeneration, whilst steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massage deeply relax.

55 mins £85.00

ELEMIS BIOTEC Super-Charger Facial for Men

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean, simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for face forward results. A multi-tasking, time efficient solution.

55 mins £90.00

Manicure or Pedicure

Manicure - For hands you are proud to present.	25 mins	£40.00
Pedicure - A serious pedicure—for men's sometimes neglected feet.	40 mins	£45.00



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Hands and Feet

Traditional Manicures and Pedicures

File and Polish for the Hands	25 mins	£40.00
Prescriptive Manicure	55 mins	£50.00
Luxury Manicure	70 mins	£55.00
French Manicure	55 mins	£55.00
File and Polish for the Feet	25 mins	£40.00
Pedicure 55 mins	55 mins	£50.00
Deluxe Pedicure	70 mins	£60.00

Gel Manicures

The gel formula delivers a long-lasting, flawless finish that's dry in seconds, protects the natural nails and is available in most popular colours – perfect for weddings and holidays. Gels can last one to two weeks providing the aftercare is followed.

Gel Manicure	55 mins	£55.00
Gel Removal <i>(We are only able to remove certain gels)</i>	25 mins	£25.00

Please inform us at time of booking if you have existing gels on that need removing. This requires an additional 25-minute appointment prior to your manicure or pedicure. Alternatively, please remove them yourself before arrival.

Teens

These treatments are specifically designed for young people aged 13 and over. We are unable to offer body treatments or electrical facials to those guests under the age of 16.

Teen Manicure Shape and polish	25 mins	£40.00
Teen Pedicure Shape and polish	25 mins	£40.00
Teen Facial A cleansing facial to address the concerns of a teenage skin with useful skincare advice.	25 mins	£45.00



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Additional Beauty Treatments

Waxing

Full Leg	40 mins	£40.00
Full Leg and Bikini Wax	55 mins	£60.00
Half Leg Wax	25 mins	£25.00
Bikini Wax <i>(Please note: we do not offer intimate waxing)</i>	25 mins	£30.00
Half Leg and Bikini Wax	40 mins	£45.00
Underarm Wax	15 mins	£20.00
Lip and / or Chin Wax	15 mins	£20.00

Additional

Eyelash Tint	25 mins	£25.00
Eyelash and Eyebrow Tint <i>(A patch test is required 24 hours prior to a tinting appointment)</i>	25 mins	£30.00
Eyebrow Shape 15 mins	15 mins	£20.00
Eyebrow Tint	15 mins	£20.00



CALCOT SPA

Fitness and Sport

Personal Training

Individual sessions in the gym or studio with a qualified instructor designed to show you skills to enhance your training programme and maximise your results.

30 mins **£30.00**

60 mins **£45.00**

Facilities

- 90 m² gymnasium with Technogym equipment, using computerised record keeping (The Wellness or 'Key' System)
 - 16 x 7m heated swimming pool with level deck and a constant depth of 1.2m. The water is maintained at a temperature of 30 degrees centigrade
 - Exercise studio offering varied timetable
 - Two tennis courts for your use (rackets and balls available free of charge)
A ball machine is available for hire
 - 3.3 kilometre running/cycling track
 - Bikes available in a variety of sizes • Disc Golf • Outdoor Rig
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CALCOT SPA

Spa General Information

Attire

Clients on spa days (both men and women) will feel most comfortable going into treatments with their robe over their swimwear. Disposable pants and boxer shorts are provided for treatments, if needed and we respectfully request that underwear is worn for all other treatments. During treatments our therapists are trained to observe client modesty at all times. Swimwear is also requested in the steam room and sauna. Suitable footwear (trainers, gym shoes, etc.) are required for tennis, cycling and when using the gym or attending fitness classes.

Arrivals

Guests are requested to arrive 5 to 10 minutes prior to your appointment in time to change, if desired, and to fill out a medical questionnaire so that it will not deprive you of precious minutes of your treatment.

Health Concerns

Some treatments are not suitable for certain medical conditions or during pregnancy. To avoid disappointment, please raise any concerns at the time of booking. We also ask clients to fill out a medical questionnaire on arrival at the spa, to ensure that treatments are appropriate. If you are undergoing treatment, have been affected by or are recovering from cancer please make us aware at the point of booking. We have specialised Therapists in place who can offer a suitable and effective treatment either during your treatment or as part of your recovery.

Pregnancy

Many of our treatments are suitable during pregnancy, but do ask for information when booking. We recommend delaying any body treatments until after the first trimester of pregnancy.

Mobile Phones

Please ensure that mobile phones are switched off during your visit to the spa.

Valuables

We strongly recommend that you leave your valuables in your locker. Some treatments require the removal of jewellery. Please ensure you retrieve all valuables before leaving the premises and in particular check the pockets of your robe as we cannot be held responsible for any losses.

Opening Hours

Club, gym, pool 7am - 9pm
Steam and sauna 7am - 9pm
Treatments 9am - 8pm

Children (under 14) are allowed in the pool during following times:

Monday - Sunday afternoons: 3.45pm - 5.15pm
and in addition
Saturday and Sunday mornings: 8.45am - 10.15am
Please note: outside of these times children are not permitted in Calcot Spa but are welcome at our Ofsted registered crèche.

The Crèche

Our Ofsted-registered crèche is open every day of the week from 9am until 5.30pm (closed between 12.30pm - 1.30pm). Spa guests may leave their children (for an hourly fee) in the safe hands of our qualified staff at any time during these hours, subject to staff: children ratios. We cannot guarantee that there will be a place for your child, so it is essential that all children are pre-booked prior to arrival.

Booking Policy

Spa packages must be fully prepaid at time of booking. Treatment appointments require credit card details to secure your booking, or if you prefer may be fully prepaid by cash or card.

Cancellation Policy

Spa packages cancelled with more than seven days notice are fully refundable and no charge will be made for treatment appointments where 24 hours notice of cancellation is received. In the instance where you have chosen to prepay a treatment appointment, this is fully refundable with 24 hours notice.

For cancellations without the required notice, Calcot will actively try to resell the appointment(s). Where this is successfully achieved no cancellation fee will be due, but where not possible, no refund will be given for any prepayment made, and unpaid treatment appointments will become fully chargeable via credit card details held.

Prices and treatments are subject to change without prior notice.