

THERAPY MENU

MAY 07 APRIL 08

MASSAGES

BACK	£30.00	30 mins	INDIAN HEAD MASSAGE	£30.00	30 mins
LOWER LEG AND FOOT	£30.00	30 mins	THERMA STONE	£35.00	30 mins
AROMATHERAPY	£45.00	60 mins	HOLISTIC	£45.00	60 mins
REFLEXOLOGY	£45.00	60 mins	DELUXE THERMA STONE	£70.00	90 mins

BEAUTIFUL FACES

EXPRESS FACIAL	£30.00	30 mins	FACIAL	£45.00	60 mins
SEA CALM FACIAL	£30.00	30 mins	SEA FRESH FACIAL	£30.00	30 mins
LUXURY FACIAL	£55.00	90 mins	REVITALISING EYE TREATMENT	£30.00	30 mins
THERMA STONE FACIAL	£35.00	30 mins	MULTI VITAMIN POWER TREATMENT	£35.00	30 mins
DERMA-NEW FACIAL	£50.00	60 mins	HOLISTIC STONE FACIAL	£60.00	90 mins

TIP TO TOE

MANICURE	£30.00	30 mins	LUXURY MANICURE	£40.00	60 mins
PEDICURE	£40.00	60 mins	LUXURY PEDICURE	£50.00	90 mins

PLUCKING & SCRUBBING

EYEBROW SHAPE	£15.00	30 mins	EYEBROW TINT	£15.00	30 mins
EYELASH TINT	£15.00	30 mins	BIKINI WAX	£17.50	30 mins
LIP AND CHIN WAX	£17.50	30 mins	EYEBROWS WAX	£17.50	30 mins
UNDERARM WAX	£17.50	30 mins	FOREARM WAX	£17.50	30 mins
HALF LEG WAX	£20.00	30 mins	FULL LEG WAX	£27.50	60 mins
TOTAL DETOX SALT SCRUB	£30.00	30 mins	BODY BRUSHING	£30.00	30 mins
MOISTURISING BODY SUGAR SCRUB	£30.00	30 mins	PURE BACK TREATMENT	£30.00	30 mins
TOTAL DETOX SALT SCRUB	£30.00	30 mins	LOOK BETTER NAKED	£55.00	90 mins
EXFOLIATING BODY MASSAGE	£55.00	90 mins	TOTAL DETOX BODY MASK	£45.00	60 mins

AND FOR THE BOYS ...

BACK MASSAGE	£30.00	30 mins	INDIAN HEAD MASSAGE	£30.00	30 mins
LOWER LEG AND FOOT MASSAGE	£30.00	30 mins	REFLEXOLOGY	£45.00	60 mins
HOLISTIC MASSAGE	£45.00	60 mins	MENS FACIAL	£45.00	60 mins
PEDICURE	£40.00	60 mins	MANICURE	£30.00	30 mins
EYEBROW SHAPE	£15.00	15 mins	BACK WAX	£20.00	30 mins
CLAY SHOOTING	£75.00	90 mins			

Fellas – Don't be shy, if you want any of the other treatments on the list just ask.

Clay shooting is ideal for beginners to expert, we have our own in-house professional who will supply instruction guns, cartridges and clays

Girls - Clay Pigeon Shooting is suitable for ladies too as we have special light weight ladies guns. So, don't let the boys have all the fun!

SPA PACKAGES

	ON IT'S OWN	SPA DAY*	SPA BREAK**	WHAT'S INCLUDED?
CHILL	£70.00	£99.00	£279.00 90 mins	INDIAN HEAD MASSAGE & AROMATHERAPY MASSAGE
FEEL ALIVE	£70.00	£99.00	£279.00 90 mins	BODY BRUSHING & HOLISTIC MASSAGE
DE-STRESS	£70.00	£99.00	£279.00 90 mins	INDIAN HEAD MASSAGE, BACK & LOWER LEG AND FOOT MASSAGE
SHINE	£70.00	£99.00	£279.00 90 mins	PEDICURE & MANICURE
GLOW – FOR HIM	£70.00	£99.00	£279.00 90 mins	BACK MASSAGE & MENS FACIAL
GLOW – FOR HER	£70.00	£99.00	£279.00 90 mins	MANICURE & FACIAL
SHOOT	£75.00	-	£279.00 90 mins	CLAY PIGEON SHOOTING PRO-INSTRUCTION, 50 SHOTS & CLAYS

*SPA DAY INCLUDES: 90 minute treatment package, a light lunch, robe and towel hire and use of all leisure facilities all day. (Available Sunday to Friday)

**SPA BREAK INCLUDES: 2 nights in a double/twin room, breakfast, a 3 course dinner on each evening, 90 minute treatment package, & use of all leisure facilities. Suite/4-Poster Upgrade: £40.00 Single Supplement: £99.00. Prices are per person based on two sharing a twin/double room.

BOOK

CALL 01304 852424
EMAIL spa@wallettscourt.com

TIP

Once you have planned the treatments you wish to enjoy, we do advise you to book as early as possible to avoid disappointment – Fridays, Saturdays and Sundays are sometimes booked up many weeks ahead!
Credit Card Details are required to secure a booking for any treatment, a charge may be made in the event of a cancellation within the 24 hour cancellation period.

ENJOY

GET THE MOST OUT OF YOUR SPA EXPERIENCE – Arrive in good time for your appointment – Chill out in the spa lounge. Your therapist will collect you from there. You will then be escorted to your own treatment room in the woods outside the spa. (You may need to wear suitable shoes walking on the path if you have delicate feet & if the weather is bad we recommend staying dressed and changing in the treatment room). It is best not to wear wet swimwear to your treatments so please allow enough time to get yourself dry. Drink plenty of water after your treatment and relax.

WALLETT'S COURT

COUNTRY HOUSE HOTEL RESTAURANT SPA

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FREQUENTLY ASKED QUESTIONS

FAQS Here's a list of some of the most frequently asked questions. If you need more info' call us on 01304 852424 to speak to one of the WalleTT's Team.

Q: What can I do to ensure I get the most out of my Spa experience?

A: Chill out in the spa lounge for at least 5 minutes before your treatment time. Your therapist will collect you from there. You will then be escorted to your own treatment room in the woods outside the spa. (You may need to wear suitable shoes walking on the path if you have delicate feet & if the weather is bad we recommend staying dressed and changing in the treatment room). It is best not to wear wet swimwear to your treatments so please allow enough time to get yourself dry. Drink plenty of water after your treatment and relax.

Q: What do I Wear?

A: You generally remove your clothes for a massage and body treatments, but you are draped with large towels. We would like to ask male clients to wear shorts whilst having treatments. If you are coming for a pedicure, please wear open-toed shoes to allow the nail varnish to dry. In the spa lounge or on the terrace robes and swimwear are fine but if you're going over to the main house please change out of swimwear/robes into normal clothes.

Q: What do I bring?

A: If you're coming on a Spa Day or you're a hotel guest a robe and towel will be provided for your use. Bring swimwear if you plan to use the pool, sauna, steam room or jacuzzi. If you're using our fitness facilities or tennis court please bring exercise wear and trainers.

Q: Are oils used for the Indian Head Massage?

A: Not for the head, oil is only used when massaging the back as a part of this treatment.

Q: What products do we use?

A: Dermalogica for Beauty treatments, OPI for nails, Aubrey Organics

Q: What is a Sea Fresh Facial & Sea Calm Facial

A: Sea Fresh Facial is as refreshing as a sea breeze. A Sea Calm facial is as relaxing as the summer sun. They both involve a cleanse, tone and moisturise tailored to your skin's needs using Aubrey Organics Sea Herbal products followed by an aromatherapy neck, shoulder and facial massage to leave your skin revitalised and you feeling refreshed.

Q: What is a Sea Calm Facial

A: As Refreshing as a Sea Breeze! A Cleanse, Tone and Moisturise tailored to your skin's needs using Aubrey Organics Sea Herbal products followed by an Aromatherapy neck, shoulder and facial massage to leave your skin revitalised and you feeling refreshed

Q: Is the Therma Stone Massage a dry massage?

A: No, oils are used to give the stones a slip.

Q: What is the difference between a Holistic and Aromatherapy massage?

A: Aromatherapy massage is softer, using essential oils. While Holistic body massage is more intense, without essential oils.

Q: What is included in Total Detox Body mask?

A: Powerful body mask to purify and sooth, followed by a moisturise to finish

Q: What is a Pure Back Treatment

A: A deep cleansing back scrub to help clear problem skin followed by a soothing moisturise and an aromatherapy back massage to melt away muscle tension.

Q: What extra do I get during an hour facial?

A: Steam and massage of the face.

Q: What extra do I get during Luxury facial?

A: Paraffin wax masque.

Q: What extra do I get during Luxury manicure?

A: incorporating a paraffin wax masque

Q: What extra do I get during Luxury pedicure?

A: Spa foot soak, removal of rough skin, file and cut, cuticle work, foot massage and paint with paraffin wax.

Q: What is a Holistic Stone Facial?

A: Treatment that also involves foot and hand exfoliation and massage, using hot stone with concept oils. Hot stones are placed between toes and hand for full holistic approach.

Q: What is body brushing?

A: A Scandinavian technique, to stimulate circulation, good for cellulite!

Q: What is Moisturising body sugar scrub?

A: Exfoliator suitable even for sensitive skin, moisturising effect, good for dry thirsty skin.

Q: What is Total Detox Salt Scrub?

A: Detoxifying salts used to exfoliate, to remove dead skin cells.

Q: What is the Look Better Naked Treatment?

A: This popular spa treatment starts with a salt scrub soufflé to exfoliate the skin, a mask is then applied to the body to detoxify, smooth and combat all the impurities. To finish moisture is put back into the skin using Soy and Algae dry oil spray to maintain a supple silky texture

Q: Can anyone do Clay Pigeon Shooting, what should I wear?

A: Yes, from beginner to expert. Tuition, cartridges & clays are provided. Wear outdoor clothes and sensible shoes (as if you were going for a walk in the country).

Q: Am I insured for treatments or Clay Shooting?

A: Yes, our therapists all carry insurance and can provide details on request. Our shooting Instructor also carries insurance for up to £5,000,000. But, Clay Shooting is safer than you think!

Q: I am diagnosed with certain illness, after an operation etc...What treatments can I have?

A: ALWAYS consult your GP before booking the treatments with us.

Q: I am pregnant, what treatments can I have?

A: Consult your GP/Midwife before booking the treatments with us. Pregnancy Safety Policy – No body treatments can be given in the first 12 weeks of pregnancy. Other limited facial and beauty treatments are available but please be sure to inform your therapist of your wonderful condition.

Q: Can I buy a Treatment as a Gift for some one.

A: Yes, Vouchers ranging in value from £20 to £500 are available by phone on 0800 0351628.

Medical Considerations:

Please notify your doctor of your intent if you are taking any medication, are under medical supervision for any other treatments. Please notify the therapist. Consultations are treated in the strictest confidence.

Tedious Small Print...

Once you have planned the treatments you wish to enjoy, we do advise you to book as early as possible to avoid disappointment – Fridays, Saturdays and Sundays are sometimes booked up many weeks ahead!

Time of treatments are approximate may vary with each individual treatment and may include time for a consultation and/or changing. Spa days must be pre booked and are subject to availability.

Credit Card Details are required to secure a booking for any treatment, a charge may be made in the event of a cancellation within the 24 hour cancellation period. Rates applicable 01/05/07 until 30/04/08. Subject to change by management without notice. Subject to availability.

Gift vouchers are available for use against any treatment, spa day, or product. Gift vouchers are not refundable and must be presented at time of treatment. Cancellation Policy - Should you wish to cancel your appointment, please do so 24 hours prior to your appointment time. Any cancellations made within the 24 hours will be charged 50% of the value of the treatment.

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