



**ARDENCOTE  
MANOR HOTEL  
COUNTRY CLUB & SPA**

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**Relax & Unwind**



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**Ardencote Manor Hotel Country Club & Spa**, The Cumsey, Lye Green Road, Claverdon, Warwick CV35 8LT

Telephone **01926 842000** email: [spa@ardencote.com](mailto:spa@ardencote.com) or visit: [www.ardencote.com](http://www.ardencote.com)





“If you had never seen a flower, even a dandelion would be the most startling event in the world”

## Welcome

Ardencote Manor is a four star Spa Hotel set in 83 acres of manicured gardens with 110 beautifully designed bedrooms. The award winning Lodge Restaurant overlooks the tranquil lake and surrounding countryside offers a truly tempting range of cuisine and fine dining.

An extensive range of Spa and Leisure facilities are at the heart of the Ardencote Manor and available to you throughout your stay.

Ardencote Spa is the luxurious appointed addition to the Ardencote Manor Hotel. The Manors former Victorian Coach House has been tastefully transformed with the unique combination of elegant English tradition and contemporary design. This is a sanctuary to relax and unwind where your body and soul are in complete harmony.

Our highly qualified therapists will ease you into your chosen ritual, where you will experience the perfect marriage between well being and beauty, whilst gradually allowing your tension to drift away.

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# spa breaks

Ardencote Spa invites you to take time out, relax, unwind and drift away from the pressures of everyday life. Whether you are choosing to stay for a one night break or more you will be truly relaxed and ready to face the world once again.



## One Night Wonder Spa Break **£150 per person**

- One nights' accommodation in a twin/double room
- Full English breakfast
- Three course dinner in the restaurant
- Light lunch\* and glass of wine/soft drink
- Complimentary hire of a bathrobe, slippers, towel and locker
- Free flow refreshments in our Spa Lounge
- Magic Honey Body Massage with Scrub (55min)

## Two Night Wish Upon A Spa Break **£275 per person**

- Two nights' accommodation in a twin/double room
- Full English breakfast both mornings
- Three course dinner in the restaurant both evenings
- Light lunch\* and glass of wine/soft drink both days
- Complimentary hire of a bathrobe, slippers, towel and locker
- Free flow refreshments in our Spa Lounge
- Shirodhara Ritual (85min)
- Garra Rufa Fish Pedicure (25min)

## Sacred Sunday Spa Break **£99 per person**

- Sunday night accommodation in a twin/double room
- Full English breakfast
- Three course dinner in the restaurant
- Complimentary hire of a bathrobe, slippers, towel and locker
- Free flow refreshments in our Spa Lounge
- Hot Stone Back Massage (25min)

\*Light Lunch allocation is £10.00 per person plus a 175ml glass of wine or soft drink. Prices shown above are based on two adults sharing a bedroom. Single supplement of £20 per night will apply, excluding the Sacred Sunday Spa Break where a £40 per night supplement will apply. VIP Lounge must be pre-booked and carries additional charges. Outdoor heated swimming pool is seasonal (opening times upon request). Class schedule available daily and charges may apply. To play the Golf Course, Green Fees apply.



## 'S' Factor Spa Break **£250 per couple**

- Stay in four star accommodation inclusive of a full English breakfast
- Superb three course dinner in the restaurant
- Sparkling bottle of House Bubbly on arrival
- Spa voucher – £20 per couple towards additional treatments or products
- Spa treatment – Back Massage (25min) each
- Slippers and hire of a bathrobe, towel and locker are complimentary
- Spa Lounge offering complimentary refreshments



Whether your desired package is a Spa Break, Spa Evening or a Spa Day you can enjoy our extensive Spa facilities:

- Indoor Heated Swimming Pool
- Indoor Jacuzzi, Sauna and Steam Room
- Outdoor Heated Swimming Pool\*
- Outdoor Hot Tub
- VIP Lounge\*
- Dance Studio\*
- Tennis Courts
- Squash Courts
- Gymnasiums
- 9 Hole Golf Course\*

# spa days

Using a combination of the four elements, earth, water, air and fire, our range of luxury Spa treatments and Spa Days will enable you to begin the journey into balance, calm and focus.



## *Life* Earth Relaxation Day £55 per person

Earth represents the solid state of matter it manifests stability, serenity and calmness. This package is available Monday – Friday only and includes all of the following:

- Full use of facilities between 9:30am and 6:00pm
- Complimentary hire of a bathrobe, slippers, towel and locker
- Free flow refreshments in our Relaxation Lounge
- Light lunch\* and glass of wine/soft drink
- 10% discount on pre-booked Spa treatments

## *Energy* Fire Spa Day £169 per person

Fire possesses the power to transform solids into liquids, to gas and back again. Your day will include the following:

- All items in the Earth Relaxation Day plus
- Warming Candle Body Massage (55min)
- Oloil Body Wrap (55min)
- Mini Jessica Pedicure (25min)
- Mini Jessica Manicure (25min)
- Pevonia Spa Gift to take home

## *Change* Water Spa Day £99 per person

Water characterises change and is necessary for survival of all things. Your day will include the following:

- All items in the Earth Relaxation Day plus
- Hydrating Facial (25min)
- Garra Rufa Fish Pedicure (25min)

## *Air* Air Spa Day £99 per person

Air is the gaseous form of matter, which flows a dynamic force within the body. Oxygen is the basis for all new life and survival. This blissful package has been carefully put together to work in close unison for Mother and child. Including:

- All items included in the Earth Relaxation Day plus
- Time for Mum Massage (55min)
- Mini Jessica Pedicure (25min)

\*Light Lunch allocation is £10.00 per person plus a 175ml glass of wine or soft drink.



## Become a VIP for the day £10 extra per person

If you are planning a celebration with a group of friends or family (groups between 8 and 16), upgrade to our VIP package and you and your party can enjoy additional benefits:

- Exclusive access to our VIP Lounge
- 4 Bottles of chilled House White Wine
- 1 Jug of Orange Juice
- 2 Bottles of Still Water
- 2 Bottles of Sparkling Water
- A bowl of Fresh Fruit
- Private bathroom
- Private locker/wardrobe

# Twilight Spa

If you cannot spare a full day at the Spa, then our evening packages make a perfect alternative.

## By Candlelight £65 per person

You and a loved one can enjoy a fabulous Twilight Treat. Available Monday to Thursday only, including:

- Arrive from 4pm and enjoy use of facilities until 8pm
- Complimentary bathrobe, slippers, towel and locker
- Three course dinner in the Restaurant
- Glass of house wine (175ml)
- Hot Stone Back Massage (25min)
- Complimentary hire of bathrobes, slippers, towel and lockers

## Girls Night In £40 per person

Whether you are planning a Birthday celebration, hen night or just a little treat for your family or friends, our Girls Night In package is the perfect choice. Available Monday to Thursday only, including:

- Arrive from 4pm and enjoy use of facilities until 8pm
- Complimentary bathrobe, slippers, towel and locker
- Strawberries dipped in chocolate and a glass of bubbly on arrival
- Back Massage (25min)
- Complimentary hire of bathrobes, slippers, towel and lockers

# spa membership

NEW for 2012 Ardencote Spa introduces, Spa Membership.

As a spa member you will be able to select from a menu of treatments each month, which will be included in the price of your membership. You will also be able to enjoy some relaxation time in our Spa and benefit from additional discounts.

## the benefits

- Welcome Spa Gift
- One Luxury Treatment, choose from the following: *Back Massage, Mini Facial, Mini Indian Head Massage and Fake Bake Spray Tan*
- One Essential Treatment, choose from the following: *Half Leg Wax, Eyebrow Wax, Underarm Wax, Bikini Wax, Mini Manicure, Mini Pedicure, Eyelash Tint, Eyebrow Tint, Fish Spa Pedicure*
- Use of the Spa Relaxation Room following your treatments including free-flow refreshments
- Use of Leisure Facilities one day per month

## the facilities

- Indoor Heated Swimming Pool
- Indoor Jacuzzi, Sauna and Steam Room
- Outdoor Heated Swimming Pool\*
- Outdoor Hot Tub
- Tennis Courts
- Squash Courts
- Gymnasiums

## the package

- No Joining Fee
- 3 Month Membership for £120.00

## additional discounts

- 15% Discount on additional treatments
- 15% Discount on additional products

### Terms & Conditions

Minimum 3 months membership. Pre-payment on joining. Spa treatments can only be booked Monday to Friday. Use of Spa facilities can only be booked Monday to Thursday. Inclusive treatments must be booked on separate days. Welcome Packs including Membership Card and Gift will be issued at first appointment. Additional discounts cannot be used in conjunction with any other offer or discount. Eyebrow and lash tints require a patch test at least 48 hours before appointment.

\*Outdoor heated swimming pool is seasonal (opening times upon request).



# rituals

Escape life's hectic pace for a few hours and take your treatment experience to the next level, where the whole body and mind is treated to a total sensory experience.



### Candle Ritual £110

The flames of ritual candles radiate four sumptuous essences, each one corresponding to the elements of the signs of the zodiac. The candle flames melt key ingredients such as almond oil and shea butter, which are then massaged onto the body. Pamper yourself with this massage, which is bespoke for you. Select the perfect remedy between toning, remodelling, or firming massage for women and the relaxing anti-stress or restoring massage for men. The body is fully exfoliated and polished prior to this unique massage, which is influenced by ancient cultures. To follow and complete this journey you will be given a full in-depth personal astrology reading by our Resident Astrologer, Keith Bound. You will need your date, year and time of birth and this information will be passed on to Keith, who will then contact you via email with your reading. (110min)

For more information on Keith Bound visit [www.astrological-readings.co.uk](http://www.astrological-readings.co.uk)



### Ardencote Well Being Ritual £90

From the soles of your feet to the crown of the head, this customised face and body treatment is the ultimate skin and body therapy. Your ritual begins with a welcome touch pressure point foot massage. Followed by a body exfoliation to increase cell renewal. This will follow with a relaxing body massage to achieve soothing relief to tired muscles, combined with a bespoke facial to accommodate the needs of your skin. (110min)

### Shirodhara and Kerala Ritual £80

Ayurveda is the oldest surviving complete medical system in the world. Derived from its ancient Sanskrit roots –'Ayus' (life) and 'Ved' (knowledge). This deeply relaxing ancient treatment of well-being acts by relieving tension, stress and insomnia. Whilst improving the senses of concentration. You will experience a magical recovering of energies as the warm oil slowly flows onto the third eye. Combined with delicate herb filled bundles to help ease contractions of the muscles and stimulate chakras. (85min)



### Time For Mum Ritual £75

Experience our wonderful therapy that connects Mum and baby through the power of touch. This treatment starts with a hand and foot scrub to alleviate swelling in the hands and feet, a plantomer facial to hydrate, heal and smooth skin which can become very dehydrated during the pregnancy period. Additional focus is placed on the limbs, back and abdomen, to help relieve tension and relax Mum and baby. (85min)

# for the face

**pevonia**® Pevonia Botanica is an elite spa care line chosen by prestigious spas worldwide, offering over 150 specialised home care products and more than 100 professional in-spa treatments. Pevonia provides effective skin care solutions for women and men of every age and ethnicity. The finest ingredients of oceans and earth...nature's purest holistic, botanical and marine elements synergise with high-tech manufacturing to deliver outstanding visible results and an unsurpassed spa experience.



## Myoxy-Caviar & Pearl Facial £95

This anti-ageing treatment replenishes your skin with pure Caviar and Pearl Extract. The luxurious clay mask will improve elasticity, increase oxygenation in the cells, suppleness of skin and reflect a youthful complexion. Myoxy-Caviar – the ultimate in anti-ageing. (55min)

## Lumafirm Facial £75

The Lumafirm lift and glow renders your skin ultra luminous with a firmer, tighter and more youthfully defined appearance. This remarkable facial is ideal for all skin types showing signs of ageing, or work as a perfect instant repair boost when you want to look your absolute best. (55min)

## Escutox Freeze-Dried Anti-Wrinkle Facial £60

This facial with Escutox will intensively repair the skin, relax wrinkles, and increase hydration and skin's suppleness resulting in a visibly youthful skin. The natural alternative to Botox! (55min)

## Elasto-Firm Facial £60

This essential facial is designed to firm and tighten, offering that youthful spring-back plumpness. The ultimate answer to a supple skin. (55min)

## Luminous C & Sea Facial £60

A potent blend of stabilised Vitamin C combines with the latest high-tech formulation of Freeze-dried seaweed, ideal for reducing fine lines and relief of dull, sun damaged skin. Skin will look Luminous! (55min)

## Anti-Free Radicals Facial £60

Repair your skin from the harsh effects of Free Radical damage. Vitamins A and E maximise your skin's protection against premature ageing, leaving your skin velvety-smooth and deeply hydrated. (55min)

## Plantomer Facial £60

Visibly enhances the skin's texture, and gives maximum hydration. The benefits of seaweed and propolis, a natural healing substance, soothes, calms and will nourish the skin, with highly visible results. Excellent for Sensitive, Eczema and Psoriasis prone skin types. (55min)



## RS2 Calming Facial £60

A radical solution for skin sensitivity, broken capillaries and rosacea. With ingredients such as Rose, Green Tea and Liquorice, the skin is left soothed, calmed and decongested with a healthy appearance. (55min)

## Lacto-Flora Peel £50

This innovative facial peel uses Lactic Acid, which is extremely compatible with human skin, enabling greater results. Gently hydrating & exfoliating, this treatment helps control acne, reduces sebum production and pore clogging. (55min)

## Floracide Peel £50

Using a combination of natural fruit and plant acid, a new discovery in the cosmetic field. Floracide improves skin texture, brightens, lightens hyper-pigmentation and diminishes the signs of ageing. Skin is left soft, smooth and truly radiant. Ideal for post acne scarring, open pores and general skin radiance. (55min)

## Ultimate Deep Cleanse £50

A decongesting treatment which eliminates blackheads, mattifies and stabilises production of oil. Leaves your skin squeaky clean. (55min)

## Aromatherapy Facial £45

A relaxing facial that treats the skin with a holistic approach, via unique massage techniques for the face, neck and décolletage. Relieves stress, aids circulation and elimination of lymph fluid. (55min)

## Prescriptive Facial £45

A personalised introduction to the Pevonia line, tailored to the needs of your skin. Includes a professional skin diagnosis, deep cleanse, ampoule, massage and mask. Outstanding results for every skin type! (55min)

## Express Spa Facial £30

This express facial offers a quick boost to the skin and is an excellent alternative to our luxury facials where time is limited. This is a great introduction to the Pevonia Skin Care range. (25min)

## Skinfit Facial 'For Him' £65

This unique treatment specially formulated For Him helps replenish the skin, whilst counteracting the signs of ageing, razor burn, folliculitis and sensitivity. Results are visible, promoting a healthy youthful skin. This treatment is a must for any man concerned with skin care. (55min)

Please note that due to the nature of the mask used it is advisable that you do not shave on the day of treatment.

# for the face



## pevonia® eyes

**De-Stress Eye Wrinkles £25**

Freeze dried collagen is used to alleviate problems of wrinkles and tired skin by hydrating and plumping, which reduces the appearance of fine lines. (25min)

**De-Stress Eye Puffiness £25**

This treatment reduces puffiness by using ginkgo biloba as an active ingredient, which stimulates and drains lymphatic capillaries. (25min)

**Add an Eye Treatment to any Pevonia Facial for only £18**

## dermalogica®

**Deluxe Spa Facial £50**

Bespoke facial based on face mapping diagnosis. This facial provides a deep cleanse and exfoliation to reveal smooth, glowing skin. It also includes a face, neck and shoulder massage, steam and extraction for perfect skin clarity. (55min)

**Express Spa Facial £30**

Offers a quick boost to all skin types, an excellent alternative to the Deluxe Spa Facial where time is limited. (25min)



## cosmetic enhancement

Ardencote spa offers a monthly clinic, and works alongside a team of highly qualified and very experienced doctors, nurses and dentists. They provide a full range of options, including:

- Dermal fillers
- Anti-wrinkle injections
- Other cosmetic treatments

A complimentary consultation ensures you will find the specific solution to your concerns. Please contact our Spa Reception for clinic dates and further information on the services provided.



The CACI Ultimate is an effective non-surgical treatment method to redefine facial contours, plump out deep lines and wrinkles as well as tackle a range of skin imperfections. It is the very first treatment system to combine micro current facial toning, crystal free microdermabrasion and L.E.D photo rejuvenation.



**A minimum of 10 treatments are recommended for all our CACI facials**

**Caci Ultimate Facial Treatment £70**

The CACI Ultimate Facial is the first combined system to offer the following all in one treatment (85min):

- Microdermabrasion to resurface even the most sensitive of skins
- Micro-current to lift and tone muscles
- Hydratone mask to firm and re-hydrate the skin
- Wrinkle comb to plump and soften deep lines and wrinkles
- L.E.D light therapy to help reduce blemishes and the signs of ageing

**Caci Hydratone Face Lift with Micro-current £55**

Combines the intensive energy of a Hydratone mask with the toning and firming benefits of a non-surgical face lift. Includes a mask to take home. (70min)

**Caci Non-Surgical Facelift £45**

Lifts and tones the muscles using a combination of specific waveforms and frequencies that work in harmony with the body's own bioelectrical fields. (55min)

**Caci Ultimate Micro-Dermabrasion Treatment £40**

This treatment combines micro-dermabrasion and L.E.D light to trigger tissue repair. Effective for treating acne scarring, anti-ageing and has a calming effect on inflamed skin. (25min)



**Caci Hydratone Mask Facial £25**

Hydratone is designed for people who need hydration. The hydrating gel mask becomes charged so that the whole face is bathed in rejuvenating energy. Includes a mask take home. (25min)

**Caci Ultimate Eye Treatment £20**

CACI eye program lifts, tones, plumps out and softens fine lines and wrinkles. (25min)



• CACI Bust Lift • CACI Stomach • CACI Leg and Buttock Lift  
**All Body Treatments £30 per session or £250 for a course of 10 (25min)**

# for the body

From ancient techniques through to the wonders of modern day advances, Ardencote Spa provides you with a comprehensive range of massage and body treatments, to cater for the individual needs of your physical well-being, through to your desired emotional state.

## massage therapy



### Aromatherapy Body Massage £50

Aromatherapy uses the power of essential oils to stimulate the body's own healing mechanisms. Indulge the senses and experience total relaxation with a light pressure full body massage. (55min)

### Muscle Buster £50

An intensive full body massage, ideal for the sports person. Uplifting and energising essential oils to help stimulate and invigorate. Scalp massage, muscular release, lymphatic drainage and foot reflex point massage are all used to re-balance the body and mind. (55min)

### Swedish Massage £45

A distinctly European, full body massage that is medium in pressure and utilises a combination of Swedish techniques, which helps soothe tired, strained muscles, whilst promoting detoxification and stimulating blood circulation. Leaves you feeling completely invigorated and re-energised. (55min)

### De-Stress Me Massage £40

Help rejuvenate tired, painful muscles from your shoulders to the soles of your feet, with this complete de-stress treatment. A series of deep tissue moves are used on the back concentrating on knots, to alleviate stress and tension. The scalp is then given a thorough work out and the treatment is completed with a pressure point massage to over worked feet. A perfect treatment to disperse tension. (40min)

### Back Massage £33

Focusing on the specific areas of the back, neck and shoulders to release muscle tension at a deep level. (25min)

## hot stone therapy



### Rejuvenate £85

Revitalise and renew with the ultimate and complete head-to-toe experience with this cleansing and massage ritual. The most luxurious of stone treatments. The treatment includes a personalised facial, body polish, massage and stone placement. The skin will be left cleansed, glowing with health and vitality, whilst the body's tension has melted away. (110min)



### Relax £75

Stimulate and unwind whilst experiencing a sensory journey for a complete holistic approach to relaxation. A full body massage is given to include scalp and face. Warmed basalt stones are used to stimulate the body's own ability to release stress and restore peace, bringing out a state of deep relaxation. (85min)

### Refresh £40

Hot stone back massage is a unique treatment of heated stones applied with the oil to the back in a way that brings about relief to sore stiff muscles, releasing tension, and ensures tranquillity and a more balanced flow of energy. A foot and scalp massage complete this treatment. (40min)

## ancient therapies

### Magic Honey Massage £59

Pure golden honey and dead sea salts are combined to create a nourishing body scrub. Followed with a unique warm honey massage that will leave you feeling relaxed, looking radiant and skin nourished. The rich honey ingredients helps to reduce age spots and dryness and the use of essential oils allow the nourishing elements to penetrate deep in to the skin. (55min)

### Tibet Massage £59

With a blend of Dead Sea salts and Himalayan pebbles in one bundle, this creates a powerful massage for both men and women. It works against tight muscles and poor circulation, deeply working the belly core of the muscle. Great for people who play sports. (55min)

### Thai Herbal Massage £55

Drawing on Asian traditions from Centuries ago, these warm herbal poultices, containing up to 20 exotic Thai Herbs and Spices, are applied by bringing a medicinal heat to the muscles, creating a powerful purifying and detoxifying treatment. This full body massage treatment works deep into the muscles, relaxing and re-energising the whole body. (55min)

### Bamboo Massage £50

This is a highly effective lymph drainage massage that will help to drain excess fluid from the body and detoxify, suitable for both men and women. The bamboo bio extract, which is used throughout the treatment, gives the skin wonderful nourishing and restoring properties. (55min)



# for the body

## ancient therapies



### Reflexology £50

Using traditional techniques, reflexology works on the principle that all our organs are represented in the feet, this treatment re-balances the body's energy system. (55min)

### Shirodhara Massage £49

This relaxing therapy is a form of Ayurveda medicine that involves a continuous flow of oil onto the third eye helping to de-stress and relax the mind. A relaxing scalp massage completes this amazing treatment. (55min)

### Indian Head Massage £40

Drawing on ancient Indian techniques, this treatment is a complete upper body conditioning therapy, focusing on energy centres for the head, neck and scalp. By using key acupressure points to relieve stress and tension, this helps to release the flow of energy promoting a sense of renewal. (40min)

## body scrubs

### Mystique Escape Bath Salts £30

Restore your skin's radiant glow with this exfoliating sea salt. The salt is enriched with grapefruit, mandarin orange and lavender, which gives the scrub a delightful aroma to entice your senses. Skin is left smoothed and re-mineralised. The treatment finishes with a luxurious nourishing moisturiser. (25min)

### Silky Skin Body Scrub £25

Experience a luxurious exfoliation ritual commencing with a light body brush and then a gentle exfoliating cream is massaged into the skin to remove impurities and dead skin cells. The scrub finishes with a moisturising body lotion. (25min)

## body wraps

### Green Coffee Slim & Sculpt Cellulite Wrap £73

100% pure micronized green coffee will smooth and enhance the skins overall texture thus visibly reducing spongy, dimply, cellulite areas. Enhance the results alongside a healthy eating plan, regular exercise and home care regime. Recommended in a course of treatments. (70min)

### Detox Seaweed Thalasso Wrap £69

Fabulous treatment for contouring your body, defining silhouette using the first seaweed harvested of the French coast of Brittany. Once cocooned in the seaweed, the body is replenished with 104 trace vitamins, minerals and enzyme. (70min)



## body wraps

### Tropical Body Wrap £60

Combining tropical extracts these wraps prompt the quick deep absorption of potent rejuvenating ingredients. Choose from either:

- Tropical Oasis – Combining the tropical extracts of mango and passion fruit, this creamy yoghurt promotes a smoother, firmer and visibly brighter skin. (55min)
- Tropical Escape – Drenched with papaya and pineapple, this tropical wrap is enriched with crème fraiche and is blended with potent anti-aging ingredients. The skin is deeply nourished and rejuvenated, revealing an astonishing decrease in body wrinkles. (55min)

### Oloil Body Wrap £59

Treatment commences with a vigorous deep tissue massage to ensure full penetration of nourishing and detoxifying oil. The body is then sprinkled with basil to improve skin tone and circulation and aid with the removal of excess fluid and cellulite. You are then wrapped up snugly and receive a pressure point face and scalp massage to promote deep relaxation. (55min)

### Moroccan Cocoon Body Wrap £55

This extraordinary mud from the valleys of Morocco contains an abundance of essential elements. It is known for its ability to heal sensitivity and smooth rough, scaly skin. It is ideal for eczema, psoriasis, dermatitis and scalp conditions. (55min)

### Aromatic Moor Wrap £55

This is a unique holistic healing black magma mud. A thermal action mud wrap with 350 vitamins and enzymes which aids fatigue and stress by boosting the body's immune system. Excellent for arthritis. Stimulating and invigorating, this wonderful warm mud, brings to the body a deep state of relaxation and well-being. (55min)

### Desert Heat Wrap £55

A warm bubbly wrap formulated to overcome fatigue and stress. Minerals from Arizona Desert Mud penetrates the skin leaving it nourished and soothed. (55min)

### Purifying Back Treatment £40

A special treat for an often neglected area. The back is cleansed and exfoliated, followed by a deeply de-stressing, warming aromatic moor back mask. The wraps thermal mud aids the removal of impurities. This treatment also includes a relaxing back massage, to ease tension in the back, neck and shoulders. (40min)



# hands & feet

**JESSICA**® Considered as the world's leading authority to natural nail care, Jessica cosmetics understand what it takes to achieve and maintain naturally beautiful nails.

## manicures



### Jessica Deluxe Manicure **£47**

This treatment combines the Jessica prescriptive manicure with the luxurious added benefits of thermal mittens, helping oils and creams to penetrate deep into the skin as well as increasing circulation and relieving stiff, painful joints. Finished with the perfect polish. (70min)

### Jessica Prescriptive Manicure **£32**

Beginning with a nail analysis to treat your nail type, the manicure includes exfoliation, massage and cuticle care. Your nails will be beautifully shaped and finished with the perfect polish. (40min)

### Jessica Mini Manicure **£20**

A quick work out for the nails and cuticles, finished with one of our dazzling Jessica colours. Designed with a quick maintenance in mind. (25min)

### Jessica File & Paint **£10**

**Add a French Polish to your manicure or pedicure treatment for £5 extra**  
Must be pre-booked at time of booking.



## pedicures

### Zenspa Deluxe Pedicure **£49**

The ZenSpa pedicure, with the luxurious added benefit of thermal booties for deeper penetration of oils and creams. The gentle heat is excellent for increasing circulation and relieving stiff and painful joints. (70min)

### Zenspa Pedicure **£40**

This luxury foot and leg treatment includes the removal of hard skin, then feet and legs are massaged with deep conditioning creams to leave them soft and smooth. Cuticles are groomed and the nails are beautifully shaped and polished. (55min)

### Executive Hand & Nail Treatment For Men **£23**

Hands are exfoliated to remove dryness & massaged with treatment creams. Cuticles are conditioned and groomed and nails are trimmed and perfectly shaped. (25min)

### Executive Foot Care For Men **£23**

A relaxing foot treatment. Involves removing hard skin then massaging feet and legs with deep conditioning creams. Cuticles are left clean and tidy, and nails will be perfectly shaped. (25min)

**Why not upgrade to our relaxing pedicure massage chair for £5 extra**



## fancy feet

The Garra Rufa fish pedicure has a positive, proven history. Our toothless Garra Rufa fish will gently suck at any dead skin, leaving you with softer, smoother, healthier, refreshed feet!

### 15 min **£15** 25 min **£25** 40 min Garra Rufa Fish Pedicure **£35**

### Minx Nails **£28**

Extending fashion to your fingers and toes. Promises not to chip or smudge and requires no drying time. Many hot designs to choose from. (40min)

### Swarovski Nails **£60**

Awaken your inner princess and say hello to the Swarovski crystal manicure and pedicure. An amazing almost molten crystallised texture is created by individually applying each tiny Swarovski crystal. Choose from your hands or toes. (55min)



## JESSICA® GELeration

At last a fabulous gel nail colour that lasts up to 3 weeks without chipping!  
It also helps strengthen and promote the growth of your natural nail.

### Deluxe Geleration Gel Overlay Manicure **£48**

Includes hand exfoliation, massage, cuticles will be cared for and nails will be shaped and finished with Jessica's geleration gel polish. (55min)

### Geleration Gel Overlay Manicure **£38**

Includes cuticle care & nail shape, finished with Jessica's geleration gel polish. (40min)

### Geleration Infill Manicure **£30**

A coloured gel is applied over your existing geleration manicure and cuticles conditioned. Infills are designed for nail maintenance 2/3 weeks after the first gel overlay. (40min)

### Geleration Soak Off **£25**

Full removal of the geleration polish. (40min)

### Zenspa Pedicure with Geleration **£60**

This luxurious pedicure includes hard skin removal. Feet and legs are then massaged with conditioning creams. Cuticles are groomed; toe nails are shaped and finished with Jessica geleration gel polish. (55min)



# essentials

Look fantastic and feel great with Ardencote spa's range of grooming treatments, which include tanning, waxing, lash and brow tinting, eyelash enhancements and make-up.



## tanning



**Spray Tan £25**

A manual spray application of spray tan is applied to give a streak-free, beautifully golden glow. We advise dark, loose clothing to be worn; no deodorant or body lotion is to be applied on day of application.

**Add Fake Bake Exfoliation for £15**

## waxing

Lip	£8	Lip and Chin	£12	Eyebrow Shape	£8
Underarm	£10	Bikini	£10	High Leg Bikini	£15
Brazilian	£30	Arm	£15	1/2 Leg Wax	£18
		Full leg Wax	£25	Men's Back Wax	£25

## tinting

A great way to define your eyes whilst being make-up free!  
Please Note: If you have not had an eyelash or eyebrow tint with us before, please call in for a patch test 24 hours prior to treatment.

Eyebrow	£10	Eyelash	£12	Eyelash & Eyebrow	£18
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## eyelash enhancement

**Eyelash Enhancement £18**

Longer, thicker, dramatic eyelashes. Available in different volumes & lengths. (25min)

## make-up

**Bridal Make-up £50**

Your wedding day will be one of the most photographed and important days of your life. Here at Ardencote Spa our dedicated therapists will take the time to discuss your requirements, offer advice and ensure you glow on your special day. (55min)

**Make-up Application £35**

Ideal for members of the Wedding Party or for that special occasion. (55min)

**Make-up Trial £20**

This is recommended before all make applications. (25min)



# need to know

## Terms & Conditions

### BOOKING, PAYMENT AND CANCELLATIONS

#### Individual Appointments

Full credit card details will be taken at the time of booking and should you fail to arrive or cancel within less than 24 hours notice, your card will be charged for 100% of the treatment price. Please book early to avoid disappointment.

#### Spa Breaks & Days

We will require full pre-payment upon booking. Payment is non-refundable in the event of a non-arrival or cancellation of less than 4 weeks notice. Any additional treatments booked as part of your package will require full pre-payment upon booking.

### APPOINTMENTS

As a courtesy to our customers, a prompt appointment schedule is to be adhered to. Late arrivals for a treatment appointment or Spa Break/Day may mean that we are unable to provide the treatment(s) booked or treatment time may be reduced.

### SPA BREAKS

You may arrive to the Spa from 10:30am, however please note that your bedroom will not be available to check-in until 2:30pm. You will have access to the Spa until 10:30am on day of departure and bedrooms must be vacated before this time. We have changing facilities and luggage storage available. Your treatments will be scheduled between 10:30am on day of arrival until 10:30am on day of departure. If you are planning to arrive outside of these times, please advise our Reservations Team, so that your treatments can be re-scheduled accordingly.

### SPA DAYS

Arrival for Spa Days is 9.30am with use of the facilities extending until 6.00pm, unless otherwise stated. On arrival you will be asked to complete and sign a confidential consultation and health check questionnaire, which your Spa Therapist will discuss with you.

### DUAL TREATMENT ROOM

For romantic occasions or for times where you want to be in harmony with your loved one, you can upgrade to our Dual Treatment Room for an additional £5.00 per person. As these rooms are limited this upgrade is subject to availability and must be pre-booked in advance.

### AGE

It is company policy that we are unable to provide services to guests accompanied by children. Spa treatments and subsequently Spa Days are not recommended for persons under 16 years of age, however we carry out limited treatments for 13 years plus. Persons under 16 years old must be accompanied by a parent or supervising adult.

### SMOKING POLICY

Ardencote Manor Hotel, Country Club & Spa is a no-smoking venue.

### VOUCHERS

You may purchase vouchers for gifts either via email/telephone or at the reception desk. These are valid for 6 months and it is company policy that we do not extend this period.

### SPECIAL HEALTH CONSIDERATIONS

Please advise us if you are pregnant, have a muscle or joint injury, have high or low blood pressure, are currently under the supervision of your GP, have had recent surgery (including laser, plastic surgery or are using Retinol-A, Acutan) or you have any other conditions that may affect our ability to perform your requested treatment.

### FISH SPA PEDICURE

Please note we will be unable to conduct this treatment if you are suffering from fungal nail infection, verrucas or if you have applied fake tan within the last 14 days.

## Pregnancy Policy

Our policy states we will not carry out any treatments during the first trimester of pregnancy. After this, we can offer the following treatments:

- Time for Mum Massage • Body Scrub • Manicures • Pedicures • Specific facials
- Please enquire at the time of booking.

### ESSENTIAL OILS

Many essential oils can help to soothe and balance hormones, but there are a number of oils that are just too stimulating and get quickly absorbed into the blood stream which may harm your baby. It is therefore Ardencote's policy, that we use only a plain massage oil base without the use of aromatherapy oils on both the body and face when treating a pregnant client.

### HEAT TREATMENTS

Some studies show that getting overheated might be bad for the baby hence we recommend that you avoid saunas, steam rooms, sun showers and hot tub.

## Spa Etiquette

### LATE ARRIVAL

When a late arrival is unavoidable, please call to notify the receptionist as soon as possible. Arriving late will simply limit the time for your treatment, as we must complete your personal service by the designated end time in order to appropriately accommodate the next guest.

### WHAT TO WEAR

Comfortable lounge clothing is recommended throughout the day. We suggest that swimming costumes/trunks are brought for use in the wet areas. Suitable footwear must be worn at all times, barefoot is not permitted. Slippers are provided in our Spa Break and Day packages.

### CHANGING ROOMS

Towels, showers, hairdryers, lockers and changing rooms are provided by the Ardencote Spa.

### TREATMENTS

It is advisable to arrive to the Spa 5/10 minutes before your scheduled treatment time, to allow you time to complete your Spa Consultation Form. Failure to arrive on time may result in your treatment being cut short.

### SHAVING/WAXING

Avoid shaving the day of the appointment especially if you are having body scrubs, body wraps or a pedicure. Also shaving causes pores to open, which can then become infected. Waxing treatments are not recommended should you be using the wet/heat areas. It is recommended that men shave at least twenty four hours prior to a facial treatment.

### TINTING

It is a company policy that all clients wishing to have a tinting treatment must have a patch test 24 hours prior to the treatment in case of an allergic reaction.

### CONSULTATION CARDS

Ensuring our guest's safety is crucial. A Guest Consultation Form must be completed before each and every treatment begins.

### MOBILE PHONES

Your phone must be turned off while in the Spa and relaxation areas, conversation is fine but please be respectful of other clients who may be having a post treatment rest.

# how to find us



**FROM SOUTH**

M40 Exit Junction 15 (from South) take the second exit to A46, follow to the next roundabout and take second exit sign posted Henley in Arden (B4463). Follow this road to 'T' Junction with A4189, turn left onto A4189 and drive for 4 miles into the village of Claverdon. Look out for sign to Shrewley and tourist brown sign to Ardencote Manor Hotel, take this turn and after approximately 1 mile on the right, you will come to the Ardencote Manor Hotel, Country Club & Spa.

**FROM NORTH**

Exit Junction 16 of M40 going south (note limited exit) on to the A3400 (the old A34). Follow A3400 south for approximately 3 miles to Henley-in-Arden. At traffic lights, turn left on to the A4189 signposted Warwick. After approximately 3 miles along the A4189, on entering the village area of Claverdon, look out for the directional sign to Shrewley and brown sign to the Ardencote Manor (the same left turn). Take this turn (Lye Green Road leading to The Cumsey), and after approximately 1 mile, on the right, you will come to the Ardencote Manor Hotel, Country Club & Spa. Following these directions the Ardencote is approximately 7 miles and 10 minutes drive from Junction 16 of the M40.

**USING SATELLITE NAVIGATION**

If you are going to be using a Satellite Navigation System then please note that we are located on The Cumsey, a continuation of Lye Green Road. On occasions some systems have directed guests to Star Lane and Manor Lane, which are very small country lanes and give no access either to the Ardencote Manor Hotel or its grounds and estate.

**BY TRAIN**

Warwick Parkway is just 4 miles from the Ardencote Manor and is on the Chiltern Railway/London Marylebone line.

