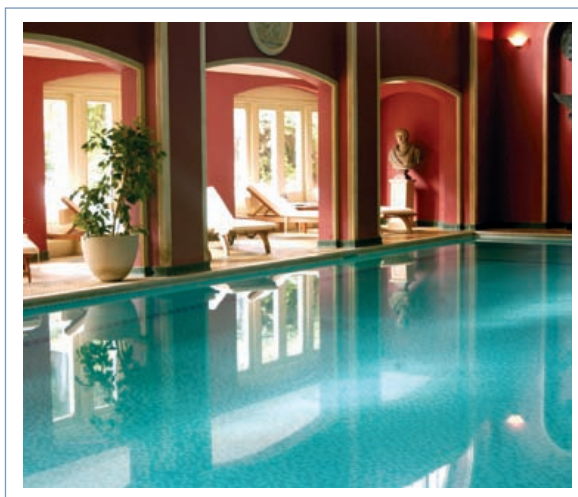




NATIONAL
TRUST

HARTWELL SPA



GUIDE & TARIFF FOR HEALTH AND BEAUTY TREATMENTS AND SPA CLUB MEMBERSHIP



HISTORIC
HOUSE
HOTELS

April 2011

THE CALM OF AN HISTORIC SETTING...



GIFT CHEQUES

Hartwell House gift cheques may be purchased for all Health and Beauty days, breaks, treatments and beauty products.

WWW.HARTWELL-HOUSE.COM

CLARINS BODY TREATMENTS

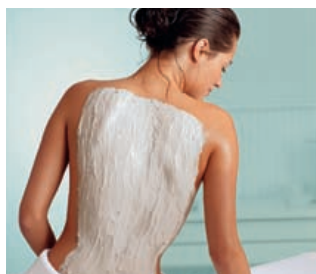
PERSONAL BLEND BODY TREATMENT (APPOINTMENT TIME 55 MINS) £58
A full body and scalp massage using a personalised blend of aromatic creams and oils.

DETOX BODY WRAP (APPOINTMENT TIME 55 MINS) £58
The body is enveloped in a blend of warm clay and aromatherapy oils while you are treated to a scalp and foot massage.

FRUIT SALT SCRUB & DETOX WRAP (APPOINTMENT TIME 85 MINS) £74
The body wrap is preceded with a fruit salt body scrub to soften and prepare the skin for treatment.

BRONZING TREATMENT (APPOINTMENT TIME 55 MINS) £54
After exfoliation, self tan is applied to the face and body to give a natural healthy glow which develops within 4 hours.

CLARINS SIGNATURE MASSAGE (APPOINTMENT TIME 85 MINS) £74
CHILL OUT – slow relaxing massage movements melt tension in body and mind leaving you calm and rebalanced.
WAKE UP – a more stimulating massage, movements relieve tired aching muscles to leave you feeling fresh and uplifted.



... YOU DESERVE TIME TO YOURSELF

CLARINS FACIALS

TRI ACTIVE FACIAL (APPOINTMENT TIME 85 MINS)	£74
Specialised massage techniques are combined with intensive products giving seven days treatment in one luxurious application.	
PERSONAL BLEND AROMATIC FACIAL (APPOINTMENT TIME 55 MINS)	£58
A relaxing facial tailored to suit your skin's requirements.	
SKIN FRESHENING FACIAL (APPOINTMENT TIME 25 MINS)	£33
When time is short this facial refreshes and nourishes the skin.	
MAKE-UP CONSULTATION (APPOINTMENT TIME 55 MINS)	£48
A one to one consultation to discuss colours and application techniques.	
MAKE-UP (APPOINTMENT TIME 25 MINS)	£31
An application of make up – ideal for a special occasion.	

ESPA FACIALS

AGE DEFYER FACIAL (APPOINTMENT TIME 85 MINS)	£74
This therapeutic facial helps to lift and firm maturing, stressed and distressed skin, giving an enhanced sense of well-being.	
AROMATHERAPY FACIAL (APPOINTMENT TIME 55 MINS)	£58
Suitable for all skins, this relaxing aromatherapy facial leaves the mind clear and the skin radiant and nourished.	
FIRMING & TONING EYE TREATMENT (APPOINTMENT TIME 25 MINS)	£33
A firming, hydrating treatment using lymphatic drainage to reduce puffiness and the appearance of fine lines.	
BACK, FACE AND SCALP TREATMENT (APPOINTMENT TIME 85 MINS)	£74
OR WITH HOT STONES (APPOINTMENT TIME 115 MINS)	£84
A totally luxurious treatment to leave your skin revitalised and your body and mind relaxed.	
EXPRESS FACIAL (APPOINTMENT TIME 25 MINS)	£33
Skin is cleansed, exfoliated and moisturised for a quick pick me up.	

ESPA BODY TREATMENTS

TOTAL BODY CARE (APPOINTMENT TIME 85 MINS) £74
OR WITH HOT STONES (APPOINTMENT TIME 115 MINS) £84

Skin brushing and exfoliation is followed by body, face and scalp massage to bring harmony to body and mind.

DETOXIFYING ALGAE WRAP (APPOINTMENT TIME 85 MINS) £74

This detoxifying treatment helps boost the metabolism and speed up the elimination of toxins.

RESTORATIVE MUD ENVELOPMENT (APPOINTMENT TIME 85 MINS) £74

A therapeutic treatment using warm marine mud to nourish and condition the skin.

PRENATAL TREATMENT (APPOINTMENT TIME 85 MINS) £74

A total body treatment for pregnant and nursing mothers which aids relaxation and the tonicity of the skin (available after first three months of pregnancy)

OSHADI (APPOINTMENT TIME 85 MINS) £74

Lymphatic skin brushing is followed by a nourishing mask to warm and hydrate the skin and relieve aching muscles and joints.

LIFE SAVING BACK TREATMENT (APPOINTMENT TIME 55 MINS) £58

Body brushing and exfoliation stimulate circulation, the back is then massaged and warm mud is applied to purify and condition the skin.

SALT AND OIL SCRUB (APPOINTMENT TIME 25 MINS) £33

This combination of sea salts and essential oils exfoliates and nourishes the skin.

HYDRATOR WRAP (APPOINTMENT TIME 55 MINS) £58

A luxurious experience including lymphatic skin brushing, skin smoothing body exfoliation and an envelopment with rich oils in Palma Rosa.



JESSICA TREATMENTS

LUXURY JESSICA MANICURE (APPOINTMENT TIME 55 MINS) £43
Hands are exfoliated and encased in warm mittens before nails and cuticles are tidied and colour applied.

LE REMEDI HAND TREATMENT (APPOINTMENT TIME 25 MINS) £26
A rejuvenating treatment that leaves skin nourished and smooth.

NAIL SHAPE AND VARNISH (APPOINTMENT TIME 25 MINS) £26
Nails are shaped and polish is applied.

LUXURY JESSICA PEDICURE (APPOINTMENT TIME 55 MINS) £43
Feet are exfoliated and encased in warm booties before nails and cuticles are tidied and colour applied.

GELeration SOAK-OFF GEL POLISH

The beauty of Jessica, in a gel. With the health of the natural nail in mind. GELeration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. GELeration is available in Jessica's most popular colours.

DELUXE GELeration GEL OVERLAY MANICURE £50
(APPROXIMATE APPOINTMENT TIME 85 MINS)
Includes the benefits of the luxurious LeRemedi Hand Treatment. Your hands will be smoother, silkier and firmer. Cuticles will be cared for, nails will be shaped and finished with Jessica's GELeration gel polish.

GELeration GEL NAIL SHAPE AND POLISH £35
(APPROXIMATE APPOINTMENT TIME 55 MINS)
Nails are filled, shaped and finished with Jessica's GELeration gel polish.

ZENSPA PEDICURE WITH GELeration £50
(APPROXIMATE APPOINTMENT TIME 85 MINS)
Choose from either Calming Green Tea, Energising Ginger or Revitalising Citrus for this luxurious foot and leg treatment. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with Jessica's GELeration gel polish.

EXISTING GEL REMOVAL (PRIOR TO GELeration MANICURE OR PEDICURE)
If a client has existing gel to be removed, we would advise approximately 20 minutes on the above treatment times with an additional charge of £7.



GELeration™
Soak-Off Gel Polish



MASSAGE AND COMPLEMENTARY THERAPIES

FULL BODY MASSAGE (APPOINTMENT TIME 55 MINS) £58
A traditional Swedish body massage helps to ease tension, relieve stress and alleviate muscular aches and pains.

BACK NECK & SHOULDER MASSAGE (APPOINTMENT TIME 25 MINS) £36
This Swedish massage is tailored to your needs to ease the stresses and tension of everyday life.

INDIAN HEAD MASSAGE* (APPOINTMENT TIME 25 MINS) £36
Specific massage movements on the face, scalp, neck and shoulders help to reduce tension.

REFLEXOLOGY* (APPOINTMENT TIME 55 MINS) £58
Pressure points on the feet are massaged to give a feeling of well-being and balance to the body.

**Treatments subject to availability*

TREATMENT COURSES

Courses of all treatments are available at the rate of 6 treatments for the price of 5.

HOME CARE PRODUCTS

We have an extensive range of homecare products from: Clarins, ESPA, Jessica, and St Tropez available for purchase at Spa Reception along with a range of swimwear.

Telephone: 01296 746500



OTHER TREATMENTS

ST TROPEZ (APPOINTMENT TIME 55 MINS) £54

Exfoliation is followed by the application of this Aloe Vera based tan which should be left on for at least four hours before showering. It is recommended that loose fitting, dark clothes be worn.

WAXING – USING THE HYGIENIC PHD WAXING SYSTEM

It is not advisable to use the swimming pool, sauna, steam room or spa bath, sunbathe or have other treatments before or after waxing.

FULL LEG WAX (APPOINTMENT TIME 55 MINS)	£31
HALF LEG WAX (APPOINTMENT TIME 25 MINS)	£21
ARM WAX (APPOINTMENT TIME 25 MINS)	£21
BACK WAX (APPOINTMENT TIME 25 MINS)	£21
BIKINI WAX (APPOINTMENT TIME 25 MINS)	£11
UNDERARM WAX (APPOINTMENT TIME 25 MINS)	£11
EYEBROW WAX (APPOINTMENT TIME 25 MINS)	£11
LIP/CHIN WAX (APPOINTMENT TIME 25 MINS)	£11

TINTING

Patch tests are required 24 hours before first tinting treatment, or if you haven't had a tint within the last six months.

EYELASH TINT (APPOINTMENT TIME 25 MINS)	£16
EYEBROW TINT (APPOINTMENT TIME 25 MINS)	£11
EYELASH AND BROW TINT (APPOINTMENT TIME 25 MINS)	£21

When making your reservation to stay please book your treatment times and any additional treatments you may require in advance, to avoid disappointment.
Hartwell Spa: 01296 746500



TWILIGHT EXPERIENCE

Enjoy a Spa treatment from a selection of four followed by a two course supper in the Spa Café and Bar

Choose from:

A full Body Massage or a
Clarins Personal Blend Aromatic Body Treatment to promote
and achieve a feeling of well being

or

A Clarins Personal Blend Aromatic Facial or an ESPA Aromatherapy Facial,
suitable for all skin types:
includes a cleanse, massage, mask and moisturiser

or

A Luxury Jessica Manicure to condition
hands and nails

or

A Luxury Jessica Pedicure to soothe tired feet

Two courses to be selected from the Spa Café Menu
Special will be available for selection on the evening (a supplement charge will apply)

COST £65

Available every Friday and Saturday

Treatment at 5.00pm followed by supper at 6.30pm

or

Treatment at 6.00pm followed by super at 7.30



HARTWELL SPA HEALTH AND BEAUTY SPA EXPERIENCE

9.30 am – 12.30 pm

or

2.00 pm – 5.00 pm

Use of all Spa facilities including; gymnasium, sauna, steam room, spa bath,
and relaxation by the swimming pool.

Your choice of either:

A Full Body Massage or a Clarins Personal Blend Aromatic Body Treatment
to promote and achieve a feeling of well-being

or

A Clarins Personal Blend Aromatic Facial or an ESPA Aromatherapy
Facial, suitable for all skin types:

includes a cleanse, massage, mask and moisturiser

or

A Luxury Jessica Manicure to condition
hands and nails

or

A Luxury Jessica Pedicure to soothe tired feet
Tea or coffee in the Spa Café and Bar

COST:

MONDAY TO THURSDAY £75

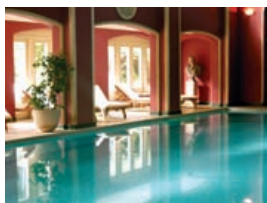
FRIDAY TO SUNDAY £85

Or with two treatments (from above selection)

COST:

MONDAY TO THURSDAY £120

FRIDAY TO SUNDAY £130



. . . P E A C E A N D C A L M

HARTWELL SPA INDULGENCE DAY

Arrival 9.30 am
Departure 4.00 pm
(approximately)

Use of all Spa facilities including:
gymnasium, sauna, steam room, spa bath and relaxation
by the swimming pool.

A two course lunch in the recently refurbished Spa Café and Bar to
include tea or coffee

One treatment of your choice from the following:

Clarins Tri Active Facial

or

Clarins Signature Massage

or

ESPA Back, Face and Scalp Treatment

or

ESPA Total Body Care Treatment

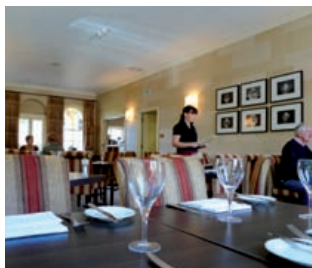
(Treatment time approximately 85 minutes and to be selected
at time of booking)

COST

MONDAY TO THURSDAY £100

FRIDAY TO SUNDAY £110

Any additional treatments booked in advance will receive
10% discount off the current tariff price.



HARTWELL SPA HEALTH AND BEAUTY DAY

Arrival 9.30 am
Departure 4.00 pm
(approximately)

Use of all Spa facilities including:
gymnasium, sauna, steam room, spa bath and relaxation
by the swimming pool.

A Full Body Massage or a Clarins Personal Blend Aromatic Body
Treatment to promote and achieve a feeling of well being

A Clarins Personal Blend Aromatic Facial or an ESPA Aromatherapy Facial,
suitable for all skin types; includes a cleanse, massage, mask and moisturiser

A two course lunch in the Spa Café and Bar, with tea and coffee

A Luxury Jessica Manicure to condition hands and nails

A Clarins Make-up to complete your day

COST:
MONDAY TO THURSDAY £190
FRIDAY TO SUNDAY £200

Upgrade to include a Luxury Jessica Pedicure for £30



HARTWELL SPA LIFESTYLE DAY

Arrival 9.30 am
Departure 4.00 pm
(approximately)

Use of all Spa facilities including:
gymnasium, sauna, steam room, spa bath and relaxation by
the swimming pool

A Full Body Massage with ESPA
essential oils to ease away tensions.

An ESPA Aromatherapy Facial to purify and nourish, using lymph
drainage and pressure point massage with aromatherapy to help balance the skin.

A two course lunch in the Spa Café and Bar with
tea or coffee.

An ESPA Detoxifying Algae Wrap or Restorative Mud Envelopment,
which includes full skin brushing, exfoliation and a scalp treatment
to complete and harmonise your day.

COST:

MONDAY TO THURSDAY £190

FRIDAY TO SUNDAY £200



HARTWELL SPA HEALTH AND BEAUTY MUMS TO BE DAY

Arrival 9.30 am
Departure 4.00 pm
(approximately)

Use of all Spa facilities including;
gymnasium, and relaxation by the swimming pool.*

LUXURY JESSICA PEDICURE

Feet are exfoliated and encased in warm booties before nails
and cuticles are tidied and colour applied.

A Clarins Personal Blend Aromatic Facial or an ESPA Aromatherapy
Facial, suitable for all skin types:
includes a cleanse, massage, mask and moisturiser

A two course lunch in the Spa Café and Bar, with
tea and coffee

A ESPA Pre-natal treatment using a natural
blend of creams and oils to strengthen the skin and
help to prevent against stretch marks.

COST:
MONDAY TO THURSDAY £190
FRIDAY TO SUNDAY £200

**this day is available to those after the first
trimester. Heat therapies are not recommended throughout pregnancy*



HARTWELL SPA MEN'S DAY

Arrival 9.30 am
Departure 4.00 pm
(approximately)

Use of all Spa facilities including:
gymnasium, sauna, steam room, spa bath
and relaxation by the swimming pool.

A Full Body Massage to promote and
achieve a feeling of well being

A Clarins Men Personal Blend Facial, or
an ESPA Aromatherapy Facial suitable for
all skin types; includes a cleanse, massage,
mask and moisturiser

A two course lunch in the Spa Café and Bar,
with tea and coffee

A ESPA Oshadi Wrap, to warm and
hydrate the skin and relieve aching muscles

or

A Jessica Manicure and Pedicure, where
both hands and feet are exfoliated and
cuticles and nails tided before being massaged.

COST:

MONDAY TO THURSDAY £190

FRIDAY TO SUNDAY £200



SPA CLUB MEMBERSHIP

MEMBERSHIP

Full Membership

Includes unlimited use of the swimming pool, steam room, spa bath, saunas, gymnasium, Spa Café and Bar, and two outdoor tennis courts

Midweek Membership

Entry all day Monday – Thursday (including Bank Holidays) and until 4.30 p.m. Friday, includes use of the swimming pool, steam room, spa bath, saunas, gymnasium, Spa Café and Bar, and two outdoor tennis courts

Joint Membership

Full membership for partners or Midweek membership for partners.

Monthly Membership

Four weeks membership commencing from date of payment

For more details please ask for a membership pack.

BENEFITS OF MEMBERSHIP

All amenities for health and fitness in a beautiful Country House setting, characterised by high quality and personal service.

Swimming pool, Spa Bath, Sauna, Steam Room, Beauty Treatments, Gym and Tennis Courts.

15% discount off our wide range of Health and Beauty Treatments.

Relaxation area poolside and sunbathing in summer.

Calm, exclusive, uncrowded and traditional.

Excellent location on the edge of town with unlimited secure parking.

Children welcome at specific restricted times.

15% discount off food in the Spa Cafe.

Full services of the hotel and its restaurants available at a reduced cost to members.

Special priority offers for events in the Hotel



... EXERCISE AND HEALTH

MEMBERSHIP FEES (including VAT)

Individual Membership	1 Year	12 Monthly Payments	1 Months
Full	£1210	£109	£120
Midweek	£970	£86	£105
Joint Membership	1 Year	12 Monthly Payments	1 Months
Full	£2175	£195	£210
Midweek	£1690	£150	£190

Members' Guests £16 per visit

Children of members' (aged 4 to 16) may use the Spa on Sunday between the hours of 1pm and 5pm when accompanied by an adult.

Subscriptions include VAT and are for one year from joining date

On joining Hartwell Spa from 1st December 2010 and on renewal of subscription from December 2010 Hartwell Spa Members (Annual Membership only) will receive complimentary benefit vouchers up to the value of

£550

For more information on membership or to make an appointment to view the Spa, please call 01296 746500.

... THE CALM OF HISTORIC
SETTINGS, MELLOW BUILDINGS
AND BEAUTIFUL GARDENS



ADDITIONAL INFORMATION

We would like to inform you that appointment times include 5-10 minutes for consultation and changing.

Male clients are requested to wear under garments whilst having treatments.

If you are taking medication, have recently had any operations or illness or have a medical condition, it is advisable that you consult your doctor before booking treatments.

If you are in the first trimester of your pregnancy we would advise that certain treatments are not suitable. This can be discussed further on booking your treatments.

Please advise in advance if you suffer from any allergies or from skin sensitivity, dermatitis, contact eczema or psoriasis.

In the interest of hygiene we do not recommend pedicures or reflexology if you suffer from verrucas or fungal infections.

Any personal information given is held in the strictest confidence.

It is advisable to book treatments in advance to avoid disappointment.

Treatments are not available for those under the age of 16.

The range of treatments available in the Spa is varied, and not all may be suitable for every individual. If you are taking medication, have recently had an operation or illness, or have a medical condition, including cancer, it is advisable to consult your doctor before booking treatments. If in doubt, please ask our therapist who has been trained to know under what circumstances a treatment should not proceed or when to refer a client to a doctor and can recommend alternative treatments. We do not wish to disappoint; however your health and well-being are always our priority.



OPENING TIMES

Monday – Friday 7.30 am – 9.00 pm.

Saturday – Sunday 7.30 am – 7.30 pm.

THE SPA BAR

Sunday – Thursday 9.00 am – 7.00 pm.

Friday & Saturday 9.00am – 9.00 pm.

(Evening opening times Friday & Saturday)

THE SPA CAFE

9.00 am – 4.00 pm.

DINNER AVAILABLE

Friday & Saturday evenings from 6.30pm.

BEAUTY TREATMENT ROOMS

9.00 am – 7.00 pm.

Residential guests have full use of the Hartwell Spa, indoor swimming pool, whirlpool spa bath, steam room, saunas, gymnasium, tennis courts, Spa Café and Bar.

Use of the Hartwell Spa is restricted to those over 16 years.

GIFT CHEQUES

Hartwell House Hotel gift cheques can be used for the purchase of beauty treatments.

HOME CARE PRODUCTS

We have an extensive range of homecare products from: Clarins, ESPA, Jessica, and St Tropez available for purchase at Spa Reception along with a range of swimwear.

Telephone: 01296 746500

SPA CAFE AND BAR

The Spa Café is situated on the first floor, accessible only by a flight of stairs, in the former coach house on the approach to the mansion, serving lunches, afternoon snacks daily and dinner on Friday and Saturday evenings.

Telephone: 01296 746526

HOW TO TRAVEL TO HARTWELL HOUSE

By road – Coming from London either take the M40 to Junction 2, then A355 to Amersham, then A413 to Aylesbury.

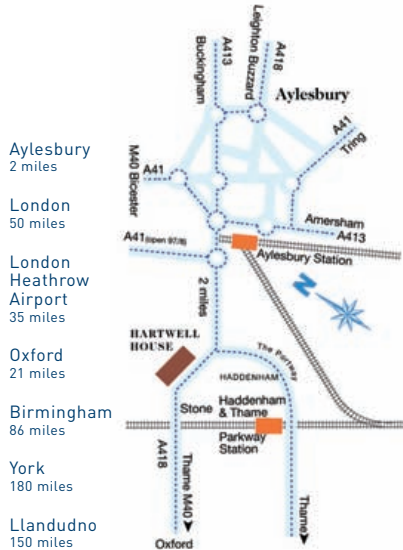
In Aylesbury take A418 towards Oxford. Hartwell House is 2 miles along this road on the right hand side. Or take M40 to Junction 7 and follow A329/A418 Thame/Aylesbury roads until you reach the village of Stone. After passing through Stone watch for signpost to Hartwell House on the left.

Coming from the North – Take Junction 9 off M40 for Bicester. Follow A41 through Bicester to Aylesbury. In Aylesbury follow A418 towards Oxford for 2 miles Hartwell House is on the right.

By Helicopter - Landings by prior arrangement. Ordnance Survey Map 165/796124. Please approach from the North. N 5148.43 W 00050.88

By rail - The nearest stations are Aylesbury and Thame & Haddenham Parkway with regular services from London Marylebone and Birmingham

By air – Less than an hour from Heathrow Airport



BOOKING CONDITIONS

We respectfully remind guests that a reservation constitutes a contract between them and Hartwell House and a charge will be incurred for any treatment cancelled less than 24 hours prior to appointment. (7 days for Spa Experience and Day Packages). So that our clients are not inconvenienced clients are requested to attend punctually for treatment. Those arriving late (who will still be charged at the tariff price) may receive a shorter treatment and unless more than 30 minutes late will probably not be able to receive the treatment booked. These prices are valid from 1st April 2011. Our tariffs are fully inclusive of service and VAT. If they wish guests may leave gratuities at their discretion.



THE HARTWELL SPA AT HARTWELL HOUSE

Oxford Road, Near Aylesbury, Buckinghamshire HP17 8NR

Telephone: 01296 746500

Email: spa@hartwell-house.com

www.hartwell-house.com

www.historichousehotelspas.com

