# SPA DONNINGTON&CO.

TREATMENT BROCHURE





## WELCOME

It's time to treat yourself to the 'me time' you deserve.

Our spectacular spa is a light, uplifting space with a list of heavenly treatments, professional therapists and a menu designed to leave you feeling relaxed, revitalised and carefree.

Understanding that beauty and well-being are intrinsically linked, we offer a unique sensory experience, superior facilities and a choice of two leading product houses.

The finest spa in Berkshire.

We are delighted to introduce our new product house, TEMPLESPA. Science-led Skincare. Bathed in Mediterranean sunshine voted 'BEST SPA PRODUCT BRAND' Luxury Spa Edit Awards 2024.

Marrying clinically proven formulas with naturally rich botanicals, TEMPLESPA is beauty redefined. Merging the finest derma-science with the warmth and vitality of the Mediterranean, their brand is 100% British and has a truly global appeal. Founded in 2000, TEMPLESPA is built on over 20 years of skincare breakthroughs and cutting-edge science. But their heart, well, that's full of sunlight! With a deep respect for our awe-inspiring planet, TEMPLESPA is an ethically conscious brand that offers results-driven, science-led skincare. Indulge in spa rituals that will rebalance your mind and soul, take time out in the relaxation room and soak up your sense of well-being.

For those who are looking for luxury skincare, our Germaine De Capuccini treatments offer a uniquely tailored approach.

Germaine De Capuccini is one of the most innovative skincare brands in the world today. Built on a strong emphasis of research, innovation and development, they offer premium skincare products that are found in some of the most exclusive spas around the world. Products are designed to treat not just a specific skin concern but also a specific skin type, ensuring you get the right results. Their range of signature, facial and body treatments are delivered by our highly trained therapists and provide a sensational experience like no other.

Our spa facilities include an 18 metre swimming pool, Jacuzzi, aromatherapy room, steam room and sauna. For the more active we have a Matrix gym, dance studio and a full class timetable and once the hard work is done, enjoy our relaxation room and outdoor terrace.

#### **GIFT VOUCHERS**

The perfect gift, vouchers are available for a specific treatment, a spa day or spa break. Let us help recommend the best option for you, otherwise you can always choose a monetary voucher.

Vouchers are available to purchase within the hotel and spa and also via our website: www.donnington.co

All of our gift vouchers are valid for a 12 month period.

#### CONTACT US

To book a spa day, treatment or for health club and membership enquiries:

- T 01635 551188
- E healthclub@donnington.group
- W www.donnington.co

To book a spa break, call reservations on:

- T 01635 551199
- E reservations@donnington.group
- W www.donnington.co

#### TEMPLESPA SPA EXPERIENCES

#### TEMPLESPA MY KINDA MOOD

115 mins | £150

Prescription Face & Body Experience

Not sure what you'd like? Then this is the ideal treatment for you. First, we'll help you choose the aromatherapy oil to match your mood. Then we'll take care of you with a tailored, results-driven full body massage, followed by a bespoke facial. Step off the bed feeling all the better for it.

### TEMPLESPA THE SERIOUS DETOX

145 mins | £182

Purify & Balance Face & Body Experience

Clear out the old and bring in the new with our deep cleansing, top-to-toe detox treatment. Begins with an invigorating body brush and a full-body exfoliation. Achy, overworked joints and tight muscles are then treated to a deep tissue massage. Our full body wrap, is then applied and while it goes to work it's time for a purifying and balancing facial. Purely wonderful.





#### GERMAINE DE CAPUCCINI SPA EXPERIENCES

#### SERENITY RITUAL

85 mins | £115

## Indulge into a Deep Sleep, Lavender and Rose Face and Body Ritual

A truly British treatment using nourishing plantbased ingredients, your therapy commences with our warm oil lavender candle back massage and is completed with our Rose & Honey Elixir Calming Facial, soothing, nourishing - be prepared to relax!

#### **ENERGY RITUAL**

85 mins | £115 | P

## Superfood Baobab Oil Body and Scalp ritual an energising full body massage and exfoliation.

Using ethically sourced Baobab seed oil, this African-inspired full body massage promises an invigorating, stress-reducing experience. The blend of natural oils provides anti-inflammatory benefits, a reduction in stretch marks and increased skin elasticity making it the ideal pregnancy body treatment.

#### SERENE SOLSTICE

115 mins | £150

## A hydrating and soothing Pomegranate face and body ritual

Fill your mind with serene moments to relax and soothe your soul with aromas of spring and summer fruit blossoms. with our luxurious, hydrating and calming face and body ritual. Commencing with a unique mousse and powder exfoliation with extracts of pomegranate seeds to alleviate dry skin, before a creamy antioxidising massage and body wrap. Your therapy is complete with a soothing blend of rose facial. A dreamy experience of summer solstice with gentle aromas of vanilla and wild musk and delicate fruits of the earth.

#### SIGNATURE SPA EXPERIENCE

#### **AOUA SUN**

25 mins I £35

Bathe in warm water while air jets gently massage your body to boost circulation, disperse toxins and nourish dry skin conditions. The low level UV canopy is a source of vitamin D and is particularly good for treating seasonal affective disorder (SAD) and promoting a sense of well-being.

#### Pre-Aqua Sun advice

The Aqua Sun cannot be carried out:

- If you have been in a tanning booth the same day or if you have been sun-bathing
- If your skin is very sun sensitive
- If you have suffered with any past skin conditions such as Melanoma.

If you are currently suffering from any medical conditions or taking prescribed medication, we may not be able to carry out the treatment. This will be discussed with the therapist once your health questionnaire has been completed.



#### TEMPLESPA FACIAL TREATMENTS

#### TEMPLESPA MY KINDA SKIN

25 mins | £55 | P 55 mins | £85 | P

#### **Prescription Facial**

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes our signature massage plus a relaxing scalp massage. You will feel amazing and your skin transformed.

#### **TEMPLESPA REPOSE**

85 mins | £110 | P

#### Relax & Restore Facial

There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage and eye treatment followed with hot oil scalp massage, plus a hand & arm massage. Want to look and feel less tired? Then this is for you.

#### TEMPLESPA LIGHT RELIEF

85 mins | £110 | P

#### **CBD Wellbeing Facial**

This soothing de-stress facial includes our tranquil face massage using our LIGHT RELIEF CBD skin booster oil leaving your skin comforted, hydrated and looking radiant, followed by a tension relieving massage to the arms, neck and shoulders, you will feel totally chilled.

#### TEMPLESPA GO GUY

25 mins | £55 55 mins | £85

#### Prescription Men's Facial

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush cleanse plus exfoliating mask and an energising or relaxing face massage.

#### GERMAINE DE CAPUCCINI FACIAL TREATMENTS

## EXPRESS ROYAL JELLY DE-STRESS FACIAL

25 mins | £55 | P

## Strengthening facial for tired, stressed skin, anti-oxidant

Packed with antioxidants and essential nutrients, our Royal Elixir facial is ideal for tired and stressed skin. The skin regains its strength and natural immunity against daily aggressions. 97% of clients claim their skin is left more smooth, radiant and with a healthy appearance.

#### DEEP HYDRATION FACIAL

55 mins | £95 | P

#### Plump, hydrate and improve your skin

A new dimension of hydration is delivered to the skin by exclusive ingredient formulations plumping and adding volume. Hyaluronic Acid (HA) is released to the deepest layers of the skin, allowing recovery and preserving of naturally occurring HA in the skin. Whilst the slow-release technology delivers and retains moisture reserves for longer lasting effects. This therapy is elevated with a unique facial massage tool, that works as a cooling method across the facial contours to actively plump lines.

#### GERMAINE DE CAPUCCINI FACIAL TREATMENTS

#### ULTIMATE GLOW FACIAL

55 mins | £100 | P

## Illuminating facial to combat the first signs of ageing.

An innovative facial treatment that increases firmness and generates new collagen whilst reducing dark spots and evening pigmentation. Incorporating a patented formulation which increases the benefits of Pure Vitamin C by 6 times. To complement the hands on therapy, a massage ball is utilised to lift facial muscles, release tension and increase blood flow for increased glow.

## REPAIR AND REGENERATION FACIAL

85 mins | £115 | P

## Anti-ageing face and eye treatment based on epigenetics.

Every day, thousands of our cells are damaged by lifestyle and environmental aggressions. Over time, the gene structure within these cells becomes unable to repair itself and stops producing essential proteins that naturally slow down the ageing process.

This facial re-activates these dormant genes and boosts cellular regeneration using "Epigenol" and "Zinc-Glycine Complex".

A powerful all-round anti-ageing treatment that provides firming, wrinkle reduction, revitalisation, improved pigmentation and hydration. 99% of clients have firmer, more supple and nourished skin after a single session.

#### LED-XPERT SKIN LIGHT THERAPY 15 mins | £25

## An intense light therapy to stimulate tissue regeneration, suitable for all skin types, which can be added to any Germaine De Capuccini facial

A new dimension to professional treatments LED-Xpert Mask, based on photo-biological therapy to stimulate tissue regeneration. Designed to work alongside Germaine de Capuccini products, it improves and maximises results.

High power, high purity light, with high density diodes provide an effective treatment on the skin. With effective results from the very first session, LED-Xpert Skin Light Therapy is a non-invasive, relaxing treatment that can be added on to your facial therapies. A choice of 4 treatment programs can be performed on the face and décolletage.

- RED: Rejuvenation Red Light Regenerating Effect stimulates the natural rejuvenation processes of the skin: production of collagen and elastin, improvement of lines and wrinkles and suppleness of the skin.
- PURPLE: Imperfections Blue Light + Red Light slows down the development of bacteria responsible for acne. Provides smoother, more matt skin, + regenerates
- GREEN: Hyperpigmentation Green Light + Red Light reduces dark spots and prevents their appearance, lightens up and evens the tone Illuminates, + regenerates
- ORANGE: Sensitivity Red Light Reduces redness and increases the tolerance threshold Soothes and relieves skin, + regenerates





#### TEMPLESPA BODY

#### TEMPLESPA STRESS NOT

55 mins | £87

#### **CBD Wellbeing Massage**

This calming and anti-inflammatory massage targets muscle pain and melts away tension leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD balm STRESS NOT naturally eases muscle stiffness and calms a busy mind... giving you a moment of blissful respite.

#### TEMPLESPA MY KINDA MASSAGE

55 mins | £82 85 mins | £110

#### Bespoke Massage

A bespoke massage just for you. Whether you're in need of pure relaxation to melt away aches and pains, or a tension relieving massage to work out knots & muscle stiffness, or all the above, we've got you covered! First, you will choose an aromatherapy oil to suit your mood, then leave the rest to us, we'll tailor a wonderful massage to suit your needs-just how you like it!

## TEMPLESPA BACK TO LIFE 55 mins | £82

#### Purify & Balance Back Treatment

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you energised with a back to be proud of.

## TEMPLESPA SCALP RITUAL 25 mins | £50 | P

#### Relax & Restore Scalp Massage

This intensely relaxing scalp ritual includes hot oil heavenly drizzled through the scalp, a soothing & tension relieving head, neck & shoulder massage followed by a hot steam towel.

#### TEMPLESPA AAAHHH!

25 mins | £50 | P

#### Revive & Energise Foot & Leg Treatment

This oh-so-good treatment is instant relief for tired, over worked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub!

## TEMPLESPA FROM STRENGTH TO STRENGTH

25 mins | £50 | P

#### Relax & Restore Hand and Arm Treatment

This indulgent treatment is instant relaxation for aching hands and arms. This treatment commences with body brushing and an invigorating exfoliation, followed by a warm oil massage focusing on tension in the hands and arms. To finish an application of PALM BALM a specialised hand cream to rejuvenate and soften and a cuticle treat to strengthen and protect.

## TEMPLESPA THE OUTER GLOW 25 mins | £45 | P

#### Glow & Radiance Body Treatment

An invigorating and refreshing all over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to prep your skin for a massage and an absolute must before your holiday or a special event. Off you glow!

#### TEMPLESPA THE BODY DETOX

55 mins | £80

#### **Purify & Balance Body Treatment**

This heavenly treatment starts with lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage. Wallowing in mud never felt soooo good!













#### GERMAINE DE CAPUCCINI BODY

#### MEDITERRANEAN CANDLE MASSAGE

25 mins | £57 | Back, Neck and Shoulder massage 55 mins | £90 | Full Body Massage

#### A warming body massage

Choose one of our Mediterranean inspired massage candles; lavender, olive or citrus which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

## SPERIENCE WORLD OF AROMAS 55 mins | £82

#### A Feng Shui inspired full body massage.

Based on traditional Chinese philosophy, our Sperience Elements massage is specifically catered for you by matching one of our 5 active oils to your zodiac sign. During this sensual massage, your therapist will relieve tension and negative energy throughout your body. Oil blend choices: Relax, Detox, Energize, Hydrate or Stimulate.

#### SPERIENCE OBSIDIAN AND ONYX SEMI PRECIOUS STONE MASSAGE

55 mins | £90 85 mins | £115

## A soothing massage using natural healing stones

A soothing massage using Obsidian and Onyx Ritual Stones, known for their natural healing properties. Taken from the volcanic lands of Mexico, Obsidian Stone creates negative ions which help to rebalance the positive ions caused by pollution, poor diet and stress. Negative ions are an essential element to health. They increase oxygen flow to the brain giving increased mental and physical energy. White Onyx is a naturally dense stone which is cooling on the body and has an anti-inflammatory effect. This massage combines hands on, warm pindas and the stones to soothe and relax the mind, body and soul, whilst boosting the blood flow and improving oxygenation to the skin tissues.

#### BAOBAB SEED EXFOLIATION

25 mins | £45 | P

## A luxurious exfoliation to nourish and protect the skin

Using the seed of the baobab combined with the nourishing oil to gently exfoliate and hydrate the skin- our best-selling exfoliator for the body.

#### SIGNATURE BODY TREATMENT

#### BACK, NECK AND SHOULDER MASSAGE

25 mins | £55 | P

A massage concentrating on the areas which hold the most amount of tension, namely the upper back and shoulder area.

#### TEMPLESPA PREGNANCY TREATMENTS

Everything a mother should have to make her feel healthy, gorgeous and pampered. In addition to the treatments below, our manicures, pedicures and finishing touches treatments along with our facials\* are also suitable during pregnancy.

## TEMPLESPA NEW BEGINNINGS 55 mins | £82 | P

#### Pregnancy Massage

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is topped off with a relaxing face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

## TEMPLESPA NEW BEGINNINGS TOTAL RETREAT

145 mins | £182 | P

#### Pregnancy Face & Body Experience

This is our specially designed treatment for expectant mummies to enable your full body to be massaged and treated without having to lie on your tummy. We follow this with a delicious face treatment packed with wonderful natural ingredients. Finally, your legs will be revitalized with our leg energiser treatment that is perfect for swollen ankles & tired legs.

#### Key

P Treatments suitable during the 2nd and 3rd trimester. If you are in your 1st trimester please seek advice from our spa team.



#### GERMAINE DE CAPUCCINI WELLNESS RECOVERY TREATMENTS

This range of treatments by Germaine de Capuccini is specifically designed for cancer patients, those on intensive medication or anyone in need of a completely soothing and de-stressing experience. Carefully selected products target skin related side effects caused by chemotherapy, radiation treatments and other strong medication.

#### NATURAL HEALING STONES

Our wellness therapies include the use of our exclusive Obsidian and Onyx Ritual Stones, known for their natural healing properties. Taken from the volcanic lands of Mexico, obsidian creates negative ions which help to rebalance the positive ions caused by pollution, poor diet and stress. Negative ions are an essential element to health. They increase oxygen flow to the brain giving increased mental and physical energy. White onyx is a naturally dense stone which is cooling on the body and has an anti-inflammatory effect. On the face onyx can aid the relief of headaches, nausea and sensitive or irritated skin. On the body hot obsidian it boosts blood flow and improves oxygenation of the tissues.

## ROSE AND HONEY HARMONY STONE FACIAL

55 mins | £85

#### Soothing stressed and sensitive skin.

This facial is designed to help alleviate symptoms of dry, flaky and sensitive skin. Pure Rose Hip Oil, known for its healing properties, is combined with our de-stressing Royal Jelly Elixir to revitalise dull tone whilst helping the skin regain its natural immunity against daily aggression. Your facial is complete with our 5 rose petal mask which soothes sensitivity brought on by emotional and physical stress. A gentle and healing massage with Obsidian and Onyx stones helps to restore peace to the mind and soul.

## CALMING HAND, FOOT AND SCALP THERAPY

85 mins | £115 | P

#### Intense nourishment and hydration.

Chemical treatments can cause extreme dryness on the hands and feet whilst stimulating hair loss. This therapy is designed to counteract these problems. Your therapy begins with a gentle exfoliation on the hands, feet and nail beds, without the use of water baths to help maintain a healthy pH level. A deeply hydrating mask is then applied to relieve extreme dryness and dehydration. Finally, completely relax and unwind with our revitalising scalp massage – using Baobab hair oil to revitalise the hair and soothe the scalp.

## ALOE AND MINT COOLING BODY THERAPY

85 mins | £115

#### Light touch body and scalp massage.

This gentle therapy combines the power of semi-precious stones to restore harmony to the mind, with a gentle cooling massage to soothe the body. Your light touch massage uses Aloe Vera to deeply hydrate the skin, Lemon Oil to purify and Mint to refresh the body. Rose Hip Oil soothes, nourishes and reduces irritation. Your therapy is completed with a de-stressing scalp pressure massage to aid relaxation. Ideal after Radiation therapy.

#### PHYTOCARE BAOBAB BODY RITUAL

85 mins | £115 | P

#### Full body exfoliation, body and scalp massage.

This relaxing and indulgent ritual uses ethically sourced, organic Baobab oil packed with antioxidants, vitamins and omegas to nourish and protect the skin. Your ritual begins with a gentle full body exfoliation using Baobab seed shells to remove dead cells. A soothing lymphatic massage with Baobab oil will then provide the skin with anti-inflammatory, nourishing, and hydrating benefits. To complete your totally stress-reducing experience, our relaxing Baobab Scalp Therapy will help to revitalise the hair and soothe the scalp.

#### NAIL CARE

We have a large collection of polishes to choose from and treatment prices include the colour of your choice to take away with you.

#### **PEDICURE**

#### 55 mins | £58 | P

A vital treatment for the stress of modern life, this treatment combats dry, hard skin on the feet while treating dry cuticles and aching feet. Enjoy a top to toe massage on our Sanyo Massage Chair. Followed by a colour of your choice.

#### **MANICURE**

#### 55 mins | £58 | P

This luxurious treatment commences with a cleanse, exfoliation and cuticle work. A blissful hand massage is carried out followed by a colour application of your choice.

## FILE AND PAINT FINGERS OR TOES

25 mins | £32 | P

Shaping of the nails followed by the application of the colour of your choice.

#### **GEL NAILS**

Our gel formula delivers a long lasting, flawless finish that is dry in seconds and is available in our most popular colours.

#### **GEL OVERLAY MANICURE**

55 mins | £58 | P

Includes a hand exfoliation, massage, cuticle care and nail shape finished with gel polish.

#### GEL OVERLAY PEDICURE 55 mins | £58 | P

Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with Gel Polish.

#### GEL NAIL SHAPE AND POLISH

25 mins | £45| P

Includes a nail shape finished with gel polish.

#### **GEL REMOVAL**

25 mins | £20 | P

Professional Geleration Removal. We regret to inform you that we cannot remove any other brand of gel polish other than Geleration from Jessica.

#### TANNING TREATMENTS

#### PROFESSIONAL TANNING

The Vita Liberata professional tanning collection created in Ireland, offers a range of advanced organic, odour-free and complexion enhancing treatments for our clients. From our natural looking, fast-drying spray tan solution to our at-home retail products, the Vita Liberata professional collection has been created to give the most natural tanning results as well as providing anti-ageing skincare benefits.

#### SPRAY TAN TREATMENT

Full body | 25 mins | £35 | P

This naturally organic Spray Tan Treatment is the quickest way to get a professional finish. The Vita Liberata spray tan comes in three different shades, ensuring that there is a spray tan to suit all.

#### FINISHING TOUCHES

Full Leg & Bikini Wax	55 mins   £49	Eye Brow Shape	10 mins   £18
Full Leg Wax	40 mins   £38	Back Wax	25 mins   £30
Half Leg Wax	25 mins   £28	Chest Wax	25 mins   £30
Bikini Wax	25 mins   £20	Eye Lash & Brow Tint*	25 mins   £30
Under Arm Wax	10 mins   £20	Eye Lash Tint*	25 mins   £22
Facial Wax	10 mins   £16	Eye Brow Tint*	10 mins   £16

<sup>\*</sup>A patch test is required at least 24 hours prior to your first tinting appointment, after a change to your medical history or if you have not had tinting with us in the last 6 months.



#### SPA DAY COLLECTION

#### **SONOMA HARMONY**

Monday - Thursday | £185pp Friday - Sunday | £205pp

Our Sonoma Harmony Spa Day includes:

- Full use of our Spa and Leisure facilities: Monday to Saturday 10am until 5pm or Sunday from 12pm until 7pm.
- A welcome hot drink or smoothie accompanied by a light brunch
- Robe, slippers and towel
- Donnington Valley Gift
- A Bento style lunch or our Classic Afternoon Tea
- Two 55 minute treatments from our list of inclusive treatments

#### SONOMA PURITY

Monday - Thursday | £160pp Friday - Sunday | £180pp

Our Sonoma Purity Spa Day includes:

- Full use of our Spa and Leisure facilities: Monday to Saturday 10am until 5pm or Sunday from 12pm until 7pm.
- A welcome hot drink or smoothie accompanied by a light brunch
- Robe, slippers and towel
- Donnington Valley Gift
- A Bento style lunch or our Classic Afternoon Tea
- A 55 minute and a 25 minute treatment from our list of inclusive treatments

#### **SONOMA INDULGE**

Monday - Thursday | £130pp Friday - Sunday | £150pp

Our Sonoma Indulge Spa Day includes:

- Full use of our Spa and Leisure facilities: Monday to Saturday 10am until 5pm or Sunday from 12pm until 7pm.
- A welcome hot drink or smoothie accompanied by a light brunch
- Robe, slippers and towel for the day
- Donnington Valley Gift
- A Bento style lunch or our Classic Afternoon Tea
- A 55 minute treatment from our list of inclusive treatments

#### SONOMA RETREAT

Monday - Thursday | £95pp Friday - Sunday | £105pp

Our Sonoma Retreat Spa Day includes:

- Full use of our Spa and Leisure facilities for four hours: Monday to Thursday: 10am - 2pm, 1pm - 5pm or 5pm - 9pm.
   Friday: 10am - 2pm or 1pm - 5pm Saturday: 10am - 2pm
   Sunday: 1pm - 5pm
- A welcome hot drink or smoothie
- Robe, slippers and towel
- Donnington Valley Gift
- A Bento style lunch or our Classic Afternoon Tea
- A 25 minute treatment from our list of inclusive treatments

#### INCLUSIVE TREATMENT OPTIONS

#### **55 Minute Treatment Options**

- MANICURE
- PEDICURE
- TEMPLESPA MY KINDA SKIN
- TEMPLESPA BACK TO LIFE
- TEMPLESPA THE BODY DETOX
- SPERIENCE WORLD OF AROMAS

#### 25 Minute Treatment Options

- FILE AND POLISH FINGERS
- FILE AND POLISH TOES
- TEMPLESPA AAAHHH!
- TEMPLESPA MY KINDA SKIN
- TEMPLESPA SCALP RITUAL
- BAOBAB SEED EXFOLIATION







#### BEFORE YOU ARRIVE AND AFTERCARE

#### **Spa and Beauty Treatments**

We recommend that all guests arrive at least 10 minutes prior to their scheduled appointment to allow yourself enough time to complete a Health Questionnaire. Please note the time stated for the treatment includes both the consultation and the time for you to prepare for your treatment.

We have both male and female therapists conducting treatments within our Spa, please call our spa reception to discuss your requirements.

#### **Nail Care**

- Your treatment time does not include polish removal, so please remove your nail colour prior to your appointment.
- Please advise us when booking if you require a gel removal prior to your application. If you have any other brand of gels on your nails other than Jessica Geleration, we regret to inform you that we will be unable to remove this for you.

#### **Tanning Care**

- Skin should be free from self-tan, perfume, deodorant and moisturisers.
- Waxing or shaving should be completed at least 24 hours prior to your treatment.
- Leading up to your treatment, exfoliate your entire body paying special attention to dry areas.
- Wear dark, loose fitting clothing.
- Do not shower or bath for a minimum of 6 hours after your treatment.

#### Waxing

We are unable to carry out waxing if:

- You have had a hot bath prior to your waxing treatment.
- You have used the heat treatment or pool facilities.
- You have had a light chemical peel or microdermabrasion treatment within the last seven days.
- You have been in a tanning booth on the day of your waxing treatment.
- You have had laser skin resurfacing within the past year.

#### **Tinting**

 A patch test is required at least 24 hours prior to your first tinting appointment, after a change to your medical history or if you have not had tinting with us in the last 6 months.

#### **Medical Conditions**

- Please advise us if you have a medical condition, allergy or you are undergoing treatment prior to your arrival, so we can ensure your treatments are suitable for you.
- The Health Club and Spa has the right to decline or will offer an alternative treatment if contraindications occur and the therapist feels it to be necessary.
- If you are pregnant or breast feeding please be aware that some treatments may not be suitable for you. Please contact Donnington Valley Spa directly for further advice.
- A health questionnaire is available online for you to fill in prior to your visit: www.donnington.co/spa-questionnaire.

#### Spa Etiquette

- The Spa is an area for relaxation, please respect other guests' rights to privacy and please refrain from using your mobile phone.
- Please note that smoking is prohibited within the Spa area and terraces.
- Members and guests should take responsibility to safe guard their personal belongings and property. Lockers are available for storing belongings and should be used at all times. Donnington Valley Health Club and Spa will not be liable for any liability claim or expense arising directly or indirectly from any loss, theft or damage to personal belongings or property in any Club premises (including the lockers).

#### Terms and conditions

- Please understand that late arrivals will not receive an extension to scheduled treatments. If there is insufficient time to complete the treatment the cancellation policy will apply.
- Any changes that you would like to make to your treatment should be made 24 hours prior to arrival and are subject to availability.
- Treatments are suitable for guests aged 18 and over.
- We ask that all Spa Days are paid for in full upon booking.

#### **Cancellation Policy**

 We ask that all Spa Day and treatment bookings must be cancelled 24 hours prior to the treatment time, otherwise a full charge will apply.

Donnington & Co. Spa Old Oxford Road Donnington Newbury RG14 3AG

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