

TREATMENT BROCHURE

The Garden Spa

Curated for Exclusivity

MINSTER MILL



THE GARDEN SPA is a **TRANQUIL** haven in the heart of our beautiful **OXFORDSHIRE** gardens. The indoor heated plunge pool is **BEAUTIFUL** and **INTIMATE** and a poolside rock sauna, aroma steam room, **ICE FOUNTAIN** and **TROPICAL RAIN FOREST SHOWERS** complete the picture.

INDULGE in simply blissful spa treatments by **ESPA** to **RELAX** and **UNWIND**. Using only the very **PUREST** extracts, **ESPA** biochemists distil active ingredients into products that keep their promises, for instant, **LASTING RESULTS**, every day. Each one is an expression of their belief in the remarkable power of nature to **CALM**, **REFRESH** and **RENEW**.

The three treatment suites provide a **TRANQUIL** and **CALM ENVIRONMENT** in which you can **TOTALLY RELAX**. The dual treatment suite, complete with a walk-in double shower, is perfect for **COUPLES** or **FRIENDS**. For those who want to try an alternative treatment experience we have a beautiful **RASUL MUD RITUAL** area which can be a unique treatment in its own right or complemented with one of our **TRADITIONAL SPA THERAPIES**.

ESPA

ESPA FACIALS

Our facials begin with a detailed consultation and in-depth skin analysis using SKINVISION technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you and includes cleansing and exfoliation. Skincare products are chosen for your individual needs to achieve the best possible results.

AGE DEFYING & SKIN SOLUTIONS

INSTANT RADIANCE FACIAL

85 minutes

MON - THU

£135

FRI - SUN

£145

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges and your natural glow is restored.

INTENSE REGENERATING FACIAL

55 minutes

MON - THU

£100

FRI - SUN

£110

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combined with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

ACTIVE NUTRIENTS GLOW FACIAL

55 minutes

MON - THU

£100

FRI - SUN

£110

This invigorating nutrient rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping guasha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin.

INNER BEAUTY FACIAL

55 minutes

MON - THU

£100

FRI - SUN

£110

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Please note: An optional 10% service charge is added to all spa treatments, unless part of a spa day or spa break package, 100% of this charge is paid to spa and hotel staff.

ESPA BODY TREATMENTS

SIGNATURE TREATMENT

THE ULTIMATE HERO: BACK, FACE & SCALP TREATMENT

85 minutes

TUE - THU FRI - SUN

£135 **£145**

55 minutes

£100 **£110**

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combined with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best-restored, de-stressed and beautifully radiant.

INNER CALM MASSAGE

85 minutes

MON - THU FRI - SUN

£135 **£145**

55 minutes

£100 **£110**

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

HOT STONE MASSAGE

55 minutes

MON - THU FRI - SUN

£110 **£120**

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

ESPA BODY WRAP

55 minutes

MON - THU FRI - SUN

£100 **£110**

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Please note: An optional 10% service charge is added to all spa treatments, unless part of a spa day or spa break package, 100% of this charge is paid to spa and hotel staff.



BE NURTURED TREATMENTS

with

ESPA & AMETHYST TRUST

At Minster Mill, we offer a specially adapted menu of ESPA treatments thoughtfully designed for guests who are recovering from illness, or immunocompromised, including those undergoing cancer treatment. Our adaptable and customisable treatments allow our therapists to create bespoke experiences tailored to each guest's unique needs.

Please note: A minimum 72-hour notice is required when booking these treatments and they are subject to availability.

BE NURTURED FACIAL

60 minutes

MON - THU	FRI - SUN
£100	£110

A relaxing, rebalancing and deeply nourishing facial combining advanced skin assessment, expertly tailored facial massage and a bespoke selection of naturally advanced skincare.

BE NURTURED MASSAGE

60 minutes

MON - THU	FRI - SUN
£100	£110

A unique experience delivering just what body and mind need, this personalised massage concentrates on areas of concern to gently soothe tense muscles, relax the mind, boost spirit and help restore balance to body- while gentle yet rich oils leave skin feeling nourished.

BE NURTURED BACK, FACE & SCALP

90 minutes

MON - THU	FRI - SUN
£135	£145

60 minutes

MON - THU	FRI - SUN
£100	£110

An adaption of our most popular and renowned ritual to soothe both mind and body. Relaxing and gently effective, this experience addresses the main areas of tension – the back, the face and the scalp – with a nurturing massage to help alleviate stress.



MUD THERAPY

THE UNIQUE RASUL MUD THERAPY TREATMENT

30 minutes

MON - THU	FRI - SUN
£45*	£50*

A traditional, ancient, Middle Eastern ritual where mineral rich mud, heat and steam will leave your skin beautifully soft; this indulgent treatment really will awaken your senses. Mineral muds are presented to smooth onto the body and face, steam infused with relaxing aromas is then gently introduced to the room to help soothe tense muscles and open the pores allowing the enriched muds to condition your entire body. After approximately 20 minutes enjoy the introduction of a warm mist as it descends within your rasul to gently soften and help wash away the remaining mud, leaving your skin feeling conditioned and your mind clear.

Add a RASUL treatment experience to any 1-hour spa treatments booked and you will receive a 20% discount off this treatment.

*Two-person treatment, price is per person. This is a self-service treatment which does not require a Spa Therapist.

ESPA MATERNITY

PRENATAL RELAX & RESTORE*

55 minutes

MON - THU	FRI - SUN
£100	£110

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin whilst expert massage soothes the tight, tender muscles and invokes a state of blissful relaxation.

*This treatment can only be performed after the third month of pregnancy.



GIFT VOUCHER

An ideal gift for someone special. All our treatments & experiences are available as a gift voucher.

For more information call 01993 862 549 or email spa@minstermill.co.uk

Please note: An optional 10% service charge is added to all spa treatments, unless part of a spa day or spa break package, 100% of this charge is paid to spa and hotel staff.



ESPA MINI TREATMENTS

ESPA mini treatments are designed for you to enjoy when you are limited on time or simply want to complement your existing spa experience. Why not combine two mini treatments for that ultimate treat?

ESPA FACIAL TREATMENTS

EXPRESS FACIAL

25 minutes

MON - THU	FRI - SUN
£60	£70

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

ESPA BODY TREATMENTS

SHOULDER, NECK & SCALP MASSAGE

25 minutes

MON - THU	FRI - SUN
£60	£70

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs.

BACK, NECK & SHOULDER MASSAGE

25 minutes

MON - THU	FRI - SUN
£60	£70

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

SALT & OIL SCRUB

25 minutes

MON - THU	FRI - SUN
£60	£70

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

INVIGORATING FOOT TREATMENT

25 minutes

MON - THU	FRI - SUN
£60	£70

This revitalising treatment for tired feet and heavy legs helps to reduce puffiness and soothes aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

Please note: An optional 10% service charge is added to all spa treatments, unless part of a spa day or spa break package, 100% of this charge is paid to spa and hotel staff.

MANICURES & PEDICURES

LUXURY MANICURE

60 minutes

MON - THU	FRI - SUN
£60	£65

This luxury manicure includes exfoliation, mask, massage, cuticle care and thermal heated mittens for deeper penetration of oils and creams. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect polish.

LUXURY PEDICURE

60 minutes

MON - THU	FRI - SUN
£60	£65

This luxury pedicure includes exfoliation, mask, removal of hard skin, foot and leg massage and thermal heated booties for deeper penetration of oils and creams. Your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished.





SPA BREAKS

THE GARDEN SPA GREAT ESCAPE

Available Monday – Friday

FROM £545*

PER ROOM, PER NIGHT

Restore body and mind with our midweek one-night spa escape. Indulge in a luxurious 55-minute treatment of your choice and enjoy a relaxing swim and un-winding by the pool and outdoor terrace. Finish your stay with a delicious dinner and then curl up in a comfortable bed for a relaxing night's sleep, followed by a full English breakfast the next day.

PACKAGE INCLUDES:

This indulgent spa break includes one 55-minute treatment of your choice:

- The Ultimate Hero: Back, Face & Scalp Treatment
- Active Nutrient Facial
- ESPA Body Wrap
- Luxury Manicure *or* Luxury Pedicure
- 90-minute full use of our luxurious spa facilities including robes, slippers and towels
- £50 dinner allocation per person, in the Wildling Restaurant
- One night of luxury accommodation
- Cooked-to-order and continental breakfast
- 20% discount on any further treatments
- Free flexible cancellation with no prepayment required

*Terms and conditions apply.



SPA DAYS

PURE INDULGENCE GARDEN SPA RETREAT

Available Monday – Thursday

£175

PER PERSON

Escape to The Garden Spa for a day dedicated to relaxation and pure indulgence. Reconnect with nature in the haven of our gardens or rejuvenate in the calmness of our spa. Enjoy full use of the pool and thermal areas with 90 minutes of treatments, followed by a delicious lunch served with a glass of Prosecco.

PACKAGE INCLUDES:

This indulgent spa day includes one 55-minute treatment of your choice:

- Ultimate Hero, Back, Face & Scalp Treatment
- Active Nutrient Facial
- ESPA Body Wrap
- Luxury Manicure *or* Luxury Pedicure

This indulgent spa day also includes one 25-minute treatment of your choice:

- Back, Neck & Scalp Massage
- Express Facial
- Mini Manicure *or* Mini Pedicure
- £25 lunch allocation, with a glass of Prosecco in the Wildling Restaurant
- 90-minute full use of our luxurious spa facilities including robes, slippers and towels
- 20% discount on any further treatments booked

GARDEN SPA SIGNATURE SPA DAY

Available Monday – Friday

MON - THU **£140*** FRI **£150***

Enjoy a 60-minute treatment of your choice followed by a delicious lunch with a glass of Prosecco and then relax and unwind by the pool, in the poolside rock sauna, aroma steam room or ice fountain.

PACKAGE INCLUDES:

This indulgent spa day includes one 55-minute treatment of your choice:

- Ultimate Hero, Back, Face & Scalp Treatment
- Active Nutrient Facial
- ESPA Body Wrap
- Deluxe Manicure & Pedicure
- £25 lunch allocation, with a glass of Prosecco in the Wildling Restaurant
- 90-minute full use of our luxurious spa facilities including robes, slippers and towels
- 20% discount on any further treatments booked

*Price is based per person.

SPA DAYS

MINI GARDEN SPA RETREAT

Available Monday – Thursday

£100

PER PERSON

Escape to The Garden Spa for some 'me time'. Have a relaxing dip and unwind by the pool, enjoy a 30-minute treatment of your choice, followed by an delicious lunch served with a glass of Prosecco.

PACKAGE INCLUDES:

This indulgent spa day includes one 25-minute treatment of your choice:

- Back, Neck and Shoulder Massage
- Personalised Facial
- Salt & Oil Scrub
- Invigorating Foot Treatment
- Mini Manicure *or* Mini Pedicure

- £25 lunch allocation, with a glass of Prosecco in the Wildling Restaurant
- 90-minute full use of our luxurious spa facilities including robes, slippers and towels
- 20% discount on any further treatments booked



TERMS & CONDITIONS

GENERAL

The Spa reserves the right to alter your treatment times on the day if necessary. We endeavour to inform you of any changes prior to your arrival.

Please note that all treatment times include a health questionnaire, set up and your chosen treatment.

We kindly request that mobile phones are kept on silent or switched off in the spa relaxation areas.

No photography is permitted in the changing rooms and on poolside.

The Garden Spa will not be liable for damage, injury or consequential loss, however caused, to our customers, their property and belongings unless it is solely due to the negligence of the Company, its employees or agents.

Offers cannot be used in conjunction with one another and are subject to availability.

ARRIVAL TIME

Please allow sufficient time prior to your treatment to complete a health questionnaire. We advise that you arrive up to 15 minutes before your treatment so that you can change, relax and enjoy our facilities. Please be advised that any late arrival will result in the reduction of treatment time.

SPA MEDICAL CONSULTATION

Please allow sufficient time prior to your treatment to complete a health questionnaire. We advise that you arrive up to 15 minutes before your treatment so that you can change, relax and enjoy our facilities. Please be advised that any late arrival will result in the reduction of treatment time.

PREGNANCY

Please note that we do not offer body treatments for women who are 1-12 weeks pregnant. We have specifically designed treatments for expectant women so please allow our spa team to guide you in selecting which treatments are most suitable for you. We do not recommend the use of the sauna, steam room or rasul mud therapy facilities within the Garden Spa. If you need further guidance, please ask any member of the Spa Team.

ALLERGENS & SPA TREATMENTS

Guests with nut allergies should consult medical advice if they are concerned about the use of ESPA cosmetic products. Spa Days - Some of our food and drinks included in Spa Day packages may contain nuts and other allergens. Please speak to us before placing an order so that we can advise you on your choice. Our kitchens and bars handle all allergens and used shared equipment, so unfortunately, we cannot guarantee to be trace free. Our vegan recipes are prepared with vegan ingredients but these may still contain traces of all allergens.

AGE REQUIREMENTS

The age requirement is 16 years and over for access to Spa treatments. Guests who are 16-17 years old should be accompanied by a person aged over 18 years.

OPENING TIMES

Monday – Sunday (Closed on Christmas Day) from 10.00 am – 5.30 pm

TERMS & CONDITIONS

METHOD OF PAYMENT

Fees are inclusive of VAT. Treatments will be charged at the rate as of the date of booking. We accept all major credit cards. Gift vouchers must be presented on the day of your visit and verified over the phone at the point of booking. Failure to present the voucher on the day will result in an alternative payment being requested.

SPA TREATMENT PAYMENT

Full pre-payment is required at the time of booking for all individual treatments, all treatments are subject to availability.

SPA DAY PAYMENT

Full pre-payment is required at the time of booking for all day packages. All spa day and treatment times are subject to availability.

TREATMENT & SPA DAY CANCELLATIONS

Cancellations must be made no later than 48 hours prior to appointment. If your appointment has to be cancelled or amended within 48 hours of arrival, we regret you will incur full charge. If we are able to re-sell, charge will not apply. If you do not attend your appointment without letting us know beforehand, you will be charged in full.

SPA DAYS

Lunch allocation: A £25 per person allocation is included in all packages. Lunch reservations should be made at the time of booking.

SPA BREAKS

Pre-booking dinner reservations and spa treatments are essential and should be made at time of booking. This package cannot be used in conjunction with any other offer. Treatments include consultation time.

The spa break includes 90 minutes pool and thermal use which must be booked at the time of treatment booking.

Dinner allocation: A £50 per person allocation is included in this package for dinner in the restaurant.

*From rate is for room bookings per room, for one night, based on two adults sharing a Classic Room mid-week. From £545 May to October. Gift voucher prices may vary.

USE OF GARDEN SPA LEISURE FACILITIES

Hotel guests gain complimentary access to our exclusive pool and thermal facilities upon booking any spa treatment.

All Spa Days at Minster Mill include a 90-minute session in our pool and thermal facilities.

Non-Residents who have booked a spa treatment can also access our pool and thermal facilities for an additional £25 charge. Please note, the spa is only for guests aged 16 and above. The Garden Spa has been designed to only accommodate up to 10 guests at a time, providing a calming space to fully restore and rejuvenate.

ESPA

Natural Beauty
Inner Calm

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BROWNSWORD HOTELS