

# Facial Treatments

**Feel-Good Facial (20 or 40 mins) – £38 / £53**

A refreshing facial perfect for relaxing both your mind and skin.

**Teen Dermalologica Facial (20 mins) – £38**

This facial cleanses, hydrates & moisturises the teen skin, leaving it vibrant & fresh.

**Deep Cleansing, Steamy Facial (40 mins) – £58**

Relax in the steam while we deeply cleanse your skin. Perfect for congested, greasy, or sluggish skin in need of a thorough refresh and detox.

**Rose Quartz Facial (40 mins) – £53**

Using real rose quartz, this beautiful facial helps soothe puffiness, improves blood circulation, improves skin elasticity & relieves facial tension.

**Luxury Facial For Two (30 mins) – £95**

Indulge in pure relaxation with our luxurious facial. This treatment helps relieve facial tension and includes a relaxing scalp and décolletage massage, plus a soothing heated eye mask for ultimate comfort.

# Massages & Body Treatments

**Drift Away Massage Back, Neck & Shoulder (25 mins) – £38 Full Body (50 mins) – £58**

Wind down, ease tension & calm your mind with a relaxing swedish massage.

**Rocks Of The Mediterranean Massage Back, Neck & Shoulder (25 mins) – £48 Full Body (50 mins) – £68**

A glorious treatment using warm basalt lava stones to massage the body. Your muscles are soothed from the aura of warmth.

**Indian Head Massage (25 mins) – £43**

An ancient form of healing & relaxation to the upper back, neck, shoulders, face & scalp.

**Leg & Foot Energiser (25 mins) – £38**

Experience instant relief for tired, over-worked legs & feet with a massage that will leave your feet tingling.

**Full Body Exfoliation (40 mins) – £50**

A full body exfoliation to refresh & revitalise the body. After light body brushing to remove dry skin, a deep exfoliation is given to the body, before finishing with a moisture drenching oil. The skin is deeply exfoliated & moisturised. Your skin will be smooth, glowing & vibrant!

**Luxury Massage Experience For Two (50 mins) – £125 for 2 people**

The experience begins with a foot ritual using hot towels, followed by a deeply relaxing side by side full body massage... all whilst enjoying a heated eye mask in our duo treatment room.



THE  
**PAMPER**  
LOUNGE SPA.

RELAX • REJUVENATE • REVIVE



Reserve Your Moment of  
Well-being!



**SCAN ME**

# Manicure & Pedicure Treatments

## **Shape & Gel Polish (Hands or Feet) - £28 With Gel Polish Removal - £38**

Shape with a file of nails, buff, gel polish application & cuticle oil.

## **Luxury Spa Manicure - £38 With Gel Polish Removal - £48**

Shape, buff, cuticles, nail buff & gel polish application finishing with exfoliation, a hydrating mask with heated mitts & a luxury hand & arm massage.

## **Luxury Spa Pedicure - £45 With Gel Polish Removal - £55**

Foot soak, shape, cuticles, nail buff, hard skin sanding & gel polish application finishing with exfoliation, a hydrating foot mask with heated booties & a luxury foot & lower leg massage

## **Luxury Bare Pedicure (without polish) - £40 With Gel Polish Removal - £50**

Foot soak, shape, cuticles, nail buff, hard skin sanding, exfoliation plus a hydrating foot mask with heated booties & a luxury foot & lower leg massage.

# Spa Experiences & Packages

## **Spa Party Package - £59 per person**

Spoil yourself to a selection of luxurious mini treatments. Ideal for groups of 3 - 8 guests celebrating a special occasion such as a hen party or birthday celebration. Handpick your favourite treatments then lay back, relax & leave the rest to us...

Choose any 2 treatments (20 mins each) - treatment options include:

Sugar Back Scrub  
Indulgent Back Massage  
Zen Scalp Massage  
Feel-Good Facial  
Hand & Arm Massage  
Leg & Foot Massage

## **The Ultimate Spa Day (5 hrs) - £225**

Enjoy some time away from it all... Our Ultimate Spa day includes everything you need for some well-deserved pampering:

Drift Away Massage (50 mins)  
Rose Quartz Facial (40 mins)  
Afternoon Tea at the Olive Tree Cafe  
Luxury Spa Pedicure  
Luxury Spa Manicure  
Exclusive use of robe & spa slippers throughout your experience

Enjoy a refreshing dip in the public indoor pool to end your spa experience.

# Spa Experiences & Packages

## **Spa Sampler Experience (50 mins) - £70**

The perfect combination of our most popular treatments all rolled into 50 minutes of heaven. You will start with a back scrub followed by a back, neck & shoulder massage to relieve those achy muscles. You will then have a mini facial before totally zoning out with a beautiful scalp massage, hand & arm massage & a warm oil foot massage!

## **Spa Indulgence Package For Two (40 mins) - £110 for 2 people**

This package is the perfect way to let troubles & stress melt away as you indulge in some well-earned pampering. Take a little time out with your partner, friend or family member! This spa experience includes a feel-good facial & an indulgent back, neck & shoulder massage each in our duo treatment room.

## **Yummy Mummy-to-be Spa Experience (90 mins) - £85**

This is our specially designed spa package for expectant mums. Recommended after the first trimester only. This spa includes a luxury spa pedicure, a rose quartz facial & mini scalp massage.

**Treatments can be booked online by scanning the QR code on the facial page or, you can contact the spa reception via email: [thespa@woodland-lakes.co.uk](mailto:thespa@woodland-lakes.co.uk) or call 01845 440032.**