



Treatments list

Hartland House Spa
Long Furlong
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WELCOME. RELAX.



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Here at **Hartland House Spa** our fully qualified therapists offer a wide selection of Massage and Beauty treatments. We take pride in ensuring that we offer a relaxing and professional service to all of our guests. Please book at least 24 hours in advance. Call 01237 441407.

All treatments marked (M) are suitable for ladies over 12 weeks pregnant or whilst breast feeding.

FACIAL THERAPIES

Using '**Retreat**', our signature Organic facial product range.

Pick me up Retreat Facial 25mins £35 (M)

A mini **Retreat** for your skin. Enjoy a cleansing melt to prep your skin, polish to remove build-up of dead skin cells, a clay face mask, tone and moisturiser to finish.

Pick me up Anti-Ageing Retreat Facial 25mins £40

A mini **Retreat** facial for mature skin. A **Retreat** facial (as above) will be carried out using the **Retreat** Anti-Ageing product range. Recommended for people over the age of 35.

Luxury Retreat Facial 55mins £50 • 85 mins £80 (M)

Retreat your skin with a deep cleansing melt, polish to remove build-up of dead skin cells and onto a deeply relaxing massage of the face, neck and décolletage. After your massage your therapist will apply a clay face mask to brighten the skin, finishing with toner and moisturiser to protect and nourish.

Anti-Ageing Retreat Facial with Collagen Mask 70mins £70 • 85 mins £85

This luxurious **Retreat** facial is perfect for mature skin. A luxury facial (as above) will be carried out using the **Retreat** Anti-Ageing product range. A specialist collagen mask will be applied to assist in minimising the appearance of fine lines and wrinkles to aid rehydration. Recommended for people over the age of 35.

Relaxing Hot Stone Facial 55mins £55

A luxury facial (as above), incorporating an indulgent and deeply relaxing hot stone massage of the face, neck and décolletage.

SPECIALISED THERAPIES

Please note that these therapies have limited availability.

Massaging Ear Candle Therapy 55mins £55

A relaxing treatment that helps to reduce the build-up of earwax, relieve pressure related headaches, and restore the balance of pressure within the sinuses.

Reflexology Foot Therapy 55mins £55 (M)

A therapeutic treatment that involves applying pressure to the feet on reflex points to promote relaxation.

Aroma Full Body Massage Therapy 55mins £55 • inc. Face & Scalp 85mins £85 (M)

Using a blend of essential oils that your therapist will tailor to your specific needs. This is a deeply relaxing massage using a lighter pressure.

TAILORED TO YOUR NEEDS

Using various massage techniques and styles, our therapists will tailor any massage to each individual clients needs. Massage can help relieve stress and tension, creating a feeling of warmth and wellbeing.



MASSAGE THERAPIES

Relaxing Face and Scalp Massage 25mins £35 (M)

A gentle and relaxing aromatherapy style massage using pressure points to help with sinus discomfort and tension in the face, neck, scalp and shoulders.

Indian Head Massage 25mins £35 (M)

Ancient Indian massage techniques are used to work away tension within the face, scalp and shoulders. Carried out in a seated position and therefore popular with nervous or pregnant clients (over 12wks).

Back, Neck and Shoulder Massage 25mins £35 (M)

Using either relaxation or Swedish style massage techniques, to release the build-up of toxins and upper body tension.

Relaxing Legs and Hands Massage 25mins £35 (M)

Rest tired, aching feet and hands with a relaxing massage.

Deep Tissue Back, Neck and Shoulder Massage 40mins £50

An invigorating massage using firm and deep pressure. This massage is great for those who suffer with aching and tight upper body muscles.

Warm Candle Back Massage 40mins £50 (M)

Try something a bit different where your therapist will use a deeply moisturising cocoa massaging candle. The warmth of the candle oil makes this treatment both warming and relaxing.

Relaxation Full Body Massage 55mins £50 • 85mins inc. Face & Scalp £80 (M)

A blend of relaxing and calming oils will be used to carry out a lighter pressured massage. This massage is very soothing allowing your mind and body to relax.

Swedish Full Body Massage 55mins £50 • 85mins including Face & Scalp £80

A blend of oils will be used to carry out a medium pressured massage, designed to work into your muscles and help relieve tension. This will leave your muscles stimulated but your mind relaxed.

Deep Tissue Full Body Massage 70mins £75

An invigorating massage using a firm pressure designed to help rehabilitate tired & aching muscles. Great for anyone who suffers with a lot of muscle tension or leads an active lifestyle.

Hot Stone Massage 40mins £50 • 70mins £75 • 85mins £85

A deeper massage using warmed stones to concentrate on key pressure point areas. Easing you into a state of pure relaxation as the warmth of the stones penetrates into your muscles.

Ultimate Relaxation Therapy 85mins £80 (M)

Incorporating the best elements of our treatments to create the ultimate in relaxation. A combination of massage techniques and premium products to ease away stress and tension.

SPA RITUALS

Drift into the absolute height of relaxation. All of our Rituals include relaxation techniques, steamed essential oils and gentle stretches to start the process of a truly relaxing journey.



SPA RITUALS THERAPY

Relaxing Detox 110mins £95

A perfect combination to help you detox, exfoliate and relax. Enjoy a combination of a seaweed body wrap, a sea salt polish and a tension reducing warm oil massage. You will also enjoy a 'Pick me up' Retreat Facial to awaken your senses and leave you ready to face the world!

Perfect Balance 110mins £95

A relaxing ritual created to bring some balance into your life. Treat yourself to a full body polish followed by a warm oil back, neck and shoulder massage. Feel the warmth of basalt hot stones as your therapist places them on key energy points on your body and enjoy a relaxing hand massage.

Warming Harmony 110mins £95

A healing therapy designed to nourish your body and mind. Enjoy the heavenly scent of cocoa with an indulgent warm candle body massage. Neglected and dry areas will then be deeply moisturised with a paraffin wax body mask followed by a soothing face and scalp massage.

BODY TREATMENTS

Using carefully selected **Korres** body care products

Invigorating Sea Salt Polish 55mins £55

An effective treatment to brighten dull skin, increase circulation and aid the removal of toxins.

Massaging Sea Salt Polish 85mins £85

Combining the benefits of an exfoliating body polish and a relaxing back, neck and shoulder massage. Leaving your skin feeling smooth and your body energised.

Uplifting Seaweed Wrap 55mins £55

An excellent skin care treatment helping to cleanse and detoxify the body using natural seaweed minerals.

Massaging Seaweed Wrap 85mins £85

Combine the uplifting sensation of a seaweed wrap and a relaxing back, neck and shoulder massage. Your skin will feel moisturised and your body revitalised.

'Shape-up' Detox & Slim Wrap 85mins £85

Drawing out toxins and impurities, this is a great treatment to help promote inch loss. Results are a slimmer, firmer, tighter and more toned body.

Intensive Back Cleanse 55mins £55

A Retreat facial for the back. Combining a cleaning melt, sea salt polish and relaxing massage, followed by a warming paraffin wax treatment. Perfect for those who suffer with problem skin on the back.

REST & UNWIND

Let your hands and feet get spoilt and enjoy a treatment from our specially tailored manicure and pedicure range, leaving you feeling revitalised and renewed.



HANDS & FEET

Mini OPI Manicure and Pedicure 55mins £50 (M)

Both the nails on your hands and your feet will be filed and shaped, followed by the application of OPI Varnish (add £3 for French Polish).

Luxury OPI Manicure 55mins £50 • 85mins inc. Face & Scalp £80 (M)

A revitalising treatment to moisturise your hands. Your therapist will pamper your nails using the OPI professional manicure range and OPI varnishes (add £3 for French Polish).

Luxury OPI Paraffin Wax Manicure 55mins £55

An intensive hand therapy for dry hands and brittle nails, including a warm paraffin wax mask and massage. This treatment is great for those with arthritic problems. (Please note polish is not included).

OPI GelColour Manicure 55mins £55 (M)

A mini OPI Manicure with application of OPI gel for tough, longer lasting colour that is instantly dry.*

Luxury OPI Pedicure 55mins £50 • 85mins inc. Face & Scalp £80 (M)

Pamper your feet with this moisturising foot treatment, using the OPI professional pedicure range and OPI varnishes (add £3 for French polish).

Luxury OPI Paraffin Wax Pedicure 55mins £55

An intensive foot therapy for dry and tired feet, including a warm paraffin wax mask and massage. This treatment is great for those with arthritic problems. (Please note polish is not included).

OPI GelColour Pedicure 55mins £55 (M)

A mini OPI Pedicure with application of OPI gel for tough, longer lasting colour that is instantly dry.*

* Please remove any gel polish from your nails before a manicure or pedicure. If you would like us to remove it this will take approximately 15-30mins and will cost an additional £20.

WAXING TREATMENTS

Half Leg 25mins £20 (M)

Full Leg 40mins £30 (M)

Full Leg & Basic Bikini 55mins £35 (M)

Underarm 10mins £15 (M)

Basic Bikini 10mins £15

Chest/Back 25mins £25

Lip or Chin 10mins £10

Eyebrows 10mins £10

INDULGENT PACKAGES

Create your own indulgent treatment package for a full body treat, or choose one of our Spa packages to escape and unwind for the day.



TREATMENT PACKAGES

Please note that treatments booked as part of a package must be carried out all at the same time. These are treatment packages only and do not include use of the spa facilities. For use of the facilities please see our section on Spa Packages.

Pamper Package 85mins £95 (M)

Create your own tailored indulgent package. Choose any three treatments from the list below:

- Pick me up **Retreat** Facial
- Express OPI Manicure
- Express OPI Pedicure
- Back, Neck and Shoulder Massage
- Face and Scalp Massage

Head to Toe Package 3.5hrs £165

A total body treat that includes the following treatments:

- Exfoliating Sea Salt Polish
- Full Body Relaxation/Swedish Massage
- Luxury **Retreat** Facial
- Mini OPI Manicure and Pedicure

Please note: all treatments times include 5-10mins consultation and resting period.

DRIFT AWAY

Rest your body and your mind, put your feet up and relax for the day. Enjoy one of our Spa Day or Spa Afternoon packages. Just relax.

SPA DAY PACKAGES

Treat yourself to an afternoon or a full day of relaxation at **Hartland House Spa**. All of our spa packages listed below include the hire of a fluffy dressing gown, slippers and towel to use during your session. Once changed you can sit back and relax with a cup of tea or coffee before making use of our Spa facilities. You will also enjoy an indulgent Afternoon Tea.

Revitalise Spa Afternoon £85 pp

This is the perfect pick me up for those who are in need of some 'time out'. This package includes a 55 minute treatment of your choice (up to the value of £50).

Ultimate Spa Afternoon £115 pp

Our Ultimate Spa Afternoon is the ultimate treat. This package includes a luxurious 85 minute treatment of your choice (up to the value of £80).

Relaxation Spa Day £140 pp

The perfect way to relax and make a day of it. Enjoy a Light Lunch served in our Spa Lounge and your choice of a relaxing 85 minute treatment (up to the value of £80).

Ultimate Relaxation Spa Day £190 pp

The ultimate in spa relaxation. Enjoy a Light Lunch served in our Spa Lounge and your choice of a relaxing 85 minute treatment (up to the value of £80) and a 55 minute treatment (up to the value of £50).

Time Out for Two Spa Day £320 for two people

The perfect package for couples, mothers and daughters, or just two friends. Enjoy a Light Lunch served in our Spa Lounge and a 110 minute Spa Ritual Therapy of your choice. Your Spa Day will finish with a glass of fizz.

Group Spa Day Packages (for groups of 4-15 people)

Celebration Spa Afternoon £75 pp

Great for Bridal Parties, Birthday Treats or simply as a chance to get a group of friends together! This package includes a 25 minute treatment of your choice (up to the value of £35) and finishes with a glass of fizz.

Ultimate Celebration Spa Day £115 pp

Your group will enjoy a full day at the spa to truly unwind. Enjoy a Light Lunch served in our Spa Lounge and your choice of a relaxing 55 minute treatment (up to the value of £50). Your Spa Day will finish with a glass of fizz.

*** Please note that with all of our spa packages you can choose a more expensive treatment than your package states, however there will be a surcharge. This is also subject to availability and must be requested in advance.*

ENJOY YOURSELF

At **Hartland House Spa** your happiness and comfort is our priority, we strive to make it the perfect retreat for your time with us.



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SPA TIPS

Here are some helpful spa tips to ensure you enjoy your visit to **Hartland House Spa**.

Arrival time

If you are visiting for a treatment on it's own (not part of a day/afternoon package), then please arrive 10 minutes before your treatment is due to start as we will require you to fill out a consultation form.

What to wear

Come dressed as you are. If you are coming for a day/afternoon package then also bring a swimming costume. If you are having a pedicure please bring open toe shoes such as flip flops.

Age restrictions

We regret that our Spa day/afternoon packages are not suitable for anyone under the age of 14 years. Those aged 14-16 years will also have a more limited choice of treatments available.

Use of Spa facilities

Please note that we do not offer a package which includes just the use of the Spa facilities. To use the Spa facilities please purchase a Spa day/afternoon package. If you are a resident in the cottages then use of the facilities is included in your stay.

Payment

For individual treatments we kindly ask for pre-payment upon booking. When booking a Spa day/afternoon package we kindly request a 50% deposit to book, with the balance due on arrival.

Parking

We offer plenty of free parking on site.

Cancellations

Cancellations or changes made up to 48hrs before your booking carry no charge. However within 48hrs of your booking the full amount will be payable.

Late arrivals

Late arrivals will be charged the full price for their treatment, but we cannot unfortunately guarantee a full treatment time.

*Please note that **Hartland House Spa** is attached to Long Furlong Holiday Cottages whose residents also have use of the spa facilities. During the school holidays in particular there may be children present.*