

[comfort zone]

Well-Being
Treatment Menu

[Signature Treatment]

[Comforting Touches]

An organic well-being ritual for the face & body developed by [comfort zone] exclusively for Chilworth Manor using our Sacred Nature brand

Face and body	90mins	£70.00
Body	45mins	£40.00

[Body Treatments]

Massage

Back, neck and shoulder	25 mins	£32.00
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Full body massage	55 mins	£55.00
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Luxury Back massage (Cleanse and exfoliate the back, Full back massage with warm oil, A heated mud mask is applied to the back, 5 minute massage of each back of the legs while mask is setting, Tone and moisture the back)	55 mins	£55.00
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Deluxe back, face, neck and scalp (Full exfoliation of the back, Back massage, Followed by a cleanse and exfoliation of the face with a shoulder and scalp massage)	55 mins	£55.00
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Wraps

Detoxifying mud wrap	60 mins	£55.00
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Tranquility body wrap (Warm oil is drizzled on the back arms, And legs. Once applied you will be wrapped up in the plastic mud sheet. While this is working you will receive a full facial. Once finished, we remove the wrap and moisturise the body with our Tranquility body cream)	60 mins	£55.00
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Exfoliation

Full body exfoliation & moisturise	25 mins	£30.00
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Hot stone treatment add on

Back neck and shoulder massage	25 mins	+£10.00
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Full body massage	60 mins	+£18.00
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[Sacred Nature Organic System]

Led by a strong commitment to the environment, [comfort zone] research laboratories present the first face and body organic and natural spa skin care able to provide advanced care and exceptional pleasure for the senses.

Sacred Nature Facial – 99.9% organic

30 mins: £30.00

60 mins: £50.00

[Prescriptive Facials]

30 mins: £30.00

60 mins: £50.00

Hydramemory – Dry/Dehydrated skin

Remedy – Sensitised skin

Recover touch – Dull Skin

Active Pureness – Oily/Combination

Sublime Skin – Ageing Skin

[Advanced Facials]

Active pureness regenerating - Oily/Combination

60 mins

£60.00

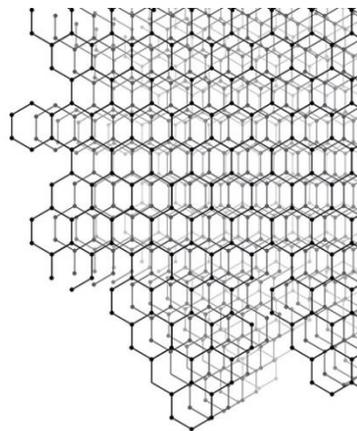
Sublime Skin active lift - Ageing Skin

60 mins

£60.00

[comfort zone]

SKIN SCIENCE SOUL



[comfort zone]

SKIN SCIENCE SOUL

O·P·I



[Beauty Treatments]

[OPI]

Maintenance manicure	45 mins	£26.00
Deluxe manicure	60 mins	£30.00
Maintenance pedicure	45 mins	£30.00
Deluxe pedicure	60 mins	£34.00
File and polish manicure or pedicure	30 mins	£16.00
Men's maintenance manicure	25 mins	£21.00
Men's maintenance pedicure	45 mins	£27.00

[OPI Gel Nails]

Gel file and polish hands or feet	45 mins	£24.00
Gel manicure	60 mins	£35.00
Gel pedicure	60 mins	£39.00
Gel removal & re-application manicure or pedicure	75 mins	£49.00
Gel removal & re-application file and polish hands or feet	60 mins	£45.00
Gel removal & tidy	30mins	£15.00

gelcolor
byOPI



Etiquette and Advice

We aim to provide a tranquil environment for all our guests to completely relax, therefore please ensure all mobile phones are turned off during your visit.

Terms and Conditions

For day breaks bookings and appointments please contact 023 8076 3022 a credit card guarantee will be required at the time of booking for any treatments to the value of £50.00 or over for day breaks, full payment is required at the time of booking For overnight breaks bookings, please contact the sales office on 023 8076 7333 Monday – Friday 9:00am – 5:00pm a £50.00 non-refundable deposit per person is required for all overnight breaks at the time of booking.

Cancellations

Guests wishing to cancel an appointment are required to give 24 hours notice for day or overnight break cancellations please provide a minimum of 48 hours notice a full charge will be made for day and overnight breaks, no shows or cancelled appointments without the required notice

Your Health and Comfort

Our [comfort zone] therapists will provide all guests with a health consultation prior to the treatments to ensure the suitability. Please consult your doctor if you have any of the following: heart condition, have or had cancer within the last 5 years, pregnancy, un-medicated high blood pressure, epilepsy, or any other medical conditions before undertaking any treatments. A doctors note may be required. Please do not hesitate to contact the [comfort zone] team for advice on treatments – 023 8076 3022 or beauty@chilworth-manor.co.uk

Treatment Time

We kindly request all guests arrive 10 minutes prior to your treatment time to ensure the health consultation is completed and discussed if required.

Robes and Towels

We will provide all day and overnight break guests with a towel and robe for use in the club. Lockers are provided in the changing facilities and we recommend these are used to store any personal belongings. Please note we do not supply slippers at the club.

Although this information is correct at the time of publication , prices and services are subject to change. all prices include VAT @ 20%



[Day Packages]

All breaks include use of the leisure facilities.

Included is either a light lunch (Bento Box) or an Afternoon Tea, this will be served within the Hotel.

[Serenity]

Revive and restore vitality with this journey, choose ONE from the following tranquil treatments: Back neck & shoulder massage, Facial -or- Full body exfoliation.

Total treatment time: 30 minutes

Day: £49.00

[Rebalance]

Calm the mind and senses to balance the body and empower a sense of well-being by choosing ONE of the following treatments: Full body massage, Full facial, Deluxe back face and scalp, Luxury back massage, Detox mud wrap -or- the Tranquility body wrap.

Total treatment time: 60 minutes

Day: £65.00

[Tranquility]

Reduce stress and induce relaxation by choosing ONE of the following treatments: Back neck and shoulder massage, 30 minute Facial, Full body exfoliation PLUS ONE Full body massage, 60 minute facial, Deluxe back face and scalp, Luxury back massage, Detox mud wrap -or- the Tranquility body wrap.

Total Treatment time: 90 minutes

Day: £80.00

[Regenis]

A stimulating journey, renewing detoxifying and revitalizing the body by choosing TWO of the following treatments: Full body massage, Full facial, Deluxe back face and scalp, Luxury back massage, Detox mud wrap -or- the Tranquility body wrap.

Total treatment time: 120 minutes

Day: £99.00

-If you would like to add on Hot stones to either your Back neck and shoulder massage **(+£10)** or Full body massage **(+£18)** – this needs to be confirmed on the day when booking the package and will be an additional charge on top of the package **(charges stated above)**-



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[Overnight Breaks]

All breaks include use of the leisure facilities.

Overnight breaks to include 3-course meal, accommodation and full English breakfast.

[Sacred]

Revive and restore vitality with this journey, choose ONE from the following tranquil treatments: Back neck & shoulder massage, Facial -or- Full body exfoliation.

Total treatment time: 30 minutes

Overnight: £99.00

[Rebalance]

Calm the mind and senses to balance the body and empower a sense of well-being by choosing ONE of the following treatments: Full body massage, Full facial, Deluxe back face and scalp, Luxury back massage, Detox mud wrap -or- the Tranquility body wrap.

Total treatment time: 60 minutes

Overnight: £115.00

[Tranquility]

Reduce stress and induce relaxation by choosing ONE of the following treatments: Back neck and shoulder massage, 30 minute Facial, Full body exfoliation PLUS ONE Full body massage, 60 minute facial, Deluxe back face and scalp, Luxury back massage, Detox mud wrap -or- the Tranquility body wrap.

Total Treatment time: 90 minutes

Overnight: £125.00

[Regenis]

A stimulating journey, renewing detoxifying and revitalizing the body by choosing TWO of the following treatments: Full body massage, Full facial, Deluxe back face and scalp, Luxury back massage, Detox mud wrap -or- the Tranquility body wrap.

Total treatment time: 120 minutes

Overnight: £140.00

-If you would like to add on Hot stones to either your Back neck and shoulder massage **(+£10)** or Full body massage **(+£18)** – this needs to be confirmed on the day when booking the package and will be an additional charge on top of the package **(charges stated above)**-



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