

**...an oasis of tranquility to unite the mind, body and soul.
For us the spa experience is about taking time out to relax
and be pampered - a complete escape from hectic lives...**

A spa is a place to disconnect from the outside world and rediscover yourself.

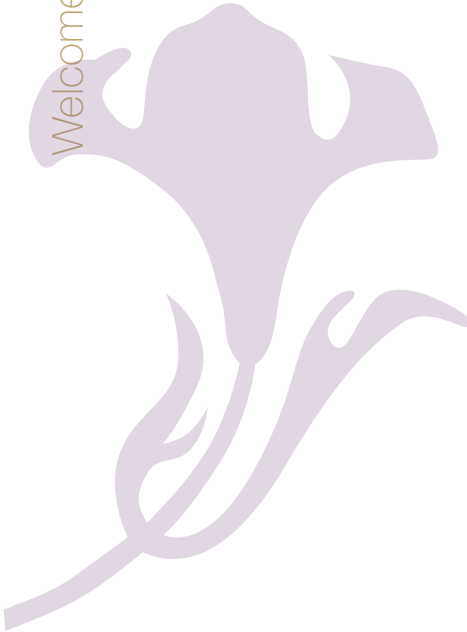
An atmosphere of complete peace allows you to unwind in our tranquil surroundings.

There's no need to bring a watch; our team are on hand to look after you throughout the day - whether to take you personally to your treatment at the correct time or simply to bring refreshments to the poolside relaxation area.

We offer a full range of treatments from facials to full body massages as well as beauty essentials, makeup and pre-natal treatments. Our experienced therapists are highly trained and knowledgeable and will be able to recommend the perfect treatment for your skin type.

Why not choose from our selection of Spa Days which enable you to experience the Vineyard Spa at it's best.

We are also pleased to create tailor-made experiences to suit your needs - please just ask.



The Vineyard Hot Stone Ritual 55mins

This is a full body massage using hot stones and essential oils. The heat of the stones penetrates to a deeper level than hands alone, relieving aching muscles and joints. Hot Stones are also placed on the chakra points to bring balance and harmony, taking you to a deeper level of relaxation.

Balinese Journey 85mins

Your journey begins with rhythmic body brushing to exfoliate and stimulate your circulation, followed by hot mitts infused with lime to cleanse your skin and relax your mind and body. Your journey continues with traditional Balinese massage, unblocking energy channels and allowing your life energy to flow freely, returning balance to your body and restoring vitality.

Full Body Massage 55mins

This full body massage combines essential oils and the skill of our therapists to relieve your stress and tension using a pressure to suit you. You will be left feeling relaxed with your aching muscles soothed.

Back, Neck and Shoulder Massage 25mins

This massage will concentrate on your back, neck and shoulder area to ease tension and aches away. The massage will also include essential oils to suit your needs.

Hot Back Massage 25mins

This massage uses essential oils and hot basalt stones to ease aching muscles. The deep penetrating heat ensures muscular and joint pain is relieved to leave you feeling relaxed.

Conditioning Head Massage 25mins

This massage will release tension in the head and shoulders which brings about deep relaxation and is very effective for those who find it hard to relax or suffer from headaches. The treatment will also benefit your hair through the use of essential oils and a conditioning scalp treatment.

Foot Ritual 25mins

The ideal treatment for your hard working feet. Your feet will be gently exfoliated and then massaged with essential oils to relieve aches and swollen ankles. Due to the massage working over reflex points in the feet the tension easing benefits will be felt through your whole body, leaving you de-stressed and rejuvenated.



Much more than indulgent, Darphin's delectable products and divine massage techniques combine to create serious, scientifically advanced skincare solutions and treatments.

Darphin Meadowsweet and Cucumber Eye Refiner
40mins

Exquisite bliss, complete renewal and rejuvenation for the fragile eye area. Darphin combines its most effective age-defying products, delicate massages and soothing masks in this unique, gentle protocol designed to smooth, firm clarify, reinforce and protect the fragile eye contour. Eyes look fresh, bright, younger, sparkling and well-rested.

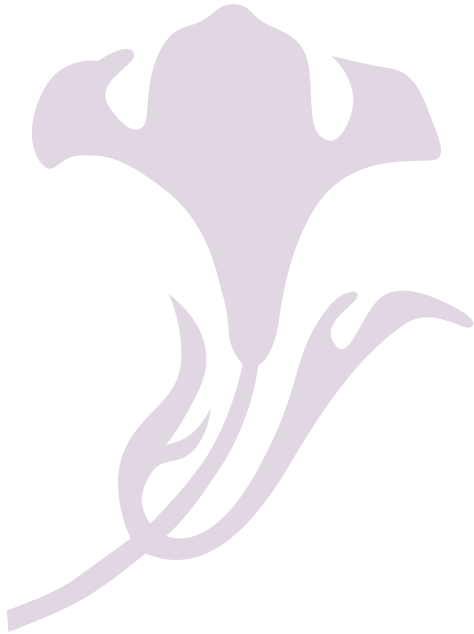
The Vineyard Spa 01635 589415

Darphin Sensorial Reviver Facial
25mins

Discover the pleasure of a Darphin facial with this instant radiance lift, customised to your skin's specific needs.

Darphin Enviro-recovery Vitamin Infusion Facial
55mins

Replace a dull, overexposed complexion with fresh, healthy radiance. This detoxifying facial relaxes as it clarifies, removing every trace of city grit and grime. Recharge skin from environmental elements and lift the spirit with a tangerine and vitamin-packed boost. Get rid of internal and external aggressors: experience maximum glow in minimal time.



DARPHIN
PARIS



Darphin Kiwi and Pomegranate Hydrator Facial

70 mins

A deep drench and soothing quench for moisture-depleted skin. This intensive hydrating facial includes deep cleansing and gentle exfoliation followed by an intense saturation of a cooling, soothing mask, enriched with kiwi, palmarosa and lavender essential oils and nourishing vitamins. Rediscover a delectably dewy-fresh, radiant complexion.

EXCLUSIVE Darphin Aromatic Age-Defier Facial

1hr 40mins

Harmoniously bringing together all the best of Darphin's pleasure principles for an instantly illuminated, lifted and firmed complexion treat. This exclusive facial combines the ultimate in treatment pleasure with sophisticated and unique massage techniques and high potency products to dramatically improve the skin, for instant results. Your facial begins with a relaxenergy back massage; the best in deep tissue and aromatherapeutic massage techniques. For added indulgence a head massage is incorporated into each treatment allowing you to relax through the power of pleasure.

Darphin Lemon and Lavender Purifier Facial

70mins

A deep cleansing facial for all skin types. This treatment removes toxins and reduces imperfections while refining the size and appearance of pores. A double peel with nature's powerful but gentle purifiers (lemon, lavender, sage) and a detoxifying massage drains skin of impurities while a soothing pore-refining mask leaves your complexion sparkling clean, clear and bright.

Darphin Black Pepper Slim and Detox

1hr 40mins

Melt away feelings of uncomfortable puffiness. This purifying 'lighten up' treatment helps remove body toxins and discourages water retention. Experience a delightful slimming synergy from an energizing oil massage followed by an exquisitely warm seaweed wrap, designed to tone the look of 'orange peel' skin and target unwanted fatty tissues. Feel smooth, slim and light as air!

Darphin Orange Energizing Exfoliating Polish

55mins

Activate your natural 'get up and glow' with this two-in-one treatment which deeply exfoliates to reveal a new, radiant you as it peps up skin's energy with a stimulating massage trio of orange, lemon and bergamot essential oils. Feel silky, feel smooth, feel the surge of vitality!

Darphin Lavender Relaxing Exfoliating Polish

55mins

Discover a delicious sense of serenity. A special express two-in-one treatment exfoliates and removes impurities, while an aromatic calming oil massage with lavender and chamomile essential oils nourishes skin and banishes muscle tension. Your skin is comforted, calmed: stress and worries fade away.

Darphin Vitamin and Jojoba Prenatal Body Firmer

70mins

Proactive nourishment and intensive emollient treatment to promote supple skin. The Darphin custom gentle, energizing massage maximizes the absorption of delectable, deeply nourishing creams. Skin is infused with natural elastin-preserving protection to reveal a smoothed, firmed, glowing form. Keep your glow as your baby grows!



ESPA products and treatments are holistic and versatile in their use and offer the ultimate in luxury. ESPA treatments are as much for the inner self and mind as they are for the body. ESPA uses the finest ingredients, combining them with advanced therapy techniques to ensure outstanding results.

Essential Facial 25mins

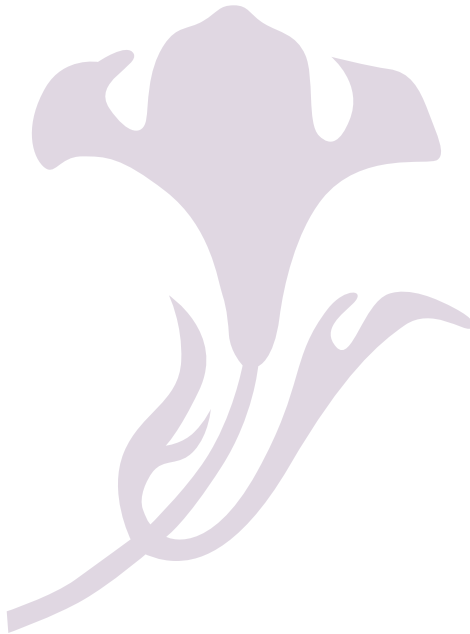
Suitable for all skin types - men and women. The perfect introduction to facials or a mini facial for when your skin needs a little pampering. Your skin will be cleansed, exfoliated and nourished. You will also receive head massage to ensure you leave relaxed.

Aromatherapy Facial 55mins

Suitable for all skin types, this deep cleansing, relaxing aromatherapy facial purifies, refines and hydrates. Specific active aromatherapy products are combined with acupressure massage, lymph drainage and Oriental Head Massage to leave the mind clear and leave the skin radiant and moisturised.

Skin Brightener Facial 55mins

This rejuvenating facial is perfect for all skin conditions, particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull and lifeless skin. This facial includes a special application of Skin Brightening Complex, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet; together with skin regenerating products rich in antioxidants, which will visibly improve the appearance and texture of your skin leaving it soft, smooth and radiant.



ESPA



Holistic Back, Face and Scalp Treatment 85mins

A truly holistic experience combining a deep cleansing back exfoliation with a powerful back massage using essential oils to soothe, relax and balance. This is followed by an ESPA Intensive Facial tailored to your individual needs and finishes with a therapeutic head massage to help clear the mind, calm the spirit and ease tension.

Salt and Oil Scrub 25mins

This exceptional skin softening body exfoliation combines sea salts and nourishing and essential oils to leave your skin moisturised, smooth and soft.

Detoxifying Algae Wrap 55mins

This therapeutic, balancing and detoxifying treatment involves skin brushing, gentle exfoliation and an algae envelopment rich in minerals and designed to boost the metabolism and speed up the elimination of toxins. The treatment includes a full head massage using specifically chosen essential oils for total relaxation.

Skin Hydrator Body Wrap 55mins

A truly luxurious experience including lymphatic skin brushing, skin smoothing body exfoliation and an envelopment with oils rich in Palma Rosa and Myrrh combined with our Deeply Nourishing Body Cream with wild yam and skin conditioning marine mud. Tranquillity is achieved with a mind calming Oriental Head Massage.

Lifesaving Back Treatment 55mins

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and purifying body mask using individually chosen essential oils combined with warmed Marine Mud. Ideal for all skin types, including those with congested skin, this relaxing treatment will leave you refreshed and renewed.



The Hot Stone Ritual

55mins

This is a full body massage using hot stones and essential oils. The heat of the stones penetrates to a deeper level than hands alone, relieving aching muscles and joints. Hot Stones are also placed on the chakra points to bring balance and harmony, taking you to a deeper level of relaxation.

Full Body Massage

55mins

This full body massage combines essential oils and the skill of our therapists to relieve your stress and tension using a pressure to suit you. You will be left feeling relaxed with your aching muscles soothed.

ESPA Holistic Back, Face and Scalp Treatment 85mins

A truly holistic experience combining a deep cleansing back exfoliation with a powerful back massage using essential oils to soothe, relax and balance. This is followed by an ESPA Intensive Facial tailored to your individual needs and finishes with a therapeutic head massage to help clear the mind, calm the spirit and ease tension.

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Darphin Enviro-recovery Vitamin

Infusion Facial

55mins

Replace a dull, overexposed complexion with fresh, healthy radiance. This detoxifying facial relaxes as it clarifies, removing every trace of city grit and grime. Recharge skin from environmental elements and lift the spirit with a Tangerine and vitamin-packed boost. Get rid of internal and external aggressors: experience maximum glow in minimal time.

Deluxe Pedicure*

55mins

This treat for your feet includes exfoliation, hot towels to relax your mind, massage to release tension and nail work finished by a polish to ensure you have feet you will want to show off.

* If you require a French Polish an extra charge of £10 is applicable.

This page is a selection of our most popular pregnancy treatments, however treatments from our other sections may also be suitable. Feel free to browse through or give us a call for guidance on the best treatment for you.

Under 12 weeks? We are only able to offer facials or Deluxe Manicure/Pedicure at this stage of your pregnancy.

Vitamin and Jojoba Prenatal Body Firmer 70mins

Proactive nourishment and intensive emollient treatment to promote supple skin. The Darphin custom gentle, energizing massage maximizes the absorption of delectable, deeply nourishing creams. Skin is infused with natural elastin-preserving protection to reveal a smoothed, firmed, glowing form. Keep your glow as your baby grows!

Darphin Enviro-recovery Vitamin Infusion Facial 55mins

Replace a dull, overexposed complexion with fresh, healthy radiance. This detoxifying facial relaxes as it clarifies, removing every trace of city grit and grime. Recharge skin from environmental elements and lift the spirit with a Tangerine and vitamin-packed boost. Get rid of internal and external aggressors: experience maximum glow in minimal time.

Back, Neck and Shoulder Massage 25mins

This massage will concentrate on your back, neck and shoulder area to ease tension and aches away. The massage will also include essential oils to suit your needs.

ESPA Skin Brightener Facial 55mins

This rejuvenating facial is perfect for all skin conditions, particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull and lifeless skin. This facial includes a special application of Skin Brightening Complex, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet; together with skin regenerating products rich in antioxidants, which will visibly improve the appearance and texture of your skin leaving it soft, smooth and radiant.

Foot Ritual 25mins

The ideal treatment for your hard working feet. Your feet will be gently exfoliated and then massaged with essential oils to relieve aches and swollen ankles. Due to the massage working over reflex points in the feet the tension easing benefits will be felt through your whole body, leaving you de-stressed and rejuvenated.

Deluxe Manicure* 55mins

This luxury treatment for your hands includes finger to elbow exfoliation, massage and a mask with heated mitts. Your nails will be shaped, your cuticles tidied and a polish to finish leaving you with hands to be proud of.

Deluxe Pedicure* 55mins

This treat for your feet includes exfoliation, hot towels to relax your mind, massage to release tension and nail work finished by a polish to ensure you have feet you will want to show off.

* If you require a French Polish an extra charge of £10 is applicable.

All of our hand and feet treatments use Mavala products. Mavala is a Swiss company who have been researching and developing products for over 48 years to provide you with perfection and a range of products to leave you with strong healthy nails.

Our Deluxe Manicure and Pedicure include your chosen nail varnish and nail file to take home with you.

Deluxe Manicure* **55mins**

This luxury treatment for your hands includes finger to elbow exfoliation, massage and a mask with heated mitts. Your nails will be shaped, your cuticles tidied and a polish to finish leaving you with hands to be proud of.

Deluxe Pedicure* **55mins**

This treat for your feet includes exfoliation, hot towels to relax your mind, massage to release tension and nail work finished by a polish to ensure you have feet you will want to show off.

Express Pedicure or Manicure **25mins**

If you don't have time for our Deluxe treatments, then pick two from the following and we will focus our attention on the areas you need looked after most.

- Shape of nails • Cuticle work
- Exfoliation • Massage • Polish

Soft Feet **25mins**

Give your hardworking feet some attention with this treatment designed to reduce hard skin on the feet. Your feet will be soaked, scrubbed, exfoliated and finished with an application of moisturiser to leave you with soft feet.

Gentlemen's Manicure **25mins**

This treat for your hands includes a finger to elbow exfoliating massage. Your nails will then be shaped and your cuticles tidied, leaving you with hands to be proud of.

Gentlemen's Pedicure **25mins**

This treat for your feet includes an exfoliating massage, hot towels to relax your mind and cuticle and nail work, leaving you with feet you will want to show off.

* If you require a French Polish an extra charge of £10 is applicable.

Known as 'The Skin Care Makeup', the Jane Iredale line is recommended by plastic surgeons and dermatologists throughout the world.

It is a highly sophisticated blend of minerals and pigments that form microscopic flat crystals which overlap each other on the skin to form a filler that allows the skin to breathe and function normally, while still protecting it from airborne pollutants.

The staying power of the minerals is so great that they rarely need a touch-up during the day. They are also water-resistant and won't crease or smear even during the most strenuous exercise.

Make-up Lesson and Application 55mins

Our fully trained therapist will teach you how to apply make-up to the best effect and recommend the colours to suit your skin tone. This is also perfect for a special occasion as your face will be perfectly made up to suit the occasion you will be attending.

Beauty Essentials

Full Leg Wax	55mins
½ Leg Wax	25mins
Back Wax	25mins
Bikini Wax**	15mins
Underarm Wax	15mins
Lip and Chin Wax	15mins
Eyebrow Wax	15mins
Lash and Brow tint*	25mins
Eyelash Tint*	25mins
Eyebrow Tint*	15mins

* a patch test is required before any tinting

** please be advised we do not do Brazilian or Hollywood waxing



The perfect treat for yourself or to share - choose from one of our exclusive Spa Days, available Monday to Friday, 8.30am - 5pm.

All of the Spa Experiences include complimentary use of the indoor swimming pool, spa bath, sauna, steam room, gym and relaxation area, and a light bento box lunch* served in the Spa.

*with the exception of the Spa Evenings which include a main course from the Conservatory Menu.

The Ultimate Spa Day

Experience the ultimate in relaxation and bliss. Choose one 85min treatment, relax by the pool with a light lunch, then get back to the pampering with your choice of a further 55min treatment and a 25min treatment.

The Deluxe Spa Day

This highly indulgent Spa Day gives you the chance to try two of our luxurious 55min treatments. Ideal for a special occasion.

The Luxury Spa Day

Luxury Spa Day guests can sit back and relax as they enjoy one 55min treatment, followed by a 25min treatment. A great Spa Day to try with a friend.

Spa Experience Day

Chill out in our stylish spa relaxation area and enjoy all the facilities before indulging in the first of two 25min treatments.

Spa Taster Day

A great way to discover The Vineyard Spa. Choose one 25min treatment, then enjoy a swim, steam, sauna and spa bath.

Chill Out Day

For those who simply need a break from their hectic daily routine. Slip into a soft robe and enjoy the blissful peace of the Vineyard Spa. Recline on a comfortable poolside lounge, take a swim or use the sauna and steam rooms.

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If you can't spare a whole day to pamper yourself, visit between 4.30pm and 8.30pm, Monday to Thursday and take advantage of our special Spa Evenings.

Pamper Evening

Choose one 25min treatment, then enjoy a swim, steam, sauna and spa bath in tranquil luxury. **Bring a friend for half price!**

Chill Out Evening

Slip into a soft robe and enjoy the blissful peace of the Vineyard Spa. Recline on a comfortable poolside lounge, take a swim or use the sauna and steam rooms.

Spa Days and individual treatments make perfect gifts for family and friends, or as an incentive or reward for business colleagues. Gift vouchers can be purchased in any denomination.

To purchase your voucher, please contact The Vineyard Spa on **01635 589415**.

Once your order is made, the voucher is dispatched to you by post - or if you prefer, it can be sent directly to the recipient.

The Vineyard Spa has created a selection of special Spa Breaks. Whether you are seeking complete relaxation and regeneration or a gourmet food and wine adventure with some added pampering, The Vineyard is the perfect place to unwind.

Choose one of our luxurious rooms or suites and enjoy the unrivalled peace and privacy of The Vineyard Spa.

You can book your spa break online at www.the-vineyard.co.uk

Spa Experience

This two-night break includes:

- Two nights' luxurious accommodation
- Full English breakfast each morning
- Full use of the spa throughout your stay
- Your choice of any 55min treatment and any 25min treatment per person
- À la carte dinner each evening in our award winning restaurant

Spa Retreat

This one-night break includes:

- Luxurious overnight accommodation
- Full English breakfast each morning
- Full use of the spa throughout your stay
- Your choice of 25min treatment per person
- À la carte dinner each evening in our award winning restaurant.

Spa Restore

This one-night break includes:

- Luxurious overnight accommodation
- Full English breakfast each morning
- Full use of the spa throughout your stay
- Your choice of 55min treatment per person
- À la carte dinner each evening in our award winning restaurant

Choose from these 25min treatments

Back, Neck and Shoulder Massage
Conditioning Head Massage
Darphin Sensorial Reviver Facial
ESPA Essential Facial
ESPA Salt and Oil Scrub
Express Manicure
Express Pedicure
Foot Ritual
Gents Manicure
Gents Pedicure
Hot Back Massage
Soft Feet

Choose from these 55min treatments

Darphin Enviro-recovery Vitamin Infusion Facial
Darphin Lavender Exfoliating Polish
Darphin Orange Energizing Exfoliating Polish
Deluxe Manicure
Deluxe Pedicure
ESPA Aromatherapy Facial
ESPA Detoxifying Algae Wrap
ESPA Lifesaving Back Treatment
ESPA Skin Brightener Facial
ESPA Skin Hydrator Body Wrap
Full Body Massage
The Vineyard Hot Stone Ritual

We wish you a thoroughly relaxing and enjoyable time at The Vineyard Spa, but we politely ask you to read the terms and conditions below in advance of your arrival.

Beauty Treatments

Please note a full cancellation charge will apply if treatments are not cancelled at least 48hours prior to arrival • All treatments are subject to availability at the time of booking • To avoid disappointment, we advise booking all treatments in advance • Please advise the spa therapist or receptionist when calling if you are pregnant or have any medical condition that you feel is relevant • If you suffer from any allergies, we may ask you to take a patch test prior to skin treatments • The spa has the right to decline, or will offer an alternative treatment if contraindications occur and the therapist feels it necessary • Please arrive 10 minutes before your appointment time

Spa Days

Your card details will be taken at time of booking • A 100% cancellation charge will be incurred if we are not notified 48hours in advance of arrival • Spa days are only available Monday to Friday • Please arrive for your spa day from 8.30am and we ask you to depart by 5pm • Please arrive for your Spa evening from 4.30pm and depart by 8.30pm • Please note the spa is a mobile telephone free zone • We request that all phones are switched off when visiting the spa • Please be aware that the Vineyard Spa has a no smoking policy • We advise that you do not use any form of heat treatment, ie the sauna, swim, or use the gym after an aromatherapy or body wrap treatment • Treatments included in the spa days are non-refundable and cannot be exchanged for other treatments

Spa Breaks

A non-refundable and non-transferable deposit will be taken at time of booking • We ask that any cancellations be made by 12noon, 7 days prior to arrival otherwise full cancellation charges will apply • Treatments included in the Spa breaks are non-refundable and cannot be exchanged for other treatments • We recommend booking your treatment times when making your reservation to avoid disappointment • Treatment times are not guaranteed unless booked at time of reservation

We hope you will enjoy your time with us at The Vineyard Spa

Signature Massage Treatments

Hot Stone Ritual 55mins	£75
Balinese Journey 85mins.....	£95
Back, Neck and Shoulder Massage 25mins .	£55
Hot Back Massage 25mins	£55
Conditioning Head Massage 25mins	£45
Full Body Massage 55mins.....	£70
Foot Ritual 25mins	£45

Darphin Treatments

Meadowsweet and Cucumber	
Eye Refiner 40mins.....	£60
Enviro-recovery	
Vitamin Infusion Facial 55mins.....	£70
Kiwi and Pomegranate	
Hydrator Facial 70mins.....	£80
Lemon and Lavender	
Purifier Facial 70mins.....	£80
Aromatic Age-Defier Facial 1hr 40mins	£110
Sensorial Reviver Facial 25mins.....	£45
Orange Energizing	
Exfoliating Polish 55mins	£70
Lavender Relaxing	
Exfoliating Polish 55mins	£70
Black Pepper Slim and Detox 1hr 40mins	£110
Vitamin and Jojoba	
Prenatal Body Firmer 70mins.....	£80

Espa Treatments

Skin Brightener Facial 55mins.....	£70
Aromatherapy Facial 55mins	£70
Essential Facial 25mins.....	£45
Holistic Back, Face	
and Scalp Treatment 85mins	£95
Lifesaving Back Treatment 55mins	£70
Detoxifying Algae Wrap 55mins	£70
Skin Hydrator Body Wrap 55mins.....	£70
Salt and Oil Scrub 25mins	£45

Make-up and Essentials

Make-up Lesson and Application 55mins	£70
Waxing and Tinting:	
55mins	£50
25mins	£35
15mins	£20

Hands and Feet

Deluxe Manicure 55mins	£50
Deluxe Pedicure 55mins	£50
Express Pedicure/Manicure 25mins.....	£35
Gents Manicure or Pedicure 25mins.....	£35
Soft Feet 25mins	£35

Couples Treatments

(All prices are for two people)

Hot Stone Ritual 55mins.....	£150
Full Body Massage 55mins.....	£140
Espa Lifesaving Back Treatment 55mins.....	£140
Espa Aromatherapy Facial 55mins.....	£140
Darphin Enviro-recovery	
Vitamin Infusion Facial 55mins	£140
Espa Holistic, Back Face	
and Scalp Treatment 85mins	£190
Deluxe Pedicure 55mins	£100

Spa Days

The Ultimate Spa Day	£250
The Deluxe Spa Day	£180
The Luxury Spa Day	£150
Spa Experience Day	£120
Spa Taster Day	£90
Chill Out day	£70

Spa Evenings

Pamper Evening	£70
Pamper Evening for Two	£105
Chill Out Evening	£40