Bailiffscourt Spa

Treatment Menu

About Us

Bailiffscourt Spa – a luxurious retreat

One of the most beautiful spas in the south of England, Bailiffscourt Spa is a luxurious retreat set in delightful gardens and just a short walk from unspoilt Climping Beach.

The superb facilities are complemented by a wonderful choice of body therapies and beauty treatments, designed to relax, de-stress, revitalise and restore essential balance to body and mind. Our highly skilled and caring therapists will work with you to understand your needs and create a tailor-made treatment or programme that is perfect for you.

At Bailiffscourt Spa, we have chosen acclaimed Temple Spa products for our treatments. This seriously cool, total lifestyle brand for men and women is inspired by the Mediterranean. The products combine the purest botanicals with scientific know-how to create a menu of unique and innovative treatments.

With a suite of calming treatment rooms, professional therapists and tranquil relaxation areas, Bailiffscourt Spa is the place for you, your body and your lifestyle. Welcome.

Facial Therapies

THE POWER BREAKFAST EXPRESSO FACIAL – 30 minutes

If you are looking for quick results, need to look your best and don't have much time, this is the one for you. We take oats, Greek yoghurt, honey and fresh Mediterranean fruits, and turn them into a revitalising facial that includes a power cleanse, mini massage, *Power Breakfast* mask – face and hand exfoliation. MATINS Soul Therapy aromas are used and you will be very ready to face the day.

WINDOWS OF THE SOUL – 30 minutes

A treatment designed for that delicate area around the eyes which needs special attention. Using intensive formulations and specific massage techniques we will lift, smooth and revitalise to put the sparkle back into your eyes.

MY KINDA SKIN PRESCRIPTIVE FACIAL – 75 minutes

Are you the sensitive type? Classic combination? Dreadfully dry? Perhaps you don't really know. We'll analyse and prepare a wonderful menu of treatments and suitable products just for you. You just relax and we'll do the rest.

CHAMPAGNE AND TRUFFLES DE-LUXE FACIAL – 85 minutes

This stunning treatment is the crème de la crème of facials and just the thing if you are looking for a serious celebration for the skin. Utilising the Temple Spa celebrated cult product *Skin Truffle* along with ingredients such as champagne, silk, diamonds, gold and of course black truffles, the skin will look radiant, more youthful and instantly wonderful. Highly unique elements include techniques such as Micro-Meringue to re-surface, a melting soy 'iron' to help smooth out the wrinkles, specialist lifting massage to strengthen and tone and iced serum to reduce eye puffiness. Finally, an application of *Skin Truffle* delivering glow and radiance and the results will be a fresh and plumped complexion. Includes a glass of champagne and selection of truffles.

THE TOTALLY QUENCHED & DRENCHED FACIAL – 90 minutes

This lavish, rose based facial is a must for mature, dehydrated or neglected skin and is designed to leave it looking radiant and fresh. Combining powerful anti-oxidants to help fight the ageing process and nourishing ingredients to replace lost elasticity in the skin, this divine treatment includes our *Windows Of The Soul* eye therapy and a rather special secret remedy to encourage deep hydration and eliminate fine lines.

GO GUY – MALE EXECUTIVE FACIAL – 60 minutes

Whether your day is just beginning or is coming to an end, this facial is perfect to revive, refresh, and invigorate. Your skin will be revitalised with our *Power Breakfast* mask. In addition, aching neck muscles will be massaged, worry lines erased and headaches soothed. You will leave feeling glad you gave us an hour of your time.

REPOSE AROMATHERAPY FACIAL – 60 minutes

An indulgent aromatherapy facial therapy designed in every way to calm the skin, mind and body. Infused with generous anti-inflammatory ingredients to soothe an irritated skin and essential oils to relax a stressed mind and body. You can carry on the peaceful state of relaxed skin and soul at home, with our relaxation tips and a sample jar of *Repose Aromatherapy Resting Cream.* Pure bliss.

THE MEDITERRANEAN MARINADE – 60 minutes

A totally luxurious facial packed with Mediterranean ingredients and vitamin boosters, that will leave the skin, body and mind smoothed and soothed. This treatment is especially designed to reduce the effects of sun, stress or fatigue on the face. Following a deep cleansing, your skin is softened and tenderised with our unique Temple Spa marinade while you float away on our heated bed. A deeply relaxing experience not to be missed.

Body Therapies

ANY OF THE TREATMENTS BELOW ARE EXCELLENT FOR ADDING TO ONE OF OUR MASSAGE THERAPIES

THE OUTER GLOW – 45 minutes

Using our unique blend of Mediterranean ingredients this invigorating and refreshing body polish leaves the skin top to toe soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before a holiday. Go and glow!

TURKISH DELIGHT – 45 minutes

Have you ever wondered what it would be like to be rubbed and scrubbed and lathered up Turkish style? We have recreated this fabulous treatment to give you a wonderfully invigorating body polish. Using steam and exfoliating mitts along with our *Keep Calm Aromatic Cleansing Bar*, your body will be massaged and exfoliated from top to bottom. This is followed with a hot steam towel removal and finally warm *Drift Away* oil drizzled onto the body and massaged in to leave you soft smooth and wonderfully relaxed. You even get to take the mitts and soap home with you!

GO FIGURE – 60 minutes

A detoxifying treatment specifically designed to firm, tighten and tone hips, bums and tums – this is the one if you need a bit of help with the wobbly bits! Your treatment commences with a series of brushing and sloughing techniques to stimulate lymphatic flow. Hips, thighs and abs are then treated to a detoxifying massage using very specialist techniques. You are then wrapped in an intensive mask containing coffee, marine and earth muds and essential oils. Finally a friction rub with *Go Figure* anti-cellulite gel completes the treatment. You will feel invigorated and clothes will be that bit looser. One treatment is fab, a course of six is amazing!

I'LL BE BACK – 45 minutes

A divine treatment of pampering for that hard to reach area. After a deep cleansing and exfoliation, the back is smoothed in warm mud while you enjoy a deeply sedating scalp massage. Not only will you get all the benefits of a facial for the back, in addition your muscles will be soothed with our invigorating massage leaving you relaxed and with a back to be proud of!

AAAHHH! FOOT & LEG ENERGISER – 30 minutes

Don't you just hate it when your legs and feet beat like drums?! This oh so good treatment is instant relief for tired, over worked limbs. It begins with skin brushing to help eliminate excess fluids followed by our Mediterranean scrub, a hot oil massage that will leave you tingling and finally a friction tap with *Aaahhh!* And you get to take your own bottle home with you.

THE MEDITERRANEAN INFUSION – 60 minutes

A luxurious hydrating treatment that starts with all over body brushing, followed by a warm, rich Mediterranean marinade that is smoothed over the entire body. You will then be cocooned on a heated bed, to enable the infusion of the nutrients, during which the mind is relaxed, the face nourished with our unique *Mediterranean Marinade* and the scalp massaged. Yummy.

GLORIOUS MUD ENVELOPMENT – 60 minutes

Using the finest blends of muds for re-mineralisation and purification. Following a top to toe body brushing to encourage lymphatic flow, the body is smoothed with warm mineral and vitamin mud and cocooned on a heated bed during which time the mind is relaxed with a soothing face and scalp massage. You'll never believe wallowing in mud could feel so good!

Mediterranean Massage Treatments

Each treatment below includes a recommended *Soul Therapy* blend of essential oils. However, because we understand you won't always necessarily know what you'll feel like until you arrive, we can have a chat prior to your treatment to be sure we customise the right theme of oils, music, tisanes, lighting and therapies to suit you best and leave you feeling great. It's what we do… so you just chill, choose and enjoy!

- **VESPERS – if you need to be relaxed**
- **MATINS – if you need energy and strength**
- **FIDUCAE – if you ache or need some confidence**

VESPERS: DRIFT AWAY – 55 minutes or 85 minutes

This is our reeeeally relaxing top to toe massage, formulated with a dreamy blend of essential oils guaranteed to have you drifting away; it's completed with a temple massage with our aromatherapy resting cream *Repose*. It will soothe nerve endings, relaxing the muscles and the mind. The 85 minute massage includes your own 30ml bottle of *Drift Away* to continue the sense of calm at home.

MEDIA VESPERS: CHILLED OUT – 25 minutes

The best 25 minutes you'll spend, to wind you down and take your mind off your thoughts for a while, in a massage devoted to your neck, shoulders and back. Great for when you don't have a lot of time, but you do have a lot of stress.

MATINS: FULLY RESTORED – 55 minutes or 85 minutes

An invigorating and energising massage designed to leave you full of vitality. Starting with Mediterranean massage movements to encourage circulation, tone muscles and stimulate the whole body, we move onto a revitalising ritual, guaranteed to restore and revive. The treatment is completed with our rescue mask *Wake Up Call* after which, you will soon be raring to go!

MEDIA MATINS: TOUCH & GO – 25 minutes

Invigorating and energising massage packed into 25 minutes concentrating on the back, neck and shoulders, a quick fix to get you started, enthused and feeling great.

FIDUCAE: TAKE A GRIP – 55 minutes

The great one for a boost of confidence and for when your muscles just need a hug. A combination treatment: an energising back massage using our *Dream Stones*, alongside a rebalancing reflex zone massage and reassuring scalp massage. This is completed with an application of our *Power Breakfast* mask removed with steam towels infused with an uplifting aroma. You will take away your own bottle of *Take a Grip* for future moments of faith.

THE RELAXING SIESTA – 30 minutes (Indian Head Massage)

This amazing massage of the head, neck and shoulders promotes physical and psychological well-being. Reduces muscular and nervous tension and improves circulation, leaving a feeling of tranquillity. It also reduces aches and pains associated with long journeys, too much time at the desk or when you've been under the weather. It's perfect for pregnant, elderly or disabled clients and those with little time to spare.

NEW BEGINNINGS – 60 minutes

Pregnancy is a wonderful time in your life that requires treatments specially designed just for you. With the benefit of our yummy Mediterranean flotation bed, you can enjoy a full body massage without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore tired muscles while you feel completely comfortable and relaxed and you never know, the little bambino might enjoy the sense of calm too! (Please obtain a doctors approval letter prior to appointment and bring with you on the day.)

FOOTPRINTS IN THE SAND – 60 minutes (Reflexology)

Focusing on one of the most neglected parts of our bodies, the feet. This reflexology zone massage will help to rebalance the body by working on reflex points in the feet which correspond to the rest of our body leaving you relaxed but helping to restore lost energy. It's wonderful to add this as a side order to one of the other massage therapies.

MEDITERRANEAN SEA MASSAGE – 60 minutes

Experience a wonderful sensation of total revitalisation and harmony as your entire body is massaged on a warm flotation bed. The heat of the water soothes and relaxes the muscles whilst cushioning the body assisting in perfect spinal alignment. The unique diversity of this treatment means that the total massage is performed while you lie face up yet no part of the body misses out on this spectacular sensation.

HEAD IN THE CLOUDS – 60 minutes

This amazing treatment uses a unique style of massage, working on parts of the face and body, resulting in a deep sense of relaxation physically and mentally as tension lines are eased away. The highlight of this wonderful therapy is the pouring of warm aromatherapy oil onto the forehead that trickles back through the scalp giving a feeling of peace, calm and serenity. Oh yes please!

THE MED FLOAT – 90 minutes

This luxurious all over treatment will leave you looking and feeling like you've taken a mini holiday... to the Med of course! You will float away as your body is softened with our unique scrub and then you will be cocooned in our Mediterranean body infusion. Your face is massaged and rejuvenated with our *Mediterranean Marinade* and finally we will moisturise your body from top to toe. We then take you to the relaxation room to dream about far away places. Mmmm... divine.

A BRUSH WITH HEAVEN – 90 minutes

Imagine floating on our heated bed, while you delight in the sensation of a sequence of brushes of varying textures, being used from top to toe, to massage, stimulate, drain toxins and smooth on warmed products to the face and body. Once lavished in a rich warm body cream, you will be cocooned and then treated to the exclusive Temple Spa facial treatment carried out entirely with soft brushes.

ROCKS OF THE MEDITERRANEAN – 75 minutes

This popular Thermal Stone massage is a glorious treatment using warm basalt lava stones and cold marble stones to massage the body from head to toe. Harnessing the touch of the stone and the influence of the heat to create an aura of warmth while muscles are relaxed and rejuvenated in a sensation unique to stone massage. It's an experience you just have to have at least once in your life.

Day Retreat Packages

For a total body pamper indulge yourself by enjoying one of our day retreat packages. Lay back and absorb yourself in the ambience of the softly played music, sip on soothing herbal tea, lose your thoughts, simply slip away into the world of complete relaxation. At your leisure you will be served a light spa lunch including a complimentary glass of champagne or soft drink. All packages include full use of the Spa facilities.

We have devised tailor made packages for whether you need energy, relaxation, face or body or perhaps a mixture of all these things. Feel free to consult with our spa team who will be happy to create something exclusive for you.

RELAXATION PAMPER DAY – 1 full day

For complete relaxation and indulgence, this is the ultimate in pampering. Depending on what your mind and body need, choose either one hour of VESPERS, MATINS or FIDUCAE massage plus a *Power Breakfast Expresso Facial*, or one hour *Repose Aromatherapy Facial* or *Mediterranean Marinade Facial* plus a half hour back, neck and shoulder massage.

GIRLS' DAY OUT – 1 full day

Perfect for gossiping with the girls, or getting ready for a big night out. Your day begins with our *Outer Glow* body exfoliation treatment to soften the skin and improve circulation. Your skin, mind and body will then be soothed with our relaxing *Repose Aromatherapy Facial,* incorporating abundant anti-inflammatory ingredients to calm and unwind. Finally, your hands and feet are not forgotten, with a File & Polish for those finishing touches.

PURE INDULGENCE – 1 full day

If it's the best you want then this is for you. Depending on how you feel you can choose one hour of our VESPERS relaxing or MATINS invigorating aromatherapy massage. This is followed with *My Kinda Skin* luxury facial treatment. Your hands will be manicured, your feet pedicured and finally you can enjoy our *Windows of the Soul* eye area treatment. This is for when you want to look your very very best.

JUST THE TWO OF US – 1 full day

The perfect way to spend the day together. Your body is first smoothed with a warm mineral and vitamin mud and then cocooned on a heated bed. This is followed with a hot steam towel removal and then a full hour of either our VESPERS relaxing aromatherapy massage or MATINS invigorating massage. And finally our *Mediterranean Marinade* is applied to your face, a treatment infused with anti-oxidants to condition the skin. Enjoy a glass of wine together at our Nail Bar while our therapists manicure your hands and nails. Lovely for a his and hers, guys' or girls' getaway or one to treat your mum to.

NURTURING – MOTHER-TO-BE PACKAGE – A half day

Everything a mother-to-be should have to make her feel healthy and pampered throughout her pregnancy. Includes our *New Beginnings* massage using a flotation bed to enable your full body to be massaged without having to lie on your tummy. The *Mediterranean Marinade*, a yummy face treatment packed with some wonderful natural ingredients follows this. Finally your legs will be revitalised with our *Aaahhh!* leg energiser treatment perfect for those swollen ankles. (Please obtain a doctors approval letter prior to appointment and bring with you on the day.)

THE SERIOUS DETOX – A half day

If you are serious about detoxing, then this is the one for you. We have put together the perfect combination of treatments to cleanse and detoxify from inside out and outside in. We first exfoliate the whole body, followed by our glorious mud envelopment, a purifying warm mineral and vitamin mud wrap. We finish with a VESPERS massage to leave you thoroughly rejuvenated. Effective? – yes. Torture? – no!

ME TIME MORNING SPA – A half day

Enjoy a morning off from the kids and come and relax at Bailiffscourt Spa. Start your day with a choice of fruit juices, coffee, teas and breakfast pastries, followed by a selection of relaxing treatments. Choose from the following pampering treatments: energising or relaxing 25 minute back massage or foot and leg treatment, plus file and polish on hands or feet.

SUNSET SPECIAL – evening from 4.30pm

Begin your perfect pamper evening with a glass of champagne in the hot tub and use of the Spa, then choose one of these tempting 25 minute treatments: VESPERS massage; AAAHHH! foot and leg treatment; Relaxing Siesta (Indian head massage); file and polish on hands or feet. Your evening will then conclude with a two-course meal at the hotel in our candlelit Tapestry restaurant.

Hands, Feet & Eyes

THE LUXURY HAND & NAIL TREATMENT – 60 minutes

We will reshape your nails, tidy the cuticles and give you a full hand and arm exfoliation massage and thermal mask to deeply hydrate dry skin. The nails are painted, French manicured or simply buffed to a beautiful shine. Choose a colour and take it home with you.

LUXURY PEDICURE – 60 minutes

Ideal when your feet are in need of a little TLC. We will tidy your toenails, exfoliate your legs and feet, soothe you with a massage, nourish your skin with a cooling mask and paint your pinkies! Choose a colour and take it home with you.

EXECUTIVE HAND TREATMENT – 45 minutes

For guys who pride themselves on their appearance! We will tidy up your nails and cuticles and rid you of any dry skin with our exfoliating scrub. This is followed with a soothing hand and arm massage and will be completed with a professional buffing which improves the overall appearance of the hands.

HANDS OR FEET FILE & POLISH – 25 minutes

We'll beat the clock to have those hands and nails looking great, all in under half an hour.

EYES WIDE OPEN

Eyelash and brow tinting and shaping. (These treatments require a test patch at least 24hrs prior to application.)

Tapas Treatments & Side Orders

BUZZ OFF FUZZ – WAXING HAIR REMOVAL

No matter what area needs the temporary removal of unwanted hair, we have the best and safest warm wax system in the world. Full range of waxing available.

TEMPLE SPA SIDE ORDERS

A selection of smaller side treatments to have alongside any massage or facial

- Stressed Out? Enjoy our calming back massage
- Looking puffy and tired? Have a soothing facial pressure point massage
- Head feel heavy and uptight? You will love our sedating scalp massage
- Need all over well–being? Go for our rebalancing foot reflex massage

JUST A COUPLE OF POLICIES

- Appointment timing – We would ask that you arrive 15 minutes prior to your treatment time for the necessary consultation, and of course to relax!
- Cancellations – Any treatment cancelled within 24 hours will be charged at the full cost.
- Health – We would ask that at the time of booking you make us aware of any health issues so we can consider any contra-indications. Additionally, if you are pregnant, please consult your doctor and seek an approval letter prior to experiencing a treatment and bring with you on day.
- You must be aged 16 or over to experience treatment or therapies.

TEMPLE SPA PRODUCTS

The spa has a full collection of Temple Spa products for sale. Do take time to play at your leisure. We would be more than happy to gift wrap any of our products and we also have Gift Vouchers available.

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