



## TREATMENT MENU





## **Welcome to The Aquila Spa...**

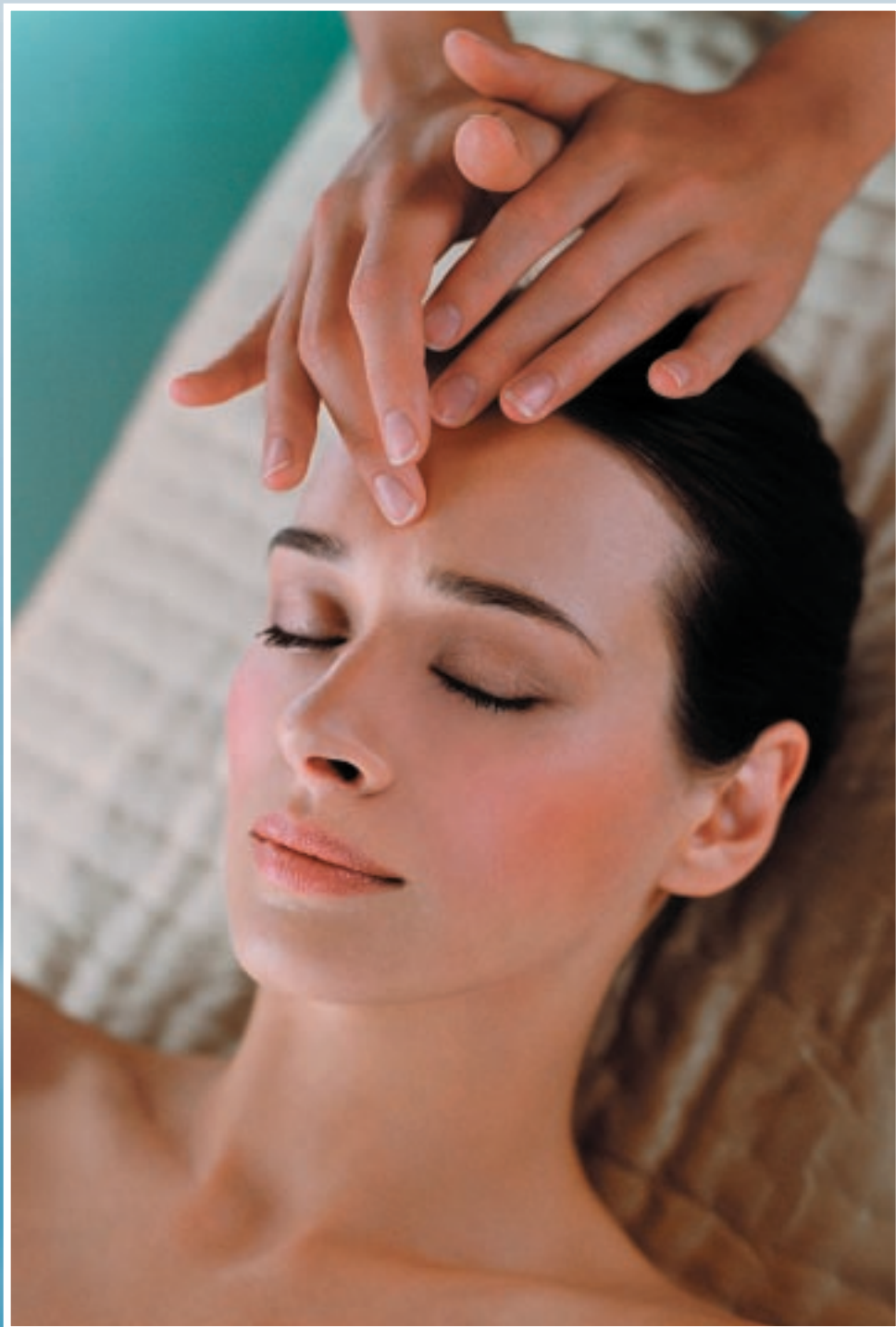
The Spread Eagle's Aquila Spa brings a distinctly contemporary touch to this historic hotel, with excellent facilities beneath a Scandinavian-style vaulted wooden ceiling.

It's the perfect spot to swim in our indoor heated Pool, relax in the Jacuzzi Spa Pool, Scandinavian Sauna and Steam Room. Workout in our well-equipped, air-conditioned Fitness Suite or enjoy a rejuvenating body or beauty treatment in one of the Spa's four treatment rooms, of which three are temperature controlled.

For those seeking the ultimate in well-being, day and overnight Spa Packages are available for men, women and couples.

Use of the Spa is free to most hotel guests and Spa Day customers and we are open seven days a week, Monday to Friday 7am to 9pm, weekends and Bank Holidays 8am to 8pm. Our four treatment rooms are generally open from 10am to 6pm everyday, though earlier and later appointments are available on request.\*

Children are welcome in our Pool during our family times which are 10.30am to 12.30pm and 3.00pm to 5.00pm daily.



## ELEMIS ADVANCED ANTI-AGEING FACIALS

These superior face treatments are further enhanced by luxurious hand, arm and scalp massage sequences for the ultimate in scientific skin-therapy.

### ELEMIS VISIBLE BRILLIANCE FACIAL

***To combat ageing, stressed and slackened skin.***

Independently tested with revolutionary results, this Elemis Anti-Ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin, whilst helping to reduce dark circles. Moisture levels of the skin are proven to increase by up to 61%\* and elasticity by 40%\* after just one treatment. Specialised microcirculatory massage techniques are combined with powerful formulations and the two-phase Elemis Amino Active Mask to help smooth, sculpt and restore skin radiance.

*\* Independent Clinical Trials 2004*

### PRO-COLLAGEN QUARTZ LIFT FACIAL

***See a younger, firmer future instantly***

This advanced anti-ageing Elemis facial is clinically proven to reduce the number of wrinkles by up to 94%\* and improve skin firmness up to 57%\*, after just one treatment. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance.

*\* Independent Clinical Trials 2007*

### TRI-ENZYME RESURFACING FACIAL

*Requires patch test at least 1/2 hour prior to treatment.*

***Peel away the years for smoother, more radiant skin.***

This ground-breaking anti-ageing Elemis facial instantly resurfaces and smooths the skin. Clinically proven to visibly resurface by up to 70%\* and increase skin smoothness by up to 32%\* after just one treatment, this unique treatment targets blemished, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin. Pioneering the precision layering of three targeted enzyme serums, this advanced Elemis resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

*\* Independent Clinical Trials 2006*



## ELEMIS ADVANCED PERFORMANCE FACIALS

### OXYGEN SKINCALM FACIAL

***Pure soothing heaven for sensitive skin.***

Gentle massage techniques are combined with calming actives and restructuring Elemis Japanese Silk Mask impregnated with Absolute SkinCalm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

### S.O.S. PURIFYING FACIAL

***A purifying treatment for congested skin.***

A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Elemis Japanese Sulphur Mask, impregnated with AbsoluteVita-C Booster Serum, help to absorb serum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

### MODERN SKIN FACIAL

***Designed for skin challenged by modern living.***

Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results: re-mineralised, rebalanced and renewed skin.

## ELEMIS SKIN SPECIFIC FACIALS

### ELEMIS FRUIT ACTIVE GLOW

***Bring back the glow to a lifeless complexion.***

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

### ELEMIS EXOTIC MOISTURE DEW

***Treat your skin to a moisture boost.***

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

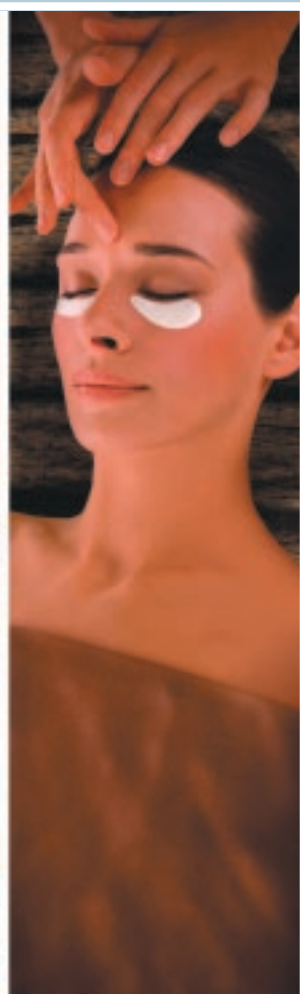
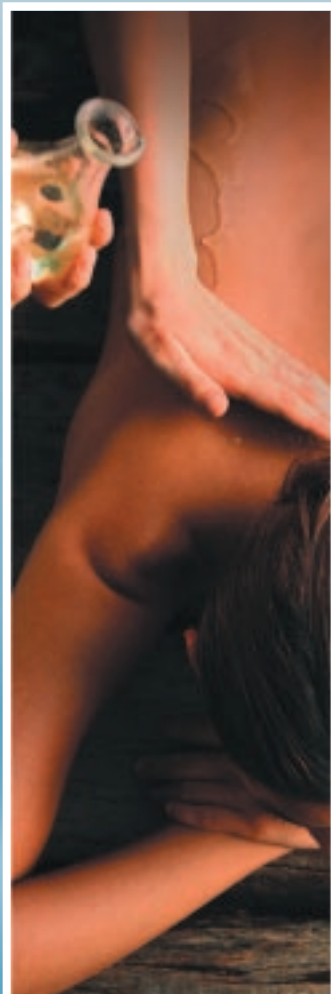
### ELEMIS HERBAL LAVENDER REPAIR

***For perfect restoration of skin balance.***

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

### ELEMIS TASTER FACIAL

This introductory facial provides a quick and instant pick-me-up for any occasion.



# ELEMIS FACE AND BODY THERAPY

## FULL BODY SCRUB

An ideal treatment to smooth and soften your skin using Elemis devil's mint body scrub and an Elemis body lotion.

## FACE AND BODY SENSATION

### **The perfect treatment duo.**

Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial. Choose from the unique Elemis Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Elemis Tranquillity, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind. You will then be treated to your intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance.

## ABSOLUTE SPA RITUAL

### ***The ultimate skin and body therapy for maximum results.***

Choose from one of the unique Elemis Advanced Anti-Ageing or Advanced Performance Facials, combining the powerful effects of the Elemis Deep Tissue Muscle Massage. Two hours of pure relaxation with dramatic results!

## SPA RITUAL

### ***The ultimate skin and body therapy for maximum results.***

Choose from one of the unique Elemis Advanced Anti-Ageing or Advanced Performance Facials, combining the powerful effects of the Elemis Deep Back Tissue Muscle Massage.

## AROMA STONE THERAPY

### ***Warm Basalt stones to melt away tension.***

Let your thoughts drift away to a sun-drenched beach as therapeutic heat is slowly released from warm volcanic stones. Small stones are placed on key energy points, whilst luxuriously warmed exotic oils are massaged deeply into the body for maximum relaxation.

## MUSCLEASE AROMA SPA OCEAN WRAP

### ***Powerful seaweed wrap for complete muscle relaxation.***

Drift away, whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles.



Elemis

Elemis

EXOTIC  
LIME AND GINGER  
HAND AND BODY WASH

EXOTIC  
LIME AND GINGER  
HAND AND BODY LOTION

EXOTICS

EXOTICS

## ELEMIS EXOTIC THERAPY

### ELEMIS EXOTIC LIME AND GINGER SALT GLOW

***Invigorated, cleansed and polished to perfection.***

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

### ELEMIS EXOTIC FRANGIPANI BODY NOURISH WRAP

***For immediate softness and suppleness.***

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce Elemis Frangipani Monoi Oil which is poured over the body, then you are cocooned in a foil wrap which drenches skin with moisture and provides ultimate radiance, vitality and all over body glow.

## ELEMIS DETOX THERAPY

### ELEMIS BODY SCULPTING CELLULITE AND COLON THERAPY

***Redefine and smooth your silhouette.***

Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Elemis Body Sculpting Lipo-Refining Serum and Elemis Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Elemis Fennel and Birch peel off mask is applied to target the cellulite on the legs. Specialist massage techniques deeply cleanse the body's systems, helping to firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

### ELEMIS CELLUTOX AROMA SPA OCEAN WRAP

***A detoxifying blend to decongest and stimulate the system.***

Let thoughts drift away, whilst being cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this Elemis therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention.



## MUSCLE THERAPY

### DEEP TISSUE MUSCLE MASSAGE

#### ***Deep rhythmic pressure massage.***

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

### DEEP TISSUE BACK MASSAGE

Minimum time, maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most.

### FULL BODY MASSAGE

Allow your body to unwind, enjoying a unique technique to eliminate stress and tension utilising specially blended premixed oils.

### BACK, NECK & SHOULDER MASSAGE

Concentrating on the back and neck to relieve muscle tension, ideal for those who sit at a desk all day or spend a lot of their time at the wheel of a car.

### ELEMIS NURTURING MASSAGE FOR MOTHERS TO BE

#### ***Massage adapted to each stage of pregnancy.***

The inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning helps to ensure the ultimate in comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

## HOLISTIC TREATMENTS

### REFLEXOLOGY

Can help to re-balance the body by simulating the reflex points on the feet which corresponds to relative areas of the body. This is a treatment that is ideal for stress release and tension.

### INDIAN HEAD MASSAGE

Massage of the face, scalp, neck, shoulders, upper back and upper arms. Incorporating Ayurvedic techniques, this treatment can help balance energy and encourage well being.



## ELEMIS REVITALISING FACIAL FOR MEN

### REVITALISING TASTER FACIAL

An express facial which will give your skin a thorough cleanse as well as addressing your skin's need with an appropriate mask.

### REVITALISING FACIAL

Specialised deep cleansing eastern massage techniques to help bring radiance and youthful vitality back to a dull, lacklustre skin. Prescribed to suit individual skin types.

## ELEMIS ADVANCED ANTI-AGEING FACIAL FOR MEN

### SKIN, IQ + FACIAL

***Anti-Ageing booster for tired, stressed skin.***

Helping to calm irritation and minimise the signs of ageing, this Elemis facial is the ultimate overhaul for male skin. Protecting against the harsh, ageing effects of shaving and environmental damage, moisturisation levels are clinically proven\* to increase.

\* Independent Clinical Trials 2006

## ELEMIS ADVANCED PERFORMANCE FACIAL FOR MEN

### URBAN CLEANSE FACIAL

***Deep cleanse and complete skin detox.***

This super-grooming Elemis facial works overtime to help eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

## ELEMIS FACE & BODY THERAPY FOR MEN

### TOTAL TIME OUT

***The ultimate skin and body therapy for men.***

Choice of Skin IQ + facial or Urban Cleanse Facial combined with the dynamic and immediate tension of prescribed Elemis Deep Tissue Muscle Massage. Achieve the ultimate goal of Total Time Out!

### TIME OUT

Includes the choice of Elemis Skin IQ + facial or Urban Cleanse facial combined with Deep Tissue Back Massage.



# REN

CLEAN BIO ACTIVE SKINCARE

## REN BESPOKE FACIAL TREATMENTS

Using skincare products formulated with cutting edge bio actives that boost the skins natural processes of protection, repair and renewal together with a synergy massage system – the REN SPA Bespoke facial treatment is a ‘work out’ for the skin. The treatment lifts and tones underlying muscles and releases tension while reducing the appearance of expression creases. Together, they work perfectly to help you achieve and maintain beautiful, healthy skin.

### Stay Younger for Longer

An advanced anti-ageing facial designed to plump, renew and revitalise wise, experienced skin **For the first signs of ageing to mature skin**

### Skin as it should be

An energising, radiance boosting facial designed to enhance naturally happy, healthy skin **For all skin types**

### SOS Rescue

A deeply hydrating and nourishing facial specifically designed to tackle fine lines related to dryness, to revive dull, tired skin and brighten the complexion

**For dry and dehydrated Skin**

### Hydra-Calm soothing

A highly repairing and protecting facial designed to soothe and calm reactive skin, preventing premature ageing **For sensitive skin**

### Skin Detox

A purifying, deep cleansing, anti-blemish facial designed to leave your skin clean, calm and even toned **For combination/problem skin prone to breakouts and blemishes**

### What's Not To Love Express Facial

An express facial for maximum results in minimum time.

## REN BESPOKE BODY TREATMENTS

### REN Body Scrub

An invigorating mineral rich exfoliation that, will leave the skin moisturised and renewed.

# AESTHETICS

## MANICURES & PEDICURES

**Important:** Please allow enough time for dressing after these treatments to prevent smudging. Please bring flip-flops if you have your toes painted. French Polish available, please advise on booking.

### STANDARD JESSICA MANICURE

*Using an ultra rich moisturising formula for hands, adding softness, helping to prevent premature aging and retaining skin elasticity.*

Consists of exfoliation, hand massage, cuticle work, cut, file and nail paint.

### JESSICA ZENSPA PEDICURE

*Delivers deep cleansing, exfoliation and hydration to dry skin, leaving your feet feeling soft and smooth.*

Consists of hard skin removal, foot bath, exfoliation, foot massage, cuticle work, cut, file and nail paint.

### MINI MANICURE OR MINI PEDICURE

*For those with a little bit less time.*

Consists of basic cuticle work, basic shape and paint.

### MEN'S PEDICURE

Relax and revive your feet!

### MEN'S NAIL TIDY

Make a good impression with well groomed nails.

## EYES

**Important:** If you have not had an eyelash or eyebrow tint previously, sensitivity patch test at least 24 hours prior to treatment is required.

- Eye Lash Tint • Eyebrow Tint • Eyebrow & Eyelash Tint • Eyebrow Shape
- Men's Eyebrow Tidy

## WAXING

**Important:** It is not recommended that you swim or use any of the heat treatments before or after waxing, or have any of the Body Wraps or massage on the same day.

- Half Leg • Three-Quarter Leg • Full Leg • Full Leg & Bikini • Bikini • Extended Bikini
- Underarm • Half Arm • Lip or chin • Eyebrow • Chest or Back Wax

### WEDDING MAKE-UP

Take the pressure away from doing your make-up, or an ideal treatment if you don't normally wear any but want to look chic on your special day. Trial session (up to 1 1/2 hrs) and actual (1hr). Both applications carried out in Aquila treatment rooms.

Please telephone to chat to one of our therapists about your requirements.

# SPA ETIQUETTE AND GENERAL INFORMATION

## ARRIVALS

Please arrive at least 10 minutes before your treatment time in order to enjoy the full benefit of your treatment and to complete the necessary consultation form.

## HEALTH GUIDELINES

Please advise us of any medical conditions on booking of your treatment, so we can offer advice and enable you to consult your doctor for approval of the treatment prior to your appointment.

Please advise us if you are pregnant as this will affect which treatments we will be able to offer you.

## AQUILA CLUB POLICIES

All clients under the age of 16 must be accompanied by an adult, certain treatments will not be suitable.

All treatment times shown are approximate.

Gratuity is not included.

All Spa Days require full pre-payment on time of booking.

A fee of 100% of treatments/package cost will be charged if appointments are cancelled with less than 48 hours' notice.

We regret that we can not serve any drinks or food on poolside.

For your benefit and the benefit of others we ask that mobile phones are not taken on poolside and are placed on silent during your time in the club.

Please note photography is not allowed in the spa.

## SPA DAY AND SPA BREAK INFORMATION

Towels, robe and slippers will be provided for use during your spa day. Please bring swimwear and if you would like to use the gym then trainers and appropriate clothing.

Once booking and payment have been taken for your Spa Day, you will be sent confirmation with full breakdown of your day and a booking reference; you will need to bring this confirmation with you to redeem your day. If your package or break has a choice of treatments, your booking will be made much easier if you are able to choose beforehand.

There are cooled filtered water machines provided on poolside and in the gym, REN products are supplied for your use in the changing rooms.

Lunch and Dinner are served in the Hotel Restaurant, for which you will be required to be fully-dressed.

To avoid disappointment please book your treatments at the time of booking your Spa Break, as we can not guarantee availability if left to nearer the day.

The Club does have Aqua classes and set children's times where poolside and changing rooms maybe busier and noisier than normal, these times are advised in your confirmation letter.

If you have any questions prior to or on your day please ask a member of staff, we are here to help.

We reserve the right to amend or change times of treatments. If amended, treatments will be to the same or higher value.



## SPA DAY PACKAGES Monday–Friday only

### REVIVER SPA DAY

Remove some of the stress and tension from your life with a Full Body Massage followed by an instant boost to your skin with the rejuvenating 55-minute Elemis facial. Enjoy a dip in the Pool, maybe even a workout in our Fitness Suite. A one-course lunch in the Hotel's Restaurant will help to satisfy your appetite and you deserve to treat yourself with an extra course.

### RENew SPA DAY

This brand new package allows you to indulge in REN Spa treatments. You will start your treatments with a REN bespoke body scrub and after your body has been pampered your face will be treated to the REN what's not to love 25-minute facial. You have full use of the Fitness Suite, Swimming Pool, Hot Tub, Sauna and Steam Room, with a one-course lunch in the Hotel's Restaurant, to which you can add an extra course or two as it's meant to be a treat for yourself.

### EXOTIC GLOW SPA DAY

This package features a body exfoliation ritual to invigorate and revitalise the body with the Exotic Lime and Ginger Salt Glow followed by a Back, Neck & Shoulder Massage to relieve shoulder tension. You have full use of the Fitness Suite, Swimming Pool, Hot Tub, Sauna and Steam Room, with a one-course lunch in the Hotel's Restaurant, to which you can add an extra course or two as it's meant to be a treat for yourself.

### LEISURE SPA DAY

An excellent introduction to your first Spa Experience, this spa day consists of choosing one of the following 55-minute treatments: Full Body Massage; Skin Specific Facial; Manicure; or Pedicure. You have full use of the Fitness Suite, Swimming Pool, Hot Tub, Sauna and Steam Room, with a one-course lunch in the Hotel's Restaurant, to which you can add an extra course or two as it's meant to be a treat for yourself.

### AFTERNOON SPA BREAK

For those with a little less time on their hands, join us for the use of the Spa from 1pm. During your time with us, choose one of the following mini-treatments:

- Back, neck and shoulder massage
- Mini manicure
- Mini facial
- Mini pedicure
- Indian head massage

Then indulge in a cream tea in the Conservatory before finishing your afternoon at 6pm.

***Seasonal Spa Days available.***

***Please check the website or telephone for more details.***



## SPA BREAKS

### MINI INDULGENCE ESCAPE

Stay in a charming Standard room, spoil yourself in the Aquila Spa for two full days and relax with one of our Mini Spa treatments. Enjoy a light dinner in our award winning 2 AA Rosette restaurant or historic lounge bar. Includes full English breakfast.

### THE 3 R BREAK (REST, RELAX AND REJUVENATE)

**Rest** overnight in one of our upgraded rooms with a bottle of Champagne. **Relax** in the Aquila Spa for two full days and indulge yourselves with one of our 3'R treatments. **Rejuvenate** your body with excellent cuisine in our award winning 2 AA Rosette restaurant and a superb full English breakfast.

Robes, Towels and Slippers provided for each day. Bedroom upgrades available, prices on request.

Please note all breaks subject to availability, excluding key dates. Allocations apply for dinner and spa treatments. Please enquire for treatments included within these breaks.



**Membership to the Aquila Club is also available;  
please call for details and to book a trial session.**



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