

## Pamper Packages

Treat yourself to any of our pamper packages and enjoy complimentary access to our health suite. Take a dip in our indoor pool or outdoor hot tub, enjoy our barrel sauna & aromatherapy steam room, have a hit on our squash & tennis courts, or work up an appetite in our leading-edge gym. Then, when you're ready, head over the road to our spa rooms for some well-earned indulgence.

### A little me time | £70

- 30 minute treatment
- 3 hours to enjoy our health suite
- Cookie & a cuppa (or any soft drink of your choice)

Your choice of the following 30-minute treatments:

- Back, neck & shoulder massage
- Bespoke facial\*
- File & polish – hands or feet!\*

### Living the high life | £115

- 60 minute treatment
- Unlimited use of our health suite
- One-course lunch & soft drink, or decadent afternoon tea

Your choice of the following 60-minute treatments:

- Swedish full body massage
- Bespoke facial\*\*
- Luxury manicure\*\*
- Luxury pedicure\*\*

\*Pregnancy safe at any stage of pregnancy

\*\*Pregnancy safe after first trimester



### How to book

For spa reservations and information, give our team a call on 01684 272300, or email [spa@tewkesburypark.co.uk](mailto:spa@tewkesburypark.co.uk)

We ask for card details to secure your booking.

### Cancellation policy

If you unfortunately have to cancel your treatment with less than 24 hours' notice and we are unable to resell your booking, a full charge will be made. For groups of 3 or more, 48 hours' notice is required.

### When to arrive

To maximise your indulgence and avoid eating into your precious treatment time, please arrive 10 minutes before your appointment. Head to the health club reception and we'll come to collect you for your treatment.

### What to wear

Just come along in your normal clothes... and don't forget to pack your swimmers if you're joining us for a pamper package.

### Health advice

Let us know when you book if you have any health conditions (including pregnancy) that we should be aware of; we can make a bespoke treatment for you.

We'll also ask you to complete a short health consultation form when you arrive, just to double check that the chosen treatment is suitable for you.

### Treatments for children

For children under the age of 16, we offer the following treatments:

Ages 10-13: file & polish for hands or feet

Ages 14 & 15: any 30 minute treatment

### Pressies & gift vouchers

Trying to find the perfect gift? Let us help... with gift vouchers available on our website or from our reception team, and spa products to take away with you, you're sure to find something for even the trickiest of recipients.

### In-room spa bar

Fancy some in-room pampering? Take your pick from our spa bar bundles of loveliness and we'll bring the spa to you. For more info, have a chat to our team or take a look at our website or Vamoos app.

Prices and treatments are subject to change without prior notice



Tewkesbury  
Park

*natural Spa factory*  
— EST. BATH ENGLAND —

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Tewkesbury  
Park

# Spa Treatment Menu

Our range of face & body treatments for girls and guys use carefully-selected, naturally-sourced products from the Natural Spa Factory of Bath.

Invigorated, calm, detoxed, moisturised... let us know how you want to feel and we'll fully tailor your treatment to suit you.



# Massage

## Traditional Swedish Massage

Relax the body and mind with this most traditional of massage therapies. Tailored to satisfy your senses with your choice of body oil – invigorating, calming, seaweed or raw virgin coconut oil.

Full body | £70 | 60 minutes

Back, neck & shoulder | £40 | 30 minutes

## Deep Tissue Massage

We'll ease away your stubborn knots, tightness and muscle pain, using a body oil of your choice.

Full body | £75 | 60 minutes

Back, neck & shoulder | £45 | 30 minutes

Add hot stones to your Swedish/deep tissue massage | £10

## Candle Oil Massage

Serene & indulgent, this warming full body, head & scalp massage, will melt away tension and nourish skin. Choose from rose, honey or cocoa flower, and take your candle home with you as an extra treat.

Full body | £75 | 60 minutes

# Body Treatments

## Paradise Lost

Lose yourself in a faraway escape with this delectable body treatment. You'll be treated to a body brush, full body exfoliation with a body scrub of your choice, scalp massage, and full body massage with your choice of body oil. You'll be left feeling silky soft, revitalised and hydrated.

£85 | 75 minutes

## Take My Stress Away

The body treatment that has it all... after a full body brush & exfoliation, we'll cocoon you in a botanically-based, mineral-rich body wrap of your choice, before finishing with a full body massage to nourish your skin. Heaven!

£95 | 75 minutes

## TP Signature Treatment

If you're looking for the ultimate indulgence, this is the treatment for you. Starting with a face massage & hot stones full body massage, we'll ease away any stresses and strains, before enrobing your feet & hair in hydrating and restorative masks. You'll be properly pampered from head to toe.

£120 | 90 minutes



# Facials

## 23 Carat Gold Facial

A firming facial using luxurious ingredients. A cleanse, tone & exfoliation, is followed by a face massage, then a relaxing hand, arm & scalp massage whilst your collagen face mask works its magic. Finished with a smoothing & nourishing eye serum and moisturiser. Firm up and feel the glow.

£70 | 60 minutes

## Bespoke Facial

Let us analyse your skin & prepare a tailored treatment, just for you. We'll carry out a full cleanse, tone & exfoliation, before your relaxing face massage. Whilst we let your face mask do its thing, we'll treat you to a hand, arm & scalp massage. All finished off with a boost of moisturiser to leave you feeling as good as new.

£65 | 60 minutes\*\*

£45 | 30 minutes\* (excludes hand, arm & face massage)

## Destressing Scalp Treatment

With a gentle massage of face, neck, shoulder and scalp pressure points, we'll ease away the stresses and strains of everyday life, before treating your hair & scalp to a deeply nourishing hair mask.

£45 | 30 minutes\*\*



# Hands and feet

## Luxury Manicure

Hands are soaked in bubbles and exfoliated, before being treated to a glorious massage. Cuticles are moisturised, nails are shaped and finished with your preferred Jessica colour. Your hands will be thanking you for days.

£50 | 60 minutes\*\*

## Gel Manicure

For that added wow factor, we'll perfect your cuticles and shape your nails, before applying your gel colour of choice. Once the colour's sorted, you'll be treated to a hand & lower arm polish and massage, leaving you feeling a million dollars.

£55 | 60 minutes\*\*

## Luxury Pedicure

Your treatment begins with a foot soak and buff to achieve maximum relaxation, before moving on to cuticle work and a relaxing foot & lower leg massage. Nails are shaped and finished with your preferred Jessica colour. After all, toes deserve attention too.

£50 | 60 minutes\*\*

## Gel Pedicure

We'll prepare your nails with cuticle work and shaping, before applying your gel colour of choice. Then for the pampering – you'll be treated to a foot polish and decadent foot & lower leg massage. Relaxation guaranteed.

£55 | 60 minutes\*\*

## File and Polish

A beauty essential for any time, anyone, and any mood. We file, shape & polish your nails – it's that simple.

£30 | 30 minutes\*

## Gel Removal

When the time comes to say goodbye, we're here for you.

£20 | 45 minutes\*

## Relaxing Foot Treatment

Our feet have a pretty tough time of things and are often overlooked when it comes to pampering. Focusing on pressure points, we'll work out the tension in your feet, before lathering them in a soothing & nourishing foot mask and finishing with a divine foot massage. You're sure to leave with a bounce in your step.

£45 | 30 minutes \*\*

