

# THE SPA EXPERIENCE

All our spa days have been designed to make our guests feel truly pampered.

If you wish to create your own unique spa experience why not tailor-make your own spa package.

## **SPA PACKAGES**

Everyone needs a little self indulgence from time to time and what finer surroundings to relax in than the Spa at a Macdonald Hotel.

We have created a selection of ultimate packages to leave you ready to tackle every day life and the challenges it brings. From advanced anti – ageing facials to relaxing full body massages to hot stone treatments...the choice is simply yours!

The spa package experiences include bathrobe and towel, unlimited use of the Spa area, including relaxation suite, and all the other facilities that the club has to offer. Enjoy a light lunch and refreshment drink of your choice.

Why not extend your spa day with a totally relaxing overnight stay at the hotel. Take the opportunity to wine and dine in our fabulous restaurant and enjoy the comfort of our luxurious bedrooms.

## SPA PACKAGES

### REJUVENATE SPA DAY

Elemis Taster Facial  
Deep Tissue Back Massage  
*Treatment time 1hr*

### STRESS RELIEF SPA DAY

Modern Skin Facial  
Stress away deep muscle massage  
*Treatment time 2hrs 15 mins*

### BODY GLOW SPA DAY

Exotic Lime and Ginger Salt Glow  
Spirit reviver deep tissue muscle massage  
Elemis Taster facial  
*Treatment time 2hrs 15 mins*

### COUPLES SPA DAY

Muscle melt deep tissue massage  
Performed in the exclusive double treatment room  
*Treatment time 1hr*

### MOTHER TO BE SPA DAY

Elemis Mother to be treatment  
Elemis Taster Facial  
*Treatment time 1hr 45 mins*

MON-THURS

FRI - SUN

£95

£105

£140

£155

£145

£155

£150 for 2

£165 for 2

£145

£155

All our spa days have been designed to make our guests feel truly pampered.  
If you wish to create your own unique spa experience why not tailor make your own spa package.

## ELEMIS ADVANCED ANTI-AGEING FACIALS

### TRI-ENZYME RESURFACING FACIAL

#### Peel away the years for smoother, more radiant skin

This ground-breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75%\* and increase skin smoothness by up to 32%\* after just 1 treatment, this unique facial targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin.

Pioneering the precision layering of 3 targeted enzyme serums, this advanced 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

### VISIBLE BRILLIANCE FACIAL

#### To combat ageing, stressed and slackened skin

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61%\* and elasticity by 40%\* after just 1 treatment. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

\*Independent Clinical Trials 2004

### PRO-COLLAGEN QUARTZ LIFT FACIAL

#### ONE Anti-Wrinkle Facial - Proven Results

This anti-wrinkle facial is clinically proven to reduce the number of wrinkles by up to 94%\* and improve skin firmness by 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

TIME MON-THURS FRI - SUN

1hr £60 £65

1hr 15mins £70 £75

1hr 15mins £70 £75

## ELEMIS SKIN SOLUTIONS FACIALS

### MODERN SKIN FACIAL

TIME

MON-THURS

FRI - SUN

1hr

£60

£65

#### **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: remineralised, rebalanced and renewed skin.

### OXYGEN SKINCALM FACIAL

1hr 15mins

£70

£75

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

Gentle massage techniques are combined with calming actives and a restructuring 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

1hr 15 mins

£70

£75

#### **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 Japanese Sulphur Mask, impregnated with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

## ELEMIS SKIN SPECIFIC FACIALS

### 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.

### 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.

### HERBAL LAVENDER REPAIR

#### **For perfect restoration of skin balance**

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

### TASTER FACIAL

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

TIME	MON-THURS	FRI - SUN
1hr	£60	£65
1hr	£60	£65
1 hr	£60	£65
30mins	£40	£45

## ELEMIS FACE AND BODY THERAPY

### 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 Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or 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:

- Pro-Collagen Quartz Lift Facial
- Tri-Enzyme Resurfacing Facial
- Visible Brilliance Facial
- Skin IQ+ Men's Facial

### ABSOLUTE SPA RITUAL

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

Choose from one of the unique Elemis Advanced anti-ageing or Skin Solutions Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage. Two hours of pure relaxation with dramatic results!

TIME

MON-THURS

FRI - SUN

55mins

£60

£65

2hrs

£110

£115

## ELEMIS ADVANCED FACIALS FOR MEN

### SKIN IQ+ FACIAL

#### **Anti-ageing and super boosting for tired, stressed and dehydrated skin**

Helping to calm irritation and minimize the signs of ageing, this facial is the ultimate overhaul for male skin. Incorporating the NEW Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-ageing treatment protects against the harsh effects of shaving and environmental damage.

### URBAN CLEANSE FACIAL

#### **Deep cleanse and complete skin detox**

This super-grooming facial decongests the skin, works overtime to 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.

## TIME

## MON-THURS

## FRI - SUN

1hr 15mins

£70

£75

1hr 15mins

£70

£75

## ELEMIS FACE AND BODY THERAPY FOR MEN

### TOTAL TIME OUT

#### The ultimate skin and body therapy for men

Select either the anti ageing Elemis skin IQ+ Facial or the Urban Cleanse Facial combined with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage. Achieve the ultimate goal of Total Time Out!

### TIME

2hrs

### MON-THURS

£110

### FRI - SUN

£115

## ELEMIS BODY THERAPY

### DEEP TISSUE MUSCLE MASSAGE

TIME

MON-THURS

FRI - SUN

1hr

£60

£65

#### 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.

- **Stress-a-Way:** Wind down and release the tension of the day.
- **Spirit Reviver:** A powerful surge to invigorate and recharge.
- **Muscle Melt:** Relax and re-energise a tired and aching body.
- **Chakra Balancing:** Reconnect your mind, body and soul.

### DEEP TISSUE BACK MASSAGE

30mins

£40

£45

#### Minimum time, maximum tension-relieving results

Specifically targeting the back, shoulders and neck areas where you need it most.

### AROMA STONE THERAPY

1hr 15mins

£85

£95

#### Warm Basalt stones to melt away tension

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

### MUSCLEASE AROMASPA OCEAN WRAP

1hr 15mins

£70

£75

#### Powerful seaweed wrap for complete muscle relaxation

Drift away while you are cocooned in a comforting foil wrap or unique dry float and treated to a pressure point facial massage and de-stress scalp treatment. Using a warm blend of Essential oils, this specialised treatment helps ease aching, tense muscles.

### TOTAL GLOW SELF TANNING TREATMENT

45mins

£45

£50

#### The healthy way to radiant sun-kissed skin.

We know the sun is good for the soul, but not necessarily for the skin, so fake it with this rich and sensual treatment. The Elemis Total Glow Self Tanning Treatment Cream mimics the skin's natural colour and helps give a warm glow within 2-3 hours.

## ELEMIS EXOTIC THERAPY

### 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 Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

### EXOTIC COCONUT RUB AND MILK RITUAL WRAP

#### **Pure sensuality to enliven the senses.**

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap or unique dry float. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and a de-stress scalp treatment.

### EXOTIC FRANGIPANI BODY NOURISH WRAP

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

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap or unique dry float. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

## TIME

## MON-THURS

## FRI - SUN

30mins

£45

£50

45mins

£50

£55

45mins

£50

£55

## ELEMIS DETOX THERAPY

### 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 Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results.

A detoxifying Fennel and Birch peel off body mask is applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping 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

### CELLUTOX AROMASPA OCEAN WRAP

#### A deeply detoxifying blend to decongest and stimulate the system

Let thoughts drift away, whilst being cocooned in a comforting foil wrap or unique dry float and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

TIME

MON-THURS

FRI - SUN

1hr

£65

£70

1hr 15mins

£75

£80

## ELEMIS MOTHER-TO-BE

### NURTURING MASSAGE MOTHER-TO-BE

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

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, 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.

## TIME

1 hrs 15mins

## MON-THURS

£65

## FRI - SUN

£70

#### JESSICA SPA ESSENTIAL

	TIME	MON-THURS	FRI - SUN
MANICURE	45mins	£40	£45
DELUXE MANICURE	60mins	£50	£55
FILE & POLISH	25mins	£20	£25
FRENCH POLISH SUPPLEMENT	15mins	£10	£10
GELERATION MANICURE	1hr	£55	£60
PEDICURE	45mins	£40	£45
DELUXE PEDICURE	60mins	£50	£55
FILE & POLISH	25mins	£20	£25
GELERATION PEDICURE	1hr	£55	£60

#### THE SMOOTH TOUCH

FULL LEG WAX	45mins	£35	£40
HALF LEG WAX	30mins	£25	£30
BIKINI LINE WAX	15mins	£15	£20
CHEST WAX	20mins	£20	£25
UNDER ARM	15mins	£15	£20
ARM WAX	15mins	£15	£20
UPPER LIP WAX	15mins	£15	£20
CHIN WAX	15mins	£15	£20
EYE LASH TINT	20mins	£20	£25
EYE BROW TINT	10mins	£15	£20
EYE BROW SHAPE	15mins	£15	£20
EYE LASH AND EYE BROW TINT AND SHAPE	30mins	£25	£30

**MAKE OVER**

**SPECIAL OCCASION MAKE UP**

**MAKE UP TUITION**

**BRIDAL MAKE UP**

**TIME**

**MON-THURS**

**FRI - SUN**

**45mins**

**£60**

**£65**

**1hr**

**£70**

**£80**

**2 x 55mins**

**£125**

**£145**

**Spa Gift Voucher**

Give the ultimate gift with a Macdonald Hotels Spa gift voucher.  
Prices start from £10 and are tailor-made for the individual.

**Cancellation Policy**

Please note we require the following notice on cancellations or full payment will be required.

Treatments: 24 hours

Spa Days: 72 hours



**MACDONALD  
OLD ENGLAND  
HOTEL & SPA**

Macdonald Old England Hotel & Spa

Bowness-on-Windermere, Cumbria, LA23 3DF

T. 015394 87982 F. 015394 43432 E. [spa.oldengland@macdonald-hotels.co.uk](mailto:spa.oldengland@macdonald-hotels.co.uk)

[www.MacdonaldHotels.co.uk/OldEngland](http://www.MacdonaldHotels.co.uk/OldEngland)