



THE HARTWELL SPA

TREATMENT GUIDE

An essential part of a visit to Hartwell House is the opportunity to relax and enjoy the pleasures of the Spa.

Hartwell Spa, housed in a splendid orangery in the style of a Regency building, contains a generous sized swimming pool, spa bath, steam room, saunas and well equipped gymnasium.

Experienced Therapists offer a wide range of Spa treatments using Aromatherapy Associates, 111Skin and Jessica products and techniques.

In the gallery overlooking the pool is the Hartwell Club Room, open to spa members, residents and treatment guests for self-service complimentary tea, coffee, biscuits and a selection of fruit.



AROMATHERAPY ASSOCIATES

Aromatherapy Associates has been at the forefront of aromatherapy for over 30 years. From the beginning they have believed passionately in the healing powers of plant extracts, and their experience as Therapists has shown them that essential oils are highly effective in enhancing the state of their physical, mental and emotional well-being.

Since they began, they have brought their knowledge and skills to the world's finest hotel and destination spas with signature treatments and rituals to restore health and vitality. From sourcing ingredients and developing products, to blend oils which create their unique, recognisable aromas, we maintain the highest standards of quality to bring you an aromatherapy experience that's as effective as it is luxurious.



AROMATHERAPY ASSOCIATES MASSAGE TREATMENTS

The Ultimate Aromatherapy Experience^{AA}

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques, to relieve muscular tension and lymphatic drainage help encourage a healthy circulation. Stresses and strains are dissolved away.

55 min £99 • 85 min £129

Intensive Muscle Release^{AA}

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.

55 min £112

Ultimate Unwind Massage^{AA}

Cleansing and calming, this upper body treatment helps to release tension and clear the mind.

The treatment begins with an aromatherapy back massage using carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation.

An Ayurvedic scalp massage lightens a heavy head, while drainage movements help unblock sinuses and ease headaches.

55 min £99

AROMATHERAPY ASSOCIATES WELLBEING BODY TREATMENTS

Relax & Sleep^{AA}

Time 55 min & 85 min

The ultimate massage for your best night's sleep. Carefully applied pressures relieve key areas of tension, whilst our award-winning essential oil blends, sedates, calms and grounds you to induce a serious state of relaxation.

Body & Face^{AA} 85 min

Inhalation and guided breathing massage focuses on back, scalp, face, arms, legs and feet. Facial featuring a cleanse, massage and mask applied with brushes.

Body^{AA} 55 min

Inhalation and guided breathing massage focuses on back, scalp, arms, legs and feet.

55min £99 • 85min £129



Forest Therapy^{AA}

Time 85 min & 55 min

Feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness and agitation. Starting with a cleansing, guided inhalation and tension releasing long, deep massage, followed with a warm grounding mud mask to recharge through hands and feet. Finally restoring tranquillity to the mind with our expert scalp massage.

Full Body, Scalp & Facial^{AA}

85 min

Massage focused on back, legs, abdomen and scalp. Hot stone placement, & warm mud mask to hands and feet. Facial featuring exfoliation, mud mask and pressure point massage.

Body & Scalp^{AA} 55min

Massage focused on back, legs and scalp with warm mud mask to hands and feet.

55min £99 • 85min £129

Immune Support

Time 85 min & 55min

Cleansing, clearing and decongesting, this body treatment helps clear a congested body and mind and support the immune system. Guided breathing to clear congestion followed by massage techniques to soothe a heavy head, unblocking sinuses, and easing headaches.

Body & Face^{AA} 85min

Box breathing & steam inhalations. Massage focuses on back, scalp, chest, abdomen & feet.

Body^{AA} 55min

Box breathing & steam inhalations. Massage focuses on back, scalp, face, chest, abdomen & feet.

55min £99 • 85min £129

AROMATHERAPY ASSOCIATES WELLBEING BODY TREATMENTS

Inner Strength & Resilience^{AA}

Time 55 min & 85min

A truly nurturing treatment to fortify and strengthen the mind and body through difficult times. Focus the mind and breathe deeply whilst warm, rich products are applied soothingly during this emotionally strengthening treatment.

Body & Face^{AA} 85min

Inhalation with guided breathing and hot stone placement to solar plexus. Discovery facial including cleanse, exfoliation, massage & mask. Massage focuses on back, scalp, arms, legs and feet.

Body^{AA} 55min

Inhalation with guided breathing and hot stone placement to solar plexus. Massage focuses on back, scalp, arms, legs and feet.

55min £99 • 85min £129



Unwind & De-stress^{AA}

Time 85 & 55min

Perfect for times of stress and over-activity, this treatment helps the mind unwind and re-focus, getting you back on track. A double layer of products is applied to de-stress both the mind and body, soothing a heavy head of stressful thoughts with Ayurvedic scalp massage and pressure point techniques.

Body^{AA} 85min

Inhalation with guided breathing. Gentle mobilisation massage focusing on back, legs, scalp, arms and chest.

Targeted Areas^{AA} 55min

Inhalation with guided breathing. Gentle mobilisation massage focusing on back, scalp, arms and chest.

55min £99 • 85min £129

AROMATHERAPY ASSOCIATES SCRUB & WRAP TREATMENTS

Revive & Tone^{AA}

Time 55 min & 85min

The complete full body detox with five key treatment stages. Begins with dry body brushing followed by a stimulating exfoliation using a fusion of sea salt and green coffee oil to slough away dead skin cells. A freshwater mud mask and wrap brightens and refines skin while tension is diffused with scalp or foot reflex massage. Following this a deeply invigorating massage works to brighten and tone legs. This advanced treatment is completed by coating the skin with a 3 stage regime packed with high powered essential oils to revive your body, nourish your skin and reset your mind.

Targeted Areas^{AA} 55min

Features leg and abdomen exfoliation, mud wrap, leg massage. Choose from an accompanying scalp or foot reflex massage

Body^{AA} 85min

Features body brushing, full body exfoliation, body mask & wrap, leg massage and choice of accompanying scalp or foot reflex massage

55 min £99 • 85 min £129



Rose Indulgence^{AA}

Time 55 min & 85 min

The ultimate exfoliation treatment to uplift the spirit and enrich the skin. Skin is exfoliated smooth then nourished with a full rose ritual from hair-to-toe. The treatment begins with guided breathing to aid relaxation followed by a full body exfoliation, softening the skin and allowing the layering of rose products to fully absorb.

Body^{AA} 55 min

Inhalation with guided breathing, full body exfoliation and layering of products. Focuses on the back, legs, arms, abdomen, chest and scalp.

Face & Body^{AA} 85 min

additionally features hair and face.

55 min £99 • 85 min £129

AROMATHERAPY ASSOCIATES FACIAL TREATMENTS

The Ultimate Glow Facial^{AA}

Time 25 min & 55 min

A revitalising facial designed to support the skin's natural defences and combat the pressures of a busy lifestyle

Built to combat tired and dull skin, this uplifting and energising facial helps skin, mind and body recover. The face is cleansed and exfoliated using botanical actives and carefully crafted essential oils to rejuvenate tired skin, targeting skin and mind for immediate results. Tailored scalp, face, and décolleté massage work to release areas of tension and stimulate circulation for a glowing complexion. A powerful combination of serum, oil and moisturiser provide maximum hydration, leaving your skin and mind revitalised

25 min £55 • 55 min £97

The Ultimate Wellbeing Facial^{AA}

Time 85 min

More than just a facial, it's a pioneering treatment that focuses on lowering stress levels in the body and encouraging full reset and repair for skin and mind.

Relax with our Ultimate Wellbeing Facial to bring balance back for visibly glowing, healthy skin. Scalp, face and décolleté massage release areas of tension, improve blood flow and activate pressure points to encourage lymphatic drainage and a gentle abdominal massage using warm oil supports top-to-toe physical and emotional wellness. Skin is twice cleansed and exfoliated using expertly formulated, high performance natural products that contain botanical actives. Serum, oil, and moisturiser are applied for optimum hydration, alongside a specialised massage and mask for tired eyes. The treatment is supported by mood-boosting essential oils for results you can see and feel.

85 min £122.00

The Ultimate Rebalancing Facial^{AA}

Time 25 min & 55 min

A soothing facial crafted for skin under stress. From the intuitive aromatherapy inhalation to our breathing rituals, powered by aromatherapy, the treatment is designed to calm the skin and mind

Unwind with the Ultimate Rebalancing Facial to combat aggravated skin. It locks in moisture by providing a double cleanse, exfoliating away dead skin cells and applying serum, oil and moisturiser to repair skin under strain. Scalp, face, and décolleté massage address your skin, body, and mind to relieve areas of tension.

Each product contains a unique blend of essential oils, botanical actives, and skin stress relief technology to target the cause and effect of internal and external aggressors. Help your body to help your skin; stress response is lowered, mind and body are in equilibrium, and skin radiance is restored.

25 min £55 • 55 min £97

MEN'S REFINERY FACIALS

MEN'S SKINCARE

When The Refinery and Aromatherapy Associates joined forces, the result was a pioneering skincare collection specifically formulated for men and their skincare needs. This collection is the combination of Aromatherapy Associates, aromatherapy skincare know-how and the unique knowledge of the specialist grooming experts at The Refinery salon in London. The Refinery Skincare Collection combines finest quality ingredients and highly concentrated essential oils and plant extracts to leave the skin clean, clear, invigorated and nourished.

The Refinery Ultimate Face and Back Treatment^{AA}

Extend the benefits of The Refinery Essential Facial with the addition of an intensive back massage to ease muscular tension with essential oils of black pepper, ginger and rosemary.

85 min £122



The Refinery Essential Facial^{AA}

A deep cleansing and brightening facial that will leave skin looking clean, luminous and hydrated with rich, invigorating essential oils and botanical extracts. Skin is thoroughly cleansed and exfoliated followed by optional extractions for a deep cleansing experience. Tension is eased with a full face and neck massage. Then a detoxifying & cooling mask is applied and whilst the mask gets to work a relaxing scalp massage is performed for a calming and comforting state of mind. The treatment is completed with an application of hydrating and protecting products to lock in moisture. The result is a deeply cleansed, radiant complexion and a relaxed state of mind.

55 min £97



AROMATHERAPY ASSOCIATES QUICK LUXURIES

Instant Eye Repair^{AA}

Specialised massage techniques improve micro-circulation and drainage, helping to reduce puffiness, whilst the natural plant extracts and oils work to leave the eyes fresh, bright and youthful.

25 min £58

Serenity Scalp Massage^{AA}

This Ayurvedic scalp massage lightens a heavy head, while drainage movements help unblock sinuses and ease headaches using a variety of pressure and techniques, including circular massage strokes on your scalp and deep tissue work on your shoulders. This treatment leaves you feeling relaxed, serene, ache-free and clear-headed.

25 min £58

Back, Neck & Shoulder Massage

This Swedish massage is tailored to your needs to ease the stresses and tension of everyday life.

25 min £58

Aroma Polish

A relaxing all over exfoliation and layering of richly nourishing products to leave the skin looking radiant, feeling wonderfully smooth and your spirits bright and uplifted.

25 min £58

AROMATHERAPY ASSOCIATES PREGNANCY TREATMENT

Ultimate Rose Pregnancy Massage^{AA}

Relieve stresses and strains, heavy legs and an aching back with this all over body treatment. Includes a relaxing and rejuvenating full scalp and facial massage.

55 min £99



NEW TO THE HARTWELL SPA

111SKIN

HARLEY ST. LONDON

The Signature Harley Street Facial

Time 55 min

A high-performance facial formulated to calm and soothe damaged, inflamed, and irritated skin. Originally created by Dr Yannis Alexandrides to accelerate the post-surgery healing processes, this facial epitomises the best of 111SKIN's famed surgically-inspired skincare. Harnessing the power of our exclusive NAC Y²™ complex to strengthen the epidermal barrier and prevent further inflammation, this facial magnifies the restorative effects of our Reparative Collection to enhance your skin. Expect dryness, dehydration, sensitivity, and redness immediately lessened and improved - helping you achieve that feeling of total skin confidence

55 min £110.00

De-Puffing Cryo Facial

Time 55 min

Using 111SKIN's signature cryo globes, this facial harnesses cryo-inspired features to increase microcirculation in the epidermis, refine your complexion, and instantly diminish puffiness. The increase in oxygen flow detoxifies the skin, making it appear visibly brighter, toned, and more radiant. It is an invigorating facial for city-stressed skin in need of rejuvenation

55 min £120.00

Rose Gold Radiance Facial

Time 85 min

A powerful facial that combines restorative properties with the most innovative formulas to lift, firm and sculpt your complexion. Using a three-level approach to facial massage – including our signature massage technique, Wrinkle Minimising Wand and Rose Quartz stone massages – this treatment is the epitome of self-love. It is designed to relax and soothe the mind while alleviating any irritation within inflamed skin.

85 min £165.00



De-Puffing Cryo Facial with Cryo Machine

Time 55 min

With outstanding revitalising and energising effects on the skin, we have supercharged the cooling, purified technology of cryotherapy to deliver a toning and detoxifying facial. Inspired by our Whole Body Cryotherapy treatment, you can expect an increase in microcirculation in the skin to reduce puffiness and reawaken your complexion. Perfect for the night owl or jet-lagged traveller, the De-Puffing Cryo Facial works in harmony with sub-zero temperatures to ensure better absorption of active ingredients during, and long after, the facial. Expect firm and refreshing after effects every time.

55 min £130.00

JESSICA NAIL TREATMENTS

Luxury Jessica Manicure

Hands are exfoliated and encased in warm mittens before nails are tidied and colour applied.

55 min £56.00

Nail Shape & Varnish

Nails are shaped and polish applied.

25 min £37

Luxury Jessica Pedicure

Feet are exfoliated and encased in warm booties before nails and cuticles are tidied and colour applied.

55 min £56



PROFESSIONAL GELERATION SOAK-OFF GEL POLISH

The beauty of Jessica, in a gel. With the health of the natural nail in mind. GELeration's gel formula delivers a long lasting, flawless finish that is dry in seconds and protects the natural nail. GELeration is available in Jessica's most popular colours.

Deluxe GELeration Gel

Overlay Manicure

Your hands will be smoother, silkier and firmer. Cuticles will be cared for; nails will be shaped and finished with Jessica's GELeration gel polish.

85 min £61

GELeration Gel Nail Shape and Polish

Nails are filled, shaped and finished with Jessica's GELeration gel polish.

55 min £46

Zenspa Pedicure with GELeration

This luxurious foot and leg treatment eases stress, exfoliates and removes even the toughest calluses, unwanted dry cuticles and hydrates dry cracked heels. Toe nails are shaped and finished with Jessica's GELeration gel polish.

85 min £61

Existing Gel removal (prior to GELeration manicure or pedicure). If a client has an existing gel to be removed, we would advise approximately 20 minutes on the above treatment times with an additional charge of £16.

SPA CLUB MEMBERSHIP

Benefits of Membership

- All amenities for health and fitness in a beautiful Country House setting, characterised by high quality and personal service
 - Swimming pool, Spa Bath, Sauna, Steam Room, Beauty Treatments, Gym, Tennis Courts and Club Room
 - 15% discount off our wide range of Health and Beauty Treatments
 - Relaxation area poolside and sunbathing in summer
 - Calm, exclusive, uncrowded and traditional
 - Excellent location on the edge of town with unlimited secure parking
 - Children over the age of 6 years old welcome at specific restricted times
 - Full services of the hotel and its restaurants available at a reduced cost to Members on specific days.
 - Special priority offers for events in the hotel
 - Annual Members receive complimentary benefit vouchers worth over £756.00
 - Access to over 90 acres of parkland
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Full Membership

Includes:

Unlimited use of the swimming pool, steam room, spa bath, saunas, gymnasium, Hartwell Club Room, and two outdoor tennis courts.

ANNUAL £1,630

12X MONTHLY £148

MONTHLY £162

30 days from date of payment

Midweek Membership

Includes:

Entry all day Monday – Friday (including Bank Holidays), includes use of the swimming pool, steam room, spa bath, saunas, gymnasium, Hartwell Club Room, and two outdoor tennis courts.

ANNUAL £1,305

12X MONTHLY £118

MONTHLY £144

30 days from date of payment



SPA CLUB MEMBERSHIP

Joint Membership

*Full membership for partners or
midweek membership for partners.*

Full Joint Membership

ANNUAL £2,934

12X MONTHLY £261

MONTHLY £280

30 days from date of payment.

Midweek Joint Membership

ANNUAL £2,273

12X MONTHLY £210

MONTHLY £261

30 days from date of payment.

Members may bring guests for a swim,
maximum two guests at one time.

(guests may not use the gymnasium)

Members guests £23 per visit.

ADDITIONAL MEMBERSHIP INFORMATION

Subscriptions include VAT and are for one
year from joining date.

On joining Hartwell Spa from 1st April 2023
and on renewal of subscription from 1st April
2023 Hartwell Spa Members
(Annual Membership only) will receive
complimentary benefit vouchers worth over
£801.00

For more information on membership or to
make an appointment to view the Spa, please
call 01296 746500.



PLEASE NOTE WHEN BOOKING TREATMENTS....

We would like to inform you that appointment times include 5 - 10 minutes for consultation and changing.

Clients are requested to wear under garments whilst having treatments.

If you are taking medication, have recently had any operations or illness or have a medical condition, it is advisable that you bring a doctors note with you. This may affect the treatment selected.

If you are in the first trimester of your pregnancy we would advise that certain treatments are not suitable. This can be discussed further on booking your treatments.

Please advise in advance if you suffer from any allergies or from skin sensitivity, dermatitis, contact eczema or psoriasis.

In the interest of hygiene we do not recommend pedicures if you suffer from verruca's or fungal infections.

Any personal information given is held in the strictest confidence.

It is advisable to book treatments in advance to avoid disappointment.

Treatments are not available to those under the age of 16.

The range of treatments available in the Spa is varied, and may not be suitable for every individual.

If you're taking medication, have recently had an operation or illness, or have a medical condition, including cancer, it is advisable to consult your doctor before booking treatments. If in doubt, please ask our therapist who has been trained to know under what circumstances a treatment should not proceed or when to refer a client to a doctor and can recommend alternative treatments. We do not wish to disappoint; however your health and well-being are always our priority.

BOOKING CONDITIONS

We respectfully remind guests that a reservation constitutes a contract between them and Hartwell House and a charge will be incurred for any treatment cancelled less than 24 hours prior to appointment (seven days for Spa Experience and Day Packages). So that our clients are not inconvenienced clients are requested to attend punctually for treatment. Those arriving late (who will still be charged at the tariff price) may receive a shorter treatment and unless more than 30 minutes late will probably not be able to receive the treatment booked. Our tariffs are fully inclusive of service and VAT.

If they wish guests may leave gratuities at their discretion.



PLAN YOUR JOURNEY TO HARTWELL HOUSE

Travelling by Road

From London, take the M40 to Junction 7 and follow the A329/A418

Thame/Aylesbury roads until you pass through the village of Stone.

Hartwell House is located on the left hand side of this road.

Alternatively, either take the M40 to Junction 2, then A355 to Amersham and the A413 to Aylesbury. Once in Aylesbury, follow the A418 toward Oxford. Hartwell House is located approximately two miles along this road on the right hand side.

From the north travel on the M40 to Junction 8A. Follow the A418 to Aylesbury until you pass through the village of Stone. Hartwell House is located on the left hand side of this road.

Travelling by Helicopter

Landings by prior arrangement.

Ordnance Survey map 165/796124.

Please approach from the north: N 5148.43 W 00050.88.

Travelling by Rail

The nearest railway stations are Haddenham & Thame Parkway and Aylesbury, with regular services to London and Birmingham. Both stations are a short taxi ride to Hartwell House.

Travelling by Air

Hartwell House is 45 mins from London Heathrow and Luton Airports.



Bookings can be made online at
www.hartwell-house.com

Spa Opening Times

Monday to Friday

7.30am to 9.00pm

Saturday and Sunday

7.30am to 7.30pm

Tennis Courts

7.30am until dusk

Closed during the winter months

Beauty Treatment Rooms

9.00am to 7.00pm

Address

Vale of Aylesbury, Buckinghamshire,
HP17 8NR

Telephone

Bookings and Enquiries: 01296 746500

Email

spa@hartwell-house.com

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www.hartwell-house.com

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**National
Trust**

A Historic House Hotel of the National Trust

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HOTELS

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CHATEAUX**