



# THE HARTWELL SPA

TREATMENT GUIDE



National  
Trust

HH  
HOTELS

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*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.

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Experienced Therapists offer a wide range of Spa treatments using 111SKIN, GAIA and Jessica products.

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.

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### Cryo Detox Recovery Body

Stimulating microcirculation and the lymphatic system to detoxify and refresh, this treatment helps to ease and soothe tired legs and achy muscles, while contouring the silhouette. Combining our Cryo Globes and Pro Cellulite Gel to effectively target areas that require invigoration and drainage - a bespoke massage is used to stimulate vasodilation, for oxygenating, detoxifying and nourishing the area whilst firming the skin. After treating the lower body, the Cryo De-Puffing Facial Mask is applied whilst the cooling globes are used to encourage drainage, soothing and levity to the face neck and décolletage.

55 min £117 - Monday to Thursday

55 min £127 - Friday to Sunday

85 min £152 - Monday to Thursday

85 min £162 - Friday to Sunday

**For more intensive results and cooler temperatures to -38°, upgrade to our Cryo Machine on the 111SKIN Cryo Facial.**

85 min £162 - Monday to Thursday

85 min £172 - Friday to Sunday



### Black Diamond Sculpting

*Lift, Tighten & Nourish*

The ultimate anti-ageing body treatment delivers dramatic results from 111SKIN's Intensive Collection to shape, smooth, and saturate the skin with nourishment. Following gentle exfoliation to smooth and refine, actively renewing formulas are applied with our signature massage techniques to lift, firm and deeply hydrate with a brightening anti-ageing effect on the body. Expect a smoother, sculpted figure with age-defying results

55 min £117 - Monday to Thursday

55 min £127 - Friday to Sunday

85 min £152 - Monday to Thursday

85 min £162 - Friday to Sunday



### The Vitality Experience

Inspired by the authentic aromas of Ancient Greece, this reviving massage uses medium pressure and slow massages to cleanse and re-energise the body. Using 111SKIN oils infused with evocative, sweet Marjoram, zesty citrus and bold notes of Rosewood, this combination of essences promises relief from tension, headaches, body aches, jet lag, fatigue, and lethargy.

55 min £117 - Monday to Thursday

55 min £127 - Friday to Sunday

85 min £152 - Monday to Thursday

85 min £162 - Friday to Sunday \*

*\*(includes express facial)*

### The Serenity Experience

An experience that will help restore the body's equilibrium. This immensely soothing and comforting treatment harnesses the natural power of holistic aromatherapy oils. Using light effleurage massage techniques, infused with a blend of Jasmine, Tuberose and zesty Lime Blossom, the Serenity Experience will instantly provide familiarity to alleviate emotional and physical stress.

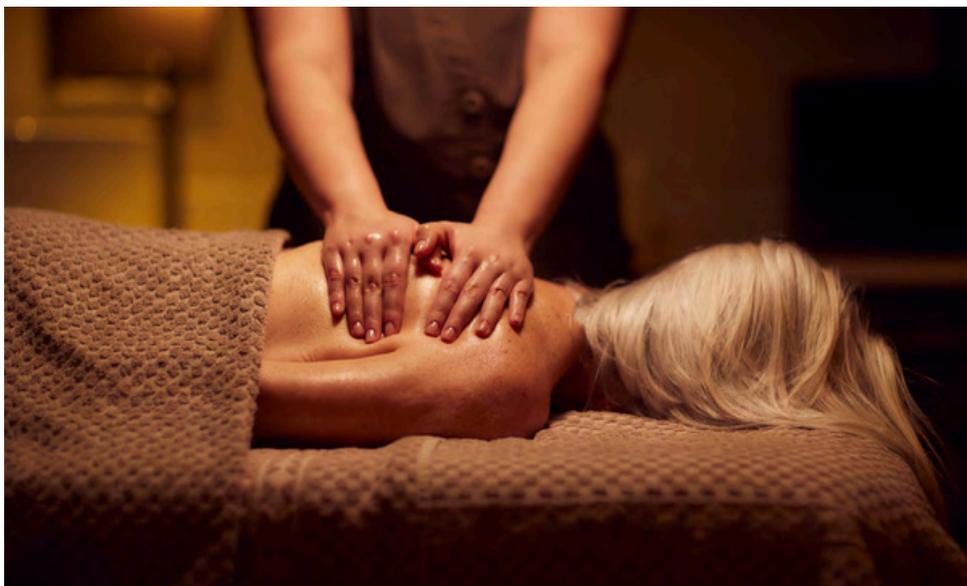
55 min £117 - Monday to Thursday

55 min £127 - Friday to Sunday

85 min £152 - Monday to Thursday

85 min £162 - Friday to Sunday \*

*\*(includes express facial)*



### The Performance Experience

For those wanting a deeper massage, awaken your senses with this energising experience that's designed to relieve tension, invigorate the body, and improve circulation using sensorial aromatic oils. A luxurious, curated blend of May Chang, Turmeric, Eucalyptus, and naturally anti-inflammatory Ginger is massaged deep into the muscles using a specialist technique that involves quick motions to relieve tension, aches and promote a relaxed, balanced state that's ready for anything.

55 min £117 - Monday to Thursday

55 min £127 - Friday to Sunday

85 min £152 - Monday to Thursday

85 min £162 - Friday to Sunday \*

*\*(includes express facial)*

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### Pregnancy Massage

This massage is tailored to relieve the stresses and strains on weight bearing areas. Aids in water retention and helps to promote a good night sleep. Available to those after their 1st trimester up and until delivery.

55 min £117 - Monday to Thursday

55 min £127 - Friday to Sunday

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### The Ultimate Unwind

This 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 to unblock sinuses and ease headaches.

55 min £117 - Monday to Thursday

55 min £127 - Friday to Sunday

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### Neck, Back & Shoulder

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

Using techniques to release tension, reduce muscle stiffness and promote relaxation. It targets specific points where stress often accumulates, providing relief from discomfort and improving overall well-being.

25 min £66 - Monday to Thursday

25 min £79 - Friday to Sunday



### Signature Harley Street Facial

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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 Y<sup>2</sup>™ 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 £114 - Monday to Thursday

55 min £124 - Friday to Sunday

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### De-Puffing Cryo Facial

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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. 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 £114 - Monday to Thursday

55 min £124 - Friday to Sunday

**For more intensive results and cooler temperatures to -38°, upgrade to our Cryo Machine on the 111SKIN Cryo Facial.**

85 min £124 - Monday to Thursday

85 min £134 - Friday to Sunday

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### Black Diamond Facial

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This treatment includes a unique facial peel and uses products enriched with Retinol, Fine Diamond Particles, and our patented NAC Y<sup>2</sup>™ formula. With a combination of Wrinkle Minimising Wand movements and signature massage techniques, this facial ensures skin is fresh and taut, sculpting along the natural contours of the face for a truly lifted and youthful appearance. The sumptuous 111 nourishing Black Diamond Facial soothes and renews the complexion.

85 min £170 - Monday to Thursday

85 min £180 - Friday to Sunday



### Rose Gold Radiance Facial

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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 £150 - Monday to Thursday

85 min £160 - Friday to Sunday

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## JESSICA NAIL TREATMENTS

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### Luxury Jessica Manicure

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

55 mins - Monday to Thursday - £56

55 mins - Friday to Sunday - £66

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### Nail Shape & Varnish

Nails are shaped and polish applied.

25 mins - Monday to Thursday - £37

25 mins - Friday to Sunday - £47

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### Luxury Jessica Pedicure

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

55 min - Monday to Thursday - £56

55 min - Friday to Sunday - £66



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## 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.

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### 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 - Monday to Thursday

85 min £71 - Friday to Sunday

### GELeration Gel Nail Shape and Polish

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

55 min £46 - Monday to Thursday

55 min £56 - Friday to Sunday

### 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 - Monday to Thursday

85 min £71 - Friday to Sunday

*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.*

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# SPA DAYS AT HARTWELL HOUSE

## The Hartwell Spa Experience

Relax and unwind in a world of tranquillity at the Hartwell Spa. Enjoy a peaceful morning or afternoon with full use of our spa facilities, including the gymnasium, sauna, steam room, spa bath, and the peaceful swimming pool area.

Choose one 55-minute spa treatment and let our professional therapists take care of you. After your treatment, continue to relax in the Spa Club Room with complimentary tea, coffee, fruit, and biscuits.

*Choose from the following GAIA treatments:*

### **Bespoke Massage**

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques such as Swedish, Deep tissue and Aromatherapy to relax the body and mind bringing you into the present moment.

### **Hot Stone Massage**

A therapeutic back, neck and shoulder, full body or full body and scalp massage using our specially blended GAIA oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, thus helping you to unwind and feel rejuvenated.

### **Restorative Treatment**

Experience a therapeutic back cleanse followed by exfoliation with GAIA's own unique body scrub, before GAIA's mud mask is applied in sweeping motions to detoxify and cleanse. Following the removal of the mud with a hot towel, the back is massaged with hot stones using one of the GAIA oils

### **Jade Facial**

This healing massaging facial will leave your skin feeling rejuvenated and glowing. GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.

*Should you wish to select one of our exclusive 111SKIN treatments, a supplementary charge of £15.00 will apply.*



# SPA DAYS AT HARTWELL HOUSE

## The Hartwell Spa Indulgence Day

Enjoy a full day's relaxation to unwind at the Hartwell Spa. This is your time for indulgence, so before your treatments make use of the fitness facilities that include the gymnasium, sauna, steam room, spa bath and swimming pool. Select a relaxing 85 minute, and to finish your day wander over to Hartwell House where a delicious afternoon tea will be served. Leave the Hartwell Spa feeling refreshed, pampered and rejuvenated.

*Choose from the following treatments:*

### **GAIA Bespoke Massage**

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques such as Swedish, Deep tissue and aromatherapy to relax the body and mind bringing you into the present moment.

*To compliment your treatment please choose in addition a Luxurious Salt and Oil Scrub for the Body or a Bespoke Express Facial or an Indian Head Massage*

### **GAIA Hot Stone Massage**

A therapeutic back, neck and shoulder, full body or full body and scalp massage using our specially blended GAIA oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, thus helping you to unwind and feel rejuvenated. Choose from the GAIA oils, Awakening, Balancing and Calming.

*To compliment your treatment please choose in addition a Luxurious Salt and Oil Scrub for the Body or a Bespoke Express Facial or an Indian Head Massage*

### **GAIA Restorative Treatment Experience**

A therapeutic back cleanse followed by exfoliation with GAIA's own unique body scrub, before GAIA's mud mask is applied in sweeping motions to detoxify and cleanse. Following the removal of the mud with a hot towel, the back is massaged with hot stones using one of the GAIA oils

*To compliment your treatment please choose in addition a Bespoke Express Facial or an Indian Head Massage*

### **GAIA Jade Facial**

This healing massaging facial will leave your skin feeling rejuvenated and glowing... GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.

*To compliment your treatment please choose in addition a Back, Neck and Shoulder Massage or an Indian Head Massage*

*Should you wish to select one of our exclusive 111SKIN treatments, a supplementary charge of £15.00 will apply.*



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# SPA CLUB MEMBERSHIP

## *Benefits of Membership*

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- All amenities for health and fitness in a beautiful Country House setting, characterised by high quality 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 16 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 £818
- Access to over 90 acres of parkland
- *Benefits are discretionary and subject to change*



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## *Full Membership*

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### *Includes:*

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

**ANNUAL £1,936**

**12X MONTHLY £176 MONTHLY £192**

30 days from date of payment

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## *Midweek Membership*

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### *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 £1,550**

**12X MONTHLY £140**

**MONTHLY £172**

30 days from date of payment

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# SPA CLUB MEMBERSHIP

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## *Joint Membership*

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

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## *Full Joint Membership*

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**ANNUAL £3,485**

**12X MONTHLY £310**

**MONTHLY £333**

30 days from date of payment.

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## *Midweek Joint Membership*

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**ANNUAL £2,700**

**12X MONTHLY £250**

**MONTHLY £310**

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 £27 per visit.

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# ADDITIONAL MEMBERSHIP INFORMATION

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

On joining Hartwell Spa from 1st April 2025 and on renewal of subscription from 1st April 2025 Hartwell Spa Members (Annual Membership only) will receive complimentary benefit vouchers worth over £818.

*Benefits are discretionary and subject to change*

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

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## PLEASE NOTE WHEN BOOKING TREATMENTS...

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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.

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## BOOKING CONDITIONS

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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.

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# PLAN YOUR JOURNEY TO HARTWELL HOUSE

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## 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.

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## 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](http://www.hartwell-house.com)

### *Spa Opening Times*

Monday to Friday  
7.30am - 9.00pm

Saturday and Sunday  
7.30am - 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](mailto:spa@hartwell-house.com)

### *Visit*

[www.hartwell-house.com](http://www.hartwell-house.com)

### *Facebook*

[www.facebook.com/hartwellhouse](http://www.facebook.com/hartwellhouse)

