



THE SPA

AT PENNYHILL PARK

Pennyhill Park, an Exclusive Hotel & Spa
London Road, Bagshot, Surrey GU19 5EU

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LIFE  IN BALANCE

TREAT YOURSELF TO A RETOX

Retoxing is all about rewarding your body and mind with the slightly more indulgent side of life. Why not try one of our luxurious spa treatments, such as a Gold Ceremony Wrap or The Spa Massage, followed by forty winks in our Sensory Room, where you can sink into a warm gel filled bed.

Or perhaps you like the bubbles in life? With a glass of something sparkling, you can settle into one of our bubble loungers in the open air hot tubs, or retire to the indoor hot tub after a swim in our Ballroom Pool - we recommend you dip your head under to hear the underwater music.

Whether you take that swim or not, I think we can all agree, lounging in and around water is deeply relaxing and as a result, can make you quite sleepy. Pop on your robe and head up to Themis restaurant where you can find a delicious menu of tasty treats and healthy dishes to perk you up for the rest of your day.



AWARD-WINNING SPA FACILITIES

The Spa at Pennyhill Park is the ultimate mental and physical retreat from the outside world - an adult only environment, with 45,000 sq.ft. of unrivalled facilities and treatments.

BUCKET SHOWER

Refreshing drench experience

EXPERIENCE SHOWERS

Choose from highland mist, tropical rain or falls of the spa

SCHNAPPS STEAM

Infused steam room
45°c to 55°c

DRY HEAT SAUNA

Intense dry heat
70°c to 90°c

HERBAL STEAMS

Herbal infused steam rooms with three different essences
42°c to 45°c

FOOT SPAS

Choose revitalising cold or relaxing warm

ICE IGLOO

Stimulate the circulation with an ice scrub to cool the body

PLUNGE POOL

Close the pores and cleanse the body with a quick dip | 10°c

TEPIDARIUM

Gently heated ceramic couches, shaped to the body's contours

LACONIUMS

Mild radiant warmth from heated walls, seats and floors
32°c to 34°c

QUIET ROOM

Comfy chairs for quiet reading or relaxation

SENSORY ROOM

Warm, gel filled beds for deep relaxation or forty winks

TREATMENT ROOMS

21 spacious rooms - some large enough to enjoy treatments together as a couple

NAIL SUITE

Get fabulous fingertips with Jessica Cosmetics nails

INDOOR BALLROOM POOL

Take a dip for underwater music
25m x 10m | 30°c

INDOOR HOT TUB

Invigorating warm bubbles activated by placing a hand over the sensors | 34°c to 38°c

INDOOR TO OUTDOOR HYDROTHERAPY POOL

Swim through to the outdoors with a range of experiences at the touch of a hand | 36°c to 38°c

OPEN AIR HOT TUBS

Relax on a bubble lounge on either side of the hexagonal tub
34°c to 38°c

OPEN AIR POOL

Nothing beats an outdoor dip, surrounded by luxury loungers
18m x 8.5m | 26°C approx

POOL VIEW BAR

Enjoy a glass of something chilled or bubbly, as well as a range of tasty snacks whilst lounging by the pool

THEMIS RESTAURANT

Stay in your robe and slippers to enjoy a delicious meal or light bite in Themis restaurant

SPA LOUNGE

Look out over the spa and enjoy a drink or afternoon tea

RETOX SPA DAYS

BRONZE SPA DAY

Enjoy a welcome smoothie on arrival, before unwinding into one treatment of your choice below. Follow your treatment with a three-course lunch in our Themis restaurant to accompany your relaxing day in our award-winning spa.

£175 (Mon - Thurs)

£190 (Fri - Sun)

Select from the following treatments for Silver and Bronze spa day packages:

RETOX

The Citrus Essence Facial | Divine Duo

Recharge | The Spa Massage

Manicure | Pedicure

DETOX

Oxygen Facial | Radiance Facial

Infused Wrap | Spa Body Scrub

Personal Training Session

(see treatment pages for full descriptions)

SILVER SPA DAY

Enjoy a welcome smoothie on arrival, before unwinding into two treatments of your choice below. Follow your treatment with a three-course lunch in our Themis restaurant to accompany your relaxing day in our award-winning spa.

£250 (Mon - Thurs)

£280 (Fri - Sun)

Select from the following treatments for Silver and Bronze spa day packages:

RETOX

The Citrus Essence Facial | Divine Duo

Recharge | The Spa Massage

Manicure | Pedicure

DETOX

Oxygen Facial | Radiance Facial

Infused Wrap | Spa Body Scrub

Personal Training Session

(see treatment pages for full descriptions)

GOLD SPA DAY

Begin your day with a glass of sparkling wine on arrival, then, after relaxing in our award-winning spa, choose from a 60 minute Deeply Nourishing Gold Facial or a Gold Ceremony Wrap. Follow your treatment with a three-course lunch in our Themis restaurant and when your day has come to an end, we have a spa product for you to take home.

£185 (Mon - Thurs)

£205 (Fri - Sun)

ULTIMATE SPA DAY

Begin your day with valet parking on arrival and a welcome brunch from our Spa Chef. Then relax and unwind together while you enjoy your treatments in our couples' treatment room. The Ultimate Spa Day comes with a Rasul Experience for two, 120 minute body massage and facial treatment and a hand, foot and scalp massage ritual. Continue to make use of our award-winning spa facilities in your very own personalised robes and refuel with an indulgent sparkling afternoon tea. At the end of the day, a selection of spa products and your personalised robes are packaged up for you to take home and keep as a memento.

£950 for two people (Mon - Thurs)





RETOX SPA DAYS

DIAMONDS ARE FOREVER SPA DAY

Enjoy a sparkling elderflower drink on arrival, before relaxing into a 60 minute Diamond Energy Facial by the highly recognised Natura Bissé. A triple 'A' treatment, anti-ageing, anti-stress and antioxidant rich, this gorgeous pampering facial gets skin glowing with products that contain the finest Damask rose extract sourced from Morocco. The skin is significantly brightened with deep exfoliation, followed by Diamond Nectar Serum with a sculpting massage to lift sagging skin. Finally, while a cooling algae mask firms the skin, hands are massaged with divine rose oil. After replenishing your skin, replenish your energy with a three-course lunch and sparkling cocktail in our Themis restaurant, then continue to enjoy the spa.

A NATURA BISSÉ SPA DAY

£195 (Mon - Thurs)

£215 (Fri - Sun)

MOTHER TO BE SPA DAY

A special luxury spa ritual for mums to be (over three months), designed to calm, ease feelings of discomfort and relax both mother and baby. Start your day with a welcome smoothie, before heading down for your relaxing 90 minute treatment. First we will make you comfortable, then your lower back, legs and arms will be massaged and soothed using our unique Sweet Mandarin & Neroli Pregnancy Oil. Your treatment experience is completed with a relaxing scalp and foot massage. After your treatment you can continue using the spa facilities and refuel with a three-course lunch in our Themis restaurant.

£190 (Mon - Thurs)

£210 (Fri - Sun)

SUNRISE SPA BRUNCH

Enjoy a morning of pampering with our Sunrise Spa Brunch experience. Begin your day with a dip in the pool, a morning exercise or holistic class (subject to availability and timetable changing), or perhaps you fancy heading straight for the continental brunch served between 9am - 12 noon in our Themis restaurant. You will then be treated to a 60 minute treatment, choosing between our Citrus Essence Facial, Gold Facial or Nourishing Nectarine & Honey Body Scrub. Following which, you can continue to relax in our award-winning spa facilities and enjoy a Porn Star Martini in our Spa Lounge before departing the spa at 2pm.

£144 (Tues - Sat)

TWO TREATS SPA EVENING

Enjoy afternoon tea in our Themis restaurant or our comfy Spa Lounge before retreating to use our award-winning spa facilities and enjoying your second treat - a 50 minute treatment using The Spa product range, designed to nourish and repair. For your treatment, you can choose between a facial, massage or body scrub.

£140 (Tues and Weds, 3.30pm - 10pm)

RECOVERY RETREATS

We are knowledgeable in creating specialised spa days for anyone with an acute medical condition, undergoing or recovering from chemotherapy or any other intense treatment. Please contact us so we can design a spa day around your personal needs.

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RETOX FACIALS

Our philosophy is natural and holistic, so all the five star treatments and facilities have evolved to produce results based on these principles. All our therapists are experts in their trade and will tailor-make your treatment, depending on your physical and emotional needs on the day.



DIAMOND ENERGY

A triple 'A' treatment, anti-ageing, anti-stress and antioxidant rich, this gorgeous pampering facial gets skin glowing with products that contain the finest Damask rose extract sourced from Morocco. The skin is significantly brightened with deep exfoliation, followed by diamond nectar serum with a sculpting massage to lift sagging skin. Finally, while a cooling algae mask firms the skin, hands are massaged with Diamond Body Cream.

ADD THE MINDFUL TOUCH
see below for full details

ADD THE OXYGEN BUBBLE
see zone in and purify page for full details

**A NATURA BISSÉ FACIAL
60 MINUTES**
£122 (Mon - Thurs)
£132 (Fri - Sun)

THE INHIBIT FACE-LIFT

The Inhibit Face-lift is an alternative to micro-injections, treating lines and wrinkles to tighten the skin and leave you with a super hydrated radiant glow. Following an intensive but delicate exfoliation, the facial ingredients applied inhibit the contraction of facial muscles and soften existing wrinkles. The skin is also naturally plumped thanks to the filling effect of the activity massage and a repairing hyaluronic acid mask. This facial relaxes, fills, lifts and reforms the skin, leaving it smoothed and rejuvenated.

ADD THE OXYGEN BUBBLE
see zone in and purify page for full details

**A NATURA BISSÉ FACIAL
60 MINUTES**
£130 (Mon - Thurs)
£140 (Fri - Sun)

THE CITRUS ESSENCE FACIAL

An antioxidant treatment that restores vitality to sun-damaged skin and helps minimise the signs of premature ageing. 100% pure vitamin C will stimulate collagen production and renew skin firmness. Ideal for anyone seeking to recapture skin luminosity and firmness through a relaxing citrus aromatherapy experience. Its delicious citrus fragrances and rich textures make this treatment an unforgettable experience.

ADD THE MINDFUL TOUCH
see below left for full details

ADD THE OXYGEN BUBBLE
see zone in and purify page for full details

**A NATURA BISSÉ FACIAL
60 MINUTES**
£110 (Mon - Thurs)
£120 (Fri - Sun)

DIAMOND LIFE FACE INFUSION RITUAL

The skin is massaged with pomegranate extract to ensure radiance even before the carboxi style exfoliation, a method which oxygenates the skin whilst smoothing and renewing the complexion. Next comes the Youth Elixir, a serum designed to help skin act younger, is massaged with a bi-phase technique using a magnetic tool followed by a tightening rhythmical manual massage. Finally a double mask is applied - a chromo rejuvenating mask followed by a refreshing infusion mask for luminosity. A facial unlike any other... the results are second to none.

ADD THE OXYGEN BUBBLE
see zone in and purify page for full details

**A NATURA BISSÉ FACIAL
90 MINUTES**
£192 (Mon - Thurs)
£202 (Fri - Sun)

THE MINDFUL TOUCH BY NATURA BISSÉ

Join us on a 3D journey for your chance to travel to the future with a complete face, body and mind ritual. Incorporating virtual reality and mindfulness, The Mindful Touch helps you connect with your senses, free your mind and let your skin enjoy even more of the nourishing, moisturising and revitalising benefits offered by Natura Bissé's exclusive treatments. The Mindful Touch can be added to the following treatments.

MINDFUL TOUCH DIAMOND ENERGY	MINDFUL TOUCH OXYGEN FACIAL	MINDFUL TOUCH CITRUS ESSENCE FACIAL
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70 MINUTES £135 (All Week)	70 MINUTES £130 (All Week)	70 MINUTES £130 (All Week)
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DEEPLY NOURISHING GOLD FACIAL

Let your skin be deeply nourished in a layer of gold. Allow your skin to soak up our luxurious products enriched with caviar and pearl. Enjoy a relaxing facial, scalp, hand and foot massage and then leave with truly exquisite skin.

60 MINUTES
£105 (Mon - Thurs)
£115 (Fri - Sun)

All treatments are subject to a 7.5% service charge, unless part of a spa day or spa break.

RETOX FACIALS WITH MASSAGE

DIVINE DUO

The perfect massage and facial treatment duo. Begin your therapy with an aromatic muscle relaxing back massage. As the second part of your therapy gets underway, surrender to the very best skincare recipes for a boosting facial. Your skin will be cleansed, polished and hydrated creating the perfect pick me up!

60 MINUTES
£100 (Mon - Thurs)
£110 (Fri - Sun)

RECHARGE

Recharge your skin with the antioxidant benefits of pure vitamin C. This treatment is a true sensory therapy for the face and includes a pressure point massage for the back. Its delicious citrus fragrances and rich textures combine to create an unforgettable experience.

A NATURA BISSÉ MASSAGE
60 MINUTES
£110 (Mon - Thurs)
£120 (Fri - Sun)

RETOX SCRUBS, MUDS & WRAPS

DIAMOND ROSE BODY RITUAL

Designed to pamper from your head to your toes! This treatment starts with a full body aromatic exfoliation, followed by a soothing application of nourishing body cream. Whilst your body cream goes to work, you will be treated to a soothing head massage. This ritual will leave you smelling gorgeous, feeling perfectly polished and relaxed.

A NATURA BISSÉ RITUAL
60 MINUTES
£108 (Mon - Thurs)
£118 (Fri - Sun)

90 MINUTES
£150 (Mon - Thurs)
£160 (Fri - Sun)

GOLD CEREMONY WRAP

Our luxurious wrap will coat you in gold from head to toe. This anti-ageing body wrap will leave your skin hydrated and radiant whilst you relax with a delightful scalp massage. After showering we will smother you in our Gold Dry Body Oil leaving your skin silky and smooth!

60 MINUTES
£100 (Mon - Thurs)
£110 (Fri - Sun)

RETOX MESSAGES

THE SPA MESSAGE

A full body massage tailored to your exact needs, working on nerve endings, relaxation and muscular stress. Using Balancing Ylang Ylang, Chamomile and Evening Primrose Oil.

60 MINUTES
£105 (Mon - Thurs)
£115 (Fri - Sun)

80 MINUTES
£130 (Mon - Thurs)
£140 (Fri - Sun)

PREGNANCY MESSAGE

A special massage for mums to be (over three months), designed to calm, ease feelings of discomfort and relax both mum and baby. First we will make you comfortable, then your lower back, legs and arms will be massaged and soothed using a relaxing pregnancy oil.

60 MINUTES
£105 (All week)

80 MINUTES
£130 (All week)

RASUL EXPERIENCE FOR TWO

Enhance your spa visit with an experience in your very own private temple. We will introduce you to the ritual and then leave you to enjoy and indulge. Begin by applying the facial mask to your face and neck, apply the hair mask to each other's hair to restore and nourish. Smother the body scrub over your whole body and then apply the rich body mud all over your companion. Take a seat in your Rasul chamber, inhaling the delicate steam which is said to cleanse the respiratory system. The ritual ends with a warm tropical shower, then complete your skin nourishment with an application of luxurious body lotion.

60 MINUTES
£60 for two people (Mon - Thurs)
£80 for two people (Fri - Sun)

All treatments are subject to a 7.5% service charge, unless part of a spa day or spa break.

JESSICA NAILS

JESSICA MANICURE

Jessica's prescriptive manicure with the luxurious added benefits of thermal heated mittens for deeper penetration of oils and creams. This treatment choice is excellent for increasing circulation and relieving stiff, painful joints.

60 MINUTES
£60 (Mon - Thurs)
£70 (Fri - Sun)

JESSICA PEDICURE

Jessica's ZenSpa pedicure with luxurious added benefits of thermal heated booties for deeper penetration of oils and creams. This treatment choice is excellent for increasing circulation and relieving stiff, painful joints.

60 MINUTES
£60 (Mon - Thurs)
£70 (Fri - Sun)

GELERATION MANICURE

Includes hand exfoliation, massage, cuticle care and nail shape, finished with Jessica's GELeration Soak-Off gel polish. Any existing gel polish must be removed prior to treatment.

60 MINUTES
£60 (Mon - Thurs)
£70 (Fri - Sun)

GELERATION REMOVAL

Removal of GELeration polish before a GELeration manicure.

30 MINUTES
£40 (Mon - Sun)

GELERATION PEDICURE

Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Hard skin is removed and feet and legs are massaged with conditioning creams. Cuticles are groomed and toenails are shaped then finished with Jessica's GELeration Soak-Off gel polish. Any existing gel polish must be removed prior to treatment.

60 MINUTES
£60 (Mon - Thurs)
£70 (Fri - Sun)

MAN-I-CURE

A hand and nail treatment specially designed for men. A maintenance manicure for men on the move. Your nails are cut and filed, cuticles are soaked and tidied and we use a skin balancing hand scrub to remove dry skin. Followed with a hand massage we finish with a buff to shine, leaving your nails clean with a neat finish.

50 MINUTES
£55 (Mon - Thurs)
£65 (Fri - Sun)

PEDICURE FOR MEN

A relaxing, yet grooming treatment. Your feet are soaked and exfoliated with a rich salt scrub, toenails are cut and filed then cuticle work is carried out, followed by a stress relieving foot massage.

50 MINUTES
£55 (Mon - Thurs)
£65 (Fri - Sun)

MII BEAUTY AND TANS

WEDDING MAKEUP

This is your big day and you want to look fabulous, so let us take care of that for you. Our expert makeup artists can guide you towards your ideal look, whether natural or sultry drama ensuring you turn heads and feel amazing on your day. Your 120 minutes can be split into two sessions: a 60 minute trial session and a 60 minute application on your wedding day.

120 MINUTES
£150 (All week)

MAKEUP

Let our experienced makeup artists give you the latest look. Working with you and considering colour and facial structure you will be ready to wow at your special event.

60 MINUTES
£85 (All week)

KISSED BY MII TAN

The tan is applied via a special spray tanning system which sprays a fine mist of bronzing solution over your body resulting in an even, streakless, natural looking tan.

20 MINUTES
£25 (Mon - Thurs)
£35 (Fri - Sun)

MII BROWS AND LASHES

EYEBROW SHAPE

A combination of waxing and plucking to get the perfect shape.

20 MINUTES
£30 (Mon - Thurs)

EYELASH TINT

Lengthens, darkens and thickens the appearance of eyelashes.

30 MINUTES
£35 (Mon - Thurs)

EYEBROW TINT

Eyebrows appear fuller and darker.

10 MINUTES
£15 (Mon - Thurs)

EYELASH AND EYEBROW TINT

Perfect lash brow combo to emphasize your facial features.

30 MINUTES
£40 (Mon - Thurs)

If you have not had an eyelash or eyebrow tint at The Spa at Pennyhill Park previously, or within the last six months, a patch test is essential 24 hours prior to treatment.

All treatments are subject to a 7.5% service charge, unless part of a spa day or spa break.

ZONE IN AND PURIFY

Add on to any treatment to zone in and enhance the individual focus for your very own signature treatment.

FOOT UNWIND

Add to facial, body and massage treatments.

Ease away tension from aching feet with this luxurious foot soak and scrub. Indulge your feet in some serious time-out with this restorative foot tonic!

10 MINUTES
£15

FACIAL ZONE IN

Add to massage and body treatments.

Give your skin a boost with our spa skincare range. Your therapist will assess your skin then tailor-make a reviving mini facial for you.

20 MINUTES
£30

30 MINUTES
£45

MASSAGE ZONE IN

Add to facial and body treatments.

Your therapist will focus on your favourite area; back, neck and shoulders, face and scalp or hands and feet for a fabulous 20 or 30 minute bespoke massage.

20 MINUTES
£30

30 MINUTES
£45

THE OXYGEN BUBBLE

Natura Bissé has created an exclusive place in which to perform treatments, where the air you breathe will be 99.995 percent pure. Immerse yourself in a serene environment filled with soft aromatic notes that take your mind on an exquisite journey to well-being. It is a singular experience, providing exceptional results that rejuvenate and purify.

You can choose to have any of the following treatments in the oxygen bubble with our compliments - why not purify your experience!

Oxygen Facial | Diamond Energy | The Inhibit Face-Lift

The Citrus Essence Facial | Diamond Life Face Infusion Ritual

(see treatment pages for full descriptions)

A close-up photograph of a woman with long, wavy brown hair, seen from the back, braiding her hair. She is wearing a dark blue bikini top. The background is a bright, clear blue sky over water, suggesting a poolside or beach setting.

LIFE  IN BALANCE

CARE FOR YOURSELF WITH A DETOX

Looking for a detox? Perhaps you have overindulged a little lately or are looking to build a healthier lifestyle. Either way, detoxing isn't an unpleasant thing, it can still be relaxing and rewarding, it's just more about taking care of your body and mind; selecting the healthier choices and working your body for better health and sleep.

We have a variety of treatments and offerings to help you take the steps to detox. If you're looking to be the next Gal Gadot or Tom Hardy, our Warrior Spa Day is the perfect option to get you fighting fit. Or perhaps you're looking to cleanse the body, in which case the Oxygen Facial and a Go Go Green smoothie come highly recommended.

How far you take your detox is entirely up to you, our team are on hand to help you build the perfect day to reach your goals. And don't feel bad about going to the "dark side", we have plenty of tasty treats and bubbly beverages if you want to reward yourself at the end of the day – we won't tell!



STATE-OF-THE-ART FITNESS SUITE

GYM

Our 3,000 sq.ft. gym has a full range of Artis Technogym equipment, each with its own entertainment system as well as a comprehensive free weights area, stretch, kettlebell and ARKE wall. Chat to one of our fitness experts if you want some advice on achieving your goals.

STUDIO*

We offer a wide range of classes led by expert instructors, most of which take place in our beautiful Junckers sprung floor sports studio. Classes range from aerobics and cycling, through to pilates, yoga and Zumba. There's something for everyone!

*Please see the spa reception for class charges and timetable

PERSONAL TRAINING

Personal training is available to all our guests and members, with sessions tailored to meet your goals. So whether you're looking to shed a few pounds, build up muscle tone, increase strength or do sports specific training, our experts are on hand to deliver a great session.

60 MINUTES
£65

HEALTH ASSESSMENT

Our fitness experts will consider your personal goals and undertake a behavioural analysis and health screening. At the end of the session you will take away a personalised programme designed specifically for your needs and goals.

120 MINUTES
£130

WARRIOR CIRCUITS*

These sessions are great for fat loss, strength, cardiovascular fitness, coordination, agility and flexibility - and they're great fun! What more could you want? It's time to become a circuit warrior.

*Please see the spa reception for class charges and timetable



THE SPA AT PENNYHILL PARK MEMBERSHIP

With a limited membership of 500, this is truly a spa to call your own. There is always a place for you, be it a comfy lounge by one of the pools or a tailored session with a personal trainer. To find out more, please see the spa and gym membership page or get in touch.

+44 (0)1276 478456 | pennyhillparkmembership@exclusive.co.uk



DETOX SPA DAYS

WARRIOR SPA DAY

Our Warrior Spa Day gives you the perfect balance of personal training and a relaxing therapy treatment to build and restore the body of a warrior! Start your day with a 60 minute personal training session with one of our experts and then choose from any of our 30 minute treatments to restore body and mind. Includes a smoothie on arrival, a 60 minute personal training session, a 30 minute treatment of your choice and a three-course lunch in our Themis restaurant. After which, you can continue to enjoy our spa facilities for the rest of your day.

£185 (Mon - Thurs)
£205 (Fri - Sun)

MINDFUL TOUCH SPA DAY

Join us on a 3D journey for your chance to travel to the future with a complete face, body and mind ritual. Begin your day with a welcome smoothie before experiencing our 70 minute Mindful Touch Diamond Energy treatment by the highly recognised Natura Bissé. A triple 'A' treatment; anti-ageing, anti-stress and antioxidant rich, this gorgeous pampering facial gets skin glowing with products that contain the finest Damask rose extract sourced from Morocco. Your experience is completed with a three-course lunch in our Themis restaurant before retreating to use our wonderful spa facilities for the rest of your day.

£195 (Mon - Fri)

COUPLES SPA DAY

Relax and unwind together in one of our couples treatment rooms where your therapists will perform simultaneous treatments. Your day will start with a welcome smoothie, after which the therapy will begin with a stimulating scrub followed by a purifying body wrap. Whilst the wrap is drawing out toxins and cleansing your skin, your therapists will perform a tension releasing scalp massage. To complete your therapy our energising body oil will be smoothed over muscles in a personalised full body massage. After your treatment, make your way to our Themis restaurant to enjoy a three-course lunch, following which, you can continue to relax in our award-winning spa.

£500 for two people (Mon - Thurs)
£560 for two people (Fri - Sun)

SUNSET SPA EVENING

Take some time out with our relaxing Sunset Spa Evening. Begin your experience with an iced white peony tea on arrival, followed by a choice of either our Purifying Foot and Scalp treatment, Skin Booster Facial or De-Stress Upper Body Massage. A healthy dinner then awaits you in our Themis restaurant - a gluten free and vegan wrap (choice of either herb falafel or roast vegetable wrap) along with a granola and yoghurt dessert, served with infused water. Followed by an evening relaxing in the sauna, tepidarium or ballroom pool listening to the underwater music and unwinding in our award-winning spa facilities.

£100 (Thursdays, 3.30pm - 9.30pm)

RECOVERY RETREATS

We are knowledgeable in creating specialised spa days for anyone with an acute medical condition, undergoing or recovering from chemotherapy or any other intense treatment. Please contact us so we can design a spa day around your personal needs.

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DETOX FACIALS

OXYGEN FACIAL

The ideal facial for congested and stressed skin, this facial uses the Natura Bissé range, which releases molecules of pure oxygen deep into the skin to help remove toxins and deliver hydration. The perfect solution for frequent travellers, those who live in the city or have combination/oily skin. Pores are purged and fine lines are plumped with oxygen, leaving you with a fresher-faced complexion.

ADD THE MINDFUL TOUCH
see below for full details

ADD THE OXYGEN BUBBLE
see zone in and purify page for full details

A NATURA BISSÉ FACIAL
60 MINUTES
£110 (Mon - Thurs)
£120 (Fri - Sun)

SPA CLARISONIC FACIAL

Your facial begins with the Clarisonic experience. This sonic method works with the skin's natural elasticity, removing make-up, dirt and oil. Gentle, yet powerful, the Clarisonic oscillates with more than 300 movements per second to gently cleanse skin and remove impurities. Your skin is then prepped to soak in and get benefit from the facial oils and masks. Whilst these soak in you will enjoy a tension relieving shoulder, face and scalp massage.

70 MINUTES
£108 (Mon - Thurs)
£118 (Fri - Sun)

SKIN BOOSTER FACIAL

This skin boosting facial includes a deep cleanse and exfoliation along with a relaxing facial massage to boost your skin's radiance.

30 MINUTES
£60 (Mon - Thurs)
£70 (Fri - Sun)

RADIANCE FACIAL

Your skin will be deeply cleansed and nourished during this facial, leaving you with a radiant glow. Starting with a face and scalp massage, a luxurious face mask is then applied and you will experience a relaxing hand and foot massage while the mask works its magic.

60 MINUTES
£95 (Mon - Thurs)
£105 (Fri - Sun)

DETOX FACIALS WITH MASSAGE

DE-STRESS

A luxurious oxygen therapy for the face combined with a pressure point massage for the back. This treatment detoxifies and hydrates the skin whilst providing a complete sense of well-being. The perfect treatment for travellers, or those who live in the city.

A NATURA BISSÉ MASSAGE
60 MINUTES
£110 (Mon - Thurs)
£120 (Fri - Sun)

DETOX MESSAGES

HOT STONE MASSAGE

The perfect therapy treatment to relieve tension. The smooth, warm and cool surfaces of the stones glide over the body without effort, concentrating on tension and blocked energy flow. Stones are placed and used as massage tools for deep muscle and mind relaxation and to instil a feeling of calm and balance to your entire body and mind.

60 MINUTES
£125 (Mon - Thurs)
£135 (Fri - Sun)

80 MINUTES
£145 (Mon - Thurs)
£155 (Fri - Sun)

UPPER BODY DE-STRESS

Invigorate and energise your body with this tension relieving back, neck and shoulder massage. Using Swedish massage techniques, this treatment will restore vitality and ease tense muscles.

30 MINUTES
£60 (Mon - Thurs)
£70 (Fri - Sun)

THE MINDFUL TOUCH BY NATURA BISSÉ

Join us on a 3D journey for your chance to travel to the future with a complete face, body and mind ritual. Incorporating virtual reality and mindfulness, The Mindful Touch helps you connect with your senses, free your mind and let your skin enjoy even more of the nourishing, moisturising and revitalising benefits offered by Natura Bissé's exclusive treatments. The Mindful Touch can be added to the following treatments.

MINDFUL TOUCH **MINDFUL TOUCH** **MINDFUL TOUCH**
DIAMOND ENERGY **OXYGEN FACIAL** **CITRUS ESSENCE FACIAL**

70 MINUTES **70 MINUTES** **70 MINUTES**
£135 (All Week) £130 (All Week) £130 (All Week)



All treatments are subject to a 7.5% service charge, unless part of a spa day or spa break.

DETOX SCRUBS, MUDS & WRAPS

INFUSED WRAP

Our detoxifying wrap infused with green, red and white tea, along with energising mint will invigorate your senses, increase circulation and help remove toxins and reduce fluid retention. After showering, we will apply Radiance Dry Body Oil leaving you feeling purified and revived. Perfect after a long flight, stressful week or for a total pick me up.

60 MINUTES
£95 (Mon - Thurs)
£105 (Fri - Sun)

THE SPA BODY SCRUB

Experience a full body aromatic exfoliation and relax with a delightful scalp massage. Choose from Nourishing Nectarine & Honey, Purifying Green Tea and Coconut or Energising Lime and Lemongrass. Then be soothed with an application of our Radiance Dry Body Oil leaving skin feeling hydrated and brand new!

60 MINUTES
£95 (Mon - Thurs)
£105 (Fri - Sun)

GROUNDED FOOT THERAPY

Soak away tension starting with a serene aromatic foot soak, whilst your feet will be uplifted and smoothed with our nourishing foot scrub. Then, one foot at a time your feet will be refreshed and grounded with a foot mask and a pressure relieving foot massage that will bring comfort to your entire body.

40 MINUTES
£50 (Mon - Thurs)
£60 (Fri - Sun)

DETOX HOLISTIC THERAPIES

REFLEXOLOGY

Used in China as a method of well-being and relaxation for over 1,000 years, this traditional massage focuses on points of the feet which relate to specific parts of the body to heal and rebalance energy levels.

60 MINUTES
£100 (Mon - Thurs)
£110 (Fri - Sun)

REIKI

Literally meaning 'universal life force energy' this is the system for channelling energy to someone for the purpose of healing. It works by dissolving and eliminating toxic energy and substances whether those substances are physical, emotional, mental or beyond. This helps create a harmonious environment so that natural healing can take place.

60 MINUTES
£105 (Mon - Thurs)
£115 (Fri - Sun)

We have specialist therapists for all our holistic treatments. Booking in advance is recommended - please enquire for availability.

All treatments are subject to a 7.5% service charge, unless part of a spa day or spa break.



A high-angle photograph of a man and a woman standing in a natural waterfall. The water is cascading over dark, mossy rocks, creating a lush green environment. The woman is in the center, wearing a black bikini, and the man is partially visible in the bottom left corner. The overall scene is serene and relaxing.

SPA BREAKS

LUXURY SPA BREAK

Our spa break package includes a luxury overnight stay with £40 per person towards dinner in The Brasserie restaurant, a delicious breakfast, a three-course lunch in our spa restaurant, Themis and a 60 minute treatment each.

For more information and pricing, please visit our website:
exclusive.co.uk/the-spa

or contact us:
+44 (0)1276 486150
pennyhillpark@exclusive.co.uk

SPA PRODUCTS

Looking to take a bit of the spa home? From moisturisers containing crushed diamonds and relaxing aromatherapy oils, through to vibrant nail polishes and confidence boosting makeup, there's a wide range of products to choose from - many with testers so you can try before you buy. If you find something you like, simply take it to reception and the team will pop it in a bag for you.



AN EXCLUSIVE RANGE

The Spa is our very own Exclusive range of spa products. Our philosophy is natural and holistic, so all our treatments and facilities have evolved to produce results based on these strong principles. The gender neutral packaging is minimal and recyclable where possible, using glass for that extra special touch. Using botanically sourced ingredients derived by nature like herbs, plants and flowers, we try to avoid as many nasties as possible. Our products are free from any Parabens, SLS, MI (Methylisothiazolinone) or MCI and there's been absolutely no testing on animals.



Natura Bissé
Barcelona

Natura Bissé combine the most avant-garde trends with technological innovation and the traditional therapies of different cultures to ensure a world-class experience like no other. Its results surpass every expectation and ensure visible rejuvenation after the first application.

SPONGELLÉ

Spongellé infused body buffers cleanse, exfoliate and moisturise the skin. Charged with exotic extracts, rich moisturisers and gentle cleansers our body buffers will keep skin youthful and glowing use after use. One of a kind fragrance blends and a creamy lather make Spongellé the most luxurious bathing indulgence for your body and mind.



J
JESSICA®

Considered a world leading brand, with a range of nail products to achieve and maintain naturally beautiful nails. Jessica is considered the foremost authority on cultivating beautiful natural nails, an achievement reflected in the extensive line of popular nail care products and beautiful on-trend colours that care for the nail.

Mii

Beauty is often simply about having the confidence to be yourself and Mii is a cosmetics range that allows just that. Inspired by the wants and wishes of thousands of beauty spa and salon devotees, as well as a team of beauty experts, Mii takes the variety of the department store and brings it to the comfort of spas and salons.





7 DAY ANNUAL MEMBERSHIP

INDIVIDUAL
 Joining fee: **£550**
 Subscription: **£3,471**

JOINT
 Joining fee: **£800**
 Subscription: **£5,820**

(All week)

5 DAY ANNUAL MEMBERSHIP

INDIVIDUAL
 Joining fee: **£550**
 Subscription: **£2,917**

JOINT
 Joining fee: **£800**
 Subscription: **£4,130**

(Monday - Friday)

We also offer a trial membership so you can try before you buy!



SPA AND GYM MEMBERSHIP

Have you thought about membership at The Spa at Pennyhill Park?
 Here are just some of the benefits of becoming a member...

- Unlimited access to the spa and gym facilities, 365 days a year
- Personalised gym induction and training programme to match your goals
- All gym studio classes included, up to six a day, with great variety from yoga and cycling, through to aqua aerobics and street dance
- Access to a private members lounge, with complimentary newspapers and refreshments
- Calendar of members' social events
- Use of the all weather tennis court and 3-hole golf course
- Special rates for member's guests
- 10 guest passes for a 7 day membership with use here or The Spa at South Lodge or The Manor House Golf Club
- 8 guest passes for a 5 day membership (Mon-Fri) with use here or The Spa at South Lodge or The Manor House Golf Club
- 20% off spa treatments on Tuesdays, Wednesdays and Thursdays
- Retail discounts, including 20% off all 'The Spa' product range
- 10% off food and drink at Exclusive Hotels and Venues and SEASON cookery classes at Lainston House, for up to eight people
- Preferential accommodation rates at all Exclusive Hotels and Venues

REQUEST A MEMBERSHIP TOUR

To find out more about our membership benefits and to request a tour please contact us.

+44 (0)1276 478456 | pennyhillparkmembership@exclusive.co.uk



THE SPA

AT PENNYHILL PARK

Pennyhill Park, an Exclusive Hotel & Spa
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