



THE SPA

AT THE WINCHESTER HOTEL

SPA BROCHURE



A Tranquil Oasis of Calm and Relaxation.

We invite you to pamper yourself with our wide range of holistic and beauty therapies in one of our luxury treatment rooms.

We are extremely proud to work closely with luxury leading brands including ESPA, Nails by Mii and CACI International and our Spa team will be delighted to offer you advice and guidance on the best treatments to meet your individual needs.

The Spa is complemented by our health club with pool, spacious poolside relaxation area, hot tub, sauna and aromatic steam room, all available for complimentary use by those clients on a day spa package.

The Spa Treatment – Opening Times

Monday	09.30 – 18.00
Tuesday	09.30 – 18.00
Wednesday	09.30 – 18.00
Thursday	09.30 – 19.00
Friday	09.30 – 18.00
Saturday	09.30 – 18.00
Sunday	10.00 – 17.00

The Spa – Contact

Please call 01962 709955 to make an enquiry or booking or email

thespa@thewinchesterhotel.co.uk

Day Spa Packages

Come and visit The Spa for quality 'me time' or relax with a friend. Our spa packages include full use of the spa and fitness facilities, use of luxury robe, slippers and towels, spa lunch and use of our spa relaxation area.

Essential Spa Day

£105 per person Monday to Thursday - £120.00 per person Friday to Sunday

Your choice of one 55-minute treatment:

- ESPA Inner Beauty Facial
- Nails by Mii Manicure
- Nails by Mii Pedicure

Deluxe Spa Day

£145 per person Monday to Thursday - £160.00 per person Friday to Sunday

- ESPA Back, Face & Scalp Treatment - Hero Treatment - 85-minute treatment

Indulgence Spa Day

£170 per person Monday to Thursday - £185 per person Friday to Sunday

- ESPA Inner Beauty Facial
- ESPA Inner Calm Massage

ESPA Essential & Advanced Treatment

Restore and nourish in a complete sense with this inspired collection of personalised treatments from world-renowned spa experts.

ESPA Facials

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, results-focussed facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored.

ESPA Inner Beauty Facial

55 Minutes - £68

Deeply cleanse, hydrate, and renew with these instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – facial massage – personalised mask – scalp massage.

ESPA Natural Face Lift

85 Minutes - £105

Reveal visibly resilient, healthy-looking, youthful skin

This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

Includes: Skin analysis with Skin Vision™ lamp – double cleanse – Japanese Kobido inspired facial massage – stimulating Jade rollers – sculpting & lifting massage techniques – Lifting & Smoothing Mask – scalp massage

ESPA Deep Cleansing Facial for Men

55 Minutes - £68

Deeply cleanse, hydrate, and renew with these instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – facial massage – personalised mask – scalp massage

ESPA Body Treatments

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced, and skin's natural beauty is restored.

ESPA Back, Face & Scalp Treatment - Hero Treatment

85 Minutes - £105 (with hot stones £110)

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Includes: Back exfoliation – back massage with or without hot stones – Inner beauty facial – scalp massage

ESPA Body Wrap

55 Minutes - £75

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Includes: Skin brush – body exfoliation – algae or mud wrap – scalp massage

ESPA Pre-Natal Relax & Restore

55 minutes - £68

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Includes: focussed body massage

To upgrade to the Ultimate Pre-Natal to include back exfoliation and scalp massage – 85 minutes -£105

ESPA Salt & Oil Scrub

25 Minutes - £45

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes: Skin brush - salt & oil full body exfoliation

ESPA Massage

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed, and you emerge energised with renewed focus and lasting positivity.

ESPA Inner Calm Massage

55 minutes - £68

85 Minutes -£105 (scalp massage with Rose Quartz Crystals)

Quieten your mind, release tension, and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse, or energise, while advanced massage alleviates muscular pressure, soothes anxiety, and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes: full body aromatherapy massage

ESPA Hot Stone Massage

55 minutes - £75

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Includes: Full body aromatherapy massage with hot stones

ESPA Deep Muscle Massage

55 minutes - £75

Restore comfort, suppleness, and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Includes: Targeted massage, focussing on areas of concern

CACI Ultimate Treatments – Coming Soon!!

With over 20 years of medical researching CACI are internationally renowned for being the leader in non - surgical face lifting and the system allows our therapists to offer a variety of treatment options.

As the name suggests the CACI ULTIMATE really is the `ultimate` aesthetic treatment system. As the very first treatment system to combine Micro current Facial Toning, Crystal Free Orbital Microdermabrasion and LED Light Therapy Photo Stimulation this system is truly the most versatile treatment system available.

CACI Non-Surgical Face-lift

£68 (55 minutes) or a course of 10 treatments is £612

This treatment gently lifts, tightens, tones and re-educates the facial muscles whilst smoothing the appearance of fine Lines and wrinkles. Skin is beautifully rehydrated whilst tone and texture is improved, leaving the skin with a wonderful glow and a firmer more supple appearance.

CACI Hydratone Enhanced Facial

£82 (75 minutes) or a course of 10 treatments is £738

This Hydratone treatment is a combination of our non-surgical face-lift with the added benefit of a super hydrating mask which is infused with collagen, hyaluronic acid and vitamin C and E. Dehydrated and environmentally damaged skin is quenched, whilst deep lines and wrinkles are plumped out, leaving the skin looking radiant, softer, and more youthful.

CACI Ultimate Anti-Ageing Facial

£98 (85 minutes)

The ultimate CACI facial will leave your skin smoother, lifted, plumped and hydrated. Treatment includes Microdermabrasion, non-surgical face lift, use of the wrinkle comb with LED light Therapy and to conclude the hydratone mask.

ESPA CACI

£110 (85minutes) or a course of 10 treatments £990

This treatment combines the benefits of Espa, leaving the skin lifted, rehydrated and with a firmer more supple appearance. Treating the mind, body and soul this is the ultimate in facial therapy.

CACI Crystal Free Microdermabrasion

£55 (40 minutes) or a course of 10 treatments £495

This skin resurfacing treatment works by gently removing the superficial layer of skin to help skin blemishes, scarring, sun damage, fine lines, wrinkles and stretch marks. The hydro gel mask is applied to hydrate and calm, leaving your skin brighter, clearer, and more revitalised.

CACI Jowl Lift

£40.00 (25 minutes) or a course of 10 treatments £360

This facial treatment helps to improve the appearance of sagging jowls by using the Quad Probes which have been specifically developed to target the muscles around the jawline. Treatment includes facial cleanse and finishing products.

CAN ALSO BE ADDED TO ANY NON-SURGICAL TREATMENT EXTRA £20

A course of 10 treatments is always recommended. A full consultation is conducted prior to commencement of a treatment

Nails by Mii

Following your Mii treatment, we recommend that your hands and feet stay out of the water and away from any heat source for at least 2 – 3 hours. Please wear open toe shoes for our Pedicure treatments.

Fly-by Mii Manicure

£30 (25 minutes) with French polish £48 (40 minutes)

After analysing your nails, cuticles are conditioned and nails are treated, finishing with the perfect shape and polish.

Treat Mii Manicure

£48 (40minutes) with French polish £66 (55 minutes)

A Treatment manicure which analyses and treats each nail for its specific nail type. Treatment includes exfoliation, nail shaping, massage and cuticle care finishing with the application of colour.

Indulge Mii Manicure

£66 (55 minutes) with French polish £84 (70 minutes)

Treatment combines the Jessica Prescriptive manicure with the luxurious added benefits of thermal mittens to provide deeper penetration of all the oils and creams applied thus softening cuticles, improving circulation and soothing stiff joints.

Nails by Mii - Foot and Nail Treatments

Fly-by Mii Pedicure

£30 (25 minutes) with French polish £48 (40 minutes)

After analysing your nails, cuticles are conditioned and nails are treated, finishing with the perfect shape and polish.

Treat Mii Pedicure

£48 (40 minutes) with French polish £66 (55 minutes)

A luxury foot and lower leg treatment using aromatherapy-based products for softer, smoother feet and legs, hard skin is removed, and lower leg and feet massaged with deep conditioning creams. Cuticles are groomed and nails shaped and polished.

Indulge Mii Pedicure

£66 (55 minutes) with French polish £84 (70 minutes)

A luxury foot and lower leg treatment using aromatherapy-based products for softer, smoother feet incorporating either thermal booties for deeper penetration of oils and creams, softening cuticles and improving circulation and soothing stiff joints or Foot Masque which hydrates, breaks down dead skin cells and boosts cellular repair, soothes while it softens, finishing with perfectly pedicure polished toenails.

Gel Polish Nails by Mii

The beauty of Mii in a gel. With the health of the natural nail in mind, Nails by Mii gel formula delivers a long lasting, flawless finish that dries in seconds and protects the natural nail. This is available in Nails by Mii's most popular colours.

Fly-by Mii Gel manicure

£35 (25 minutes) with French polish £53 (40 minutes)

When you are stuck for time but wanting statement nails this is the treatment for you! This treatment includes a shape of the nails and application of Nails by Mii's statement gel polish.

Treat Mii Gel Manicure

£53 (45 minutes) with French polish £71 (55 minutes)

Wanting a bit more of a treat This treatment includes hand exfoliation, massage, cuticle care, nail shape and finished with Nails by Mii's Statement gel polish.

Treat Mii Gel Pedicure

£71 (45 minutes) or with French £89 (60 minutes)

Wanting a bit more of a treat This treatment includes foot exfoliation, massage, cuticle care, nail shape and finished with Nails by Mii's Statement gel polish.

Statement Gel Polish removal with Nails by Mii fly-by manicure
£48 (40 minutes)

Existing Gel Removal Prior to a Nails by Mii Manicure or Pedicure £10 (Extra 15mins on top of treatment time)

*Waxing and Eye treatments available on request,
please speak to reception and our expert therapists
for more information*

Our guide to spa etiquette and a full copy of our terms and conditions are available from our website www.thewinchesterhotel.co.uk and can be emailed or posted to you on request.

PLEASE NOTE – ALL TREATMENT TIMES INCLUDE CONSULTATION TIME