



# THE SPA

AT THE WINCHESTER HOTEL

[THEWINCHESTERHOTEL.CO.UK/SPA](http://THEWINCHESTERHOTEL.CO.UK/SPA)



## 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.

### Spa Opening Times

Monday - Friday: 7am - 8pm

Saturday: 8am - 8pm

Sunday & Bank Holidays: 8am - 7pm

### Treatment Hours

Monday - Saturday: 9:30am - 6pm

Sunday: 9:30am - 5pm

Please call 01962 709955 to make an enquiry or booking or email [thespa@thewinchesterhotel.co.uk](mailto:thespa@thewinchesterhotel.co.uk).

Please note all treatment times include consultation time.

## 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 ..... *£130 per person Mon - Thur / £145 per person Fri to Sun*

Your choice of one 55-minute treatment

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

DELUXE SPA DAY ..... *£170 per person Mon - Thur / £185 per person Fri to Sun*

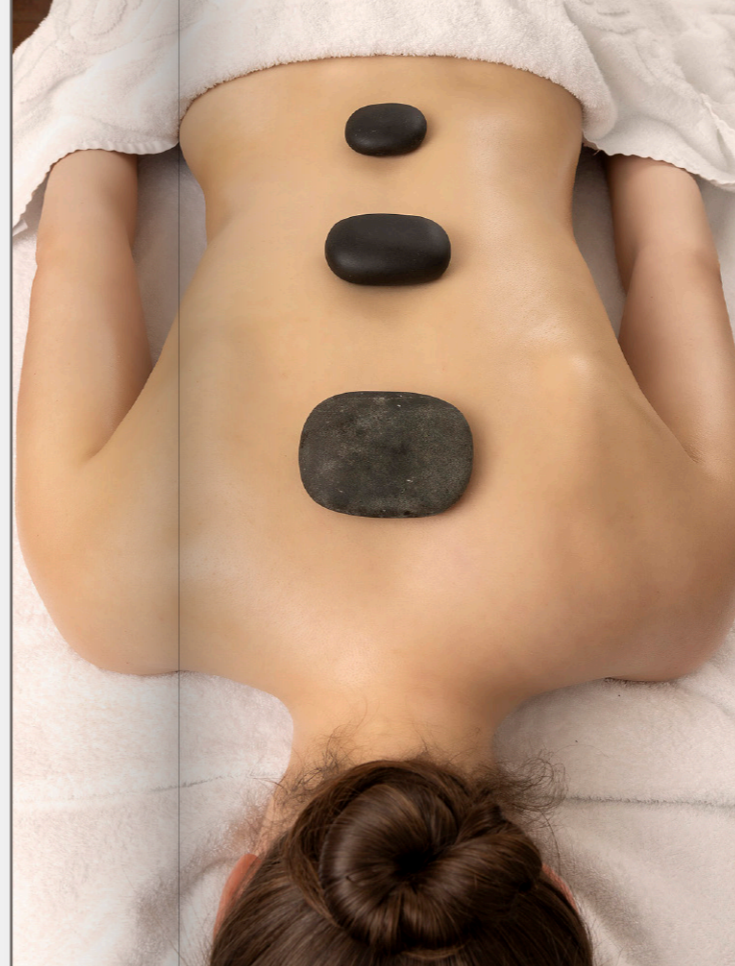
- ESPA Back, Face & Scalp Treatment - Hero Treatment - 85-minute treatment

INDULGENCE SPA DAY ..... *£195 per person Mon - Thur / £210 per person Fri to Sun*

- ESPA Inner Beauty Facial
- ESPA Inner Calm Massage

### ADD ANY OF THE FOLLOWING TO ANY SPA DAY PACKAGE

- Express Manicure
- Express Pedicure
- Salt and Oil Scrub



## ESPA ESSENTIAL & ADVANCED TREATMENTS

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-focused 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 min - £80

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 – triple cleanse – exfoliation – facial massage – personalised mask – scalp massage.*

ESPA NATURAL FACE LIFT ..... 85 min - £117

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.

ACTIVE NUTRIENTS GLOW FROM WITHIN ..... 55 min - £90

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glow with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining steaming, exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

DEEP CLEANSING FACIAL FOR MEN ..... 55 min - £80

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 – triple cleanse – exfoliation – facial massage – personalised mask – scalp massage.*

LED EXPRESS FACIAL ..... 25 min - £57 (add on to any facial 15 min - £25)

Completely non-invasive and free from harmful UV rays, LED Light Therapy is a gentle yet advanced treatment that uses targeted wavelengths of light to restore and revitalise your skin.

## 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 min - £117 (+ £5 with hot stones)

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*

PRE-NATAL FULL BODY MASSAGE ..... 55 min - £80

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: focused body massage*

\*Upgrade to the Ultimate Pre-Natal to include back exfoliation and scalp massage: 85 minutes - £105

SALT & OIL SCRUB ..... 25 min - £57

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*

BODY WRAP ..... 55 min - £87

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*

COMPRESSION THERAPY BOOTS ..... 30 min - £20

Revitalise tired legs and soothe muscles with our new Compression Therapy Boots. This advanced treatment gently stimulates circulation, reduces fatigue and supports recovery, perfect after a workout or a busy day, leaving you feeling refreshed, energised and renewed.



## 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 min - £80 / 85 min - £117 (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*

**HOT STONE MASSAGE** ..... 55 min - £87

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*

**DEEP MUSCLE MASSAGE** ..... 55 min - £87

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, focusing on areas of concern*

## CACI ULTIMATE TREATMENTS

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 ULTIMATE

CACI NON-SURGICAL FACE-LIFT ..... 55 min - £80 / Course of 10 treatments - £720

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 ..... 75 min - £94 / Course of 10 treatments - £846

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 ..... 85 min - £110

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 ..... 85 min - £122 / Course of 10 treatments - £1098

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 ..... 40 min - £67 / Course of 10 treatments - £608

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 ..... 25 min - £57 / Course of 10 treatments - £513

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 for an additional £23

## 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.



## MANICURES & PEDICURES

FLY-BY MII MANICURE ..... 25 min - £40 / with French polish 40 min - £45

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

TREAT MII MANICURE ..... 40 min - £61 / with French polish 55 min - £65

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 ..... 55 min - £75 / with French polish 70 min - £80

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.

FLY-BY MII PEDICURE ..... 25 min - £40 / with French polish 40 min - £45

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

TREAT MII PEDICURE ..... 40 min - £61 / with French polish 55 min - £65

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 ..... 55 min - £75 / with French polish 70 min - £80

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

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 ..... 25 min - £45 / with French polish 40 min - £50

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 ..... 45 min - £65 / with French polish 55 min - £70

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.

FLY-BY MII GEL PEDICURE ..... 25 min - £45 / with French polish 40 min - £50

When you are stuck for time but wanting statement toes 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 PEDICURE ..... 45 min - £65 / with French polish 60 min - £70

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 ..... 40 min - £60

EXISTING GEL REMOVAL PRIOR TO A NAILS BY MII MANICURE OR PEDICURE ..... + 15 min - £15

## RELAX & UNWIND

Discover a haven of relaxation at The Winchester Hotel & Spa, where our luxurious amenities are designed to rejuvenate your body and mind. Immerse yourself in the invigorating experience of our plunge shower, perfect for revitalizing your senses. Unwind in the soothing warmth of our hot tub, ideal for melting away tension. Enhance your wellness journey in our tranquil sauna, where gentle heat promotes deep relaxation, or in our steam room, which offers a calming and purifying escape. Whether you seek a refreshing escape or a serene retreat, our spa provides the perfect sanctuary for your ultimate well-being.



## MEMBERSHIPS

Disconnect from the day to day and reconnect with yourself. Wind down in our brand-new spa facilities with large plunge-pool, steam room, sauna and hydro-pool; or unleash your inner athlete in our fully equipped fitness studio.

### PREMIUM MEMBERSHIP: £80 PER MONTH

Our top of the range spa membership provides you with unlimited use of The Spa facilities during opening hours.

### OFF-PEAK MEMBERSHIP: £50 PER MONTH

Perfect for people who have a little more time on their hands during the day, our off-peak membership provides unlimited use of The Spa facilities from Sunday to Thursday between the hours of 10am to 3pm.

### JOINT MEMBERSHIP

Want to enjoy the facilities with a friend or a family member? Sign up together and each of you will receive 10% off of your either our premium or off-peak memberships.

## MEMBERSHIP BENEFITS

- Complimentary induction upon joining with a personal trainer
- Bi-monthly complimentary 30-minute check-in session with a personal trainer
- Discounted personal training session: £50 per hour with a personal trainer
- 3-hour free parking
- 20% discount off our range of holistic and beauty treatments by our team of professional spa therapists
- 10% discount off food & beverages at our in-house Alfred's Bar & Restaurant

*Both our premium and off-peak memberships are available for a minimum sign-up duration of 3 months.*



## ETIQUETTE & FAQ

Experience the fully refurbished  
Luxury Spa at The Winchester  
Hotel for a day of relaxation and  
serenity.



### ARE THERE ANY AGE RESTRICTIONS FOR USING THE SPA FACILITIES?

- Customers must be aged 16 years old and over to receive Spa treatments, use the gym, hot tub, sauna and steam room.
- Children aged 13 years old and above can use the swimming pool when accompanied by an adult over the age of 16.
- Children under 13 years can use the swimming pool between the hours of 9am-10am when accompanied by an adult.

### I AM STAYING IN THE HOTEL? DO I NEED TO BOOK A SPA APPOINTMENT?

To avoid disappointment we do recommend that you book your spa treatment in advance. However our Spa team will always be delighted to accommodate your booking without notice wherever possible.

### HOW LONG BEFORE MY TREATMENT SHOULD I ARRIVE, AND WHAT IF I'M RUNNING LATE?

Please arrive for your treatment at least 15 minutes before your treatment is due to start. We will obviously try very hard to honour your original appointment if you arrive late, but your treatment time may be reduced or in some cases cancelled if this is unavoidable. Guests are advised not to consume alcohol or a heavy meal prior to using the Spa or having treatments. We also recommend that you do not bring any valuables with you, however complimentary lockers are provided.

### WHERE CAN I PARK MY CAR?

Car parking (chargeable) is available on a first come first served basis to the side and rear of the hotel, for Hotel and Spa customers only. Alternatively public parking is available immediately at the front of the hotel on a pay and display basis.

### CAN I SHOWER AND GET CHANGED BEFORE & AFTER MY TREATMENT?

Yes absolutely, we have extensive male and female changing and locker facilities available for your use, and we recommend that all clients shower before their treatment. If your appointment specifically includes a shower as part of your treatment (such as a body scrub) a private shower is available for your use in your treatment room (during your booked appointment time only).

### I HAVE A DAY SPA PACKAGE BOOKED ? WHAT TIME SHOULD I ARRIVE?

You may arrive for your Day Spa package from as early as when the Spa opens that day, irrespective of when your treatment times are booked for. On arrival we will organise a full tour of the Spa and Health Club facilities, and run through your appointments and any questions you may have at that point. You will be issued with a robe and slippers for use during your visit. Please note that customers are unable to wear their robes and slippers outside the Spa & Health Club area.

## WILL I BE REQUIRED TO COMPLETE A PRE-TREATMENT QUESTIONNAIRE?

Treatments are only available on completion of a confidential pre-treatment consultation when you should inform a member of The Spa staff of any medical condition that you may feel pertinent to your visit. Certain conditions can be affected by using the Spa facilities and may preclude you from having some or all of our range of treatments and use of facilities and as such the hotel reserves the right absolutely to refuse any treatment(s) where it sees fit.

It is your responsibility to discuss any relevant conditions with the Spa team before booking treatments with us in order to avoid possible disappointment during your visit. Should the hotel deem it necessary to refuse you any type of treatment(s) on medical / other grounds we will always endeavour (but not guarantee) to offer you a suitable alternative treatment(s) wherever possible and will adjust our fees accordingly. This will be fully discussed with you in advance of commencement of any treatment(s). Should treatments be refused you will not be entitled to any compensation or reduction in charges except the return of any fees already paid for the specific treatment refused.

## CAN I STAY BEHIND AFTER MY TREATMENT TO USE THE HEALTH CLUB?

If you have booked a Spa Day Package you may use all the Health Club facilities.

## WHAT SHOULD I WEAR FOR MY MASSAGE?

We would recommend loose fitting clothing where possible. Clients are required to wear dry swimwear, underwear or Spa provided paper briefs whenever taking part in body treatments, and professional draping is performed throughout the duration of the service for privacy. Your treatment includes the use of one of our lockers for your personal belongings.

## CAN I USE MY MOBILE PHONE IN THE SPA?

The whole Spa is a mobile phone, laptop and tablet free zone. We kindly request that you leave these items in your complimentary locker.

## WHERE CAN I LEAVE MY VALUABLES?

Lockers are available to all customers free of charge.

## CAN I CHANGE / CANCEL MY TREATMENT?

We are unable to take any bookings without a credit card number as security. By giving us your credit card details you are agreeing that this can be charged in the event of cancellation as detailed below. Please note for Spa Day packages full pre payment will be taken at time of booking.

## FOR SPA TREATMENTS AND SPA DAY PACKAGES:

Cancellations will be charged as follows to the payment card used to secure the original booking (the details of which will be taken when you make a booking with us). This will apply without exception in all cases. Regrettably we are absolutely unable to waive these charges for any reason.

- Between 72 hours and 24 hours prior to 09.30am on your arrival date - cancellations will be charged at 50% of full fee.
- 24 hours or less prior to 09.30am on your arrival date - cancellations will be charged at 100% of full fee.

## FOR SPA RESIDENTIAL PACKAGES

Please note that separate terms apply for residential bookings.

**Can I book my Spa treatment at the same time as booking my hotel accommodation?** As our Spa team are professionally trained to offer the best advice on the treatments we offer, all Spa bookings must be made with our Spa team and, whilst being unable to take your Spa booking, the hotel reservationist will assist you in speaking to our Spa. Alternatively the Spa team can be contacted direct on 01962 709955. Please note that the hotel treats accommodation and Spa bookings separately. If you cancel your accommodation you must cancel your Spa treatment separately direct with the Spa to avoid being charged.

**I am a hotel resident? Can I put Spa treatments and retail purchases on my bill?** Yes, absolutely, where you have a pre-authorised credit card at the Hotel reception on check in.

**I'm not sure which treatment would be best for me?** Our Spa team are all professionally trained to assist you in making the best decision on our range of treatments and holistic therapies. Please call us to discuss your individual needs. Equally if you are planning to have multiple treatments we can advise the best order in which to enjoy these so you get the most out of your visit.

**I have a gift voucher, how should I use this?** Simply call our spa team and we will assist you in making a booking. Please note that we are unable to accept lost, damaged or defaced vouchers under any circumstances.

**Do I need to have a treatment to purchase retail items from you?** No, absolutely not. Our Spa team would be delighted to assist you at your convenience.

**Are children allowed in The Spa?** The Spa is an adult only environment.

**Can I book a course of treatments?** Treatment courses are available to purchase and package prices are indicated on each of our treatment menus. When purchasing a course of treatments from The Spa all pre-paid visits within that course are non-refundable and non-transferable for any reason. A course of treatments may not be shared ie all visits within that course must be used by the same customer.

Should you make an appointment and fail to cancel within the relevant cancellation period (in line with Spa terms and conditions) that proportion of the course of pre-purchased treatments ie that pre-paid visit will be forfeit.

The full course of visits purchased is valid for up to 12 months following the date of purchase. After that period all remaining unused pre-paid visits will be forfeit.



# THE SPA

AT THE WINCHESTER HOTEL

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

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