

# THE SPA

AT COWORTH PARK

TREATMENT MENU



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## FACIALS

### REJUVENATING ANTI-AGEING FACIAL

|            |           |         |
|------------|-----------|---------|
|            | MON-THURS | FRI-SUN |
| 60 minutes | £165      | £185    |

A rejuvenating facial designed to revitalise and repair. Thanks to a high concentration of natural seaweed, which is proven to preserve skin's collagen, this treatment is perfect for toning, firming and nourishing the skin, while protecting it from environmental damage.

### ISHGA ULTIMATE LUXURY FACIAL

|            |           |         |
|------------|-----------|---------|
|            | MON-THURS | FRI-SUN |
| 90 minutes | £220      | £240    |

This indulgent spa facial combines comprehensive cleansing with three intensive masks, followed by a deep exfoliation with vitamin-packed sea kelp powder to restore a bright complexion. Finally, you'll enjoy a warming sea salt massage for the face, scalp and shoulders, using seaweed poultices designed to absorb congestion and detoxify the skin while nourishing with vitamins and minerals.

### HYDRAFACIAL

|            |           |         |
|------------|-----------|---------|
|            | MON-THURS | FRI-SUN |
| 60 minutes | £260      | £280    |
| 90 minutes | £355      | £375    |

The HydraFacial is a non-invasive skin resurfacing and rejuvenating treatment which combines cleansing, exfoliation, extraction, hydration and antioxidant protection. This treatment is ideal for treating fine lines and wrinkles, hyperpigmentation, oil or dry skin as well as general rejuvenation of the skin. Giving an instant glow, this facial leaves you with hydrated skin and a more youthful appearance with no aftercare needed.

## VALMONT FIRMNESS OF THE HILLS

60 minutes

MON-THURS

£310

FRI-SUN

£330

A nourishing, sculpting and remodelling treatment designed to improve skin firmness. You'll enjoy a facial massage incorporating therapeutic deep massage techniques and slow, smoothing strokes to sculpt and define. Its effects are supercharged thanks to Valmont's powerful Firm-C Boost – a concentrated serum that delivers triple DNA, vitamin C and collagen to the skin. Reveal a younger-looking face with a radiant glow, plump texture, and visibly more definition.

## VALMONT HYDRATION OF THE BISSES

60 minutes

MON-THURS

£250

FRI-SUN

£270

To restore skin's optimum moisture level, Valmont has created this new ultra replenishing anti-ageing protocol, the Hydration of the Bisses. The exclusive treatment method comprises nine essential steps to deeply exfoliate, decongest and nourish the skin.

## VALMONT L'ELIXIR DES GLACIERS

90 minutes

MON-THURS

£400

FRI-SUN

£420

This comprehensive anti-ageing treatment comprises two cleanses, three massages and four masks, including a regenerating collagen mask. Over 90 minutes, your skin will be nourished, sculpted and remodelled through different lifting techniques chosen to tone the muscles and reduce facial lines. During the massage, acupressure points and facial meridians are stimulated, leaving your skin smooth and radiant.

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## MASSAGE

The best recipe for a good night's sleep is a calm mind, fresh air, and a massage at The Spa at Coworth Park.

### ISHGA MAJESTIC MESSAGE

|            |           |         |
|------------|-----------|---------|
|            | MON-THURS | FRI-SUN |
| 60 minutes | £180      | £200    |

Using a body oil developed to celebrate Her Majesty Queen Elizabeth II's Platinum Jubilee, this 60-minute Balinese-inspired massage will leave you feeling like you're drifting into the summer meadow. Designed to heal, nourish and rejuvenate the skin, this beautiful oil has a delicate floral aroma. The treatment includes a bottle of your very own celebration oil, so you can take the experience home with you.

### ISHGA HEBRIDEAN SOUND TREATMENT

|            |           |         |
|------------|-----------|---------|
|            | MON-THURS | FRI-SUN |
| 90 minutes | £240      | £260    |

Embark upon a journey to the Hebrides with this 90-minute treatment, designed to work in harmony with evocative soundscapes based on the natural sounds of water and the musical traditions of its namesake Scottish archipelago. The treatment begins with a seaweed foot ritual, which is followed by a meditation sequence using singing bowls, then moves into a full body Balinese-inspired massage. After this, warmed ishga oil is gently poured over the forehead and into the scalp, followed by a soothing face massage that stimulates your pressure points. Finally, the treatment concludes with a singing bowl awakening.

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## MASSAGE

### ISHGA PERSONALISED WELLBEING MASSAGE

|            | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £160      | £180    |
| 90 minutes | £230      | £250    |

Choose from: Invigorating, Relaxing or a Warming oil. This treatment works by combining marma massage, lymphatic drainage and traditional Swedish massage techniques to detox and balance the body, whilst relieving tension and stress. To finish, a seaweed-based body oil helps to nourish and protect the skin. Your therapist will adapt the pressure to suit your needs.

### ISHGA HOT POULTICE MASSAGE

|            | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £165      | £185    |

A combination of traditional massage and innovative techniques, using heated sea salt and seaweed granule-filled poultices. At the end of your treatment, you'll be given a poultice to take away and use for a detoxifying seaweed bath experience at home.

### SUITE EXPERIENCE

|            | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £360      | £400    |
| 90 minutes | £500      | £540    |

A personalised treatment option for couples or friends. Choose from either: Two x ishga Personalised Wellbeing Massage; or the Rejuvenating Facial. Includes a glass of house Champagne or our non-alcohol equivalent following your treatment.



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# PREGNANCY

## ISHGA NOURISHING PRE AND POST NATAL PAMPERING RITUAL

90 minutes

MON-THURS

£220

FRI-SUN

£240

The ultimate pamper perfect for either pre- or post-natal and is suitable after the first 14 weeks of pregnancy. This nurturing treatment starts with a nourishing full body scrub followed by an application of a warming balm to soothe tired and tender muscles and leaving you blissfully relaxed. You will be cocooned in a muslin wrap whilst the tension melts away enjoying a soothing face and scalp massage.

## ISHGA PRE-NATAL MASSAGE

60 minutes

MON-THURS

£160

FRI-SUN

£180

The ishga pregnancy treatment has been specifically designed to pamper mums-to-be during this special time and is suitable after the first fourteen weeks of pregnancy. Following a consultation, the treatment will be tailored to your needs using a range of techniques, including traditional Swedish massage, stretching, and deeper pressure where suitable. This will help to ease any aches and pains, and melt away tension using ishga Nurturing Body Oil, with the luxurious scent of rose geranium and base oils of almond and jojoba oil.



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## CANCER CARE

Made for your wellbeing, the touch therapy spa treatments are created to slow down the mind bringing harmony and a gentle feeling of having been nurtured and held.

### HAND ON HEART BACK, FACE AND SCALP TREATMENT

|            |           |         |
|------------|-----------|---------|
|            | MON-THURS | FRI-SUN |
| 90 minutes | £230      | £250    |

A mindful, gentle and nurturing ritual for the head, face and back, created to allow you to drift away into a meditative state of relaxation. A combination of deep breathing exercises and slow massage techniques rebalance and calm the upper body. The facial pressure point massage eases tension and a slow and gentle head massage calms the mind.

### HAND ON HEART FACIAL

|            |           |         |
|------------|-----------|---------|
|            | MON-THURS | FRI-SUN |
| 60 minutes | £160      | £180    |

A deeply relaxing facial cleanse, exfoliation and facial massage to ease any tension in the face, followed by a nourishing facial mask whilst a relaxing head massage clears the mind. Using organic oils and balms to replenish and brighten the skin.

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## NAIL CARE

We use them to express ourselves, to greet others, to make a connection.  
Our hands work hard for us. They deserve some love in return.

### COWORTH PARK CLASSIC MANICURE

|            |           |         |
|------------|-----------|---------|
|            | MON-THURS | FRI-SUN |
| 60 minutes | £110      | £130    |

This classic manicure treatment will leave your nails looking beautiful and your hands feeling nourished and pampered, finishing with an application of polish.

### COWORTH PARK CLASSIC PEDICURE

|            |           |         |
|------------|-----------|---------|
|            | MON-THURS | FRI-SUN |
| 60 minutes | £110      | £130    |

This classic pedicure will leave your feet feeling soft and supple and is a complete treat for the feet, finishing with an application of polish.

### HANDS AND FEET DUO

|            |           |         |
|------------|-----------|---------|
|            | MON-THURS | FRI-SUN |
| 60 minutes | £100      | £120    |

This includes shaping the nails, an exfoliation of your hands and feet and a relaxing hand and foot massage.

*Please note that our manicure and pedicure treatments are only available to resident guests and spa members. Before arriving at your appointment, please make sure your nails are free from any gel or acrylic coatings.*

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## BODY TREATMENTS

The epitome of relaxation. The chance to lie back, drift off and let us ease away the day. Time just for you.

### ISHGA RELAX AND REJUVENATE

|            |           |         |
|------------|-----------|---------|
|            | MON-THURS | FRI-SUN |
| 60 minutes | £160      | £180    |

Release muscular tension from the back, scalp and face with this relaxing, rejuvenating treatment. First, your therapist will start the experience with a back massage to gently relax tight muscles. Next, you'll ease into a facial cleanse, exfoliation and face massage to boost radiance in your skin and create a natural, healthy glow. Finally, the treatment concludes with a soothing scalp massage to leave you feeling blissfully light.

### ISHGA MARINE BACK CLEANSING TREATMENT

|            |           |         |
|------------|-----------|---------|
|            | MON-THURS | FRI-SUN |
| 60 minutes | £155      | £175    |

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a back cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions and for muscular aches and pains. A massage of the back and back of legs is also included to leave you feeling deeply relaxed.

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## BODY TREATMENTS

### ISHGA MARINE SIGNATURE EXPERIENCE

|             |           |         |
|-------------|-----------|---------|
|             | MON-THURS | FRI-SUN |
| 110 minutes | £315      | £335    |

Developed with natural ingredients from the Scottish Hebrides, this rejuvenating treatment helps treat congestion to reveal brighter, smoother skin. It begins with a Marine Back Treatment and heated seaweed clay mask, before a relaxing massage to send you into a place of utter tranquillity. Your experience ends with an organic exfoliating face mask and scalp massage, before a powerful peel-off mask made with natural seaweed extract, scientifically proven to provide powerful anti-ageing effects.

### ISHGA HEBRIDEAN SALT SCRUB AND SEAWEED BODY WRAP

|            |           |         |
|------------|-----------|---------|
|            | MON-THURS | FRI-SUN |
| 90 minutes | £210      | £230    |

This full body ritual starts with an invigorating scrub that has been prepared with Hebridean sea salt and oil to gently exfoliate and sweep away dry and dull skin. The effective technique helps to stimulate circulation and eliminate toxins. This nourishing treatment combines with a the choice of either a nourishing or detoxifying seaweed gel to eliminate toxins, reduce cellulite and improve skin tone.



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## ESSENTIAL SPA INFORMATION

Our spa has two floors. The entrance is located on the upper floor, as are the reception, changing rooms and treatment relaxation room. On the lower floor you'll find the gym, swimming pool, sun terrace, experience showers and pre-swim showers.

Guests may purchase a facilities pass in conjunction with a spa treatment. We do not offer spa facilities passes as a stand alone item.

The swimming pool is 18 x 7.5 x 1.2m (59 x 24 x 4ft).

Please use the pre-swim shower before entering the pool. Lone swimming is not recommended. The pool does not have lifeguards.

If you're arriving by car, please drive past the mansion house to make your way to the main car park. Parking for spa visitors is located on the left hand side.

On arrival at the spa you will be provided with a locker containing a personal safe, robe and flip flops. Coworth Park regrets that it cannot take responsibility for valuables not placed in the locker safe.

Please inform the spa reception of any relevant medical conditions at the time of booking.

If you are pregnant, body treatments can be booked once you have reached 14 weeks of pregnancy. Some facials are suitable to receive in your first trimester.

Visitors to the spa are requested to leave their mobile telephone in their locker safe, or to turn it off to avoid disturbing other guests.

Smoking and vaping is not permitted in the spa, on its terraces or in its immediate vicinity.

Alcohol or food may be not consumed poolside.

Dogs and other pets are not permitted in the spa facilities, outdoor terrace or other public areas.

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## CHILDREN

The spa is a environment where we have relaxing spa treatments taking place throughout the day. We are delighted to welcome families during our designated family swim times hours.

These hours are daily from  
9 – 10.45am  
4 – 5.30pm

Please note that the use of the spa changing rooms is included within the designated family hours. Our changing rooms have limited capacity and we would recommend for your comfort returning to your hotel room to shower after family swim times when the spa is busy.

Resident children under 16 are welcome in The Spa and spa outdoor terrace under parental supervision from 9 – 10.45am and 4 – 5.30pm every day. Children are not permitted to enter the gym at any time. Spa treatments are available to book from the age of 18 years.

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## OPENING HOURS

The Spa at Coworth Park is open from 7am – 9pm every day.  
Treatments are available from 10am – 7pm.

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## ESSENTIAL TREATMENT INFORMATION

All treatments and spa days are subject to availability and change. Treatment prices quoted are for Mondays to Thursdays: higher prices may apply on Fridays, weekends and bank holidays. A discretionary service charge of 10% will be added to your bill.

You are respectfully advised that the full treatment cost will be incurred, or your gift voucher invalidated, if less than 24 hours' notice is given for cancellation. For non-resident guests, credit card details are required at the time of booking. Regrettably, late arrival will shorten your appointment time, so please arrive in the spa at least 15 minutes prior to allow time to change. Please inform us of any allergies, medical information or dietary requirements ahead of your reservation.

Manicure, pedicure and hairdressing services are available to resident guests only.

Treatments are carried out at the guest's own risk and the hotel/spa cannot be held responsible for any allergic reactions as a result of any product used. If you have recently received Botox or fillers, please note that we will only be able to perform facial treatments if at least one month has passed since this.

To keep you and our staff safe, we are unable to offer spa treatments to anyone who has received their Covid-19 vaccination (including booster vaccination) or any other vaccination within a 48 hour period prior to the treatment time.

Facial, body and massage treatment durations include a consultation for you to discuss any health concerns or potential issues that your therapist that they should be aware of. Your information will be treated with the strictest confidence.

If you have cancer or have been receiving treatment for cancer, please inform us at the time of booking so that we can safely adapt the treatment for you.

Some of our treatments can be carried out in the spa's double suites, which have views of Coworth Park's meadow and woodland. Please request a double suite at the time of booking.

The relaxation room is reserved for treatment guests and spa day guests only.

The Spa at Coworth Park respectfully reserves the right to decline to administer any treatment.



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## CONTACT DETAILS

To make an appointment, resident guests please press 'Spa' on your telephone.

Non-residents, please dial +44 (0)1344 756 756

or email [coworthparkspa@dorchestercollection.com](mailto:coworthparkspa@dorchestercollection.com)

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