



# THE SPA IN THE GARDEN

STRATTON HOUSE HOTEL



[www.strattonhousehotel.com](http://www.strattonhousehotel.com)



“THE TIME TO RELAX  
IS WHEN YOU HAVE  
NO TIME FOR IT”

- SYDNEY J. HARRIS



## WELCOME TO THE SPA IN THE GARDEN

Stratton House Hotel & Spa is a privately owned boutique hotel in the heart of the Cotswolds offering a truly special spa experience. The Spa in The Garden is situated in a beautiful setting overlooking our enchanting gardens.

Feel indulged and relaxed by escaping to this tranquil space. Enjoy the sauna, steam room, experience showers, jacuzzi and relaxation lounges.

Choose from a wide range of wellbeing and beauty treatments in our five treatment rooms, using TEMPLESPA and O.P.I products.

### TEMPLESPA



TEMPLE SPA is a luxury British skincare brand with a full top-to-toe offer of beautiful treatments from unique high performance, results driven facials to problem solving massages and sleep-inducing experiences. Born out of their love of the Mediterranean, everything they do is inspired by this special region. TEMPLESPA products combine the very best botanicals from the Med with cutting edge derma-science actives to deliver exceptional results. The utmost goal of their products is not only to delight, but to reward your skin with outstanding long-term benefits. Results driven, anti-ageing skincare with an abundance of exquisite botanicals that nature is kind enough to lend us, combined with state-of-the-art complexes. Their exclusive protocols are written and trained to include touches of excellence and care throughout, which guarantee an experience you will always remember and very importantly deliver results.

### O.P.I



As the world leader in the professional nail care industry, OPI, a division of WELLA Company, is committed to providing high-quality products and services with a focus on industry safety and innovation. Known for its exceptional formula, fashionable colours, and iconic names, OPI's heavily-pigmented lacquers are super-rich, long-lasting, and chip-resistant - offering an affordable luxury to all their customers.



### ONE NIGHT RELAXATION

From **£172** per person per night based on two people sharing

- One night Bed & Breakfast
- Three course Dinner
- One x 50 minute treatment *(see page 7)*
- Three hour Spa access
- Robe bundle

### TWO NIGHTS' BED & BREAKFAST

From **£285** per person per night based on two people sharing

- Two nights' Bed & Breakfast
- Three course Dinner on both nights
- Two x 25 minute treatments *(see page 6)*
- Three hour Spa access on both days
- Robe bundle



### ULTIMATE STRATTON ESCAPE

**£165** per person

- Two x 50 minute treatments *(see page 7)*
- Two hour Spa access with Robe bundle
- Light Lunch
- Glass of Prosecco
- £10 Spa retail voucher, to take that perfect gift home with you

### SIMPLY SPA

**£45** per person (Mon-Fri only)

- Three hour Spa access with Robe bundle
- Glass of Prosecco

### MINI RELAXATION

**£85** per person

- One x 25 minute treatment *(see page 6)*
- Two hour Spa access with Robe bundle
- £10 Spa retail voucher, to take that perfect gift home with you

### EVENING SUNSET

**£75** per person (Mon-Fri only)

- One x 25 minute treatment *(see page 6)*
- One hour Spa access with Robe bundle
- Glass of Prosecco

### GARDEN RETREAT

**£120** per person

- One x 50 minute treatment *(see page 7)*
- Two hour Spa access with Robe bundle
- Light Lunch
- £10 Spa retail voucher, to take that perfect gift home with you

### WELLNESS SPA DAY

**£135** per person

- One x Touch Therapy treatment *(see page 11)*
- Two hour Spa access with Robe bundle
- Light Lunch
- £10 Spa retail voucher, to take that perfect gift home with you

### PRIVATE EVENING HIRE

**Do you have a special occasion coming up soon?**

Why not celebrate in style with your own private spa access hire?

We can cater for numbers from 4 to 16 guests, available **from £60** per person.

Why not add one of our food and beverage packages to enhance your evening.

**PLEASE CONTACT THE SPA FOR MORE INFORMATION**

## 25 MINUTE PACKAGE TREATMENTS



### THE POWER BREAKFAST EXPRESS FACIAL

Looking for results, like now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround topped off with a wake-up scalp massage. Quick, go!

### WINDOWS OF THE SOUL ANTI-AGING FACIAL

This results-driven facial treatment is designed to deliver speedy results for tired, dull and puffy eyes. A pressure point eye massage lifts, firms and smooths eyes preparing them for the application of WINDOWS OF THE SOUL; a lightweight anti-ageing eye cream to hydrate, reduce puffiness and treat dark circles.

### SCALP MASSAGE

Drift into deep relaxation with this calming hot oil scalp, neck and shoulder massage. Using firm yet gentle, rhythmic movements that involve pressure points and soothing essential oils, all traces of tension are gently eased away and you are left feeling re-energised

### AAAHHH! LEG & FOOT ENERGISER

This oh-so-good treatment is instant relief for tired, overworked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

### EXPRESS GEL MANICURE (FILE & POLISH)

In a rush, but still need a quick way to de-stress? The OPI ProSpa Express Manicure is perfect. Featuring essential OPI ProSpa products and techniques in a condensed service that does not sacrifice on a premiere experience.

### EXPRESS GEL PEDICURE (FILE & POLISH)

Quick, effective, and oh-so relaxing. This OPI ProSpa Express Pedicure features essential OPI ProSpa products to provide a spa pedicure experience without increasing service time.



## 50 MINUTE PACKAGE TREATMENTS

### MY KINDA SKIN BESPOKE PRESCRIPTION FACIAL

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

### GO GUY EXECUTIVE TREATMENT MEN'S FACIAL

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush cleanse plus exfoliating mask and an energising or relaxing massage. For the finale, a hot stone massage to the neck and shoulders.

### THE OUTER GLOW BODY EXFOLIATION

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Off you glow!

### GLORIOUS MUD SKIN CONDITIONING & DETOXIFYING MUD WRAP

This heavenly treatment starts with lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you will relax with a glorious scalp massage. Wallowing in mud never felt soooo good!

### SIGNATURE GEL MANICURE

Known as the "can't live without" OPI ProSpa Signature Manicure service. You will experience the quintessential OPI ProSpa products combined with a relaxing massage and acupressure. This signature experience puts the "Aahhh" back in Spa.

### SIGNATURE GEL PEDICURE

Experience a new standard in pedicure services. The OPI ProSpa Signature Pedicure includes OPI ProSpa products to soak, exfoliate and smooth callused feet. The service is completed with a regimen of massage and acupressure techniques to reduce stress and relieve tension.



## FACIAL TREATMENTS

### THE POWER BREAKFAST EXPRESS FACIAL

£55 | 25 minutes

Looking for results, like now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround topped off with a wake-up scalp massage. Quick, go!

### WINDOWS OF THE SOUL ANTI-AGING FACIAL

£55 | 25 minutes

This results-driven facial treatment is designed to deliver speedy results for tired, dull and puffy eyes. A pressure point eye massage lifts, firms and smooths eyes preparing them for the application of WINDOWS OF THE SOUL; a lightweight anti-ageing eye cream to hydrate, reduce puffiness and treat dark circles.

### CHAMPAGNE & TRUFFLES DELUXE TREATMENT - THE CRÈME DE LA CRÈME OF RADIANCE FACIALS

£80 / £95 | 50/80 minutes

A luxury facial that combines our Award-Winning truffle skincare with our specialist lifting massage techniques that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. You will have something to celebrate. The 80-minute version includes an exquisite cooling alginate mask and rose quartz massage therapy. Add a glass of fizz and a delicious chocolate truffle to complete the luxury and help you relax.

### MY KINDA SKIN BESPOKE PRESCRIPTION FACIAL

£75 | 50 minutes

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

### GO GUY THE MALE EXECUTIVE TREATMENT MEN'S FACIAL

£75 | 50 minutes

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush cleanse plus exfoliating mask and an energising or relaxing massage. For the finale, a hot stone massage to the neck and shoulders.

### ALL ABOUT THE GLOW VITAMIN C RADIANCE FACIAL WORKOUT

£90 | 50 minutes

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin C and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin. We like to call it the facial gym power hour!



Couples massages available upon request  
Please enquire for more details.

### DRIFT AWAY RELAXING FULL BODY MASSAGE

£55 / £80 / £95 | 25/50/80 minutes

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender, and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 80 minutes to include a signature face and scalp massage using our aromatherapy resting cream REPOSE. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away..... zzzzz!!!!

### IN GOOD SPIRITS ENERGISING FULL BODY MASSAGE

£55 / £80 / £95 | 25/50/80 minutes

An invigorating massage designed to leave you full of vitality. We use an uplifting blend of Mediterranean essential oils including Ginger, Lemon and Bergamot that are carefully chosen to stimulate and refresh the skin, body & soul. The clever massage movements encourage circulation and stimulate the whole body to leave you feeling energised and full of life. Upgrade your experience to 80 minutes to include a mini detox facial. All guaranteed to restore and revive you, putting a spring back into your step!

### NEW BEGINNINGS MUMMY TO BE MASSAGE

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired, and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

## MASSAGE TREATMENTS

### ROCKS OF THE MEDITERRANEAN HOT STONE MASSAGE

£90 | 65 minutes

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just must have at least once in your life. Simply heavenly!

### WORK IT OUT MASSAGE DETOXING / MUSCLE WORKOUT MASSAGE

£60 / £85 | 25/50 minutes

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions, and tightness to help the detox process. Detox-licious!

£80 | 65 minutes



## BODY TREATMENTS



### AAAHHH! LEG & FOOT ENERGISER

£50 | 25 minutes

This oh-so-good treatment is instant relief for tired, overworked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

### THE OUTER GLOW BODY EXFOLIATION

£75 | 50 minutes

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Off you glow!

### GLORIOUS MUD SKIN CONDITIONING & DETOXIFYING MUD WRAP

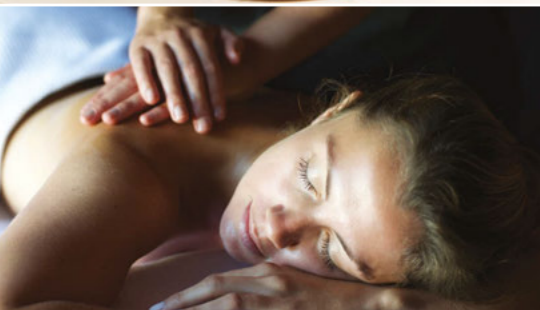
£80 | 50 minutes

This heavenly treatment starts with lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you will relax with a glorious scalp massage. Wallowing in mud never felt soooo good!

### CASHMERE & TRUFFLES BODY TREATMENT LUXE TOP-TO-TOE FACE & BODY TREATMENT

£90 | 60 minutes

This indulgent treatment combines an invigorating, radiance boosting body exfoliation followed by a skin-transforming treat with our luxurious TRUFFLE BODY MASSAGE OIL and a layer of our unique, award-winning BODY TRUFFLE crème. Skin is left feeling cashmere soft and revived, beautifully fragrant and ready for the red carpet.



## TOUCH THERAPY

### STRESS NOT CBD MASSAGE

£60 /£85 /£105 | 25/50/80 minutes

This calming and anti-inflammatory massage targets muscle pain and melts away tension using the power of warmed stones leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD balm STRESS NOT naturally eases muscle stiffness and calms busy minds... giving you a moment of blissful respite. Upgrade your experience to 80 minutes to include a signature face and scalp massage using our CBD skin booster facial oil LIGHT RELIEF.

### LIGHT RELIEF CBD SKIN BOOSTER FACIAL

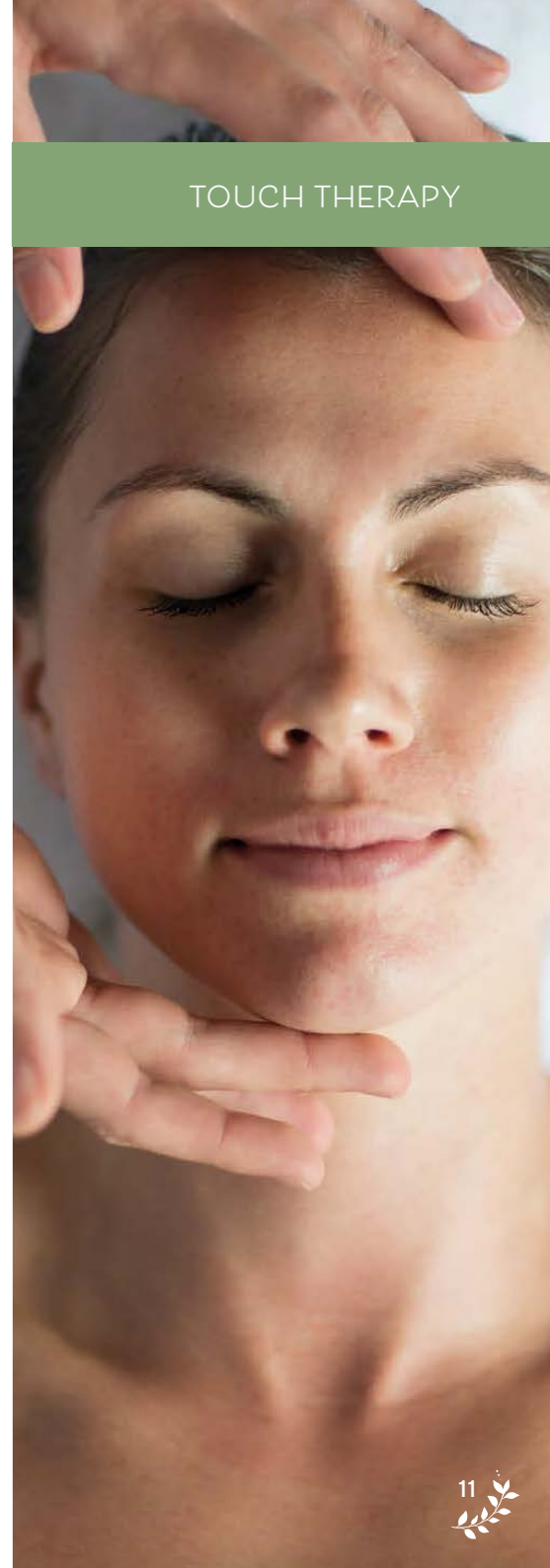
£95 | 75 minutes

Feeling and looking stressed out? Our LIGHT RELIEF CBD skin booster facial is the remedy. This anti-inflammatory treatment brings comfort to fragile and dehydrated skin whilst soothing mind, body, and soul. Starting with a calming face massage and eye treatment and followed with a hot oil scalp massage, plus a hand & arm massage using warmed stones, rest assured you'll leave radiant, glowing and feeling totally chilled out.

### YOUR BEST YOU | MENOPAUSE RELIEF TREATMENT

£85 /£105 | 60/90 minutes

This unique top-to-toe treatment is bespoke to you, supporting fully during your second spring, no matter the stage you're at. Give us your whole you for an hour and you will leave energised yet nurtured, at ease. Choose from warm or cool but hey, it is okay to change your mind at any time, just say. This gentle, caring massage, uses a combination of expert therapist hands and Himalayan Salt stones with TEMPLESPA nurturing skincare. These healing stones produce negative ions to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and tension, and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful. Nutritious oils and our deeply hydrating & comforting body cream, DUVET gives your body the hug it deserves. You will step off the bed feeling fresh, calm & content knowing that you have done something good for you. Your best you once again. Upgrade your treatment to 90 minutes to include a lifting facial massage, hot oil scalp massage and application of our award-winning Truffle products.



## MANICURES & PEDICURES

### EXPRESS GEL MANICURE (FILE & POLISH)

£28 | 25 minutes

In a rush, but still need a quick way to de-stress? The OPI ProSpa Express Manicure is perfect. Featuring essential OPI ProSpa products and techniques in a condensed service that does not sacrifice on a premiere experience.

### EXPRESS GEL PEDICURE (FILE & POLISH)

£30 | 25 minutes

Quick, effective, and oh-so relaxing. This OPI ProSpa Express Pedicure features essential OPI ProSpa products to provide a spa pedicure experience without increasing service time.

### SIGNATURE GEL MANICURE

£39 | 50 minutes

Known as the “can’t live without” OPI ProSpa Signature Manicure service. You will experience the quintessential OPI ProSpa products combined with a relaxing massage and acupressure. This signature experience puts the “Aahhh” back in Spa.

### SIGNATURE GEL PEDICURE

£45 | 50 minutes

Experience a new standard in pedicure services. The OPI ProSpa Signature Pedicure includes OPI ProSpa products to soak, exfoliate and smooth callused feet. The service is completed with a regimen of massage and acupressure techniques to reduce stress and relieve tension.

### LUXURY GEL MANICURE

£45 | 60 minutes

Soothe, relax, and indulge with the ultimate OPI ProSpa Pamper Manicure. The crème de la crème of manicures, you will benefit from unparalleled exfoliation and moisturising protection, while revelling in a combination of massage techniques and acupressure designed to reduce stress and relieve tension.

### LUXURY GEL PEDICURE

£55 | 70 minutes

Soothe, relax, and pamper with the ultimate Pedicure experience. The OPI ProSpa Luxury Pedicure includes unparalleled callus softening, exfoliation and moisturising protection. An extended massage combined with acupressure to reduce stress and relieve tension will leave you feeling relaxed and renewed.

### DIAMOND BUILDER GEL UPGRADE (BIAB)\*

£10 | 25 minutes

Experience brilliance with this 3-in-1 hard gel system allowing you to build, overlay & sculpt while delivering strength & durability with the brilliant high shine that you love.

*\*Can be added to any manicure or pedicure treatment.*

O·P·I

## BEAUTY & WAXING TREATMENTS

EYEBROW WAX & TINT £20

EYEBROW TINT £10

EYELASH TINT £18

EYEBROW & EYELASH TINT £24

EYELASH LIFT & TINT £50

*Please note a patch test is required a minimum of 24 hours prior to all eyelash and eyebrow treatments*

WAXING TREATMENTS BIKINI £14

EYEBROW £12 FULL LEG & BIKINI £38

UPPER LIP £12 FULL ARM £25

CHIN £12 FOREARM £18

FULL LEG £32 BACK £25

HALF LEG £21 CHEST £25

UNDERARM £12 BACK & SHOULDERS £35

## UPGRADES



### A LITTLE MORE?

#### DELIGHTFUL TREATS TO ADD TO ANY TREATMENT

£20 | 15 minutes per upgrade

### STRESSED OUT?

Enjoy our hot stone neck & shoulder treatment.

### HEAD FEEL HEAVY & UPTIGHT?

You will love our sedating hot oil scalp massage

### LOVE YOUR HANDS TO BE PAMPERED?

Select our indulgent hand ritual

### WANT A SPRING IN YOUR STEP?

Select our indulgent foot ritual

### TREATMENTS

We recommend you arrive 15 minutes prior to your treatment. All treatment times are inclusive of client care and consultation.

### SPA FACILITIES

Our facilities include a sauna, steam room, jacuzzi and relaxation lounges. Our Spa day and break packages are inclusive of Spa access. When booking a standalone treatment, access to the Spa is not automatically included. This does come at an additional cost and must be booked in advance. If you are staying in the hotel, use of Spa facilities and treatments also need to be booked separately in advance.

### MEDICAL ADVICE

Treatments, use of the jacuzzi and thermal areas are subject to completion of a health consultation form. Pregnancy and certain medical conditions and injuries may prevent the use of some facilities and treatments. Please seek medical advice from your doctor and notify us before your arrival.

Note that for some medical conditions, you will be required to bring a doctor's note advising that you can have your chosen treatment on the day.

### LOCKERS

Spa lockers are available for all guests. We cannot accept responsibility for loss of belongings or jewellery.

### MOBILE DEVICES

Mobile phones are not permitted to be used in the Spa or changing areas and we kindly ask that you put your phone on silent.

## THE SPA IN THE GARDEN GUIDELINES

### AGE

The Spa is open to those aged 18 and over and those who are 16 or 17 with a responsible adult present.

### DINING

Please note, no food is permitted in the Spa. If you have a Spa package which is inclusive of food, this will be served in our restaurant or lounge area within the Hotel. (Lunch is served from 12pm-6pm and Afternoon Tea is served from 2pm-5pm) Afternoon Teas must be booked a minimum of 24 hours prior to your booking.

### CANCELLATION POLICY




Cancellations will be charged at 100% if made less than 48 hours before your treatment time. No exceptions will be made to the cancellation policy under any circumstances. If you arrive late to your reservation this can lead to treatments being cancelled or shortened and will still be charged. It is your responsibility to make sure you arrive on time.

### STAYING IN THE HOTEL?

Spa access is not inclusive of your stay and comes at an additional cost. Hotel residents can book two hour Spa access for £25 per person for 2 hours. Please note Spa access bookings are subject to availability and we advise to book in advance where possible.

### BOOKINGS

All Spa treatments & Spa Packages can be booked via the following:

 [spa@strattonhousehotel.com](mailto:spa@strattonhousehotel.com)  
 <https://strattonhousehotel.onejourney.travel>  
 01285 651761

SCAN TO BOOK



All Spa reservations require full payment upon booking and are non-refundable.







YOUR BODY IS A LIVING TEMPLE.  
HONOUR IT, ENJOY YOUR LIFE  
AND LIVE IT TO THE FULL



**5** bubble  
spa<sup>2022</sup>

**Stratton House Hotel**

Gloucester Road, Cirencester, Gloucestershire GL7 2LE

 01285 651 761  [spa@strattonhousehotel.com](mailto:spa@strattonhousehotel.com)  [www.strattonhousehotel.com](http://www.strattonhousehotel.com)

All information stated in this brochure is correct at time of printing and subject to change without notice.