



THE SPA
IN THE GARDEN



STRATTON HOUSE HOTEL



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' at Stratton House Hotel & Spa, the privately-owned boutique hotel in the heart of the Cotswolds. A truly special spa experience.

Imagine tranquillity, serenity and relaxation...

The Spa in the Garden offers all that and more, in a beautiful setting overlooking our lovely gardens. Feel indulged and relaxed by escaping to this tranquil space.

Enjoy the sauna, steam room, experience showers, jacuzzi and relaxation areas. Choose from a wide range of wellbeing and beauty treatments in our five treatment rooms, using fabulous products by Temple Spa and O.P.I.

If you ever tire of feeling thoroughly relaxed, then discover what else Stratton House has to offer, as a stylish base to explore Cirencester and the surrounding Cotswold villages

If you love your spa experience then why don't you take a little 'spa magic' home with you - many of our gorgeous spa products are available to purchase, just ask your therapist for more details. Or buy one of our gift vouchers to treat that special someone.



YOUR VISIT

How do I book?

The easiest way to book your special Spa time is to visit www.strattonhousehotel.com/spa. Alternatively phone 01285 651761 or email spa@strattonhousehotel.com.

When should I arrive?

Please arrive at the Spa Reception 15 minutes before your scheduled appointment to allow time to check in, change and start to unwind...

What if I'm late for my appointment?

Arriving late will mean that you will have less time to relax and enjoy your treatment, as we will need to finish the treatment on time, so the next guest is not delayed.

What if I have any medical issues or am pregnant?

On your first visit to the Spa, we will ask you to fill in a confidential health questionnaire. Just make your Spa therapist aware if you have any medical conditions, are pregnant, or had any recent operations. We may advise you to seek medical advice before using the Spa facilities.

What should I wear in the Spa?

Bring your swimsuit to wear while you are enjoying the Spa facilities, and we will provide a cosy robe, slippers and towels. If you are only having a treatment, then you will just need to wear your underwear, or your therapist can provide disposable pants.

Staying in the Hotel?

We offer 1 hour complimentary spa access with any treatment booked which is 50 minutes or longer, Monday to Thursday only. Why not treat yourself with an additional treatment and you receive 20% discount on any additional treatments booked (Sun-Fri) or if you are just looking to use the spa, you can enjoy the Spa facilities for 1 hour (£15) or indulge yourself with 3 hours (£25).

Can I use my mobile device in the Spa?

To be considerate to all our guests, please leave your phone or other mobile devices switched off in your locker, and enjoy some 'screen-free' time!

Are there any age restrictions as to who can use the Spa?

Our treatments and facilities are available to all those aged 18 and over.

What if I need to change or cancel my treatment?

Your treatment/package is reserved especially for you, so please let us know at least 48 hours in advance if you can no longer make that time and need to reschedule or cancel. If we have less than 48 hours' notice, and are unable to resell your booking, then we will need to charge your card for the full amount.

INTRODUCING OUR PARTNERS

TEMPLE SPA

TEMPLE SPA is a luxury British skincare brand with a full top-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.

TEMPLE SPA 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 consumers.



PRESCRIPTION & SKIN BOOSTING FACIALS

It's all about
the face

THE POWER BREAKFAST FACIAL EXPRESS FACIAL FOR ALL SKIN TYPES

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

Time: 25 minutes
Monday to Thursday £40 / Friday to Sunday £45

MEDITERRANEAN MARINADE A CALMING FACIAL FOR SENSITIVE OR DELICATE SKIN

A luxurious facial to help soothe and calm the effects of fatigued, delicate or stressed skin. The secret is in our cooling, calming marinade mask, gentle lymph draining and oh so tranquil face massage.

Time: 50 minutes
Monday to Thursday £60 / Friday to Sunday £70

MY KINDA SKIN BESPOKE PRESCRIPTION FACIAL FOR YOUR SKIN TYPE

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

Time: 50 minutes
Monday to Thursday £60 / Friday to Sunday £70

WINDOWS OF THE SOUL ANTI-AGEING EYE TREATMENT

Perfect for when you look tired, with gentle formulas and 'cold therapy' to tighten and tone, plus special eye massage techniques to lift, smoothe and revitalise. Puts the sparkle back into your eyes. Can also be added to any facial.

Time: 25 minutes
Monday to Thursday £40 / Friday to Sunday £45

GO GUY MEN'S FACIAL FOR ALL SKIN TYPES

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 detoxifying foot massage.

Time: 50 minutes
Monday to Thursday £60 Friday- Sunday £70



TEMPLESPA

THE TOTALLY QUENCHED & DRENCHED REHYDRATING FACIAL FOR THIRSTY SKIN

This divine treatment includes a cryogenic mask, intense eye therapy, lymph draining and lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron!

Time: 75 minutes
Monday to Thursday £75 / Friday to Sunday £85

REPOSE AROMATHERAPY FACIAL RELAXING, INDULGENT FACIAL FOR ALL SKIN TYPES

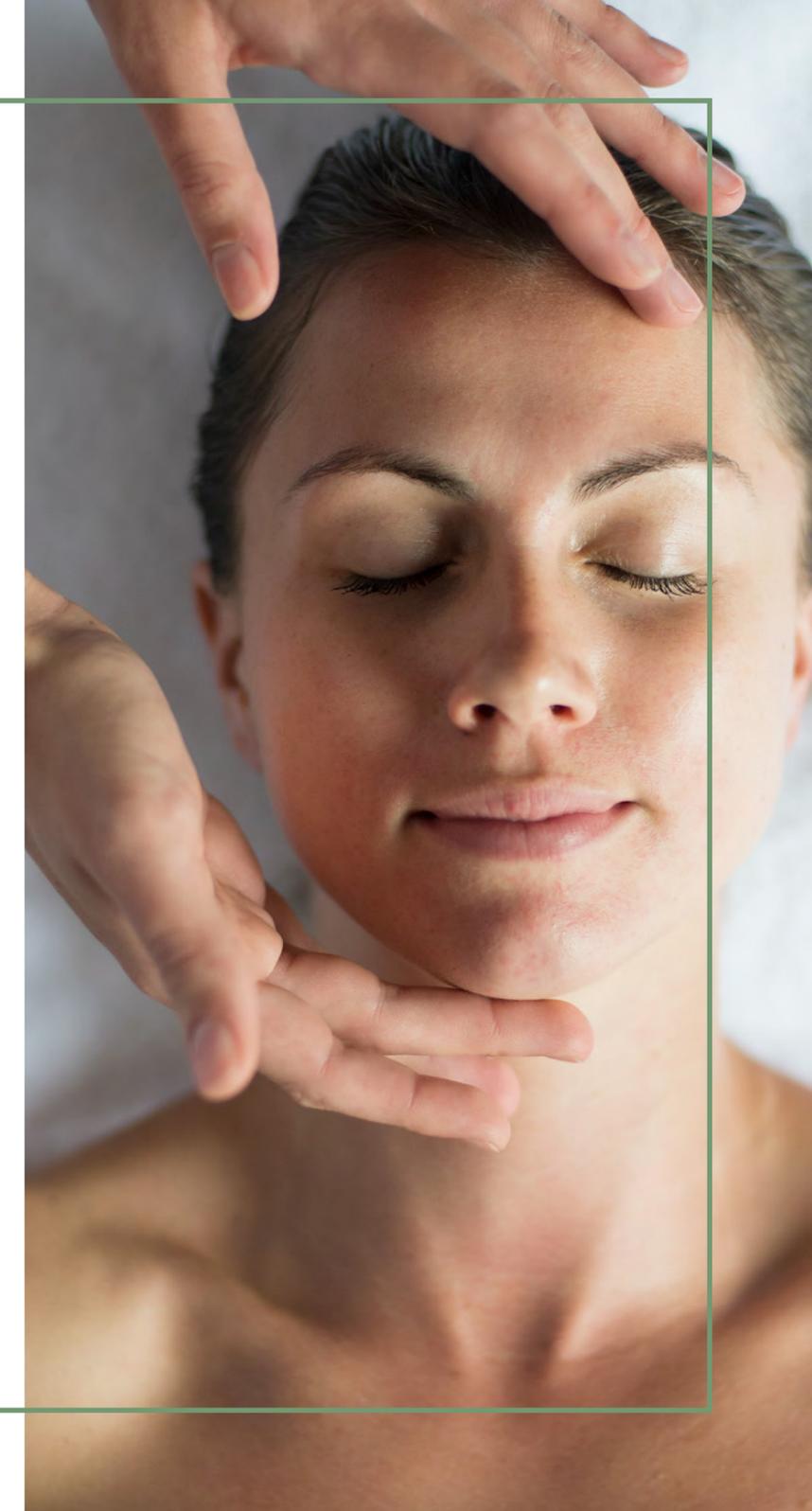
There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage and eye treatment with hot oil scalp massage, plus a hand and arm massage. Pure bliss.

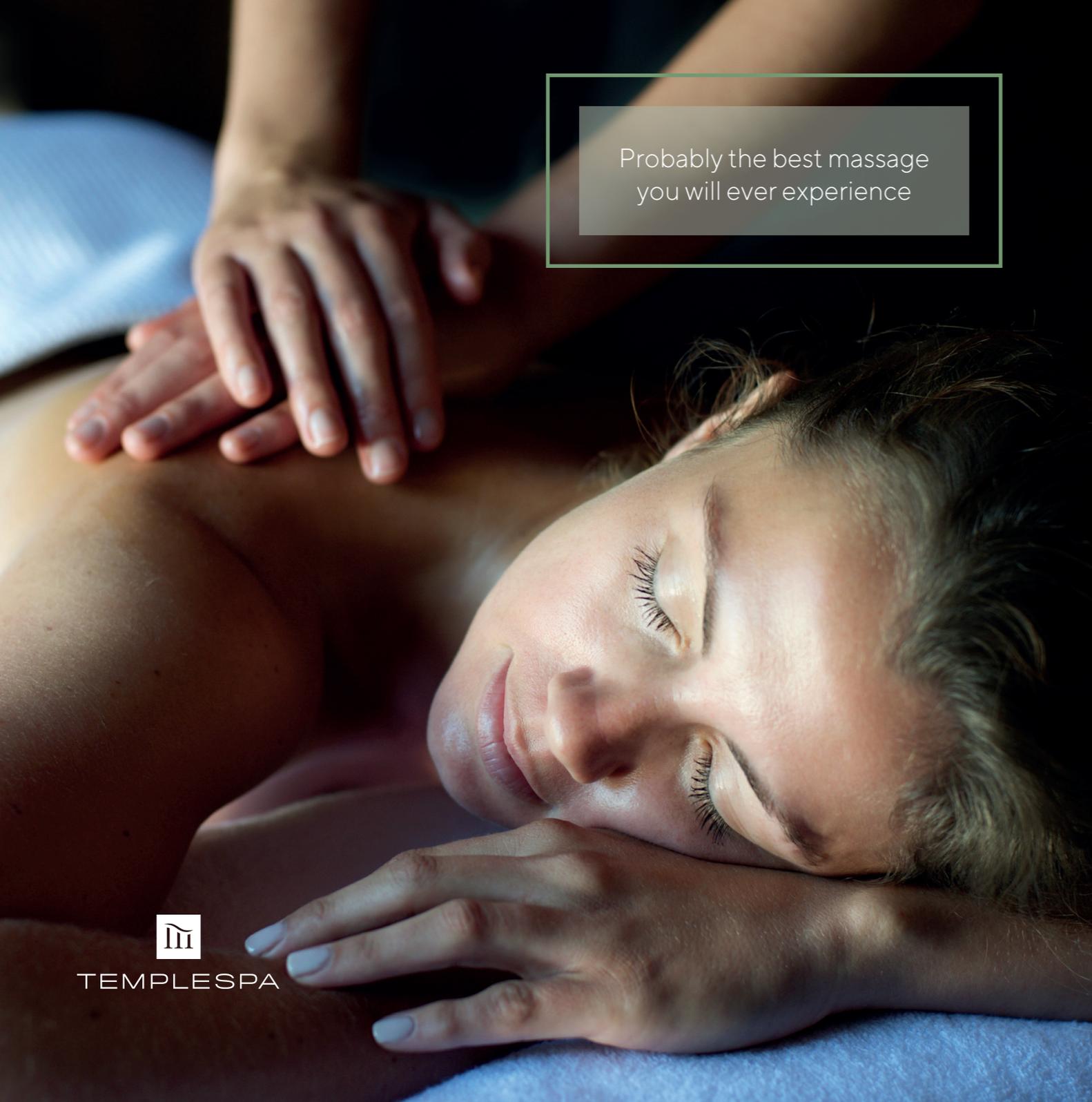
Time: 75 minutes
Monday to Thursday £75 / Friday to Sunday £85

CHAMPAGNE & TRUFFLES DELUXE TREATMENT THE CRÈME DE LA CRÈME OF FACIALS

A luxury facial that combines our award winning truffle skincare with our specialist lifting massage, an exquisite warm alginate mask and cold stone therapy that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. You'll have something to celebrate.

Time: 50 / 75 minutes
Monday to Thursday £60/£75 Friday to Sunday £70/£85





Probably the best massage
you will ever experience

MEDITERRANEAN MASSAGES

DRIFT AWAY RELAXING BODY MASSAGE

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 85 minutes to include a signature face and scalp massage using 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... zzzzzz!!!!

Time: 25/50/80 minutes
Monday to Thursday £45/£65/£80 Friday to Sunday £50/£75/£90

IN GOOD SPIRITS ENERGISING BODY MASSAGE

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 and 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 85 minutes to include a mini detox facial. All guaranteed to restore and revive you, putting a spring back into your step!

Time: 25 / 50 / 80 minutes
Monday to Thursday £45/£65/£80 Friday to Sunday £50/£75/£90

WORK IT OUT MASSAGE DETOXING / MUSCLE WORKOUT MASSAGE

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!

Time: 25 / 50 minutes
Monday to Thursday £50/£70 Friday to Sunday £55/£80

ROCKS OF THE MEDITERRANEAN HOT STONES MASSAGE

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 have to have at least once in your life. Simply heavenly!

Time: 65 minutes
Monday to Thursday £70 / Friday to Sunday £80

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!

Time: 50 minutes
Monday to Thursday £65 / Friday to Sunday £75



TEMPLESPA

BODY SCRUBS & WRAPS

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'll relax with a glorious face and scalp massage. Wallowing in mud never felt sooooo good!

Time: 50 minutes
Monday to Thursday £65 / Friday to Sunday £75

AAAHHH! LEG & FOOT ENERGISER

This oh-so-good treatment is instant relief for tired, overworked legs and 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.

Time: 25 minutes
Monday to Thursday £40 / Friday to Sunday £45

THE OUTER GLOW FACE & 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!

Time: 50 minutes
Monday to Thursday £65 / Friday to Sunday £75

GO FIGURE A FIRMING, TONING, TIGHTENING BODY DETOX TREATMENT

Need help with the wobbly bits? This starts with lymphatic skin brushing techniques, followed by a targeted detox massage for hips, thighs and abs. Then a marine and earth mud wrap continues the good work before a friction, anti-cellulite rub. One treatment is fab, a course of six is amazing!

Time: 50 minutes
Monday to Thursday £65 / Friday to Sunday £75

Just like a facial
but for the body

SIDE ORDERS A LITTLE MORE?

Time: 10 minutes per side order

Monday to Thursday £10 / Friday to Sunday £15

Have you ever had a treatment at a spa and thought to yourself, "I wish I could have a little more"? Well now you can! Here we present a lovely selection of options to add onto your main treatment. These can be added to any facial, massage or body treatment.

STRESSED OUT?

Enjoy our hot stone neck and shoulder treatment.

HEAD FEEL HEAVY AND 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.

WANT TO LOOK LESS TIRED?

Discover our secret eye remedy.

Go VIP & UPGRADE

Time: 25 minutes per upgrade

Sunday to Friday £25 / Saturday £30

Having a massage or body treatment? Looking to enhance your facial? Why not upgrade your treatment today with one of our results-driven, skin-transforming sheet masks? The results will astound you and take no extra time.

THE CONTOURIST SKIN FIRMING & BRIGHTENING MASK

Hello contours! Hello firm, tight, radiant skin! This ingenious red carpet treatment is much more than just a mask - it's a transforming experience you'll want to repeat again and again.

EYE WILL SURVIVE BIO-CELLULOSE EYE MASK WITH MULTIPLE EFFECT SERUM

Late nights, long days, early starts, screen gazing... all signs of a well-lived life. No wonder your poor eye area needs some attention. EYE SURVIVE is an extremely clever concentrated eye serum-mask that will leave your eyes hydrated, brightened and youthful.



SPA EXPERIENCES

THE MEDITERRANEAN MINI BREAK TOTAL BODY BLISS

This deluxe treatment will leave you feeling like you've taken a mini vacation. Your mind will escape as your body is polished and nourished with our iconic Mediterranean body scrub; and your face is indulged with our unique Mediterranean marinade facial. Totally smoothed and soothed, head to toe.

Time: 85 minutes
Monday to Thursday £89 / Friday to Sunday £99

MY KINDA MOOD A PRESCRIPTIVE FACIAL & MASSAGE BESPOKE TO YOU

Not sure what you'd like? Then this is the ideal treatment. First we help you choose the aromatherapy fragrance to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent facial. Products and techniques will be bespoke to your wants and needs. Look, feel and smell oh so good.

Time: 115 minutes
Monday to Thursday £119 / Friday to Sunday £139



TEMPLESPA

THE SERIOUS DETOX THE ULTIMATE DETOX PACKAGE

Serious about detoxing? Then this is for you. Starting with a whole body exfoliation, the hips, thighs and abs are then treated to a detoxifying massage, followed by a stimulating marine and earth mud wrap. We finish with an invigorating and energising full body massage, using lymphatic drainage techniques, to leave you thoroughly rejuvenated and supported in your quest to get in shape. A complimentary 'Temple Spa Detox Plan' is also included.

Time: 145 minutes
Monday to Thursday £145 Friday- Sunday £165

YUMMY MUMMY TO BE EVERYTHING A MOTHER TO BE SHOULD HAVE TO MAKE HER FEEL HEALTHY, GORGEOUS AND PAMPERED

This is our specially designed treatment for expectant mummies to enable your full body to be massaged and treated without having to lie on your tummy. We follow this with a delicious face treatment packed with wonderful natural ingredients. Finally your legs will be revitalised with our leg energiser treatment that is perfect for swollen ankles and tired legs.

Time: 145 minutes
Monday to Thursday £145 Friday to Sunday £165

SPA DAY PACKAGES

To enjoy that 'Spa feeling' for as long as possible, why don't you indulge in one of our Spa packages?

Slip into your robes and slippers and enjoy our stunning Spa facilities including sauna, steam room, experience showers, and Jacuzzi, as well as plenty of time to unwind and chill out in our relaxation areas. In the setting of our beautiful gardens, you can truly feel you are getting away from it all, for as long as possible!

SIMPLY SPA

Enjoy 3 hours spa Facilities, £5 drinks voucher to enjoy in the hotel bar after your spa session.

Available - all day
Monday to Thursday £35 /
Friday to Sunday £45

STRATTON MINI ESCAPE

Choose one of our indulgent 25 minute treatments. Relax and use the Spa facilities for up to 3 hours and a £10 Skin care voucher.

Available - all day
Monday to Thursday £69 /
Friday- Sunday £79

GARDEN RETREAT

Choose two of our indulgent 25 minute treatments. Relax and use the Spa facilities for up to 3 hours, £10 skin care voucher and a delicious full afternoon tea or light lunch.

Available - all day
Monday to Thursday £99 /
Friday to Sunday £115

EVENING SUNSET

Choose one of our indulgent 25 minute treatments. Relax and use the Spa facilities for up to 1 hour and a £10 skin care voucher and a glass of prosecco.

Available - Monday to Friday
between 5pm and 8pm
£69

Only have an hour to spare and in need
of a quick relaxation Why not book
1 hour spa session for £25

LUXURIOUS MANICURES

A luxurious experience giving beautiful results.

Vitamins and minerals infused into the products, with active ingredients and pure essential oils to stimulate the nails, skin and emotions.

Nails and cuticles are shaped to perfection, hands and arms are massaged releasing tension and giving a luxurious spa feeling of ease and well-being. Choose from our classic or O.P.I Gel options.

O.P.I Gel offers quick and easy to apply, colour-sure high gloss gels that won't lift, shrink, chip or fade, with up to 14 days of wear. They contain active ingredients, vitamins and essential minerals for ultimate conditioning and hydration.

ON THE MOVE MANICURE

File and paint to keep hands and nails groomed and fashionable in-between Immaculate Manicures.

Classic: 25 minutes
Monday to Thursday £18 Friday to Sunday £23

O.P.I Gel: 35 minutes
Monday to Thursday £23 Friday to Sunday £28

CUSTOM MANICURE

The Custom Manicure is a 'celebrity' manicure for those who want a little luxury when time is of the essence.

Classic: 40 minutes
Monday to Thursday £27 Friday to Sunday £32

O.P.I Gel: 50 minutes
Monday to Thursday £32 Friday to Sunday £37

IMMACULATE MANICURE

This complete treatment exfoliates, nourishes and protects your hands and nails against the daily wear and tear of a busy lifestyle.

Classic: 55 minutes
Monday to Thursday £33 Friday to Sunday £38

O.P.I Gel: 65 minutes
Monday to Thursday £38 Friday to Sunday £43



PERFECT PEDICURES

A refreshing and relaxing indulgence.

An expert combination of luxury, targeted ingredients to leave feet looking pristine and feeling refreshed.

Nails and cuticles are shaped to perfection, leaving skin smoothed and softened whilst gentle massage of the toes, feet and legs cools and revives mind, body and soul.

Choose from our classic or O.P.I Gel (see manicures for description) options.

ON THE MOVE PEDICURE

For the client with a busy lifestyle, feet look pampered and well groomed.

Classic: 25 minutes
Monday to Thursday £23
Friday to Sunday £28

O.P.I Gel: 35 minutes
Monday to Thursday £28
Friday to Sunday £33

CUSTOM PEDICURE

The Custom Pedicure, is designed to make the best of your feet when time is of the essence.

Classic: 40 minutes
Monday to Thursday £32
Friday to Sunday £37

O.P.I Gel: 50 minutes
Monday to Thursday
£37 Friday to Sunday £43

PRISTINE PEDICURE

This luxury treatment is fantastic for even the most neglected of feet.

Classic: 65 minutes
Monday to Thursday £45
Friday to Sunday £50

O.P.I Gel: 75 minutes
Monday to Thursday £50
Friday to Sunday £55





Your body is a living temple.
Honour it, enjoy your life
and live it to the full

Stratton House Hotel

Gloucester Road, Cirencester, Gloucestershire GL7 2LE

W: www.strattonhousehotel.com; E: spa@strattonhousehotel.com; T: 01285 651 761

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