

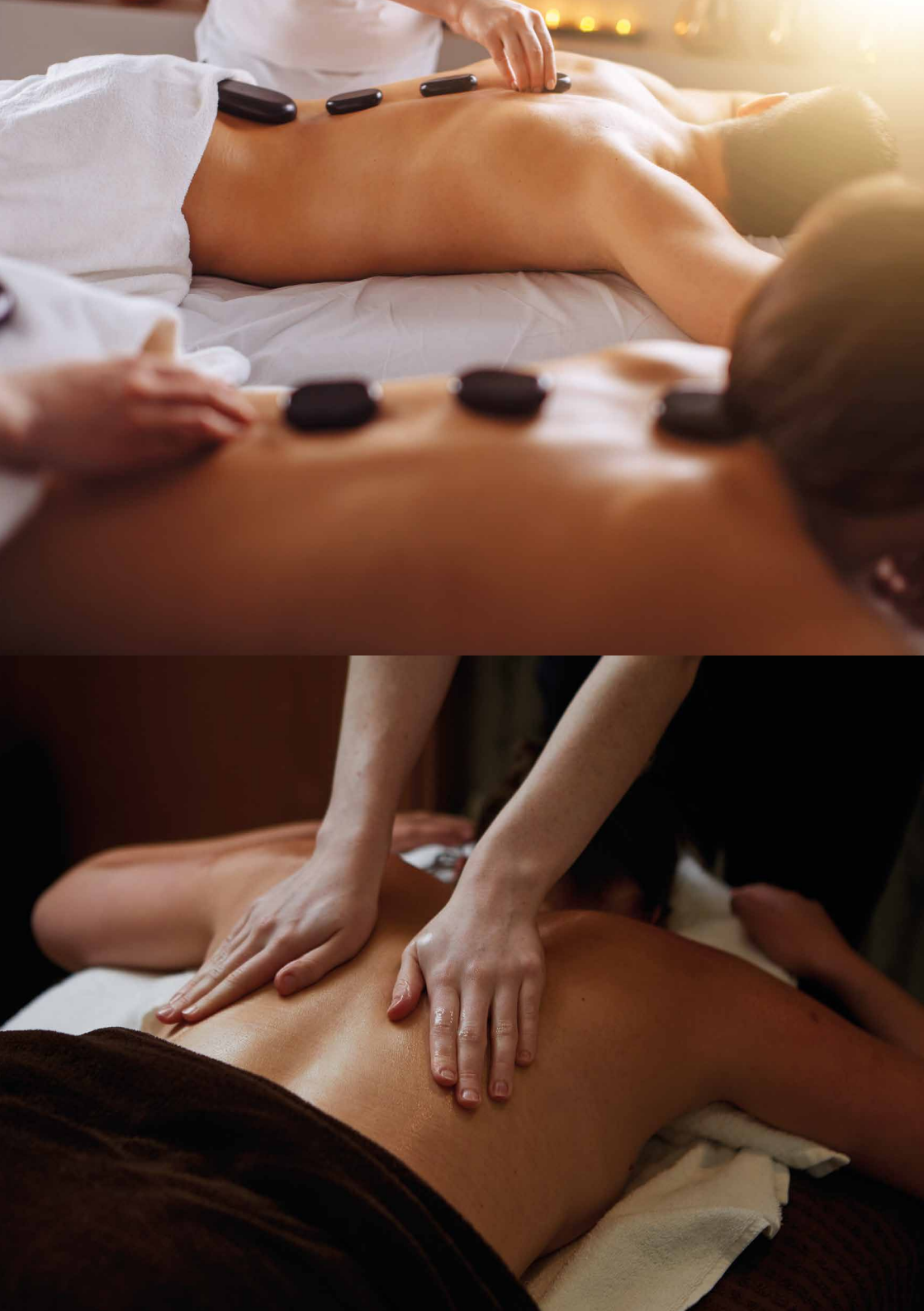


SPA TREATMENTS AT THE OLD ENGLAND

Welcome to **The Old England**, your oasis of calm and relaxation retreat. With a range of indulgent ELEMIS treatments from facials to massages and nail treatments, our spa is the perfect place to unwind. Apply the final finishing touches to your spa escape with a manicure/pedicure, or another one of our luxurious beauty treatments.

Please feel free to call into the spa reception to find out more and book your treatment. Alternatively you can contact one of our professional team on spa.oldengland@macdonald-hotels.co.uk.

THE OLD ENGLAND
— HOTEL + SPA —



MASSAGE & BODY TREATMENTS

Treatment type	Time (mins)	Mon-Thurs from (£)	Fri-Sun from (£)
Hot Stone Massage	25	80	84
Hot stones and frangipani monoi oil hydrates the skin and restores your muscles, leaving you feeling relaxed and rejuvenated.	55	100	109
	85	144	164
Best Foot Forward	25	55	70
The complete tension release for your feet, leaving them feeling nourished and smooth.			
Body Nectar Nourish Wrap	55	69	89
Aromatic oil is applied before you are wrapped in a cocoon of towels. Enjoy a scalp massage while the oils work their hydrating magic.			
Peaceful Pregnancy Massage	75	95	114
Mums-to-be are treated to a specialist nurturing massage treatment, performed on a bed of comfortable pillows.			
Deep Tissue Massage	25	74	80
Alleviate your stress and tensions with this firm pressure massage using essential oils tailored to your needs.	55	94	105
	85	134	154
Macdonald Signature Treatment	85	139	164
This treatment includes a grounding massage followed by a nutrient rich facial to encourage a deep sense of wellness and optimum skin health.			
Intensely Cleansing Scrub	25	59	74
Exfoliate and hydrate your body to leave your skin feeling smooth and soft.			





FACIALS/FACE & BODY COMBINATIONS

Treatment type	Time (mins)	Mon-Thurs from (£)	Fri-Sun from (£)
Biotec Facial A scientifically proven facial to lift, brighten and purify the skin to reduce the signs of ageing.	55	89	105
Peaceful Pregnancy Face And Body Experience A gently combination of an intuitive and relaxing massage and ELEMIS facial to relax mums-to-be.	135	179	199
Couture Technology Combines an express Biotec facial and massage to target what the skin needs.	55	89	104
Couture Touch An all-embracing experience combining deep tissue massage with a hands on facial.	55	85	105
Pro-Glow Resurface Renews and smoothes dry and uneven skin, leaving you feeling revitalised and refreshed.	55	89	104
Pro-Glow Smooth Improves appearance and firmness of skin by increasing hydration and moisture levels.	55	89	104
Pro-Glow Brilliance A cure for dull and tired skin, this treatment leaves your skin looking more radiant and energised.	25 55	59 79	70 95





NAIL TREATMENTS

Treatment type	Time (mins)	Mon-Thurs from (£)	Fri-Sun from (£)
Manicure	45	50	55
Pedicure	45	50	55
Deluxe Manicure	60	60	65
Deluxe Pedicure	60	60	65
File and Polish	30	35	45
Gelation Manicure	60	58	60
Gelation Pedicure	60	58	60
Gelation Soak Off	25	15	20

EYE LASH & EYEBROWS

Treatment type	Time (mins)	Mon-Thurs from (£)	Fri-Sun from (£)
Eye Lash Tint	20	30	30
Eye Brow Tint	10	20	20
Eye Brow Shape	15	20	20
Eye Lash and Eye Brow Tint and Shape	30	40	40

JENNIFER YOUNG

We are proud to partner with Jennifer Young – Beauty Despite Cancer, and to be one of the first hotel groups in the UK to offer spa treatments to people living with and beyond cancer. You do have the option of substituting our ELEMIS treatments for Jennifer Young treatments, to ensure that our spas continue to be a relaxing sanctuary where you can spend time with friends or family.

Treatment type	Time (mins)	Mon-Thurs from (£)	Fri-Sun from (£)
Balance Body & Mind Massage	55	100	105
Indulgent Massage	55	100	105
	25	80	80
Top To Toe Massage	85	109	129
Glowing Facial	55	89	104
	25	59	70
Manicure	55	50	55
Pedicure	55	50	55

Full pre-payment is required for ALL spa days and spa treatment bookings. Spa treatments must be booked and confirmed with the spa prior to arrival by the guest. Spa day and spa treatments must be paid in full at the time of booking and cannot be used in conjunction with any other offer. Spa day and spa treatments can be amended or cancelled at no charge up to seven days prior to day of arrival. Bookings cancelled within seven days of arrival will incur full payment. Due to the nature of relaxation in the spa, this is a child free zone, therefore those under the age of 16 are not permitted into the spa.

To find out more or book, call **01539 487 982** or email **spa.oldengland@macdonald-hotels.co.uk**

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