

# THE SPA EXPERIENCE

All our spa days have been designed to make our guests feel truly pampered.

If you wish to create your own unique spa experience why not tailor-make your own spa package.

## **SPA PACKAGES**

Everyone needs a little self indulgence from time to time and what finer surroundings to relax in than the Spa at a Macdonald Hotel.

We have created a selection of ultimate packages to leave you ready to tackle every day life and the challenges it brings. From advanced precision facials to aroma envelopments, relaxing full body massages to hot stone treatments...the choice is yours.

The spa package experiences includes unlimited use of the Spa area including the relaxation suite, bathrobe and towel, and all the other facilities that the club has to offer. Enjoy a light lunch and beverage of your choice.

Extend your spa day with a relaxing overnight stay at the hotel. Take the opportunity to wine and dine in our fabulous restaurant and enjoy the comfort of our luxurious bedrooms.

## SPA PACKAGES

### REJUVENATE SPA DAY

Aroma Time Precious Facial

Aroma Back Relief

*Treatment time 1hr*

### STRESS RELIEF SPA DAY

Relaxing Aromatic Facial

Aroma Ultimate Relaxer Massage

*Treatment time 2hrs*

### BODY GLOW SPA DAY

Aroma Ultimate Relaxer Massage

Aroma Time Precious Facial

Aroma Body Silk Glistener

*Treatment time 2hrs 15mins*

### COUPLES SPA DAY

Aroma Ultimate Relaxer Massage

Performed in the exclusive double treatment room

*Treatment time 1hr*

### MOTHER TO BE SPA DAY

Declor Suptious Mother to be treatment

File and polish on hands and feet

*Treatment time 2hrs 30mins*

MON-THURS

FRI - SUN

£85

£95

£120

£140

£130

£150

£130 for 2

£140 for 2

£140

£150

## DECLÉOR FACIAL TREATMENTS

### DECLÉOR AROMA ADVANCED PRECISION FACIALS

Looking for a treatment with high-precision action? These targeted treatments provide an expert response to the needs of all skin types. Even the most demanding skin is satisfied. Every aroma expert treatment offers a concentrate of highly targeted essential oils and plant extracts.

#### AROMA EXPERT ESSENTIAL

This precision treatment provides an instant and long-term response for thirsty skin.

#### AROMA EXPERT PURIFY

An intensive balancing treatment for oily or combination skin.

#### AROMA EXPERT NOURISH

A deep nourishing treatment to replenish lost moisture and reinforce the skin's barrier function.

#### AROMA EXPERT SOOTHE

A wonderful calming treatment to comfort sensitive skin.

#### AROMA EXPERT RADIANCE

An intensive facial, rich in Vitamin C to brighten the entire complexion.

#### AROMA EXPERT LIFT – EVIDENCE

Designed to combat the first visible signs of ageing, this revitalising treatment restores radiance and softens the appearance of expression lines.

#### AROMA EXPERT LIFT – EXPERIENCE

The ultimate holistic answer to facial firming and lifting to enhance the youthful appearance of a rejuvenated skin.

#### AROMA EXPERT EXCELLENCE – AGE DEFYING FACIAL

This incredible treatment restores facial volume with innovative 'lipo-filling' technology. Wrinkles appear to be plumped from within and the contours of the face appear reshaped.

TIME

MON-THURS

FRI - SUN

1 hr 15mins

£65

£70

1 hr 15mins

£65

£70

1 hr 15mins

£65

£70

1 hr 15mins

£65

£70

1 hr 15mins

£65

£70

1 hr 15mins

£65

£70

1 hr 15mins

£65

£70

1 hr 15mins

£65

£70

## DECLÉOR FACIAL TREATMENTS

### DECLÉOR RELAXING AROMATIC FACIAL

Decléor uses its own special art of massage to your face. Your therapist will choose from Essential, Purify, Nourish, Soothe, Lift or Radiance to relax the entire face using the treasures of aromatherapy.

### DECLÉOR CLASSIC AROMATIC FACIAL

This multi-active, 100% natural treatment is tailored to every skin type. Your therapist selects products to rebalance your skin's concerns. At the heart of this treatment is a mask that has a truly unique and surprising texture, with linseed, wheat germ and sunflower.

### DECLÉOR AROMA TIME PRECIOUS FACIAL

A perfect way to taste the world renowned Decléor facials, enjoy all the benefits of one of the most powerful ingredients, essential oil.

### DECLÉOR VITAL EYES

Keep eyes sparkling and slow the signs of time, stress and fatigue with this incredibly relaxing and targeted treatment. Eyes become clearer; fine lines and wrinkles are smoothed, and shadows and puffiness are eliminated.

### DECLÉOR ALPHA + REFINING FACIAL

If despite your regular treatment and skincare routine, your skin still appears dull and lifeless, this treatment will restore a natural glow, and leave your skin softer, smoother and more radiant.

TIME	MON-THURS	FRI - SUN
1 hr	£55	£60
1 hr	£55	£60
30mins	£35	£40
45mins	£45	£50
45mins	£45	£50

## DECLÉOR BODY TREATMENTS

### DECLÉOR AROMA ULTIMATE BODY MASSAGE

The art of absolute wellbeing.

Choose from **RELAX**, **DETOX**, **FLOW** or **TONIC**

Every bit of tension is eased from your body with this heavenly massage. Your skin is treated to the incredibly smoothing sensation of a warm aromatic balm.

TIME	MON-THURS	FRI - SUN
1 hr	£55	£60
1 hr 30mins	£70	£80

### DECLÉOR AROMA ENVELOPMENT

At the heart of these treatments is a rich, creamy mask full of essential oils and plant extracts, chosen according to your needs and applied all over the body. Enjoy the pleasure of a heated blanket whilst the products work their magic. Your face or scalp will be relaxed with beautiful aromatic balm.

### AROMA DETOX ENVELOPMENT

Essential oils and marine algae, rich in minerals, break down fatty deposits, drain toxins and eliminate excess water retention.

1 hr £65 £70

### AROMA RELAX ENVELOPMENT

After a gentle exfoliation, warm aromatic relax balm is smoothed over the entire body followed by a sumptuous creamy mask leaving soft and silky skin.

1 hr £65 £70

### AROMA FLOW ENVELOPMENT

A refreshing and energising treatment to eliminate toxins and remove excess fluid.

1 hr £65 £70

### AROMA TONIC ENVELOPMENT

Instantly increases skin's radiance with a unique blend of toning, firming and anti-ageing ingredients.

1 hr £65 £70

### DECLÉOR AROMA BODY SILK GLISTENER

Radiant, bright and petal soft - your skin will glisten with health and vitality after this natural exfoliation treatment. This is the ultimate skin enhancer.

45mins £50 £55

### DECLÉOR TRANQUILLITY SCALP MASSAGE

Drift into a deep relaxation with this sublimely calming massage. All traces of tension are gently eased from scalp, neck and shoulders, and soothing essential oils enhance the calming experience.

30mins £40 £45

### DECLÉOR PERFECT LEG TREATMENT

The perfect antidote for tired, aching legs, this instantly refreshing and invigorating treatment will put the bounce back in your step.

45mins £50 £55

## DECLÉOR BODY TREATMENTS

### DECLÉOR CLEANSING BACK TREATMENT

A unique diagnostic massage combined with deep cleansing, purifying and balancing essential oils, along with a stimulating aromatic mask which will decongest, hydrate and restore.

### DECLÉOR AROMA BACK RELIEF

Vulnerable areas of the back, neck and shoulders, where tension immediately accumulates are instantly relaxed. Stresses are dissolved with exfoliation, deep massage and hot towels for ultimate relief.

### DECLÉOR PERFECT ANTI-CELLULITE TREATMENT

Blitz cellulite with this ultra-smoothing targeted treatment. Thighs, hips and bottom are noticeably refined even after one treatment.

### DECLÉOR AROMA FOOT RELIEF

Hot towels impregnated with essential oils relax the feet and lower legs before a stimulating warm massage balm is applied with a unique reflex point massage. Feet and lower legs are immediately relaxed, circulation is stimulated and excess fluids are dispersed, leaving your feet feeling fresh and light

### DECLÉOR SUNRISE SELF-TANNING TREATMENT

An exquisite face and body skin preparation, using Atlantic sea salt and calendula petals, leaves your skin gently exfoliated and silky soft to the touch. This natural application of self-tan will leave you ready for any occasion.

### DECLÉOR SUNSET TREATMENT

Created to replenish and soothe sun-exposed skin from top to toe, this unique treatment will prolong your tan, prevent peeling and saturate your skin with a much needed moisture boost.

### DECLÉOR SUMPTUOUS MOTHER-TO-BE TREATMENT

This nurturing treatment will help to preserve the tone of your skin, reducing the risk of stretch marks, lighten your legs and brighten your complexion, to ensure you look as radiant as you feel.

TIME	MON-THURS	FRI - SUN
45mins	£45	£50
30mins	£40	£50
1hr	£50	£55
30mins	£45	£50
1 hr 30mins	£60	£65
1 hr 30mins	£60	£65
1 hr 30mins	£65	£75

## DECLÉOR FACIAL TREATMENTS FOR MEN

### DECLÉOR INTENSIVE ENERGISING FACIAL TREATMENT

The ultimate detoxifying treatment for a clear, pure, fresh skin and a rebalanced, de-stressed complexion, with long-lasting results. Decléor's specific face masks are selected to suit your personal skin care needs and the results are immediately visible.

TIME	MON-THURS	FRI - SUN
1 hr 15min	£55	£60

### EXPRESS ENERGY FACIAL TREATMENT

An express treatment for men on the go, for a unique moment of discovery. Detoxify, refresh and energise.

30mins	£35	£40
--------	-----	-----

## DECLÉOR BODY TREATMENTS FOR MEN

### INTENSIVE ENERGISING BODY TREATMENT

A revitalising treatment for a pure sensation of energy and deep relaxation. Detoxify, refresh and energise.

1 hr	£50	£55
------	-----	-----

### DECLÉOR CLEANSING 'BACK RELIEF' MASSAGE

A unique diagnostic massage combined with deep cleansing, purifying and balancing essential oils, along with a stimulating aromatic mask which will decongest, hydrate and restore.

45mins	£40	£45
--------	-----	-----

### DECLÉOR AROMA 'BACK RELIEF' MASSAGE

Vulnerable areas of the back, neck and shoulders, where tension immediately accumulates are instantly relaxed. Stresses are dissolved with exfoliation, deep massage and hot towels for ultimate relief.

30mins	£35	£40
--------	-----	-----

### ULTIMATE RELAXER BODY MASSAGE

A deeply relaxing massage treatment to de-stress, release built-in tension and coax skin into better condition. Pure aromatic balm diffuses its relaxing, stimulating, detoxifying and toning benefits deep into your skin whilst expert massage techniques soothe away muscular tension and stiffness.

1 hr	£60	£65
1 hr 30min	£70	£80

## ALTERNATIVE THERAPIES

### HOT STONES THERAPY MASSAGE

Relax the body, mind and spirit. Stimulate your metabolism and circulation. This treatment induces deep relaxation and rebalances your whole body, leading to a sense of total wellbeing.

1 hr	£80	£85
1 hr 30mins	£90	£100

#### JESSICA SPA ESSENTIAL

	TIME	MON-THURS	FRI - SUN
<b>MANICURE</b>	45mins	£35	£45
<b>DELUXE MANICURE</b>	1hr	£45	£50
<b>FILE &amp; POLISH</b>	25mins	£20	£25
<b>FRENCH POLISH SUPPLEMENT</b>	15mins	£5	£5
<b>PEDICURE</b>	45mins	£35	£45
<b>DELUXE PEDICURE</b>	1hr	£45	£50
<b>FILE &amp; POLISH</b>	25mins	£20	£25

#### THE SMOOTH TOUCH

<b>FULL LEG WAX</b>	45mins	£30	£35
<b>HALF LEG WAX</b>	30mins	£20	£25
<b>BIKINI LINE WAX</b>	15mins	£15	£20
<b>BRAZILIAN</b>	20mins	£25	£30
<b>CHEST WAX</b>	20mins	£20	£30
<b>UNDER ARM WAX</b>	15mins	£15	£20
<b>ARM WAX</b>	20mins	£25	£30
<b>UPPER LIP WAX</b>	15mins	£15	£20
<b>CHIN WAX</b>	15mins	£15	£20
<b>EYELASH TINT</b>	20mins	£20	£25
<b>EYEBROW TINT</b>	10mins	£15	£20
<b>EYEBROW SHAPE</b>	15mins	£15	£20
<b>EYELASH AND EYEBROW TINT AND SHAPE</b>	30mins	£25	£30

**MAKE OVER**

**SPECIAL OCCASION MAKE UP**

**MAKE UP TUITION**

**BRIDAL MAKE UP (plus trial)**

**TIME**

**MON-THURS**

**FRI - SUN**

**30mins**

**£55**

**£60**

**45mins**

**£65**

**£75**

**1hr**

**£120**

**£140**

**Spa Gift Voucher**

Give the ultimate gift with a Macdonald Hotels Spa gift voucher.  
Prices start from £10 and are tailor-made for the individual.

**Cancellation Policy**

Please note we require the following notice on cancellations or full payment will be required.

Treatments: 24 hours

Spa Days: 72 hours



**MACDONALD  
OLD ENGLAND  
HOTEL & SPA**

Macdonald Old England Hotel & Spa

Bowness-on-Windermere, Cumbria, LA23 3DF

T. 01539 487 982 F. 01539 443 432 E. [spa.oldengland@macdonald-hotels.co.uk](mailto:spa.oldengland@macdonald-hotels.co.uk)

[www.MacdonaldHotels.co.uk/OldEngland](http://www.MacdonaldHotels.co.uk/OldEngland)

