



The Garden Spa

Curated for Exclusivity

TREATMENT BROCHURE

MINSTER MILL



THE GARDEN SPA is a **TRANQUIL** haven in the heart of our beautiful **OXFORDSHIRE** gardens. The indoor heated plunge pool is **BEAUTIFUL** and **INTIMATE** and a poolside rock sauna, aroma steam room, **ICE FOUNTAIN** and **TROPICAL RAIN FOREST SHOWERS** complete the picture.

INDULGE in simply blissful spa treatments by **ESPA** to **RELAX** and **UNWIND**. Using only the very **PUREST** extracts, **ESPA** biochemists distil active ingredients into products that keep their promises, for instant, **LASTING RESULTS**, every day. Each one is an expression of their belief in the remarkable power of nature to **CALM**, **REFRESH** and **RENEW**.

The three treatment suites provide a **TRANQUIL** and **CALM ENVIRONMENT** in which you can **TOTALLY RELAX**. The dual treatment suite, complete with a walk-in double shower, is perfect for **COUPLES** or **FRIENDS**. For those who want to try an alternative treatment experience we have a beautiful **RASUL MUD RITUAL** area which can be a unique treatment in its own right or complemented with one of our **TRADITIONAL SPA THERAPIES**.

ESPA

ESPA FACIALS

Our facials begin with a detailed consultation and in-depth skin analysis using SKINVISION technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you and includes cleansing and exfoliation. Skincare products are chosen for your individual needs to achieve the best possible results.

AGE DEFYING & SKIN SOLUTIONS

INSTANT RADIANCE FACIAL

85 minutes

TUE - THU

£125

FRI - SUN

£135

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges and your natural glow is restored.

INTENSE REGENERATING FACIAL

55 minutes

TUE - THU

£90

FRI - SUN

£100

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

ACTIVE NUTRIENTS GLOW FACIAL

55 minutes

TUE - THU

£90

FRI - SUN

£100

This invigorating nutrient rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping guasha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin.

INNER BEAUTY FACIAL

55 minutes

TUE - THU

£90

FRI - SUN

£100

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

ESPA BODY TREATMENTS

SIGNATURE TREATMENT

THE ULTIMATE HERO: BACK, FACE & SCALP TREATMENT

85 minutes

TUE - THU FRI - SUN
£125 £135

55 minutes

£90 £100

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best-restored, de-stressed and beautifully radiant.

INNER CALM MASSAGE

85 minutes

TUE - THU FRI - SUN
£125 £135

55 minutes

£90 £100

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

HOT STONE MASSAGE

55 minutes

TUE - THU FRI - SUN
£95 £105

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

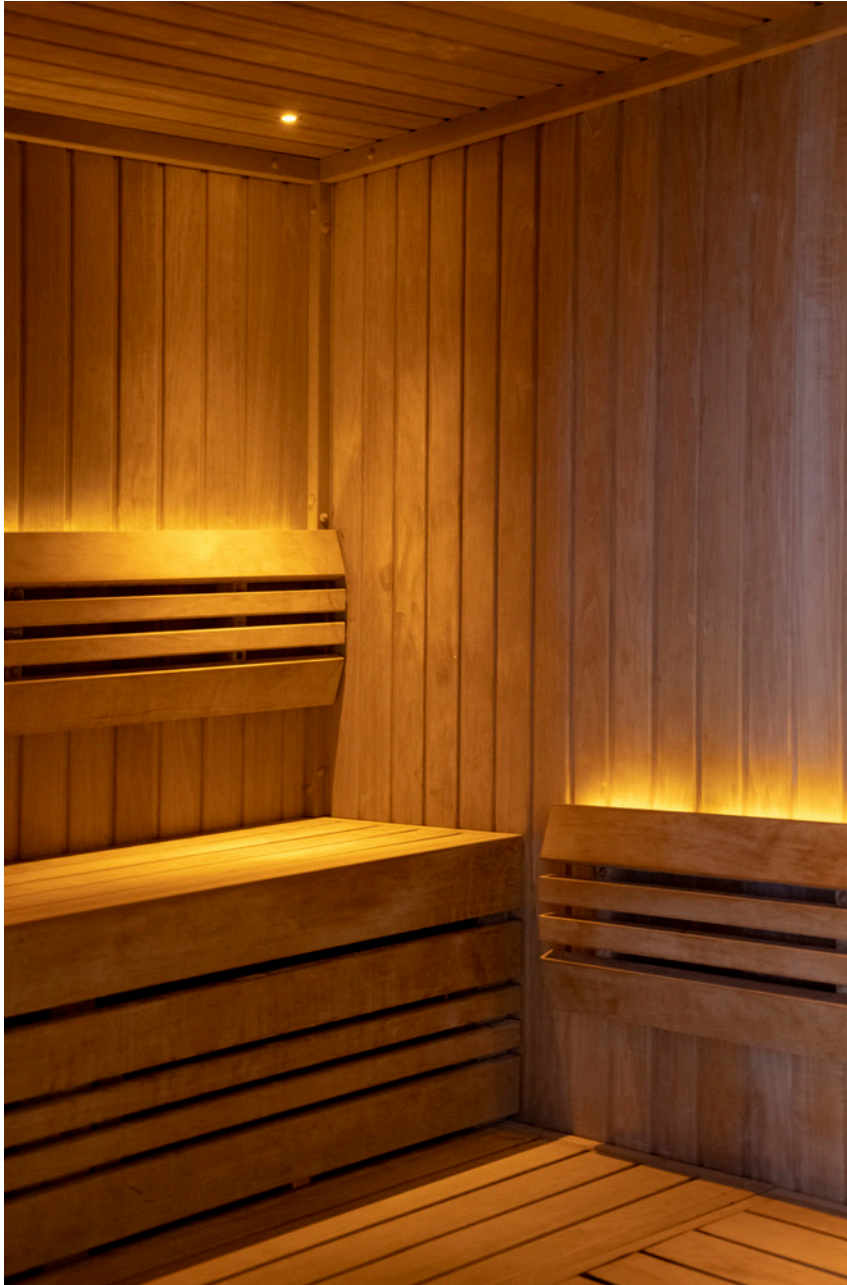
ESPA BODY WRAP

55 minutes

TUE - THU FRI - SUN
£90 £100

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Alage or nourishing Marine Mud. Skin looks refined toned and beautifully radiant, while a soothing scalp massage restores inner calm.





MUD THERAPY

THE UNIQUE RASUL MUD THERAPY TREATMENT

30 minutes

TUE - THU

£40*

FRI - SUN

£45*

A traditional, ancient, Middle Eastern ritual where mineral rich mud, heat and steam will leave your skin beautifully soft; this indulgent treatment really will awaken your senses. Mineral muds are presented to smooth onto the body and face, steam infused with relaxing aromas is then gently introduced to the room to help soothe tense muscles and open the pores allowing the enriched muds to condition your entire body. After approximately 20 minutes enjoy the introduction of a warm mist as it descends within your rasul to gently soften and help wash away the remaining mud, leaving your skin feeling conditioned and your mind clear.

Add a RASUL treatment experience to any 1-hour spa treatments booked and you will receive a 20% discount off this treatment.

*Two-person treatment, price is per person.

ESPA MATERNITY

PRE NATAL RELAX & RESTORE

55 minutes

TUE - THU

£90

FRI - SUN

£100

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin whilst expert massage soothes the tight, tender muscles and invokes a state of blissful relaxation.



GIFT VOUCHER

An ideal gift for someone special. All our treatments & experiences are available as a gift voucher.

For more information call 01993 862 549 or email spa@minstermill.co.uk



ESPA MINI TREATMENTS

ESPA mini treatments are designed for you to enjoy when you are limited on time or simply want to complement your existing spa experience. Why not combine two mini treatments for that ultimate treat?

ESPA FACIAL TREATMENTS

EXPRESS FACIAL

25 minutes

TUE - THU	FRI - SUN
£55	£60

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

EYE LIFT TREATMENT

25 minutes

TUE - THU	FRI - SUN
£55	£60

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active formulas relaxes the mind whilst smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

ESPA BODY TREATMENTS

SHOULDER, NECK & SCALP MASSAGE

25 minutes

TUE - THU	FRI - SUN
£55	£60

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs.

BACK, NECK & SHOULDER MASSAGE

25 minutes

TUE - THU	FRI - SUN
£55	£60

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

SALT & OIL SCRUB

25 minutes

TUE - THU	FRI - SUN
£55	£60

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

INVIGORATING FOOT TREATMENT

25 minutes

TUE - THU	FRI - SUN
£55	£60

This revitalising treatment for tired feet and heavy legs helps to reduce puffiness and soothes aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

MANICURES & PEDICURES

DELUXE MANICURE

55 minutes

TUE - THU	FRI - SUN
£55	£65

This luxury manicure includes exfoliation, mask, massage, cuticle care and thermal heated mittens for deeper penetration of oils and creams. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect polish.

DELUXE PEDICURE

55 minutes

TUE - THU	FRI - SUN
£55	£65

This luxury pedicure includes exfoliation, mask, removal of hard skin, foot and leg massage and thermal heated booties for deeper penetration of oils and creams. Your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished.

MINI MANICURE

25 minutes

TUE - THU	FRI - SUN
£35	£40

Hands and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat, then completed with a perfect polish.

MINI PEDICURE

25 minutes

TUE - THU	FRI - SUN
£35	£40

Feet and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat, then completed with a perfect polish.





SPA BREAKS

THE GARDEN SPA GREAT ESCAPE

Available Tuesday – Friday

FROM £530*

PER ROOM, PER NIGHT

Indulge in a luxurious 55-minute treatment of your choice and enjoy a relaxing swim and un-winding by the pool and outdoor terrace. Finish your stay with a delicious three-course dinner and then curl up in a comfortable bed for a relaxing night's sleep, followed by a full English breakfast the next day.

PACKAGE INCLUDES:

This indulgent spa break includes one 55-minute treatment of your choice:

- The Ultimate Hero: Back, Face & Scalp Treatment
- Active Nutrient Facial
- ESPA Body Wrap
- Luxury Manicure *or* Luxury Pedicure
- Full use of our luxurious spa facilities including robes, slippers and towels
- A three-course dinner in the restaurant
- One night of luxury accommodation
- Cooked-to-order and continental breakfast
- 20% discount on any further treatments booked on the day
- Free flexible cancellation with no prepayment required



SPA DAYS

PURE INDULGENCE GARDEN SPA RETREAT

Available Tuesday – Thursday

Escape to The Garden Spa for a day dedicated to relaxation and pure indulgence. Reconnect with nature in the haven of our gardens or rejuvenate in the calmness of our spa. Enjoy full use of the pool and thermal areas with 90 minutes of treatments, followed by a two-course lunch served with a glass of prosecco.

PACKAGE INCLUDES:

This indulgent spa day includes one 60-minute treatment of your choice:

- Ultimate Hero, Back, Face & Scalp Treatment
- Active Nutrient Facial
- ESPA Body Wrap
- Luxury Manicure *or* Luxury Pedicure

This indulgent spa day also includes one 30-minute treatment of your choice:

- Back, Neck & Scalp Massage
- Express Facial
- Mini Manicure *or* Mini Pedicure
- A two-course lunch with a glass of prosecco
- Full use of our luxurious spa facilities including robes, slippers and towels
- 20% discount on any further treatments booked on the day

GARDEN SPA SIGNATURE SPA DAY

Available Tuesday – Friday

Enjoy a 60-minute treatment of your choice followed by a delicious two-course lunch with a glass of prosecco and then relax and unwind by the pool, in the poolside rock sauna, aroma steam room or ice fountain.

PACKAGE INCLUDES:

This indulgent spa day includes one 60-minute treatment of your choice:

- Ultimate Hero, Back, Face & Scalp Treatment
- Active Nutrient Facial
- A two-course lunch with a glass of prosecco
- Full use of our luxurious spa facilities including robes, slippers and towels
- 20% discount on any further treatments booked on the day

£160

PER PERSON

MINI GARDEN SPA RETREAT

Available Tuesday – Thursday

Escape to The Garden Spa for some 'me time'. Have a relaxing dip and unwind by the pool, enjoy a 30-minute treatment of your choice followed by a tempting two-course lunch.

PACKAGE INCLUDES:

This indulgent spa day includes one 30-minute treatment of your choice:

- Back, Neck and Shoulder Massage
- Personalised Facial
- Salt & Oil Scrub
- Invigorating Foot Treatment
- Mini Manicure *or* Mini Pedicure
- A two-course lunch
- Full use of our luxurious spa facilities including robes, slippers and towels
- 20% discount on any further treatments booked on the day

£90

PER PERSON



TERMS & CONDITIONS

ADVANCED BOOKING

We highly recommend booking your treatment in advance to ensure your preferred time is available.

CANCELLATION POLICY

Please provide at least 48 hours notice for cancellation to avoid being charged for your treatments.

ARRIVAL TIME

Please allow sufficient time prior to your spa experience to complete a spa consultation form and health questionnaire. We recommend that you arrive up to 30 minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that any late arrival will result in a reduction of treatment time. The spa will provide towels, robes and slippers.

MEDICAL CONDITIONS

Some of the treatments that are offered are not suitable for guests with certain medical conditions. We request that you draw to our attention any of the following conditions at the time of booking: cardio or respiratory conditions, high or low blood pressure, epilepsy, diabetes, pregnancy, skin conditions, cancer diagnosis, thyroid problems or recent operations. We have specially designed treatments for expectant women so please allow our spa team to guide you in selecting which treatments are most suitable for you.

ALLERGEN STATEMENT

Some of our food and drinks may contain nuts and other allergens. Please speak to us before placing an order so that we can advise you on your choice. Our kitchens and bars handle all allergens and use shared equipment, so unfortunately, we cannot guarantee to be trace free. Our vegan recipes are prepared with vegan ingredients, but these may still contain traces of all allergens.

SPA TECHNOLOGY POLICY

The Garden Spa environment is one of relaxation and tranquillity, we would therefore be grateful if you would please note that the spa is a mobile phone, iPad, camera and smoke free area.

CHILDREN POLICY

We are unable to accommodate children under the age of 16 in The Garden Spa.

GIFT VOUCHERS

An ideal gift for someone special, please contact Spa reception for further details.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your hotel room safe during your visit.

RETURNS POLICY

You can exchange unopened products within 14 days of purchase if you have a receipt. We cannot exchange any opened products.

SPA DAYS

Day packages are offered subject to availability. Lunch or afternoon tea reservations should be made at time of booking. Day packages cannot be used in conjunction with any other offer. Treatments include consultation time. Prices listed are per person.

TERMS & CONDITIONS

SPA BREAKS

Spa break packages are subject to availability. Dinner reservations should be made at time of booking. This package cannot be used in conjunction with any other offer. Treatments include consultation time. Spa treatments must be taken on Monday morning.

†Price is per room, for one night, based on two adults sharing a Classic Room. A £30 supplement applies from May to October. Package not available on bank holiday weekends.

*Price is per room, for one night, based on two adults sharing a Classic Room mid-week. A £30 supplement applies from May to October.

USE OF GARDEN SPA LEISURE FACILITIES

Hotel guests gain complimentary access to our exclusive pool and thermal facilities upon booking any spa treatment.

All Spa Days at Minster Mill include a 90-minute session in our pool and thermal facilities.

Non-residents who have booked a spa treatment can also access our pool and thermal facilities.

Please note, the spa is only for guests aged 16 and above.

The Garden Spa has been designed to only accommodate up to eight guests at a time, providing a calming space to fully restore and rejuvenate.

OPENING TIMES

Tuesday – Sunday (closed on Christmas Day) from 10am – 5.30pm.



ESPA

Natural Beauty
Inner Calm

The Garden Spa, Minster Mill, Minster Lovell, Oxfordshire, OX29 0RN
+44 (0) 1993 862 549 · spa@minstermill.co.uk · www.minstermill.co.uk/spa

BROWNSWORD HOTELS