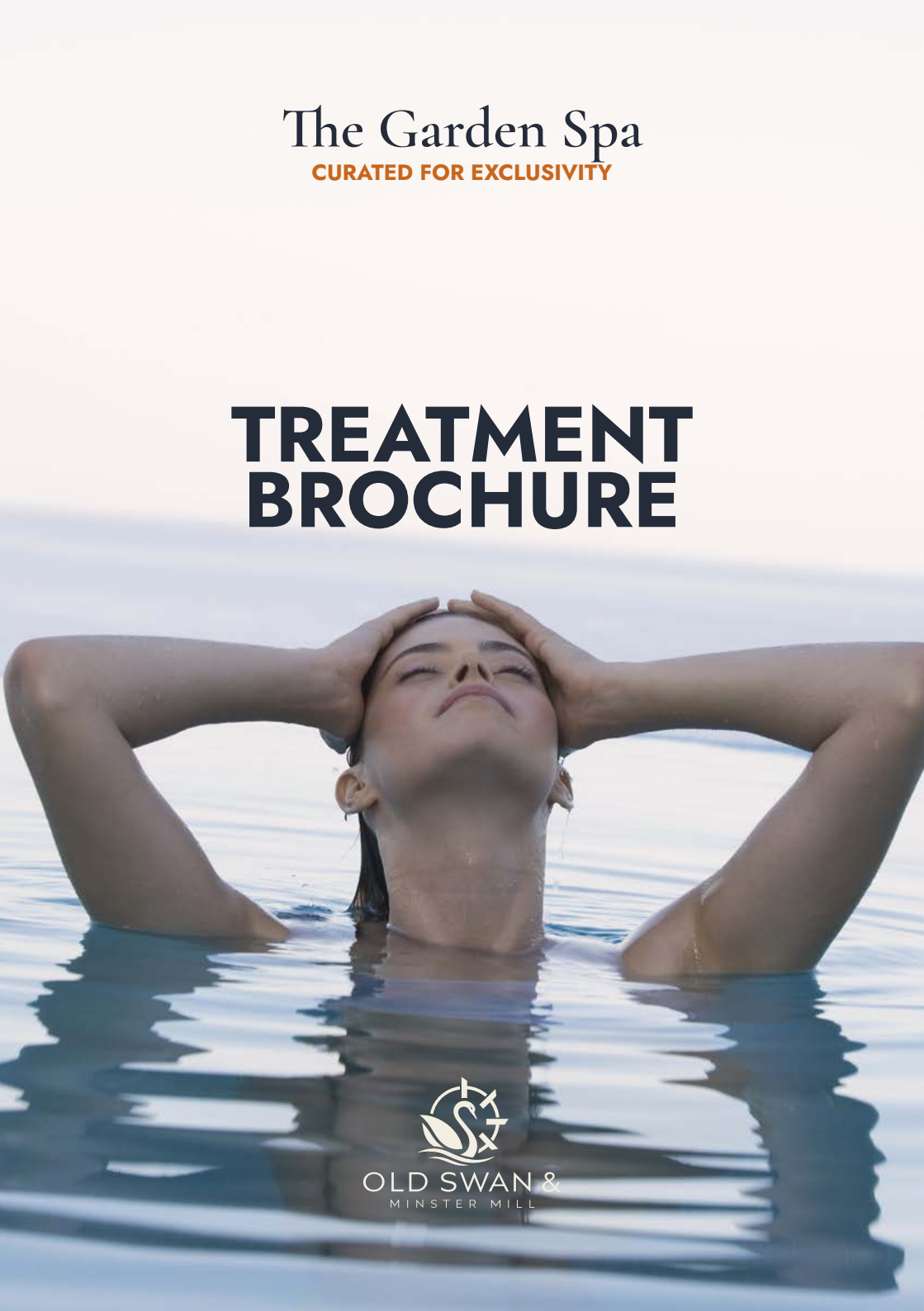
The Garden Spa

CURATED FOR EXCLUSIVITY

TREATMENT BROCHURE



OLD SWAN & 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 walkin 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

Reveal skin that glows each day with natural health and beauty. By assisting your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, result-focused facial using the latest innovating techniques with our powerful Tri-Active™ blends. Results are both instant and longlasting - skin looks clear, radiant and inner calm is blissfully restored.

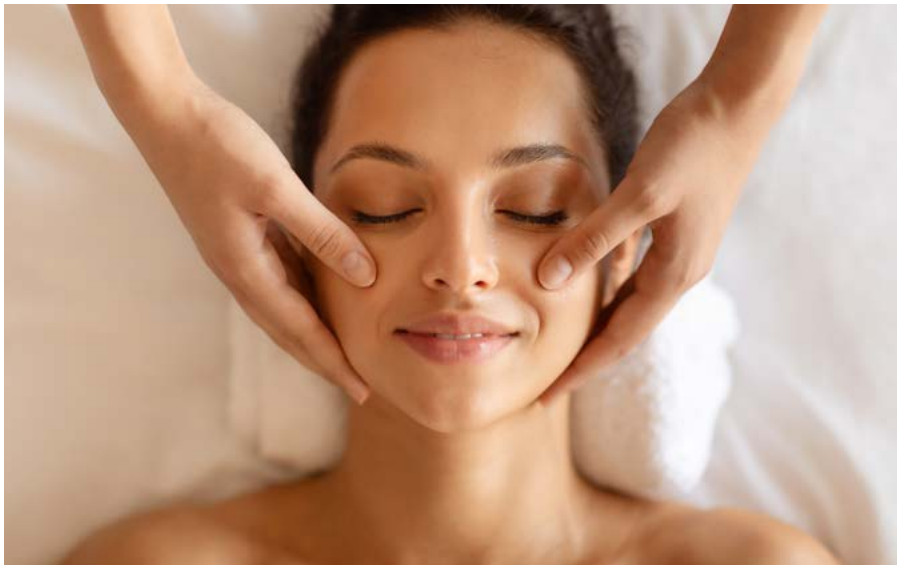
AGE DEFYING & SKIN SOLUTIONS

INSTANT RADIANCE FACIAL
85 MINUTES - **£140**

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.

INNER BEAUTY FACIAL
55 MINUTES - **£105**

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.



Please note: An optional 10% service charge is added to all spa treatments, unless part of a spa day or spa break package, 100% of this charge is paid to spa and hotel staff.

ESPA BODY TREATMENTS

SIGNATURE TREATMENT

THE ULTIMATE HERO:
BACK, FACE & SCALP TREATMENT
85 MINUTES - **£140**
55 MINUTES - **£105**

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combined 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 - **£140**
55 MINUTES - **£105**

Quiet 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.

DEEP MUSCLE MASSAGE
55 MINUTES - **£115**

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

HOT STONE MASSAGE
55 MINUTES - **£115**

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 - **£105**

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

Please note: An optional 10% service charge is added to all spa treatments, unless part of a spa day or spa break package, 100% of this charge is paid to spa and hotel staff.

BE NURTURED TREATMENTS *with* ESPA & AMETHYST TRUST

At Minster Mill, we offer a specially adapted menu of ESPA treatments thoughtfully designed for guests who are recovering from illness, or immunocompromised, including those undergoing cancer treatment. Our adaptable and customisable treatments allow our therapists to create bespoke experiences tailored to each guest's unique needs.

Please note: Our 'Be Nurtured' treatments are also available for guests who have undergone cancer treatment and are in remission for less than five years. A minimum 72-hour notice is required when booking these treatments and they are subject to availability.

BE NURTURED FACIAL
55 MINUTES - **£105**

A relaxing, rebalancing and deeply nourishing facial combining advanced skin assessment, expertly tailored facial massage and a bespoke selection of naturally advanced skincare.

BE NURTURED MASSAGE
55 MINUTES - **£105**

A unique experience delivering just what body and mind need, this personalised massage concentrates on areas of concern to gently soothe tense muscles, relax the mind, boost spirit and help restore balance to body while gentle yet rich oils leave skin feeling nourished.

BE NURTURED BACK, FACE & SCALP
85 MINUTES - **£140**
55 MINUTES - **£105**

An adaption of our most popular and renowned ritual to soothe both mind and body. Relaxing and gently e ective, this experience addresses the main areas of tension - the back, the face and the scalp - with a nurturing massage to help alleviate stress.

Amethyst Trust

ALTERNATIVE THERAPIES

THE UNIQUE RASUL MUD THERAPY TREATMENT
30 MINUTES - **£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, relaxing steam 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. This is a self-service treatment which does not require a Spa Therapist.



Please note: An optional 10% service charge is added to all spa treatments, unless part of a spa day or spa break package, 100% of this charge is paid to spa and hotel staff.

ESPA MATERNITY

PRENATAL RELAX & RESTORE*
55 MINUTES - **£105**

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.

*This treatment can only be performed after the third month of pregnancy.

Please note: An optional 10% service charge is added to all spa treatments, unless part of a spa day or spa break package, 100% of this charge is paid to spa and hotel staff.





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 - **£65**

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.

ESPA BODY TREATMENTS

SHOULDER, NECK & SCALP MASSAGE
25 MINUTES - **£65**

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 - **£65**

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 - **£65**

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 - **£65**

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.

Please note: An optional 10% service charge is added to all spa treatments, unless part of a spa day or spa break package, 100% of this charge is paid to spa and hotel staff.

MANICURES & PEDICURES

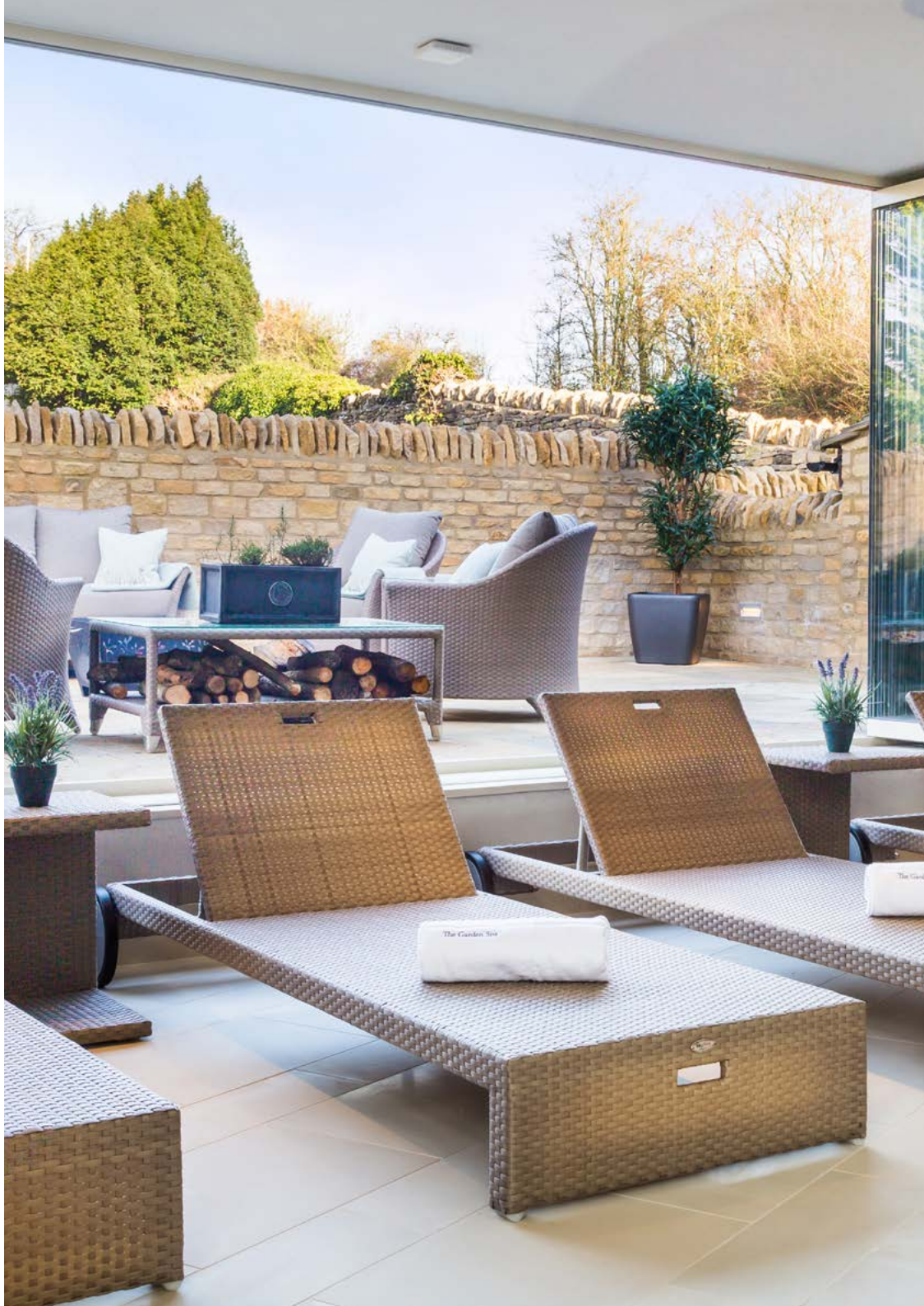
LUXURY MANICURE
55 MINUTES - **£60**

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.

LUXURY PEDICURE
55 MINUTES - **£60**

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.







SPA DAY *packages*

Escape to the Garden Spa, where a day dedicated to complete relaxation and rejuvenation is waiting just for you. Immerse yourself in nature as you wander through our peaceful gardens, or retreat to the tranquil atmosphere of our spa for a deeper sense of calm. With full access to our swimming pool, rock sauna, aroma steam room, ice fountain and tropical rain forest showers every moment is designed to promote your wellbeing and bring you closer to inner peace.

Our rejuvenating packages are curated with the finest ESPA treatments, o ering a blend of indulgent therapies that will leave your body renewed. Whether you're looking for a soothing facial, a revitalising massage, or a full-body treatment, expect to be pampered from head to toe.

To complement your spa experience, enjoy a delicious lunch at the Old Swan, where fresh, seasonal ingredients are served in a warm and welcoming atmosphere. Whether you're treating yourself to a day of solo relaxation or sharing the experience with someone special, our packages provide the perfect escape to recharge and refresh both mind and body.

SCAN THE QR TO BOOK OUR INDULGENT SPA DAY PACKAGES OR FOR FURTHER DETAILS.

TERMS & CONDITIONS

GENERAL
The Spa reserves the right to alter your treatment times on the day if necessary. We endeavour to inform you of any changes prior to your arrival. Please note that all treatment times include a health questionnaire, set up and your chosen treatment.

We kindly request that mobile phones are kept on silent or switched off in the Spa relaxation area.

No photography is permitted in the changing rooms and on poolside.

The Spa will not be liable for damage, injury or consequential loss, however caused, to our customers, their property and belongings unless its solely due to the negligence of the Company, its employees or agents.

Offers cannot be used in conjunction with one another and are subject to availability.

ADVANCED BOOKING
We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

CANCELLATION POLICY
Cancellations must be made no later than 48 hours prior to appointment. If your appointment has to be cancelled or amended within 48 hours of arrival, this will incur a full charge.

ARRIVAL TIME
We recommend that you arrive at least 15 minutes before your Spa appointment. This will allow you suffcient time to change and relax. Please note that late arrivals will not receive an extension for their scheduled treatments.

SPA MEDICAL CONSULTATION
At the Spa your health and safety is our number one priority, so if you are currently living with any medical conditions, are currently pregnant or have any allergens please let us know prior to your arrival. In particular, we request that you draw our attention to any of the following conditions; cardio or respiratory conditions, high and low blood pressure, epilepsy, diabetes, pregnancy, skin conditions, cancer diagnosis, thyroid problems or recent operations. A full consultation will be completed with you before your treatment, but please note that if any contra-indications are found we may have to change or cancel your treatment.

USE OF FACILITIES
Hotel guests gain complimentary access to our exclusive pool and thermal facilities upon booking a spa treatment.

All Spa Days at Old Swan & Minster Mill include 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 for an additional charge of £25.

Thee Garden Spa has been curated for exclusivity and has been designed to only accommodate 10 guests at a time, providing a calming spa to fully restore and rejuvenate.

PREGNANCY
Please note that we do not o er body treatments for women who are 1-12 weeks pregnant. We have specifically designed treatments for expectant women so please allow our Spa Team to guide you in selecting which treatments are most suitable for you. We do not recommend the use of the spa pool, sauna or steam room. If you need further guidance, please ask any member of the Spa Team.

ALLERGENS
Guests with nut allergies should consult medical advice if they are concerned about the use of ESPA cosmetic products.

Spa Days - Some of our food and drinks included in Spa Day packages 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.

THE AGE REQUIREMENT
The age requirement is 16 years and over for access to Spa treatments. Guests who are 16-17 years old should be accompanied by a person aged over 18 years.

SERVICE CHARGE
An optional 10% service charge is added to all spa treatments, unless part of a Spa Day or Spa Beak package. 100% of this charge is paid to Spa and Hotel Staff.



OLD SWAN &
MINSTER MILL

SCAN THE QR TO BOOK YOUR SPA TREATMENT

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