

Our aim is simple:

‘When you leave you feel better than when you arrived’

## Not just another Spa

For some years we've been using a phrase that tries to sum up what Foxhills is all about. Simply that, when you leave Foxhills you feel better than when you arrived. We believe that our new healthspa embodies this idea.

## Foxhills Signature Treatments

### Foxhills Spa Ritual 115 minutes | £115

Choose from one of the unique Elemis Prescriptive Solution Facials and combine it with the powerful effects of the Deep Tissue Massage.

Two hours of pure relaxation with dramatic results.

### Foxhills Signature Hot Stone Treatment 60 minutes | £60

A blissfully, warming and sensory hot stone treatment for the whole body. Tailored to your individual needs. Our treatment embraces our aim which is simple; when you leave you feel better than when you arrived.

Choose from one of the Elemis Aromatherapy Oils to make this experience tailor-made to suit your needs:-

Stimulating & Rejuvenating  
Hydrating & Soothing  
Detoxifying & Uplifting  
Calming & Relaxing

### Extra Treats:

*Why not extend your treatment with our hand picked enhancements.*

### Super Salt Exfoliation 15 minutes | £15

Using Dead Sea Salts, this therapeutic exfoliation treatment will refresh and refine the skin, while stimulating the lymphatic and circulatory systems. It is an excellent prelude to any massage or

body treatment and will encourage the absorption of further products on the body.

### Hot Stone Facial 15 minutes | £15

The combination of warm oils and warm basalt stones, soften, release and lift away tension from the neck and facial muscles.

### Revitalising Hand and Arm Treatment 15 minutes | £15

Using Elemis pro-collagen range, this treatment is designed to nourish and protect the delicate skin of the hand and arm.

### Thermal Foot Salve 15 minutes | £15

This relaxing foot and calf treatment will soothe and soften, easing away the day's stresses allowing you to make the most of any treatment that follows.

### Neck and Bust Treatment 15 minutes | £15

An essential extension for your facial, this treatment will hydrate and bring elasticity and firmness to these areas.

### Steam and Extraction. 15 minutes | £15

For those skins which are exposed to pollution, make-up or toxic lifestyles and are in need of a deeper cleanse, this add on is the perfect accompaniment to your facial.

Each day 150 of my colleagues do their utmost to look after you. Treating you with respect, like family. After all, we are a family business and family club.

We see massage, exercise, nutrition, complementary therapy and good humour as all part of the same job. Helping you feel better when you leave.

## Face

### Pro-Collagen Quartz Lift Facial 75 minutes | £75

A super potent anti-ageing facial from Elemis that combines specialised lifting massage techniques with professional strength anti-ageing formulations from the leading pro-collagen range which are sure to leave you feeling firmer, uplifted and with a more youthful looking appearance.

### Visible Brilliance Facial 75 minutes | £75

A revitalising face & eye treatment that instantly rejuvenates and plumps out the skin. With a rapid increase to moisture levels of up to 61% and elasticity by 40% this Elemis facial uses specialised micro-circulatory massage techniques combined with the two phase Amino Active mask to help smooth, sculpt and restore skin radiance.

### Tri-Enzyme Resurfacing Facial 75 minutes | £75

Peel away the years for smoother more radiant skin. Clinically proven to visibly increase skin smoothness by up to 32% after just 1 treatment. This unique Elemis facial targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing younger looking skin.

### Oxygen SkinCalm Facial 70 minutes | £75

Elemis pure soothing heaven for sensitive skin. Gentle massage techniques are combined with calming actives and a restructuring Japanese silk mask, impregnated with absolute SkinCalm booster serum, to help rebalance delicate, fragile and sensitive complexions.

### Prescriptive Solution Facials 55 minutes | £55

The Elemis Solutions Facials are the perfect choice for newcomers to the Elemis range, or those of you that are simply unsure and want the experience and expertise of your therapist to guide you.



- Elemis Fruit Active Glow Facial  
Bring back the glow to a lifeless complexion
- Elemis Moisture Boost Facial  
A thirst quenching moisture boost
- Elemis Herbal Lavender Repair Facial  
Draw out those unwanted impurities

# Elemis

### S.O.S Purifying Facial 70 minutes | £75

A powerful Elemis facial that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, impregnated with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil rich pores.

# spa FIND

NATURAL MINERAL THERAPY

### Spa Find Natural Nourishment Double Mud Facial 75 minutes | £65

A hydrating facial which is excellent for tired, dull and sallow skins. It begins with a welcome massage followed by a facial incorporating two mud masks to dramatically refine the skin's texture and deeply relax.

# La Sultane de Saba



# Body

## Elemis Aroma Stone Massage

75 minutes | £75

This extraordinary therapeutic treatment uses the power of hot Volcanic Basalt Stones to penetrate warmth and pressure deep along the length of the muscles. This is an experience not to be missed and will bring about a deep sense of relaxation and softness on the entire body.

## Elemis Face & Body Sensation Treatment

55 minutes | £60

A unique Elemis ice-cool thermal muscle massage focusing on your specific problem areas to alleviate stress and ease aching muscles. Your body is cocooned in a pure state of blissful relaxation.



## Traditional Swedish Massage

55 minutes | £55

A traditional massage using a variety of massage techniques with a focus on lifting and kneading away muscular tension to bring about a deeper sense of softness and relaxation.

## Back, Neck and Shoulder Massage

25 minutes | £35

Ideal to reduce the tension and tightness across the shoulders and lower back.

## Aromatherapy Massage

90 minutes | £90

60 minutes | £70

A gentle soothing massage using long sweeping movements combined with a blend of pure essential oils that absorb deep into the skin to relieve the stresses of body and mind.

## Elemis Deep Tissue Massage

55 minutes | £60

25 minutes | £40

Dynamic blends of essential oil are prescribed to target individual needs and reduce specific stress and muscle tension. This massage uses a combination of thumb, elbow and resistance massage techniques to work deep within both the belly and origin and insertion of the muscles.

## Elemis Mother To Be

75 minutes | £75

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. This heavenly massage will relieve tension in the back whilst alleviating swelling in the hands and feet. Get ready to ease the mind and uplift the spirit.

## Foxhills Indian Head Massage

40 minutes | £45

A soothing face, neck and scalp treatment using draining and specific hand and finger pressures. Designed to ease mental and emotional fatigue, release sinus pressure, headaches and facial tensions. This massage can be performed dry or with oil in a seated prone position.

## Spa Find Infinite Indulgence Black Mud Envelopment

75 minutes | £65

This calming full body treatment nourishes the skin and relaxes aching muscles and joints. A full body exfoliation is followed by the application of warm Dead Sea Mud and a heavenly scalp massage.

## Elemis Musclease Aroma Spa Ocean Wrap

70 minutes | £65

Using a warming blend of sea fennel and rosemary essential oils, this specialised treatment helps ease aching, tense muscles. Improving circulation and stimulating the body's natural defence systems this deep purifying ocean wrap will invigorate and energise.

## Elemis Cellutox Aroma Spa Ocean Wrap

70 minutes | £65

Combining the richness of sea plants and marine algae, this ocean wrap therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

## Exotic Coconut Rub and Milk Ritual Wrap

45 minutes | £50

Warmed skin nourishing milk bath is poured all over your body before being cocooned in a comforting envelopment. This opulent exotic therapy is excellent for the skin, smoothing and softening, combined with a pressure point facial massage and de-stress scalp treatment.

## Exotic Frangipani Body Nourish Wrap

45 minutes | £50

Aromatic Tahitian coconut and Frangipani flowers are soaked together to produce the monoi which is poured all over the body and then cocooned in a nourishing envelopment. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

## Time for Men

### Elemis Skin IQ + Facial

75 minutes | £75

Anti-Ageing booster for tired stressed skin. Charged with the clinically proven anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

### Elemis Urban Cleanse Facial

75 minutes | £75

Deep cleanse and complete skin detox. This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast acting ingredients reduce sensitivity and provide a long lasting defence against the damaging effects of daily pollution, leaving the skin visibly clear and squeaky clean.

### Total Time Out

115 minutes | £115

The ultimate combination in skin and body therapy for men. Select from either the anti ageing Elemis skin IQ+ Facial or the Elemis Urban Cleanse Facial to best suit your skin's needs. Plus a deep tissue massage to finish. Together these treatments will leave both skin and body feeling rejuvenated and invigorated, achieving the ultimate goal of Total Time Out.

## Elemis Body Sculpting Cellulite and Colon Therapy

55 minutes | £60

A detoxifying fennel and birch peel off leg mask combined with specialist abdominal massage techniques, focusing on improving the function of the digestive tract and colon and drainage massage across the hip and thighs ensure a deep cleanse of the body from the inside out.

## Exotic Lime and Ginger Salt Glow

25 minutes | £35

A body exfoliation ritual to invigorate and revitalise. After light skin brushing, oil is dripped luxuriously over the body, before the sublime Elemis exotic lime & ginger salt glow is applied.



## Deep Tissue Massage

55 minutes | £60

25 minutes | £40

Alleviate stress, ease aching muscles and revive the senses with the powerful, customised massage. Dynamic blends of essential oil are prescribed to target individual needs and reduce specific stress and muscle tension. This massage uses a combination of thumb, elbow and resistance massage techniques to work deep within both the belly and origin and insertion of the muscles.

## La Sultane Sporting Tonic

60 minutes | £60

An invigorating yet muscle-melting ritual for sporting folk. The steam in the hammam warms every muscle from head to toe. A therapist will apply black soap with uplifting eucalyptus oil before using the kessa glove to give an invigorating full body scrub. A deep 'muscle melt massage', using energising green tea & ginger signature blend, melts away aches and pains, leaving muscles soothed and relaxed.

# Nail Studio

Enjoy our chic new Nail Studio, making this the perfect setting for a day with the girls, hen party, private room for special parties, or a chic backdrop for just a nail paint. For more information call our team on 01932 704555

## Thermal Pedicure

60 minutes | £55

Incorporating the use of heated booties to nourish and lock in moisture to the feet and calves.

## Thermal Manicure with Elemis Pro-collagen

55 minutes | £45

Incorporating the use of heated mitts to nourish and lock in moisture to the hands and forearms.

## Classic Pedicure

45 minutes | £40

## Classic Manicure

40 minutes | £35

## File and Paint

15 minutes | £15



JESSICA



# Essential Grooming

## Waxing and Tinting

### Waxing, Tinting and Shaping

Available upon request. For more details please visit our website or call 01932 704555

If you are looking to schedule an eyelash tint treatment you will be required to have a patch test at Foxhills healthspa at least 48 hours prior to your desired treatment date. If you have not been registered for a patch test we will unfortunately not be able to offer you this treatment.

## Deluxe GELeration Gel Overlay Manicure

55 mins | £55

+ Soak off - 75 mins | £60

French - 65 mins | £65

+ Soak off | £70

Incorporates the benefits of the luxurious LeRemedi Hand Treatment. Your hands will be smoother, silkier and firmer. Cuticles will be cared for, nails will be shaped and finished with Jessica's GELeration gel polish.

## GELeration Gel Overlay Manicure

40 mins | £45

+ Soak off - 60 mins | £50

French - 50 mins | £50

+ Soak off | £55

Includes hand exfoliation, massage, cuticle care, nail shape and finish with Jessica's GELeration gel polish.

## Zenspa Pedicure with GELeration

60 min | £55

+ Soak off - 75 mins | £60

Choose from Calming Green Tea, Energising Ginger or Revitalizing Citrus for this luxurious foot and leg treatment. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with Jessica's GELeration gel polish.

## Repair a GELeration Nail

10 mins | £8 per nail

Repairs the nail if chipped or lifted, gel is removed and finished with a new layer of GELeration gel polish.

## Soak Off GELeration Nail Set

15 mins | £15

A complete soak off without a new set being applied.

## Tanning

### Spray Tan

15 minutes | £25

Fake the ultimate tan to ensure the richest and most natural possible colour without risk of sun damage and premature ageing. Tan is applied using a spray.

You are required to prepare for this treatment by exfoliating and hydrating pre-arrival.

### Elemis Total Glow Self Tan

55 minutes | £50

A rich and sensual treatment that mimics the skin's natural colour and helps give a warm glow within 2-3 hours. A cream application by hand. Includes full body exfoliation and hydration as part of the treatment.

# Thermal Experiences Perfect for Friends and Couples



For more information and costs of couple treatments please call 01932 704555

## Moroccan Hammam Ritual

30mins Hammam Only | £35

60mins | £60

90mins | £90

Intensely cleansing ritual which rejuvenates, eliminates toxins and stimulates circulation. The warmth of the hammam softens the skin and opens the pores before the traditional kessa glove and natural black soap recipes are used to cleanse thoroughly and exfoliate the dead skin cells. A personally blended mixture of hot oil and melted shea butter gently massages away tension and leaves the skin with a healthy glow and softer than silk.

## La Sultane Deep Cleansing Rassoul Ritual

60mins | £60

A deeply purifying and skin brightening treat. Enjoy a traditional hammam black soap cleanse and exfoliation to prepare the skin. Then a powerful signature blend of Moroccan Lava Clay envelops the skin and is warmed with a honey and ginger mask, to firm and brighten the skin, and melted shea butter with essential vitamins providing a surge of moisturising virtues.

## La Sultane Sporting Tonic

60 minutes | £60

An invigorating yet muscle-melting ritual for sporting folk.

The steam in the hammam warms every muscle from head to toe. A therapist will apply black soap with uplifting eucalyptus oil before using the kessa glove to give an invigorating full body scrub. A deep 'muscle melt massage', using energising green tea & ginger signature blend, melts away aches and pains, leaving muscles soothed and relaxed.

## La Sultane Renewing Rose Ritual

\*60mins Rose Wrap | £60

\*90mins Rose Wrap & Nourishing Rose Oil Massage | £90

Rose salts within a luxurious oil, exfoliates the body and removes any dry skin before you are enveloped in a rose wrap to nourish

\*We recommend arriving 10 minutes early to use the steam room before these treatments

and moisturise. Whilst wrapped a stress relieving head and scalp massage is given using cleansing and conditioning rassoul. Utterly lavish and a must for every rose lover.

## Ayurvedic Journey

\* 2 hours | £115

The treatment begins with your body being gently exfoliated using fine grains of almond, apricot, ginger and patchouli. Then be cocooned in an Ayurvedic blend of shea butter and Ayurvedic oil. Shea butter is used to encase the key chakras and the shirodara is then used to drizzle the oil blend onto the chakras. The bowl dances over the body, immersing all the senses in a feeling of absolute relaxation and wellbeing. Tea infused poultices will then be used to massage for a deeper relaxation. The whole process generates a harmonious flow of energy and a profound sense of peace and gentle stillness conveying the spiritual message of Ayurvedic massage.

## DIY hammam

Up to 2 people | Up to 30 minutes | £20  
Up to 4 people | Up to 40 minutes | £30

Energise your body and mind as you wash away your cares with our traditionally influenced Hammam cleansing ritual. Starting with invigorating black soap followed by other sumptuous La Sultane De Saba products to exfoliate your body as you adjust to the purifying heat of the hammam suite.

## Spa Find Rasul

45 minutes | £50 for 2 people

As you are guided through to your private chamber to envelop your body in rich nutrient packed thermal muds you take your seat upon your throne and allow the citrus based oils to encapsulate you in the purity of steam. As the steam dissipates a gentle warming rain shower falls from above to expose a clarity and radiant glow to the body and mind. A wonderful experience for couples or just good friends.

# Day and Evening Treats

All our day/evening packages include full use of our Country Club facilities including Tennis, Running Trails, Manor Golf Course, Fitness Classes, Health Spa, Spa Garden, Hydro Spa, Sauna, Steam & Hot Tub. Plus a robe, towel and flip flops will be waiting for you to use during your visit.

## Spa Day . . . . . £59

Full use of the Country Club facilities including Tennis, Squash, Running Trails, Manor Golf Course, Fitness Classes, Healthspa and Spa Garden. Plus a delicious 2 Course Lunch. Available Monday to Friday.

## Relaxing Day Trip . . . . . £99

Experience our Spa Day including a delicious 2 course lunch plus unwind with a choice of an Elemis Face and Body Sensation Treatment, Fruit Active Glow Facial or a Back Neck and Shoulder Massage with Exotic Lime and Ginger Salt Scrub.

## Pamper Package . . . . . £129

Experience our Spa Day with a delicious two course lunch and an hour of full pampering from head to toe with our Moroccan Hammam Ritual with a 30 minute massage.

## Mr Day Trip . . . . . £149

Experience our Spa Day including a delicious 2 course lunch plus feel good with an Urban Cleanse Facial and 1 hour Deep Tissue Massage.

## Bride To Be . . . . . £149

Arrive to a glass of sparkling wine before experiencing our Elemis Exotic Coconut Wrap and the choice of two of the following: A Manicure, Pedicure, 30 minute Massage or Mini Radiance Booster Facial. Also includes full use of the Country Club, Health Spa, Manor Golf Course and delicious 2 course lunch.

## Muddy Marvellous

### Spa Experience . . . . . £129

Experience our Spa Day with a delicious 2 course lunch plus a Rasul and choose from a Spa Find Natural Nourishment Mud Facial or a soothing Deep Tissue Mud Massage.

### Winter Warmer . . . . . £129

Includes full use of the Country Club, Health Spa and Manor Golf Course plus a choice of one of our thermal experiences, the DIY Hammam or Rasul, plus Foxhills Signature Hot Stone Massage. Followed with afternoon tea by the fire. Available Monday to Friday.

### Delight Detox . . . . . £129

Experience our Spa Day with a delicious 2 course lunch plus a Moroccan Hammam Ritual and choice of an Elemis Body Sculpting Cellulite and Colon Therapy or Elemis Cellutox Aroma Spa Ocean Wrap.

## Twilight Spa . . . . . £79

Includes full use of the Country Club, Health Spa and the Manor Course from 5pm. A Foot Salve Ritual followed by the choice of either a Mini Radiance Boosting Facial or a half hour Traditional Swedish Back, Neck and Shoulder Massage and then a Health Spa Supper and Nightcap in Bar Nineteen.

## Sunset . . . . . £99

Includes full use of the Country Club, Health Spa and the Manor Course from 5pm. A Foot Salve Ritual followed by the choice of either a Spa Find Natural Nourishment Mud Facial or an Infinite Indulgence Black Mud Envelopment and then a Health Spa Supper and Nightcap in Bar Nineteen.



# Treatment Packages

## Girly Giggles Package

. . . . . £54 per person

Perfect for a hen party, baby shower or a get together with the girls.

Arrive to a glass of champagne and catch up with friends over a manicure in our light and airy Nail Studio before been treated to delicious afternoon tea.

## Treat for Two . . £105 per couple

Perfect for couples or just good friends.

Experience either a Rasul for 2 or DIY Hammam Ritual before been transported to full relaxation with a choice of a Back, Neck and Shoulder massage or a half hour facial.

## Mum to Be . . . . . £105

Includes an Elemis Mum to Be Massage and Facial Treatment followed by a choice of a thermal manicure or pedicure.

## Summer Sizzler . . . . . £99

Give yourself the summer glow with an Elemis Total Glow Self Tan and Exfoliating Treatment followed by a mini manicure and pedicure.

## Foxhills Socialites Spa & Tea Party . . . . . £49 per person

(up to 4 people)  
Relax with friends as they did centuries ago. The hammam steam will open the pores and the chatter will flow. Therapists will then apply black soap to the entire body, left on the skin to decongest the pores before the they return to exfoliate from head to toe. A choice of oils will be given to lock in moisture and leave a beautiful fragrance veiling the skin before enjoying Foxhills' luxurious afternoon tea. Available Monday to Friday.

# Spa Breaks

All overnight packages include full use of our Country Club facilities including Tennis, Running Trails, Manor Golf Course, Fitness Classes, Health Spa, Spa Garden, Hydro Spa, Sauna, Steam & Hot Tub.

## Spa Getaway . . . . . £180 pppn

One nights accommodation in a double or twin bedded room inclusive of Dinner in our 19th Century Manor and Full English or Continental Breakfast.

Relax in the spa with a Foot Salve Ritual, Traditional Swedish Massage and Mini Radiance Boosting Facial. Includes a healthy 2 course lunch and a Foxhills Getaway Collection Kit.

## A Little of What You Fancy

**2 night break: £340 per person**

Two nights accommodation in a double or twin bedded room inclusive of dinner at the Manor restaurant and Full English or Continental Breakfast.

Relax and unwind with a Foot Salve Ritual and the choice of two of the following:

Foxhills Signature Hot Stone Treatment, Elemis Prescriptive Solutions Facial, a full body Traditional Swedish Massage or a round of Championship Golf.

To book your Spa Getaway call 01932 704500 or email [reservations@foxhills.co.uk](mailto:reservations@foxhills.co.uk) £60 single supplement



Non members are very welcome either by purchasing one of our packages or visiting for a treatment. However, treatments when not visiting with a package are subject to a 10% surcharge for Non Members.