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AT  
THE WINDMILL VILLAGE



GERMAINE <sup>DE</sup> CAPUCCINI

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## WELCOME

Our Spa provides a peaceful and relaxing oasis from the hustle and bustle of everyday life. Relax and let our therapists enable you to feel rejuvenated and revived in the tranquil surroundings of our stunning therapy suites. Offering a selection of Spa Stay packages, varied Spa Day experiences and a wide range of individual Treatments, you will find the escape you are looking for.

## WELCOME TO GERMAINE DE CAPUCCINI

Established in 1964, Germaine de Capuccini is responsible for some of the most important breakthroughs in skincare technology and remains, to this day, one of the world's most important skincare brands, holding true to its original values of professionalism, quality, innovation and integrity.

Something we are proud of are the values upheld by GdC Beauty Group to proudly state they have never and will never test on animals, nor do they use any raw material on which these type of tests have been carried out.

The true strength of GdC lies in its promise to deliver market leading treatments centred around reducing the effects and treating the causes of ageing. Their pioneering research has enabled them to deliver the Germaine de Capuccini treatments within this menu.

GdC Beauty Group are true skincare experts, not only in offering visible results, but also experts in emotional, physical and spiritual wellness. This knowledge has enabled them to design and deliver treatment protocols which optimise your state of well-being, including a luxurious range of body therapies and spa experiences created specifically for the Windmill Village Spa to provide you with the very best of treatments during your time with us.

*“Through research and innovation our mission is to provide you with genuine solutions to solve your skincare concerns.”*

Carole Jones, MD, Germaine de Capuccini UK



## OVERNIGHT SPA STAYS

Revitalising Spa Stays for your mind, body and soul. Indulge in a range of overnight Spa Stays and choose a package that suits you and that targets the aims of your stay. Perfectly created so you can unwind in tranquil surroundings with a getaway filled with indulgent treats, luxurious Germaine de Capuccini Spa Treatments, sumptuous dining and luxury accommodation.

All of our Spa Stays include; overnight accommodation in an executive bedroom, 3 course dinner in Loft18 with stunning panoramic views over the resorts golf course and lakes, full access to the Health Club facilities, including an 18-metre heated indoor swimming pool, whirlpool, sauna, steam room and fitness suite, hire of robe package, chosen spa treatment/s and full English breakfast.

## BEDROOM AND UPGRADE PACKAGES

Personalise your Spa Stay for any occasion with a choice of upgrade options

### BEDROOM UPGRADE - ROOM UPGRADES START FROM £20.00 PER NIGHT

Why not upgrade to a Superior or Deluxe bedroom overlooking our 18-hole golf course and hotel grounds to really enhance your stay. A choice of soft drinks, a fruit platter, upgraded hospitality tray and luxury toiletries are also included.

Deluxe accommodation also provides a private balcony or patio area with additional outside seating.

### AFTERNOON TEA - FROM £17.50 PER PERSON

Indulge in the quintessentially English past-time of Afternoon Tea. The Millers Lounge or Loft18 offers a tranquil and relaxing environment where you can while away the hours over a selection of perfectly presented finger sandwiches, freshly baked scones with clotted cream and strawberry jam, and a selection of melt-in-the-mouth pastries.

### ADD A BIT OF SPARKLE TO ANY OCCASION WITH A GLASS OF PROSECCO OR ONE OF OUR FAMOUS COCKTAILS -FROM £7.50 PER PERSON

### LUNCH - ONE COURSE LUNCH FROM £15.00 PER PERSON

Loft18 uses the very best of local British produce and influence, providing delicious fresh dishes for everyone to enjoy. Add Lunch to any spa package and choose from our specially selected spa menu.

### PROSECCO OR CHAMPAGNE ON ARRIVAL

Why not treat yourselves to a bottle of Prosecco or Champagne in your room ready for your arrival.

Bottle of Prosecco - From £30.00

Bottle of Champagne - From £80.00



### SERENITY SPA STAY

Stop, breathe, relax; this is your time, a time to step away from the constant pressures of life, to nurture the mind, body and soul with the aim of leaving you completely at peace, feeling calm and relaxed.

#### 1 NIGHT

- Baobab Scalp Massage – 25 minutes
- Phyto-Nourishing Hands and Foot Therapy – 25 minutes

#### 2 NIGHTS

- Mediterranean Warm Candle Massage – 55 minutes

### DETOX SPA STAY

Take time out at our Spa with a range of face and body deep cleansing treatments, treating all aspects of a hectic life style. A seasonal detox is an effective way to clear your body of toxins, which will also speed up your metabolism and improve your overall health. Our range of treatment choices are aimed at enhancing the benefits that are combined with a healthy lifestyle and plenty of exercise to get your body on track.

#### 1 NIGHT

- GdC Spa Boutique Facial – 25 minutes
- Hopi Ear Candle – 25 minutes

#### 2 NIGHTS

- Detox and Revive Body Ritual – 55 minutes

### ENERGY SPA STAY

In need of an uplift? Recharge the batteries and restore vitality to the mind, body and soul. At the Windmill Village Spa, we have the perfect overnight package to rejuvenate you, combined with the peace and tranquillity of the Warwickshire countryside. Whether you choose to enjoy the views or relax in our health club, we are here to help you leave with a spring in your step!

#### 1 NIGHT

- Energising Leg Therapy – 25 minutes
- Collagen Boost TimExpert Eye Treatment – 25 minutes

#### 2 NIGHTS

- TimExpert Radiance C+ Illuminating Facial - 55 minutes

### 1 NIGHT SPA STAY

£135.00 / £145.00 PER PERSON

*Includes one 25 minute Spa Stay treatment*

### 2 NIGHT SPA STAY

£260.00 / £270.00 PER PERSON

*Includes one 55 minute Spa Stay treatment or any two 25 minute Spa Stay treatment*

*Spa Stay prices are based on two people sharing an executive bedroom. Bedrooms for single occupancy are subject to a £30.00 supplement per night.*

*Please note that midweek (Mon to Thu) and weekend (Fri to Sun) prices vary.*

## SPA DAY RITUALS

Our full day Spa Rituals are created to allow you to choose a package that is right for your mind, body and soul, focusing on the earth's five elements; fire, wood, earth, water and metal. Each package incorporates full use of our spa facilities, hire of a robe package and one course lunch with a glass of house wine.

**FIRE – RELAX** 75 MINS  
£119.00 / £129.00 PER PERSON

*For a calm body and mind – includes a Back Massage and Facial*  
Our Fire Spa Day, aimed at total relaxation for those in need of some me time. This package commences with a Warm Shea Butter Candle Back Massage; the warm oil soothes tension with deep flowing massage movements whilst the aromas of lavender, ylang-ylang and sandalwood relax the mind, you will also receive a Royal Jelly De-Stress Facial. Combined with warm holistic obsidian stones and with renowned royal jelly, this facial therapy soothes skin showing signs of stress and suits all skin types.

**WATER – HYDRATION** 75 MINS  
£119.00 / £129.00 PER PERSON

*For natural skin rehydration. Ideal for thirsty skin. Includes full Body Exfoliation, Body Wrap and Facial*  
Immerse your face and body in intense hydration. Your treatments commence with a Full Body Exfoliation, followed by a Hydrating and Softening Silk Wrap, and an application of volcanic Jeju water, enriched with hyaluronic acid. Your treatment is complete with a GdC Boutique Spa Facial.

**EARTH – DETOXIFYING** 80 MINS  
£139.00 / £149.00 PER PERSON

*Body cleanser - includes a Cleansing Green Tea Back and Scalp Treatment, and our advanced Synergyage AOX Face Peel*  
Our detoxifying package is designed for those in need of an escape of the hectic life, to restore inner well-being and give your body a deep cleanse. This package includes our Deep Cleansing Green Tea Back and Scalp Treatment followed by our advance Synergyage AOX Face Peel with Retinol, perfect to reduce pigmentation and dark spots whilst hydrating and renewing the skin.

**WOOD – STIMULATING** 75 MINS  
£129.00 / £139.00 PER PERSON

*Microcirculatory activation – includes Deep Heat Hot Stone Back Massage, Facial & Scalp Massage*  
For those in need of a pick me up! Awakening the senses with the wood symbol, this package commences with our Deep Heat Hot Stone Back Massage, for relief of muscular tension with our vitality unique oil blend. This will be followed by our Rose and Honey Harmony Stone Facial designed to help alleviate symptoms of dry and sensitive skin. Your package is complete with our Scalp Massage, perfect for those looking for a revitalised body and mind.

**METAL – VITALITY** 55 MINS  
£129.00 / £139.00 PER PERSON

*For a skin and mind boost - includes Anti-Ageing Facial and Scalp Massage*  
The metal Chinese symbol relates to restoring vitality to the mind, and a boost to the skin. This package includes our TimExpert C+ Citrus Vitamin Boost Facial that gives the skin the boost it needs to illuminate and brighten the complexion, aiding absorption of collagen; this therapy is renowned for its anti-ageing benefits too. With citrus aromas of lemon, orange, and ume extract, this Scalp Massage, combined with our baobab revitalising hair oil will nourish, soothe and restore life back into the scalp and limp, dry hair.

*Please note that midweek (Mon to Thu) and weekend (Fri to Sun) prices vary.*

## SPA DAY EXPERIENCES

### SIMPLY SPA

Hire of robe package, two course lunch and 4 hour spa access. £35.00 / £45.00 PER PERSON  
Hire of robe package, two course dinner with a glass of house wine and 4 hour spa access. £45.00 / £55.00 PER PERSON

### COCKTAIL PAMPER DAY

Treat yourself and your friends to a pamper cocktail spa experience, inclusive of a cocktail on arrival, one 25 minute spa treatment, 4 hour spa access and hire of robe package. £55.00 / £65.00 PER PERSON

### AFTERNOON INDULGENCE

The perfect afternoon treat; enjoy an afternoon tea together with one 25 minute spa treatment, 4 hour spa access and hire of robe package. £65.00 / £75.00 PER PERSON

### RE-GIN-VERNATE

Learn about the history of gin and sample 3 premium gins in the hotel's 'Vault 52' gin bar, and enjoy one 25 minute spa treatment, 4 hour spa access and hire of robe package. £70.00 / £80.00 PER PERSON

### TRANQUIL TIMES

Includes a one course lunch with a glass of house wine, hire of robe package, 4 hour spa access with one 25 minute spa treatment. £70.00 / £80.00 PER PERSON

### PURE BLISS

A full day of relaxation, complete with a welcome hot drink upon arrival, one course lunch with a glass of sparkling wine, hire of robe package, unlimited spa access with two 25 minute spa treatments. £110.00 / £120.00 PER PERSON

### DUO DELIGHT

Ideal for those looking for quality time together, including couples, friends or mother and daughters. £160.00 / £170.00 PER COUPLE  
Includes welcome hot drink upon arrival, one course lunch with a glass of sparkling wine, hire of robe package, unlimited spa access with one 25 minute spa treatment per person in our Duo Treatment Suite.

*Subject to availability*

### TREATMENT CHOICE LIST;

- Collagen Boost TimExpert Eye Treatment
- Baobab Scalp Massage
- GdC Boutique Facial
- Baobab Seed Body Exfoliation
- Energising Leg Therapy
- Hopi Ear Candle
- Express Manicure
- Hand & Foot Refreshing Ritual

*Please note that midweek (Mon to Thu) and weekend (Fri to Sun) prices vary.*

## CELEBRATION PACKAGES

PAMPER PARTY £79.00 / £89.00 PER PERSON

Get the girls together and catch up with a glass of bubbly.

This pamper day offers a deluxe experience with one guest going FREE!

### DAY PACKAGE INCLUDES;

- Mini Bottle of Prosecco on Arrival
- Afternoon Tea
- One 25 Minute Spa Treatment
- 4 Hour Spa Access
- Robe Package Hire

Based on a minimum number of 8 guests.

### TREATMENT CHOICE LIST;

- Collagen Boost TimExpert
- Baobab Scalp Massage
- GdC Boutique Facial
- Baobab Seed Body Exfoliation
- Energising Leg Therapy
- Hopi Ear Candle
- Express Manicure
- Hand & Foot Refreshing Ritual

SPA STAY £169.00 / £179.00 PER PERSON

Stay package includes the Pamper Party package, plus;

- 3 Course Dinner in Loft18
- Overnight Stay in an Executive Bedroom
- Full English Breakfast
- Unlimited Spa Access

Spa Stay prices are based on two people sharing an executive bedroom for 1 night. Bedrooms for single occupancy are subject to a £30.00 supplement. One guest stays for £90.00 and receives a complimentary Pamper Party package.

Please note that midweek (Mon to Thu) and weekend (Fri to Sun) prices vary.



## WINDMILL SIGNATURE EXPERIENCE

UNWIND AT THE WINDMILL SPA 90 MINS

£139.00 / £149.00 PER PERSON

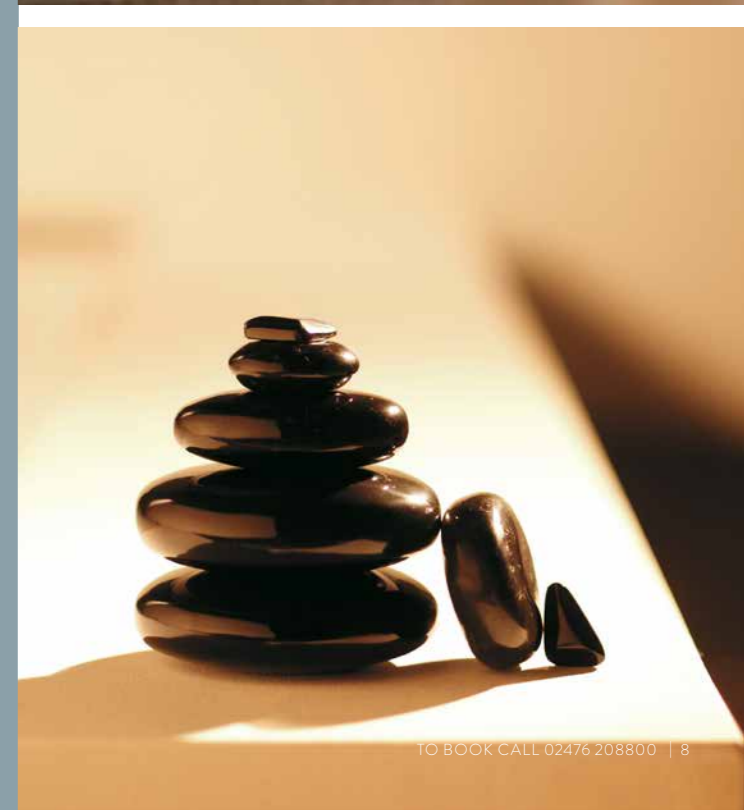
Warming massage to relieve muscle tension and skin suffocated from daily stresses. Includes Honey and Cinnamon Body Elixir and De-Stress Facial.

Unwind at the Windmill Spa with a relaxing therapy, inspired by Sri Lankan culture. This delightful back massage that uses a balm infused cinnamon extract and oil to reduce tension and increase circulation will leave your skin nourished and hydrated, whilst your mind and body relaxes. We will treat your face to a Honey Elixir of facial products combined with relaxing massage techniques to soothe away daily stress and tension. Your skin softened and hydrated will gain protection against daily aggressions. This ritual will leave you feeling warm and refreshed ready to relax and unwind your body and soul.

Why not extend your experience and enjoy 4 hour spa access, hire of robe package and a two course lunch.

£35.00 / £45.00

Please note that midweek (Mon to Thu) and weekend (Fri to Sun) prices vary.



## WELLNESS THERAPIES

### Restoring Mind, Body and Soul

Our range of Wellness Therapies from Germaine De Capuccini are designed to help restore and soothe the mind, body and soul post illness and surgery, often providing a much needed physical touch to restore an emotional equilibrium.

This range of therapies can be adapted with a specific touch therapy method suitable for cancer patients and after intensive medication with innovative products and ingredients to target skin related side effects caused by chemotherapy, radiation treatments and other strong medication.

Our Wellness Therapies include the use of our exclusive obsidian & onyx ritual stones; luxurious semi-precious stones that boost blood flow and improves oxygenation of the tissues. Emotionally it assists in the elimination of unwanted energy both physical and mental, bringing balance and strength to assist with providing an immediate inner wellness, combined with our specifically selected therapies and soothing products from Germaine de Capuccini.

### SOOTHING BOTANICAL, ROSE AND HONEY HARMONY STONE FACIAL

55 MINS  
£105.00 / £110.00

*With Obsidian and Onyx Semi-precious Touch Stone Massage for stressed and sensitive skin*

This facial is designed to help alleviate symptoms of dry, flaky and sensitive skin using a range of products including our soothing pure rosehip oil – known for its healing properties combined with our balancing and destressing royal jelly elixir known to treat sallow and dull skin and skin exposed to stress and pollutants. The facial is complete with our five rose petal face mask which treats the skin prone to sensitivity, brought on by emotional and physical stress from medication. Combined with a luxurious gentle touch and healing massage with semi-precious obsidian and onyx stones, this treatment will help to balance and restore peace and calm to the mind and soul.

### CALMING SCALP, HAND & FOOT THERAPY

75 MINS  
£145.00 / £150.00

*Intense hydration head to toe*

Chemical treatments can leave the extremities of the body suffering from extreme dryness and stimulate hair loss.

This therapy provides intense nourishment to the hands and feet with gentle exfoliation, soothing warm towels and a hydrating mask to the feet, hands and nail beds without the use of water baths to help maintain a healthy PH level. Your head to toe treatment is completed with our revitalising scalp touch massage, using our baobab hair oil that contains five nourishing organic oils with calming and soothing aromas to uplift and relax your body and mind.

*Please note that midweek (Mon to Thu) and weekend (Fri to Sun) prices vary.*



### PHYTOCARE BAOBAB BODY RITUAL

85 MINS  
£100.00 / £105.00

A sublime relaxing ritual of soothing lymphatic massage with prodigious products produced from the African oil, baobab, taken specifically from the organic oil of seeds from the baobab tree. A nourishing, protective and hydrating experience combining full body exfoliation and massage with a gentle stress reducing scalp therapy.

*Suitable for pregnancy*

### ALOE AND MINT HYDRATING AND COOLING BODY TREATMENT WITH OBSIDIAN AND ONYX SEMI-PRECIOUS STONES

85 MINS  
£110.00 / £115.00

*Gentle Touch Body & Scalp Massage*

An extra gentle touch therapy combines the power of semi-precious stones to restore harmony to the mind and soul together with healing properties of aloe vera to deeply hydrate the skin, lemon oil to purify, mint to refresh the body and rosehip oil to soothe, nourish and reduce irritation.

This treatment is complete with a gentle scalp pressure massage to aid relaxation.

*Ideal for after radiation therapy*



## GERMAINE DE CAPUCCINI ADVANCED FACIALS

All of our facials are tailored to suit all age and skin types, whilst targeting ageing and specific concerns. The facials are truly results driven and also focus on your well-being and include relax protocols, aroma inhalation, exclusive complexes and relaxing & targeted massage techniques. Our no1 selling rosehip oil and awakening protocol with neck stretches and floral aroma are designed to deliver the best facial experience.

SPA PRESCRIPTIVE FACIAL 55 MINS  
£60.00 / £65.00

*Suitable for all skin types*

Our spa prescriptive facial is designed to suit your skins needs, treating all skin types and concerns including stress, hydration, skin balancing and dryness. Your facial commences with skin analysis, warm pinda welcome touch and warm towel aroma inhalation of oils based with ylang-ylang and lavender to relax your mind and body. Followed by a deep cleanse and exfoliation, application of serums and creams are then massaged into the face, neck and décolleté area. A mask is then applied to target and treat your skins needs, followed with a scalp massage and complete with rosehip oil, moisturisers and awakening protocol.

FOR MEN ENERGY FACIAL 55 MINS  
£60.00 / £65.00

*Suitable for all skin types*

Relaxing, healing & energising facial

A treatment designed specifically to meet the needs of men's skin. Infused with a blend of plant extracts and vitamins, this facial therapy is not only relaxing, but also rejuvenates the skin, often irritated by the daily ritual of shaving.

*Please note that midweek (Mon to Thu) and weekend (Fri to Sun) prices vary.*

ROYAL JELLY DE-STRESS FACIAL 55 MINS  
£60.00 / £65.00

*A strengthening facial for tired, stressed skin with obsidian and onyx stones*

Packed with anti-oxidants and essential nutrients, our Royal Elixir Facial is ideal for tired and stressed skin. The skin regains its strength and natural immunity against daily aggressions.

HYDRACURE INTENSE HYDRATION FACIAL 55 MINS  
£75.00 / £80.00

*Deeply hydrating facial for dehydrated skin*

This is achieved through our unique "Hydractive" blend of ingredients including hyaluronic acid and natural spring water from the Izumo Yumura thermal spring in Japan. Your skin is provided with the natural healing ability to retain moisture.



## GERMAINE DE CAPUCCINI ADVANCED ANTI-AGEING FACIALS

Germaine de Capuccini excel in the creation of anti-ageing products and facials. With an exceptional research and development team, they have created some of the most innovative anti-ageing treatments and a complex of ingredients, winning awards across the globe. All the facials are designed to relax the mind with relaxing protocols and techniques to produce results.

TIMEXPERT RADIANCE C+ ILLUMINATING FACIAL  
£80.00 / £85.00 - 55 MINS

*Anti-Fatigue treatment with Vitamin C+*

An innovative facial to increase firmness and generate new collagen whilst reducing dark spots and even pigmentation. Incorporating a patented formulation that increases the benefits of pure Vitamin C by 6 times. To complement the hands-on therapy, a massage ball is utilised to lift facial muscles, release tension and increase blood flow for increased glow.

TIMEXPERT LIFT (IN) FACIAL THERAPY  
£100.00 / £105.00 - 75 MINS

With visible results from the first treatment, the Define Lift Treatment is set to revolutionise non-surgical lifting. Its unique approach works on the three essential factors of skin rejuvenation: vertical lifting, lateral lifting and volume. Define Lift includes a unique and extraordinary facial massage, which uses a very precise 360 degree sculpting technique, working on the facial oval from every angle. This together with the powerful formula within the treatment provides unparalleled results. For maximum results, a course of four treatments can be taken with one treatment taken each week.

*Please note that midweek (Mon to Thu) and weekend (Fri to Sun) prices vary.*

TIMEXPERT RIDES COLLAGEN BOOST  
£100.00 / £105.00 - 75 MINS

*Targeting lines and wrinkles*

Our exclusive Micro-Dermoxine Complex® and Pro-Collagistine Fill technology combine to neutralise and inhibit micro-tensions whilst increasing natural collagen and elastin production, combined with the healing benefits of obsidian stones.

TIMEXPERT SRNS GLOBAL ANTI-AGEING FACE & EYES TREATMENT  
£105.00 / £110.00 - 75 MINS

Every day, thousands of our cells are damaged by lifestyle and environmental aggressions. Over time, the gene structure within these cells becomes unable to repair itself and stops producing essential proteins that naturally slow down the ageing process. Global anti-age reactivates these dormant genes and boosts cellular regeneration using "Epigenol" and "Zinc-Glycine Complex". A powerful all-round anti-ageing treatment that provides firming, wrinkle reduction, revitalisation, improved pigmentation and hydration.



## EXPERT LAB PEELS

EXPERT LAB - INNOVATIVE CHEMICAL PEELS integrates an effective system of treatments utilising professional superficial chemical peeling with pharmaceutical high quality ingredients. A dynamic, safe, and effective treatment capable of improving the texture and quality of all skin types, rejuvenating appearance and eliminating imperfections. This specialised, simple, and versatile line has a variety of peels that work on their own or in conjunction to treat each skin type or unique problem: photo-ageing, acne, hyperpigmentation, wrinkles, flaccidity and scars. Renew your skin, reveal your beauty.

S-25 CHEMICAL PEEL PURIFYING 40 MINS  
£60.00 / £65.00

25% Salicylic Acid pH 1.5-2.5

S-25 Chemical Peel favours desquamation, relieves, and controls skin imperfections and also reduces the risk of future outbreaks.

Perfect for: Oily and seborrheic skin, acne, dark spots & post-acne scars and dilated pores

M-40 CHEMICAL PEEL CLARIFYING 40 MINS  
£70.00 / £75.00

40% Mandelic Acid pH 1.4 to 2.0

M-40 Chemical Peel lightens, smooths, and revitalises the skin, giving way to visibly rejuvenated, more uniformed, firm, and radiant skin.

Perfect for: Anti-ageing, melasma, irregular pigmentation, opaque skin with lack of luminosity, dilated pores and sebum secretion

P-40 CHEMICAL PEEL REJUVENATING 40 MINS  
£80.00 / £85.00

40% Pyruvic Acid 5 % Lactic Acid pH 1.5 to 2.5

P-40 Chemical Peel penetrates deeply, promoting collagen production, softening the skins texture, fine lines and wrinkles, leaving the skin visibly smoothed and rejuvenated.

Perfect for: Moderate advanced ageing, wrinkles, flaccidity, dehydration, melasma, acne scars and stretchmarks

Please note that midweek (Mon to Thu) and weekend (Fri to Sun) prices vary.

SYNERGYAGE AOX PEEL 40 MINS  
£55.00 / £60.00

A deeply renewing and anti-oxidising facial peel suitable for even the most sensitive of skin. Our AOX system stimulates the synthesis of collagen and elastin, reduces pigmentation and dark spots whilst hydrating and renewing the skin.

Option to upgrade with Retinol (Vitamin A) that reduces wrinkles and dark spots - £10.00

RENEWING PEEL 15 MINS  
£20.00 / £25.00

Exfoliation peel to renew the skin at the deepest level

An advanced exfoliation peel to eliminate dead skin cells, detoxify the dermis and reduce congestion. Formulated with Alpha Hydroxy Acids (AHAs), wrinkles and pigmentation are reduced and the skin is left more balanced and hydrated, enhancing the effects of subsequent treatments.



After treatment the client must avoid exposure to sunlight for 3-4 days.

## MUM TO BE & NEW MUM TREATMENTS

BAOBAB PREGNANCY RITUAL 55 MINS  
£90.00 / £95.00

### Mum To Be Body and Face Ritual

This luxurious body ritual works around your body and can be beneficial for both mum and baby. The ritual starts with a nourishing and relaxing facial that gives glow, followed by an energising leg exfoliation to nourish and protect the skin, all combined with a lymphatic massage using ethically sourced baobab seed oil; this African-inspired massage is perfect during pregnancy to prepare yourself for welcoming a new life into the world. It finishes with a touch of dreamy gel that reduces heaviness in the legs, while your skin will be radiant and your body will be relaxed and revived.

Treatment available from 12 to 38 weeks of pregnancy

TIME FOR MUM 80 MINS  
£110.00 / £115.00

A rebalancing head to toe treatment for tired skin after pregnancy.

An ideal pamper for a new mum who needs some me time. A Detoxifying Hot Stone Green Tea Back, Neck and Scalp Massage, combined with a revitalising Vitamin C Facial that stimulates the activity of cells, giving skin luminosity and glow from within.

Treatment available 6 months after pregnancy

Please note that midweek (Mon to Thu) and weekend (Fri to Sun) prices vary.





## GERMAINE DE CAPUCCINI BODY MASSAGES AND WRAPS

### SPERIENCE SILK WRAP £55.00 / £60.00 - 40 MINS

*A luxurious, smoothing and hydrating body wrap*

Envelop your skin with velvety smooth silk extract. Like a second skin, this exquisite mask deeply hydrates your skin and provides it with a satin appearance and a silky touch.

### SPERIENCE AROMA MASSAGE

#### BACK MASSAGE £40.00 / £45.00 - 25 MINS

#### FULL BODY MASSAGE £75.00 / £80.00 - 55 MINS

*A Feng Shui inspired massage*

Based on traditional Chinese philosophy, our Sperience Elements Massage is specifically catered for you by matching one of our 5 active oils to your zodiac sign. During this sensual massage, your therapist will relieve tension and negative energy throughout your body. Oil blend choices; relax, detox, energise, hydrate and stimulate.

### UPGRADE YOUR MASSAGE £5.00

*To include our deep heat thermo oil for areas of tension*

### BODY ELEMENTS

#### BACK MASSAGE £50.00 / £55.00 - 25 MINS

#### FULL BODY MASSAGE £90.00 / £95.00 - 55 MINS

*A traditional massage combined with obsidian and onyx semiprecious stones*

Take refuge with our elements massage, combining traditional 'hands on' massage with pindas, and obsidian & onyx stones, stimulating reflex points and muscular areas prone to tension. Through a brief sensory smell selection, choose one of our 5 pre-blended oils; relax, revitalise, hydrate, energise or detox. This therapy will leave your mind, body and soul balanced and re-harmonised.

*Please note that midweek (Mon to Thu) and weekend (Fri to Sun) prices vary.*



### DETOX GREEN TEA BACK, SCALP AND FACE £70.00 / £75.00 - 40 MINS

A traditional massage combined with obsidian and onyx semi precious stones.

This tailored massage addresses any area of concern; the back is exfoliated to help stimulate circulation and remove dead skin, followed by a massage with a detoxifying green tea massage gel with hot stones. It is finished with a personalised Express Facial to leave you feeling relaxed and rejuvenated.

### DETOX GREEN TEA FULL BODY MASSAGE £80.00 / £85.00 - 55 MINS

A drainage massage for the body, ideal for those suffering with water retention, bloating and in need of releasing toxins. This massage uses the powerful anti-oxidising green tea massage gel.

### MEDITERRANEAN WARM CANDLE MASSAGE BACK MASSAGE £45.00 / £50.00 - 25 MINS FULL BODY MASSAGE £80.00 / £85.00 - 55 MINS

*A warming and nourishing full body massage*

Choose one of our Mediterranean inspired massage candles; lavender, olive or citrus which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

### TIMEXPERT C+ FACE AND BODY THERAPY £100.00 / £105.00 - 85 MINS

*Enriched with pure Vitamin C and ume extract*

An energising face and body treatment which commences with a Vitamin C exfoliation followed by a collagen boosting body wrap whilst you are treated to an Advanced Anti-Glycation Facial. Utilising the benefits of ume extract and Vitamin C, this facial fights against the damaged elastin and collagen fibres caused by sugar whilst providing intense radiance.

### REFLEXOLOGY £80.00 / £85.00 - 60 MINS

An ancient pressure point therapy concentrating on a miniature map of the body's organs and glands that is based on the feet. This technique helps the body's natural healing process and relaxes both mind and body.

*Subject to availability*

### ENERGISING LEG THERAPY £40.00 / £45.00 - 25 MINS

A perfect treatment for tired, achy legs. This treatment commences with exfoliation and is followed by a massage to the legs. It finishes with a touch of dreamy leg gel, leaving you radiant and walking on air.



## GERMAINE DE CAPUCCINI BODY EXFOLIATIONS

These exfoliations can be combined with any Germaine de Capuccini massage.

**BAOBAB SEED EXFOLIATION** 25 MINS  
£40.00 / £45.00

*A luxurious exfoliation to nourish and protect the skin*  
Using the seed of the baobab and combined with its nourishing oil to gently exfoliate and hydrate the skin – our best-selling exfoliator for the body.

**BAMBOO EXFOLIATION** 25 MINS  
£40.00 / £45.00

*An invigorating exfoliation to energise the skin*  
Using extracts of sustainably sourced bamboo combined in a nourishing cream to hydrate the skin, whilst gently removing the dead skin cells; complete with a spritz of hydrating Jeju water.

*Please note that midweek (Mon to Thu) and weekend (Fri to Sun) prices vary.*



## GERMAINE DE CAPUCCINI FACE & BODY TREATMENT ENHANCERS

Add on to any Germaine de Capuccini facial or body treatment.

**BAOBAB SCALP MASSAGE** 25 MINS  
£40.00 / £45.00

*Stress relieving neck and scalp massage*  
A nourishing and moisturising neck and scalp massage utilising the benefits of ethically sourced baobab seed oil. A highly effective stress relieving experience ideal to add to any face or body treatment.

**TIMEXPERT COLLAGEN EYE-FIX** 25 MINS  
£40.00 / £45.00

*Express eye treatment to reduce puffiness, lines and wrinkles*  
Utilising our exclusive Micro-Dermoxine Complex® and Azarole Buds, results are seen immediately after this 15-minute flash treatment. Lines and wrinkles are filled in and puffiness is reduced, rejuvenating the eye contour.

**HOPI EAR CANDLE** 25 MINS  
£40.00 / £45.00

Our relaxing Hopi Ear Candle works like a chimney by drawing impurities to the surface, where they can be gently removed. Beneficial to sinus and migraine sufferers and those who travel a lot.  
*Suitable for pregnancy*

*Please note that midweek (Mon to Thu) and weekend (Fri to Sun) prices vary.*



## MANICURES AND PEDICURES

EXPRESS MANICURE 25 MINS  
£40.00 / £45.00

A highly effective manicure to tidy up the hands which includes cuticle work, nail shape, hand moisturiser and nail strengthener application.

EXPRESS PEDICURE 25 MINS  
£45.00 / £50.00

Leave your feet feeling light and revitalised with a gentle pedicure including cuticle work, nail shape, foot cream and nail strengthener application.

GEL POWER POLISH 50 MINS  
£40.00 / £45.00

Stand out from the crowd with a 14-day high gloss shine power polish. Perfect to finish off a manicure or pedicure.

GEL POLISH REMOVAL 25 MINS  
£15.00 / £20.00

Soak-off gel polish.

FILE AND POLISH 15 MINS  
£15.00 / £20.00

Shape and style.

ENHANCERS  
Enhance your treatment with a polish finish, heated booties or heated mitts, all priced at £10.00 each per person.

LUXURY MANICURE 50 MINS  
£55.00 / £60.00

An exceptional signature manicure designed to leave hands silky-smooth with a youthful glow.

Includes hand soak, exfoliating massage, heated mitts, relaxing hand and lower arm massage, finished with an application of your chosen nail colour.

LUXURY PEDICURE 50 MINS  
£60.00 / £65.00

This outstanding pedicure is designed to give you long-lasting results that leaves nails, cuticles and skin feeling soft, neat and healthy. Includes a foot bath with essential oil, cuticle work, nail shape, exfoliating and soothing foot massage, finished with an application of your chosen nail colour.

SOOTHING HAND OR FOOT RITUAL 25 MINS  
£40.00 / £45.00

Choose either a hand or foot treatment and indulge in a refreshed and rejuvenated ritual.

Your experience will commence with a hand / foot bath followed by nail shape and a Thai inspired massage that works on pressure points to release tension around the treated area.

We recommend to wait 10-15 minutes before using the Health Club facilities after any of the above treatments.  
Please note that midweek (Mon to Thu) and weekend (Fri to Sun) prices vary.

## WAXING

LIP OR CHIN 10 MINS  
£10.00 / £15.00

LIP AND CHIN 20 MINS  
£15.00 / £20.00

UNDERARM 20 MINS  
£15.00 / £20.00

FOREARM 30 MINS  
£25.00 / £30.00

HALF LEG 30 MINS  
£25.00 / £30.00

FULL LEG 50 MINS  
£40.00 / £45.00

FULL LEG AND BIKINI 80 MINS  
£55.00 / £60.00

BIKINI 30 MINS  
£20.00 / £25.00

BRAZILIAN 45 MINS  
£35.00 / £40.00

HOLLYWOOD 50 MINS  
£45.00 / £50.00

CHEST 30 MINS  
£25.00 / £30.00

BACK 45 MINS  
£40.00 / £45.00

## BROWS AND LASHES

EYE BROW SHAPE 20 MINS  
£15.00 / £20.00

EYE BROW THREADING 20 MINS  
£20.00 / £25.00

EYE BROW TINT 20 MINS  
£20.00 / £25.00

EYE LASH TINT 30 MINS  
£25.00 / £30.00

BROW AND LASH TINT 30 MINS  
£40.00 / £45.00

EYEBROW SHAPE AND TINT 30 MINS  
£30.00 / £35.00

LUXURY BROW AND LASH TINT 30 MINS  
£45.00 / £50.00

EYE LASH LIFT 30 MINS  
£25.00 / £30.00

EYE LASH LIFT & TINT 40 MINS  
£35.00 / £40.00

*Patch test required for eyelash tint for all new clients.*

*Treatments are subject to availability.*

*Please note that midweek (Mon to Thu) and weekend (Fri to Sun) prices vary.*



## BOOKING AND TREATMENT ADVICE

In order to create the perfect environment and to be considerate to all our clients, the following guidelines are intended to ensure your visit runs smoothly.

The Spa reserves the right to deny entry or to ask any guest to leave should we deem behaviour to be inappropriate.

### APPOINTMENTS

To ensure you can fully enjoy your spa experience and in consideration for other guests, please arrive 30-minutes before your appointment time. On arrival, we ask you to complete our consultation form and relax before your treatment.

We reserve the right to alter your treatment times on the day if necessary, however we will endeavour to inform you of any changes prior to your arrival. All treatment times and spa treatments are subject to availability.

### PAYMENT

Full pre-payment is required at the time of booking for all individual spa treatments and spa day packages.

For residential spa stays, a £25.00 per person non-refundable and non-transferrable deposit is required along with credit card details to confirm your booking. Final balances are to be paid no later than 14-days prior to arrival.

Members are eligible to a 10% discount on individual spa treatment bookings only, valid Monday to Friday.

### CANCELLATION

Should you need to cancel or amend an appointment, we request 48-hours' notice for single spa treatments and 72-hours' notice for spa packages or multiple treatments. For group bookings of 6 or more guests, 7-days' notice is required.

Late cancellations or missed appointments will be charged in full.

### LATE ARRIVAL

Please arrive in plenty of time to relax and enjoy the experience. If you are running late, every effort will be made to honour your treatment time, but this may not always be possible.

Charges may apply.

### MOBILE PHONES

Our Spa environment is one of relaxation and tranquillity, please refrain from using your mobile phone during your visit. No photography is permitted in the changing rooms and on poolside.

### PREGNANCY ADVICE

Please note that we do not offer any treatments for ladies who are 1-12 weeks pregnant. From 12-38 weeks we offer a range of specially created treatments suitable for pregnancy. We do not recommend the use of any heat facilities or hydrotherapy facilities within the health club. If you need further guidance, please ask a member of the spa team.

### AGE REQUIREMENT

The Spa is an adult-oriented environment, therefore, we are not able to accept appointments for children under the age of 16 years. Restricted spa treatments are available for those between the age of 16 and 17.

### SPA APPOINTMENT ONLINE BOOKINGS

To book your next spa treatment, visit us at [www.windmillvillagehotel.co.uk/spa/](http://www.windmillvillagehotel.co.uk/spa/)

### GIFT VOUCHERS

A Spa gift voucher makes a wonderful gift for any special occasion. Gift vouchers are non-refundable and cannot be exchanged for credit. Vouchers are only valid for six months from date of purchase.

We also offer a 'TreatCard' loyalty scheme which can reward you with free treatment time every time you use our Spa.



WINDMILL VILLAGE HOTEL  
GOLF CLUB & SPA

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