



The Oaks

TREATMENTS & SPA DAYS

Spa Days

Treatment times include pre-treatment consultation, hands-on treatment time & post-relaxation

All Spa Days unless stated otherwise include, tea, coffee & biscuits on arrival, a robe, towel and slippers in your locker, one course light lunch with a glass of wine, soft drink or lager & use of all of our downstairs Spa Facilities.

Lazy Sunday Sundays Only 10am to 4pm : £55

Come & enjoy a relaxed Sunday Spa Session with coffees on arrival, use of facilities 10am to 4pm and a 3 course Sunday Lunch. A beverage at lunch time is not included, however these can be purchased separately.

Morning Chill Out 9.30am to 1.30pm : £72

Includes a 30 minute treatment - choice of Indulgent Foot Ritual , Power Breakfast Facial, Tranquillity Head Massage, Express Go Guy Facial, File & Polish Manicure or Pedicure.

Afternoon Escape 1.30pm to 5.30pm : £72

Includes a 30 minute treatment - choice of Indulgent Foot Ritual , Power Breakfast Facial, Tranquillity Head Massage, Express Go Guy Facial, File & Polish Manicure or Pedicure.

Twilight Indulgence 3.30pm to 8.30pm (Monday to Friday) : £85

Includes a 45 minute treatment - choice of I'll Be Back or our Relaxing Repose Facial

The Oaks Oasis 9.30am to 5.30pm : £95

Includes a 60 minute treatment - Give yourself a treat with this beautifully nurturing therapy that will leave you feeling comforted and peaceful. We commence with our truly wonderful back, neck and shoulder massage to relieve stress and tension followed by our conditioning foot ritual where we exfoliate and treat the feet. Finally, a taster facial finishes off your hours Oasis!

Bespoke To You 9.30am to 5.30pm : £105

Includes a 60 minute treatment - My Kinda Skin Bespoke Prescription Facial or Mediterranean Work It Out Massage. Undecided? Why not go half and half.

The Mediterranean Mini Break 9.30am to 5.30pm : £125

Includes a 90 minute treatment - This deluxe treatment will leave you feeling like you've taken a mini vacation. Your mind will escape as your body is polished and nourished with our iconic Mediterranean body scrub and your face is indulged with our unique Mediterranean marinade facial. Totally smoothed and soothed, head to toe.

Champagne & Truffles 9.30am to 5.30pm : £150

Includes a 90 minute treatment - This luxury facial combines our award winning truffle formulas with a deep double cleansing ritual, a glycolic resurfacing peel, a skin de-stressing alginate mask & hot and cold stone therapy followed by a unique skin lifting & muscle firming massage. The visible result is ironed out deep lines & wrinkles, firmer feeling & toned skin, reduced puffiness & youthful radiance with a supreme healthy glow.

Mum To Be 9.30am to 5.30pm : £95

Pregnancy is the most wonderful time that requires treatments specially designed for you. Pick 60 mins of pregnancy marked treatments. You never know, your little bambino might enjoy the sense of calm too!

Please note that not all our Spa Facilities are suitable for Pregnancy. Heat facilities are to be avoided. A full treatment consultation will take place before your treatment & the therapist will only commence if they are happy that there is no risk to Mother or Baby. Suitable for 13 weeks and over. Just look out for treatments marked with a gold pram.

Can't Decide? Spend over £125 on treatments per guest & gain access to our Spa facilities from 9:30am - 5:30pm. Please note, no food or drink is included.

Members Guest Pass - The member must be present for the duration of the guests pass & must be pre-booked. Please note, no food or drink is included.

Full Day : £40 - 9.30am to 5.30pm

Half Day: £25 - 9.30am to 1.30pm or 1.30pm to 5.30pm

If you and your guest both book a treatment over £25.00 each your guest will receive complimentary spa access for the day.

Day Guest Pass - Must be pre-booked. Please note, no food or drink is included

Full Day : £50 - 9.30am to 5.30pm

Half Day: £35 - 9.30am to 1.30pm or 1.30pm to 5.30pm

VIP Truffle Treatments

Treatment times include pre-treatment consultation, hands-on treatment time & post-relaxation

All treatments on this page include a glass of prosecco & chocolate truffle in our relaxation room after your treatment.

Champagne & Truffles Deluxe Treatment The Crème de la Crème of Radiance Facials **60/90 minutes : £85/£105**

This luxury facial combines our award winning truffle formulas with a deep double cleansing ritual, a glycolic resurfacing peel, a skin de-stressing alginate mask & hot and cold stone therapy followed by a unique skin lifting & muscle firming massage. The visible result is ironed out deep lines & wrinkles, firmer feeling & toned skin, reduced puffiness & youthful radiance with a supreme healthy glow.

VIP Golden Truffle Experience Luxe Top to Toe Face & Body Treatment **120 minutes : £170**

The ultimate in total luxury, This treatment delivers all over radiance boosting results starting with an invigorating full body scrub followed by a relaxing hot stones back massage using our unique advanced anti-ageing body techniques, both tightening and toning. Finished off with our Champagne & Truffle Deluxe Facial to leave your skin looking brighter, revived and glowing beyond expectation.

Cashmere & Truffles Body Treatment Total Body Rejuvenation – 60 minutes : £95

This indulgent treatment combines an invigorating, radiance boosting body exfoliation followed by a skin transforming treat with our luxurious TRUFFLE BODY MASSAGE OIL & a layer of our award winning BODY TRUFFLE Crème. Skin is left feeling cashmere soft & revived, beautifully fragrant & ready for the red carpet.

Rose Quartz & Truffles Body Massage Total Body Relaxation **60/90 minutes : £95/£125**

This indulgent treatment will leave you feeling totally relaxed from top to toe with our skin transforming massage using our unique TRUFFLE BODY MASSAGE OIL. Skin is left feeling restored & radiant & you, oh so relaxed!

Signature Spa Experiences

Treatment times include pre-treatment consultation, hands-on treatment time & post-relaxation

All of the below treatments include Spa Access 9.30am to 5.30pm. Already an Oaks Member? Enjoy a glass of prosecco after your treatment.

My Kinda Mood A prescription facial & massage bespoke to you - 120 Minutes : £140

Not sure what you'd like? Then this is the ideal treatment. First, we help you choose the aromatherapy fragrance to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent facial. Products and techniques will be bespoke to your wants and needs. Look, feel and smell oh so good.

A Brush with Heaven 9.30am to 5.30pm : £125

Includes a 90 minute treatment - Imagine the sensation from a sequence of brushes in varying sizes and textures being used from top to toe to massage, stimulate, drain toxins and smooth on delicious preparations to the face and body. Once lavished in rich warm body oil, you will be cocooned then treated to the exclusive Temple Spa facial treatment. Carried out entirely with brushes, this really is a unique treatment.

The Total Glow A total face and body experience to bring out your overall glow **90 minutes : £130**

It's time to glow! You will feel totally refreshed and revived as we start off with a full body exfoliation to leave your body feeling revitalised and hydrated before moving on to our All About The Glow power hour facial. This advanced skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin.

Facial Therapies

Treatment times include pre-treatment consultation, hands-on treatment time & post-relaxation

Power Breakfast Facial Express Facial for all skin types - 30 Minutes : £42

Looking for results, like now? This revitalising facial includes a deep power cleanse & nutritious clay mask for rapid turnaround topped with a wake-up scalp massage. Quick, go!

Express Glow Express Facial for all skin types - 30 Minutes : £45

Resurfaced, smoother brighter skin in an instant with this oxygenating bubble peel. So bubble up and let the glow begin!.

My Kinda Skin Facial Bespoke prescription facial - 60 Minutes : £72

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolletage massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

Purification Facial A deeply cleansing & relaxing facial - 60 Minutes : £72

The solution for skin in need of a good spring clean. A professional deep cleanse that leaves your complexion feeling squeaky clean, un-clogged, decongested and as fresh as a daisy.

Repose Aromatherapy Facial Relaxing, indulgent facial - 75 Minutes : £95

There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage and eye treatment followed with hot oil scalp massage, plus a hand & arm massage. Pure bliss.

Light Relief CBD skin booster facial - 75 Minutes : £95

Feeling and looking stressed out? Our LIGHT RELIEF CBD skin booster facial is the remedy. This anti-inflammatory treatment brings comfort to fragile and dehydrated skin whilst soothing mind, body, and soul. Starting with a calming face massage and eye treatment and followed with a hot oil scalp massage, plus a hand & arm massage using warmed stones, rest assured you'll leave radiant, glowing and feeling totally chilled out.

All About The Glow Vitamin C radiance facial workout - 60 Minutes : £82

This advanced skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. A deep double cleanse is followed by a layer of our state-of-the-art oxygenating bubble peel that powerfully resurfaces to transform your complexion from lacklustre to positively glowing. Next up is a powerful skin workout that wakes up your skin and visibly lifts, depuffs and irons out fine lines. Finally, our professional-only alginate mask drives product deep into your skin to work its magic.

The Totally Quenched & Drenched Facial Rehydrating facial - 75 Minutes : £95

This divine treatment includes a cryogenic mask, intense eye therapy, lymph draining & lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron!

Champagne & Truffles Deluxe Treatment The Crème de la Crème of Radiance Facials 60/90 minutes : £85/£105

This luxury facial combines our award-winning truffle formulas with a deep double-cleansing ritual, a glycolic resurfacing peel, a skin-destressing alginate mask and hot & cold stone therapy followed by a unique skin-lifting and muscle-firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow. Add a glass of Fizz and a delicious chocolate truffle to complete the luxury and help you relax.

STRESSED OUT? Enjoy our 15 minute hot stone neck and shoulder treatment : £20

SPRING IN YOUR STEP? Want a spring in your step?

Select our 15 minute indulgent foot ritual : £20

Mediterranean Massage

Treatment times include pre-treatment consultation, hands-on treatment time & post-relaxation

Relaxing Drift Away Massage Back, Neck and Shoulder - 30 Minutes : £42



Full body massage – 60/90 minutes : £72/£100

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature scalp massage. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melt away... zzzzzzz!!!!!!

Energizing In Good Spirits Massage Back, Neck and Shoulder - 30 Minutes : £42

Full body massage – 60/90 minutes : £72/£100

An invigorating massage designed to leave you full of vitality. We use an uplifting blend of Mediterranean essential oils including Ginger, Lemon and Bergamot that are carefully chosen to stimulate and refresh the skin, body & soul. The clever massage movements encourage circulation and stimulate the whole body to leave you feeling energised and full of life. Upgrade your experience to 90 minutes to include a signature scalp massage. All guaranteed to restore and revive you, putting a spring back into your step!

Detoxing Work It Out Massage Back, Neck and Shoulder - 30 Minutes : £42

Full body massage – 60/90 minutes : £72/£100

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We perform a deep tissue, body-boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process. Detox-licious! Upgrade your experience to 90 minutes to include a signature scalp massage.

Rose Quartz & Truffles Body Massage 60/90 minutes : £95/£125

This indulgent treatment will leave you feeling totally relaxed from top to toe with our skin transforming massage using our unique TRUFFLE BODY MASSAGE OIL. Skin is left feeling restored & radiant & you, oh so relaxed!

Rocks of The Mediterranean Hot Stones Massage 75 Minutes : £90

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

The Oaks Scalp Massage 30 Minutes : £42



This treatment commences with our unique welcome ritual, a deep cleanse and tone of the face and then a neck shoulder and face massage. The main scalp massage then promises total relaxation.

AAAHHH!! Leg & foot energiser - 30 Minutes : £42



This oh-so-good treatment is instant relief for tired, overworked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

Enhance Your Massage : Popular Side Orders

SECRET EYE? Want to look less tired?

Discover our 15 minute secret eye remedy : £20

SPRING IN YOUR STEP? Want a spring in your step?

Select our 15 minute indulgent foot ritual : £20

Body Scrubs & Wraps

Treatment times include pre-treatment consultation, hands-on treatment time & post-relaxation

I'll Be Back A facial for the back - 45 Minutes : £55

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you with a back to be proud of.

The Outer Glow Face & body exfoliation - 45 Minutes : £55

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Off you glow!

Go Figure A firming, toning, tightening body detox treatment - 60 Minutes : £75 **Course of 6 : £375**

Need help with the wobbly bits? This starts with lymphatic skin brushing techniques, followed by a targeted detox massage for hips, thighs & abs. Then a marine and earth mud wrap continues the good work before a friction, anti-cellulite rub. One treatment is fab, a course of six is amazing!

Cashmere & Truffles Body Treatment Total Body Rejuvenation - 60 minutes : £95

This indulgent treatment combines an invigorating, radiance boosting body exfoliation followed by a skin transforming treat with our luxurious TRUFFLE BODY MASSAGE OIL & a layer of our award winning BODY TRUFFLE Crème. Skin is left feeling cashmere soft & revived, beautifully fragrant & ready for the red carpet.

Hands & Feet

Shape & Polish Manicure/Pedicure 30 Minutes : £25

Your nails will be filed to your desired shape followed by an application of your chosen OPI nail polish. Includes cuticle work and buffing of the nails.



Classic Manicure/Pedicure - 45 Minutes : £35

Replenish your skin with essential moisture with this hand or foot treatment. This therapy helps maintain the skin on the hands or feet. Cuticle work, exfoliating, moisturising and conditioning help renew and revitalise. The treatment is completed with an OPI nail polish application of your choice..

Long Lasting Gel Manicure/Pedicure 60 Minutes : £38

Long lasting OPI gel nail colour with zero risk of smudging, giving you instantly dry high gloss colour. Includes cuticle work, moisturising and conditioning, the perfect on the go manicure or pedicure. This manicure gel treatment also includes a coating of the revolutionary IBX Protective Nail Shield under the gel which leaves your nails continuously shielded and conditioned.



Perfect Sense Paraffin Wax Hand or Foot Treatment 75 Minutes : £65

With Swiss apple stem cell, grapeseed oil and white and green tea, as well as essential vitamins A, C and E, these effective mitts nourish and soften, whilst promoting the renewal of cells and protecting the skin from harmful free radicals. Through heat and hydration, antioxidant paraffin nutrients vital to healthy skin hydrate and protect from dryness, cracking, soreness and irritation. This fantastic treatment includes with cuticle work, exfoliation, paraffin application with Perfect Sense wax infused booties or mitts, moisturising and conditioning and finishing with an OPI nail colour of your choice.

Gel Removal 45 Minutes - £17

A gentle soak off for Gel Lacquer.

At Home Gel Removal Kits £12

Available from reception.

All The Extras

Kissed By Mii Full Body Exfoliation & Express Spray Tan 60 Minutes : £45

Let our therapist exfoliate away the dry skin before applying our popular moisturising Spray Tan, rich in Marine Minerals with a 3 hour development time.

Kissed By Mii Express Spray Tan 30 Minutes : £32

Our therapist will apply our popular moisturising Spray Tan, rich in Marine Minerals with a 3 hour development time. Timing includes drying time.

Waxing

Full Leg Wax	45 Minutes : £25	Lip & Chin Wax	15 Minutes : £12
Half Leg Wax	30 Minutes : £17	Eyebrow Wax	15 Minutes : £10
Full Leg & Bikini Wax	60 Minutes : £35	Brow Tint*	15 Minutes : £10
Bikini Wax	15 Minutes : £12	Lash Tint*	30 Minutes : £17
Underarm Wax	15 Minutes : £12	Brow & Lash Tint*	30 Minutes : £17
Lip or Chin Wax	15 Minutes : £12		
Back/Chest Wax	30 Minutes : £17		

* A patch test is required for tinting and this has to be performed by us at least 48 prior to the booking. Patch tests remain valid for 6 months.

Mens Selection

Go Guy Male Executive Facial - 60 Minutes : £72

This macho facial is perfect to revive, refresh and invigorate. Your skin will be revitalised with a deep brush cleanse, a choice of lifting or tranquil massage, compression massage and exfoliating mask. Aching neck muscles will be massaged, worry lines smoothed and headaches soothed. You'll feel glad you gave us an hour of your time.

Mediterranean Massage

Choose from 1 of 3 types of massage which include our deeply relaxing Drift Away massage, our invigorating & energising In Good Spirits massage or our deep tissue, detoxing Work It Out massage that will relieve fluid retention and work out tired, aching muscles. You can find out more information on our Mediterranean Massage page.

Back, Neck and Shoulder - **30 Minutes : £42**

Full body massage - **60/90 minutes : £72/£100**

Sports Pedicure 45 minutes : £35

A relaxing and grooming foot and leg treatment. Hard skin is softened, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be made neat and tidy, with toenails perfectly shaped.

Waxing

Back Wax	30 Minutes : £17
Chest Wax	30 Minutes : £17
Eye Brow Wax	15 Minutes : £10

Side Orders

Delightful treats to add onto your main treatment : all £20

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we present a lovely selection of 15 minute options to add onto your main treatment. These can be added to any facial, massage or body treatment.

- 1 Stressed Out? Enjoy our hot stone neck & shoulder treatment
- 2 Head feel heavy and uptight? You will love our sedating hot oil scalp massage
- 3 Love your hands to be pampered? Select our indulgent hand ritual
- 4 Want a spring in your step? Select our indulgent foot ritual
- 5 Want to look less tired? Discover our secret eye remedy

Benefits of Memberships

There are many perks to becoming a Spa Member here at The Oaks including:

- 10% Discount on food, drinks, treatments and products
- Access to a variety of fitness classes
- Discount Spa Day passes for friends & family
- Make it a day - when you and a guest spend £25 each on treatments, your guest will receive complimentary Spa Access for the day

With 3 different types of memberships to suit your schedule and a discounted rate for joint memberships, our Spa is the perfect place to unwind, relax and focus on your wellness.

Amethyst Trust

Any treatments with the Ribbon Symbol are part of our specially adapted menu of wonderful TEMPLESPA treatments suitable for clients who are medically frail, recovering from illness or are immunocompromised such as those with or recovering from cancer. If you are unsure and would like to speak to a therapist please call our team and we can happily assist.

Terms & Conditions

Treatments

All treatments are subject to availability. The management of The Oaks reserves the right to cancel/move/substitute treatments in the event that they are unable to fulfil the customers original request. Please note that the times stated in our brochure include pre treatment consultation, hands on treatment time and post relaxation.

Booking

No provisional booking can be made. Spa Days and treatments to the value of £40.00 or more require full payment payable at time of booking. No firm booking contract exists until the company has issued confirmation of the booking and payment received.

Price & Payment

The price is specified in the published price list. The price includes Value Added Tax at the rate applicable on the day. Cash, cheques supported by current Bankers Card, MasterCard, Visa & Switch are accepted. American Express cards are not accepted.

Cancellation by Guests

In the event a cancellation, a 100% charge will apply when a cancellation takes place 48 hours or less prior to booking.

Amendments by Guests

In the event you need to alter the date of your booking - our team will happy to assist if the request takes place with at least 48 hours notice of the booking. Anything within 48 hours would be considered cancellation and full charges would apply.

Cancellation by The Oaks

The Oaks cannot accept liability for cancellation due to circumstances outside their control. If such circumstances arise The Oaks reserves the right to cancel the contract and refund all sums paid by guests or offer other such alternative arrangements.

Valuables

Guests who bring valuables such as jewellery, do so entirely at their own risk. Guests are strongly advised to ensure in their own interests that all valuables are properly covered by their own insurance.

Children

Users of The spa and those receiving treatments must be 16 and over. We regret to advise that people under the age of 16 are not allowed into the Spa facilities.



The Oaks

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