



# The Oaks Golf Club & Spa

## The Spa



## 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, and use of all of our ground floor Spa Facilities.

### MORNING CHILL OUT

9:30am - 1:30pm | £89

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

### AFTERNOON ESCAPE

1:30pm - 5:30pm | £89

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

### TWILIGHT INDULGENCE

3:30pm - 8:30pm (Mon-Fri) | £104

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

### THE OAKS OASIS

9:30am - 5:30pm | £110

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 - 5:30pm | £122

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 TOTAL GLOW

9:30am -5:30pm | £155

Includes a 90 minute treatment - 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.

### CHAMPAGNE & TRUFFLES

9:30am - 5:30pm | £165

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

9:30pm - 5:30pm | £110

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.

### CAN'T DECIDE

Spend over £150 on treatments per guest & gain access to our Spa facilities from 9:30am - 5:30pm. Please note, no refreshments are included.

### DAY GUEST PASS a discount is available on Day Guest Passes for Tue, Wed & Thurs

Must be pre-booked. Please note, no refreshments are included  
Full Day: £60 - 9.30am to 5.30pm  
Half Day: £50 - 9.30am to 1.30pm or 1.30pm to 5.30pm.

### MEMBER'S GUEST PASS discounted as above

The member must be present for the duration of the guests pass & must be pre-booked. Please note, no refreshments are included  
Full Day: £50 - 9.30am to 5.30pm  
Half Day: £40 - 9.30am to 1.30pm or 1.30pm to 5.30pm.

**MEMBERS**  
If you and your guest book a treatment costing over £45.00 each, your guest will receive complimentary spa access for the day

### LAZY SUNDAY

Sundays only | 10am - 4pm | £69

Come and enjoy a relaxed Sunday Spa session with coffee on arrival, use of facilities 10am - 4pm and a 3-course Sunday lunch. Drinks are not included but can be purchased separately.

## Signature Spa Experiences

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

### MY KINDA MOOD

120 minutes | £165

Not sure what you'd like? Then this is the ideal treatment. First, we 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

90 minutes | £155

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 MEDITERRANEAN ESCAPE

90 minutes | £155

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 purification facial. Totally smoothed and soothed, head to toe.



# Discover Medik8 Professional Treatments

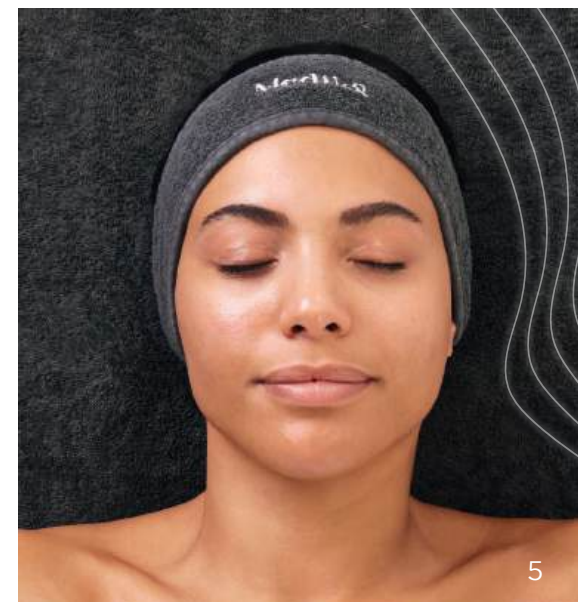
Medik8's professional facials and peels are expertly designed to deliver targeted solutions for every skin type and concern, offering visible results with minimal downtime. Each treatment is precisely formulated to address your unique skin concerns, whether it's clarity, enhanced radiance, or age-defying results. Backed by Medik8's commitment to Results Without Compromise, every treatment is powered by high-performance actives to deliver professional results while remaining kind to skin.

## HOW TO PREPARE FOR A MEDIK8 PROFESSIONAL FACIAL OR PEEL

Maximise results with a consultation from a Medik8 professional to personalise your CSA home care routine to enhance & prolong your in-clinic results. It's as simple as vitamin C & sunscreen by day, vitamin A by night.

## WHAT TO EXPECT

1. A personalised consultation to assess your skin & create a tailored treatment plan
2. Skin preparation & exfoliation
3. Your chosen facial or peel application
4. Final application of Medik8's advanced skincare to nourish, protect & enhance post-treatment results.



# Facials

Every Medik8 facial is expertly tailored to target individual skin concerns, combining professional expertise with clinically proven results.



## CRYSTAL RETINAL AGE-DEFYING FACIAL

60 MINUTES

Our most rejuvenating facial yet, **£105** powered by Crystal Retinal and enhanced with our transformative sculpting massage. This facial is tailored to your skin's needs to visibly reduce wrinkles, enhance radiance, and increase skin firmness in just 1 treatment.\*

\*Proven via independent consumer study on Crystal Retinal Signature Mask on 18 volunteers over 4 weeks

## EXPERT FACIAL

**£95**

60 MINUTES

### Introductory Facial

Crafted by your Medik8 Professional for a truly personalised experience, this treatment nourishes deeply, enhances skin clarity, and promotes a smoother, more even complexion. Complete with a soothing yet invigorating massage, it rejuvenates both skin and senses - offering the perfect restorative reset.



# Peels

all £115

Buy a course of 5 and receive a complimentary Medik8 Post Treatment Kit worth £32. Medik8 peels are professional-grade exfoliating acids applied to the skin, to visibly resurface, refine and retexture the skin. Designed to target stubborn skin concerns, each peel works by accelerating skin renewal, revealing fresher, healthier-looking skin with every treatment. All Medik8 peels are formulated with innovative Time Release technology to ensure a controlled release of actives for maximum efficacy & optimal comfort.

## TOTAL SKIN RESET PEEL

45 MINUTES | PRICE

For maximum skin-smoothing results, this multi-benefit peel combines three powerful exfoliating methods, leaving your complexion visibly brighter, smoother, and perfected.

## REWIND PEEL

45 MINUTES

The ultimate age-defying peel, designed to stimulate collagen production while visibly reducing fine lines and wrinkles. Skin is left rejuvenated, firmer and smoother, with imperfections visibly diminished.

## EVEN PEEL

45 MINUTES

Targeting hyperpigmentation, sun damage, and dull, uneven skin tone, this brightening peel works to reduce excess melanin production for a visibly radiant, more even complexion.

## CLARITY PEEL

45 MINUTES

A powerful blemish-fighting peel that rapidly decongests the skin, helping to control blemishes while dramatically reducing the risk of future breakouts.

## UNIVERSAL PHA PEEL

45 MINUTES

An 'everyone' peel which is suitable for all skin types and concerns. It visibly brightens, smooths and decongests the skin. Ideal for a first-time peel or to prolong the results of previous peels.

## SENSITIVE PHA PEEL

45 MINUTES

A gentle yet effective peel designed specifically for extremely sensitive or redness-prone skin. It visibly smooths skin texture while supporting the skin barrier for a more resilient, healthier-looking complexion.



## Templespa Facials

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

### POWER FACIAL

30 minutes | £49

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



### EXPRESS GLOW

30 minutes | £52

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



### MY KINDA SKIN

60 minutes | £88

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

60 minutes | £88

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

75 minutes | £110

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

75 minutes | £110

Feeling and looking stressed out? Our 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

60 minutes | £99

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.

### CHAMPAGNE & TRUFFLE DELUXE

60/90 minutes | £105/£128

This luxury facial combines our award-winning truffle formulas with a deep double cleansing ritual, a glycolic resurfacing peel, a skin-distressing 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. A glass of prosecco & chocolate truffles will be served in our relaxation room after your treatment to complete this luxurious experience.

### SIDE ORDERS

15 minutes | £25

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

SPRING IN YOUR STEP? Want a spring in your step? Select our 15 minute indulgent foot ritual

*A side order can only be added on to qualifying treatments 30 minutes and over*



## Mediterranean Massage

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

### THE OAKS SCALP MASSAGE

30 Minute | £49

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.



### RELAXING DRIFT AWAY

Back, Neck & Shoulder - 30 Minutes | £49

Full Body - 60/90 Minute | £88/£119

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



### REVITALISING FEEL GOOD

Back, Neck & Shoulder - 30 Minutes | £49

Full Body - 60/90 Minute | £88/£119

This revitalising power massage uses our vibrant and joyful aromatic oil inspired by the zest of Mediterranean citrus groves. Bergamot, sweet orange, lemon, and cooling mint working alongside our invigorating massage movements designed to combat fatigue and encourage circulation. You will be left feeling re-energised and at ease. Upgrade your experience to 90 minutes to include a signature scalp massage.

## DETOXING WORK IT OUT

Back, Neck & Shoulder - 30 Minutes | £49

Full Body - 60/90 Minute | £88/£119

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.

## ROCKS OF THE MEDITERRANEAN HOT STONE

75 minutes | £110

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!

## AAAHHH! LEG & FOOT ENERGISER

30 minutes | £49

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.



## SIDE ORDERS

15 minutes | £25

TIRED EYES? Add on our secret eye remedy

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

Select our 15 minute indulgent foot ritual

*A side order can only be added on to qualifying treatments 30 minutes and over*



## Body Bliss

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

### I'LL BE BACK

45 Minutes | £68

This invigorating treat includes an exfoliating 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

45 Minutes | £68

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!

### THE MEDITERRANEAN ESCAPE

90 Minutes | £155

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 purification facial. Totally smoothed and soothed, head to toe.



## Age Defying Treatments

Treatment times include pre-treatment consultation, hands-on treatment time & post-relaxation. Treatments on this page also include a complimentary glass of prosecco & chocolate truffles served in our relaxation room to complete your luxurious experience.

### VIP CHAMPAGNE & TRUFFLE DELUXE FACIAL

60/90 Minutes | £105/£128

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

120 Minutes | £205

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. With complimentary spa access from 9:30am - 5:30pm.

### YOUR BEST YOU Relief & Mood Boosting Treatment

60/90 Minutes | £105/£128

Helping to support and nurture women during all stages of menopause This unique top-to-toe treatment is bespoke to you, supporting you fully during your second spring, no matter the stage you're at. Choose from warm or cool but hey it's okay to change your mind at any time, just say. This gentle, caring massage, uses a combination of expert therapist hands and Himalayan Salt stones which produce negative ions to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and tension and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful. You'll step off the bed feeling fresh, calm & content. Your best you once again. Upgrade your treatment to 90 minutes to include a lifting facial massage, hot oil scalp massage and application of our award-winning Truffle products.

**MEMBERS**  
When you book this treatment you will also receive some TEMPLE SPA treats.

# Mens' Selection

## GO GUY FACIAL 60 Minutes | £88

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.

## POWER FACIAL

30 minutes | £49

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

## MEDITERRANEAN MASSAGE

Choose from our deeply relaxing Drift Away massage, our invigorating & energising Feel Good 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 & Shoulder - 30 Minutes | £49

Full Body - 60/90 Minute | £88/£119

## SPORTS PEDICURE 45 minutes | £42

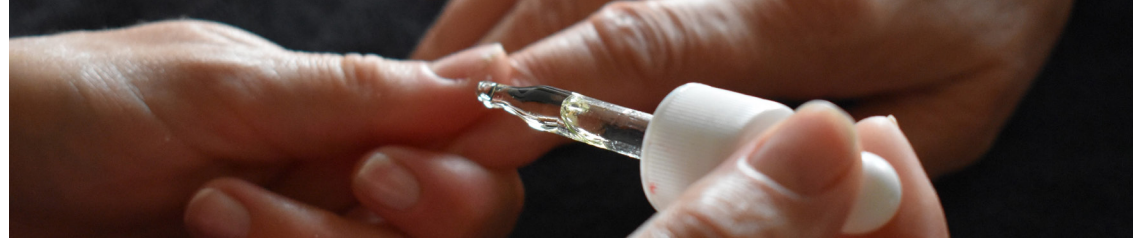
A relaxing and grooming foot and leg treatment. Hard skin is softened, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be made neat and tidy, with toenails perfectly shaped.

## AAAH!! LEG & FOOT ENERGISER 30 minutes | £49

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.

## WAXING

Back	30 minutes   £21
Chest	30 minutes   £21
Eyebrow	15 minutes   £14



# Hands and Feet

## SHAPE & POLISH MANICURE/PEDICURE

30 Minutes | £32

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



## CLASSIC MANICURE/PEDICURE

45 Minutes | £42

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, exfoliation and a conditioning moisturiser help to renew and revitalise. The treatment is completed with an OPI Infinite Shine Lacquer application of your choice.



## LONG LASTING GEL MANICURE/PEDICURE

60 Minutes | £45

Long lasting OPI gel nail colour with zero risk of smudging, giving you instantly dry high gloss colour. Includes cuticle work, exfoliation and a conditioning moisturiser making it the perfect on the go manicure or pedicure. This manicure gel treatment also includes a coating of the revolutionary Repair Moder with Ulti-plex technology under the gel which leaves your nails continuously shielded and conditioned.



## PARAFFIN WAX HAND OR FOOT TREATMENT

75 Minutes | £78

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 cuticle work, exfoliation, paraffin application with Perfect Sense wax infused booties or mitts, a conditioning moisturiser and is finished off with OPI Infinite Shine Lacquer.



## GEL REMOVAL

45 Minutes | £21 A gentle soak off for Gel Lacquer minimising damage.

## AT HOME GEL REMOVAL KITS

£15 Available from Reception

## All The Extras

### KISSED BY Mii FULL BODY EXFOLIATION & EXPRESS SPRAY TAN



60 Minutes | £55

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 | £40

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   £32
Half Leg Wax	30 Minutes   £21
Full Leg & Bikini Wax	60 Minutes   £42
Bikini Wax	15 Minutes   £16
Underarm Wax	15 Minutes   £16
Lip or Chin Wax	15 Minutes   £14
Back/Chest Wax	30 Minutes   £21
Lip & Chin Wax	15 Minutes   £16
Eyebrow Wax	15 Minutes   £14
Brow Tint*	15 Minutes   £14
Lash Tint*	30 Minutes   £21
Brow & Lash Tint*	30 Minutes   £24

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



## Side Orders

### DELIGHTFUL TREATS

£25 each

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 TEMPLESPA 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 **Heavy Head** 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**

## Membership

**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
- Discounted Spa Days for friends & family
- Make it a day - when you and a guest spend £30 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.

# Terms & Conditions

## Cancellation Policy

Please book in advance to avoid disappointment. Reservations cannot be confirmed without payment in full at time of booking either by Gift Voucher, card payment or cash. In the event of cancellation, re-booking will be offered or the money paid placed onto a gift voucher to be used within 1 year, except when the cancellation occurs less than 48 hours prior to your confirmed date of visit, in which case the full cost will be applied. In the event you need to alter the date of your booking - our team will be 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

## Treatments

All treatments are subject to availability. We request you arrive at least 15 minutes before your treatment start time to allow sufficient time to check in. 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.

## 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, MasterCard & Visa are accepted. American Express cards are not accepted.

## 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.

# Our Facilities

- **Spa Reception** - The Spa lounge has been developed to create a sanctuary and to provide a soothing escape from everyday life. Your cares and stresses will slip away and allow a sense of calm to descend whilst you enjoy some good food, a glass of prosecco or a place to sit back and just relax.
- **Pool** - Take a dip in our state of the art, stainless steel 15 metre swimming pool which is ideal for swimming lengths or floating into a state of tranquillity.
- **Relaxation Room** - Lie back, close your eyes and allow yourself to shut off as you slip into a state of serenity in the comfort of our heated water beds which are located in our relaxation room.
- **Outdoor Terrace** - Surrounded by privacy hedging, our terrace is the perfect place to escape to during the summer months. With sun loungers and seating areas, it's the perfect spot to enjoy a drink, catch some rays or lose yourself in a good book.
- **Poolside Loungers** - Relax into the peaceful ambience of our pool hall from the comfort of our poolside loungers. Fancy a glass of fizz? Our spa reception team are happy to serve this to you in one of our poolside glasses.
- **Sauna** - put your everyday stresses aside and embrace the positive effect our Sauna can have on your whole wellbeing
- **Steam Room** - Enjoy a total cleanse as the steam opens your pores and your mind to ease the stress and aches caused by the hustle & bustle of life
- **Aromatherapy Room** - Relax beneath the fibre optic lighting as you inhale the soothing aromas of lavender, rosemary and pine
- **Plunge Bucket** - Take the plunge & cool down with our invigorating cold water plunge
- **Jacuzzi** - Loose yourself in the picturesque views of our parkland course whilst the jets of our jacuzzi massage your limbs to leave you feeling relaxed and renewed.



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.



If you want the chance to relax before the new arrival makes their appearance, any treatments marked with the gold pram can be adapted for those expecting.



## The Oaks

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