



THE
TREATMENT
ROOMS
AT
TRENTHON
MANOR



SPA TREATMENTS
& THERAPIES





IT'S ALL ABOUT THE FACE!



PRESCRIPTION,
SKIN BOOSTING
& WELL BEING FACIALS

THE POWER BREAKFAST FACIAL

30 MINUTES. This introductory facial provides a quick and instant pick-me-up for any occasion.



MY KINDA SKIN BESPOKE PRESCRIPTION FACIAL FOR INDIVIDUAL SKIN TYPES.

60 MINUTES. This gorgeous facial includes a face mask, lymph drainage and a face, scalp, hand and arm massage. You will feel amazing and your skin will look so, so good.

PRESCRIPTION AND SKIN BOOSTING FACIALS



MEDITERRANEAN MARINADE A CALMING FACIAL FOR SENSITIVE OR DELICATE SKIN.

60 MINUTES. Totally luxurious facial packed with fresh ingredients and vitamin boosters that will leave skin, body and mind smoothed and soothed. Designed to reduce the effects of sun, stress and fatigue. A deeply relaxing experience not to be missed.



GO GUY – MALE EXECUTIVE MEN'S FACIAL FOR ALL SKIN TYPES.

60 MINUTES. This macho facial is perfect to revive, refresh and invigorate. Aching neck muscles will be massaged, worry lines smoothed and headaches soothed. You'll feel glad you gave us an hour of your time.



PURIFICATION A DEEPLY CLEANSING AND RELAXING FACIAL FOR OILY, CONGESTED, BLEMISHED SKIN.

60 MINUTES. This glorious treatment starts with an effective cleanse, followed by a tranquil face massage. Skin is then exfoliated with a set of movements and a purification Mud Mask applied whilst you enjoy a deeply relaxing scalp massage. Purifies oily skin conditions such as acne, blemishes and congested skin.



WINDOWS OF THE SOUL DIVINE EYE TREATMENT, PERFECT FOR WHEN YOU LOOK TIRED.

30 MINUTES. This treatment is designed for the delicate eye area that needs special attention. Using intensive formulations and 'cold therapy' to tighten and tone the eye area. Specialised eye massage techniques to lift, smooth and revitalise, putting a sparkle back in your eye. Perfect to add to any facial or by itself.

WELL BEING FACIALS



REPOSE AROMATHERAPY FACIAL RELAXING, INDULGENT FACIAL FOR ALL SKIN TYPES.

75 MINUTES. This indulgent, aromatherapy facial is infused with generous anti-inflammatory ingredients. It will soothe, calm and nourish a tired irritated or unhappy complexion. A divine treatment that includes lymph drainage and a tranquil face massage, a relaxing eye treatment and a hot oil scalp massage. Pure bliss.



THE TOTALLY QUENCHED AND DRENCHED FACIAL REHYDRATING FACIAL FOR THIRSTY SKIN.

75 MINUTES. The ultimate in anti-ageing. This lavish facial is a must for dehydrated or neglected skin and it is designed to leave it looking radiant and fresh. Combining powerful anti-oxidants to help fight the ageing process and loss of elasticity in the skin, this divine treatment includes our intense eye therapy and eye massage and a rather special secret remedy to encourage deep hydration and eliminate fine lines. And if that isn't enough we also use lifting massage techniques and lymph drainage.



IT'S ALL ABOUT THE GLOW

VITAMIN C RADIANCE FACIAL WORKOUT

60 MINUTE This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling and brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin. 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 lackluster 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.

We like to call it the facial gym power hour!

SUPERLUXE TRUFFLE FACIALS



CHAMPAGNE AND TRUFFLES DELUXE TREATMENT

THE CRÈME DE LA CRÈME OF FACIALS.

60 / 90 MINUTES. 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 cold stone therapy followed by a unique skin-lifting and muscle-firming massage. The visible results is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow.

With the 90 minute version enjoy a hot stone massage to the neck and shoulders. To finish enjoy a flute of bubbly and a delicious truffle to complete the luxury and help you relax.





BODY SCRUBS



JUST LIKE A 'FACIAL' BUT
FOR THE BODY!



WILL BE BACK

A FACIAL FOR THE BACK

45 MINUTES. Following an invigorating skin exfoliation with our Mediterranean scrub, warm purifying mud is smoothed all over your back for a deeply cleansing treatment. Heated fragrance infused mitts are used to remove the mask before a stimulating massage, leaving you energised and with a back to be proud of.



AAAHHH!

LEG AND FOOT ENERGISER

30 MINUTES. Don't you just hate it when your legs and feet beat like drums? This oh-so-good treatment is an instant relief for tired, over worked limbs. It begins with skin brushing, to help eliminate excess fluids, followed by our Mediterranean scrub; a warm oil massage, that will leave you tingling, and finally an invigorating rub with Aaahhh! Wonderful to add on to another treatment.



THE OUTER GLOW

FACE AND BODY EXFOLIATION

60 MINUTES. Using our unique, sugar-buff body scrub we polish your body and exfoliate your face with a breakfast smoothie. This invigorating and refreshing all over treatment leaves the skin top-toe soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Go and Glow!



CASHMERE & TRUFFLES BODY TREATMENT

TOTAL BODY REJUVENATION

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

SPA EXPERIENCES



MY KINDA MOOD

A PRESCRIPTIVE FACIAL & MASSAGE BESPOKE TO YOU

120 MINUTES. Not sure how to spend the next couple of hours? Firstly, we'll chat about how you are feeling - skin, body & soul - and let you smell the different aromas 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. We will select the products and techniques perfect for your wants and needs. You will look, feel and smell "oh so good".



VIP GOLDEN TRUFFLE EXPERIENCE

LUXE TOP-TO-TOE FACE & BODY TREATMENT

120 MINUTES. The ultimate in total luxury. This treatment delivers all over radiance-boosting results starting with a leg energiser and an invigorating full body scrub followed by a relaxing massage using our unique advanced anti-ageing body techniques, both tightening and toning. This is followed by our champagne and truffles deluxe facial, the skin is left glowing, brighter and revived beyond expectations.

CBD WELL BEING TREATMENTS



STRESS NOT

CBD MASSAGE

30/60/90 MINUTES. This calming and anti-inflammatory massage targets muscle pain and melts away tension using the power of warmed stones leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD balm STRESS NOT naturally eases muscle stiffness and calms body minds...giving you a moment of blissful respite.

Upgrade your experience to 90 minutes to include a signature face and scalp massage using our CBD skin booster facial oil LIGHT RELIEF.

LIGHT RELIEF

CBD SKIN BOOSTER FACIAL

75 MINUTES. Feeling and looking stressed out? Our LIGHT RELIEF CBD skin boosting 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 and arm massage using warmed stones, rest assured you'll leave radiant, glowing and feeling totally chilled out.



DRIFT AWAY

RELAXING FULL BODY MASSAGE

30 / 60 / 90 MINUTES. This is our really relaxing top-to-toe massage, formulated with a dreamy blend of essential oils, guaranteed to have you drifting away. It will soothe frazzled nerves, relaxing the muscles and mind. We will wind you down and take your mind off your thoughts. The 60 minute version includes the scalp massage & the 90 minute includes a face & scalp massage.



IN GOOD SPIRITS

ENERGISING FULL BODY MASSAGE

30 / 60 / 90 MINUTES. An invigorating massage designed to leave you full of vitality. We use a gorgeous blend of Mediterranean essential oils that are carefully chosen to stimulate and refresh the skin, body and soul. The clever massage movements encourage circulation and stimulate the whole body. Your aching muscles will feel eased and soothed. All guaranteed to restore and revive you top-to-toe. The 90 minute version also includes a face and scalp massage.



WORK IT OUT

DETOXING / MUSCLE

WORKOUT MASSAGE

30 / 60 / 90 MINUTES. A detoxifying massage that helps sculpt the body, relieve fluid retention and work out tired muscles. First we start with full body brushing to get the circulation going and improve lymph draining. Then we perform a deep tissue, body boosting massage with special techniques to really give your muscles a work out, working on knots, tension, tightness and start the detox process. Detox-licious!



ROCKS OF THE MEDITERRANEAN

HOT STONES MASSAGE

30 / 75 MINUTES. Enjoy a hot stone back massage to melt away your tension. Or choose our 75 minutes full body massage. This popular 'Thermal Stone' massage is a glorious treatment using warm basalt lava stones to massage the body from head to toe, harnessing the touch of the stone and the influence of the heat to create an aura of warmth. The muscles are relaxed and rejuvenated in a sensation unique to stone massage. It's an experience you just have to have at least once in your life.



NEW BEGINNINGS

MUMMY TO BE

60 MINUTES. Pregnancy is a most wonderful time that requires treatments specially designed just for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore tired muscles while you feel completely comfortable and relaxed. You never know, the little bambino might enjoy the sense of calm too!



ROSE QUARTZ & TRUFFLES BODY MASSAGE

TOTAL BODY RELAXATION

60 / 90 MINUTES. 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 and radiant and guest oh-so relaxed.



HOLISTIC THERAPIES

INDIAN HEAD MASSAGE

45 MINUTES. Indian head massage includes massage of the shoulders, upper arms, neck, scalp, face and ears. It is a wonderfully relaxing treatment that is very effective at relieving aches, pains, stress and rebalancing energy flow to provide a deep sense of peace, calm and tranquillity.



REFLEXOLOGY

60 MINUTES. Reflexology is an alternative medicine method involving the practise of massaging and applying pressure to parts of the feet, the goal of encouraging a beneficial effect on other parts of the body and to improve general health & well-being. The reflexology practitioner aims to 'kick start' the client's natural healing process. A wonderful relaxing treatment for both mind and body.



SIDE ORDER

ADD ON TO ANY TREATMENT

- Hot Stone Neck and Shoulder Massage **15 MINUTES**
- Indulgent Scalp Massage **15 MINUTES**
- Indulgent Hand and Arm Massage **15 MINUTES**
- Indulgent Leg and Foot Ritual Massage **15 MINUTES**



TEMPLESPA



TEMPLESPA



AMETHYST COLLECTION

This specially adapted menu of wonderful TEMPLESPA treatments is suitable for clients who are medically frail, recovering from illness or are immunocompromised such as those with or recovering from cancer. These adaptable and customisable treatments allow the therapist to create bespoke treatments to suit the client's needs.

FACIALS

MY KINDA SKIN - 60 min

Bespoke prescription facial for individual skin types

A totally bespoke facial designed to suit your personal skin type and your concerns. Your therapist will analyse, prescribe and then tailor a gorgeous facial which will deliver amazing results. To begin with your skin will be cleansed and gently exfoliated* followed by our signature Temple Spa face and décolleté massage, an application of a bespoke treatment mask and a prescribed moisture treat. Whilst you drift off your treatment is completed with a choice of a tension relieving hand and arm massage or a divine scalp massage. You will feel amazing and your skin will look so, so good!



THE POWER BREAKFAST - 30 min

Express facial for all skin types

Looking for quick results, need to look your best but don't have much time? This is the facial for you. We've taken all the ingredients that you would find in a healthy breakfast like oats, honey and fruit juices, to create this pick me up facial. Includes a power-cleanse, nutritious scrub* and mask, revitalising face massage and wonderful scalp massage. A taster treat for all skin types!

** Exfoliation may not be appropriate for clients whose skin is sensitised from medical treatments they are undergoing.*



BODY TREATMENTS

DRIFT AWAY - 30/60/90 Massage

This deeply relaxing and fully customisable top-to-toe massage, using our beautiful oil It's All Good which contains a dreamy blend of vitamin E, peach kernel oil, sunflower seed oil and olive, guaranteed to leave you drifting away.....zzzzzz!!

** Exfoliation may not be appropriate for clients whose skin is sensitised from medical treatments they are undergoing.*



AAAHHH! LEG AND FOOT ENERGISER - 30 min

(Not suitable for clients who are undergoing treatment for cancer)

Don't you just hate it when your legs and feet beat like drums? This oh-so-good treatment is instant relief for tired, over worked legs and feet. Your legs are treated to a warm oil massage that will leave you tingling and feeling lighter. The treatment is completed with our cooling and soothing balm AAAHHH! Followed with a skin treating sweep across the feet with the Award Winning SOLE BALM.

You really will say "AAAHHH!"



HANDS AND FEET SUITE



TEMPLE SPA PEDICURES & MANICURES

Probably the most luxurious manicure and pedicure you will ever have, literally skin care for the hands and feet. These treatments will leave your hands and fingertips or feet and toes looking elegant and feeling 'oh so good'.



SPA MANICURE

60 MINUTES

SPA PEDICURE

60 MINUTES

*Add on Jessica GELeration

SPA PACKAGES



HALF DAY PACKAGE

TIME OUT PACKAGE

- Drift Away Full Body Massage
- My Kinda Skin Facial

POLISH AND REVITALISE

- Outer Glow Face and Body Exfoliation
- Full Body Massage

Package includes full use of our leisure facilities, day hire of a robe, towel and slippers, and a soft drink in the bar.



FULL DAY PACKAGE

PAMPER ME

- Full Body Massage
- Champagne and Truffles Facial

TOP TO TOE

- Drift Away Back Massage
- Power Breakfast Facial
- Aaahhh Leg and Foot Energizer

PURE BLISS

- Rocks of the Mediterranean Face and Body Hot Stone Massage
- My Kinda Skin Facial

Includes breakfast, lunch, full use of our leisure facilities, day hire of a robe, towel and slippers, and a glass of bubbly in the bar.



PARTY PACKAGES

All party packages include being greeted by a spa therapist at Reception, full use of the leisure facilities, coffee and pastry on arrival, spa lunch including a glass of wine and day hire of a robe, towel and slippers. Available to groups of two or more.

‘SPARTY’

Includes all the above followed by a facial workshop where you get to try the Temple Spa products suitable for your skin giving yourself a luxurious facial.

‘DRIFT AWAY’

Includes all of the above plus one ½ hour treatment from selection below:

- The Power Breakfast Facial
or
- Drift Away Back Massage
or
- Aaahhh Leg and Foot Energiser

‘MY KINDA DELIGHT’

Includes of all the above plus one ¾ hour treatment from selection below:

- My Kinda Skin Facial
or
- Trenythron Special Massage
or
- Indian Head Massage

‘SUPER INDULGE’

Includes of all the above as well as a 1 hour treatment from selection below:

- Mediterranean Full Body massage
or
- My Kinda Skin Facial
or
- Drift Away Back Massage and Power Breakfast Facial



SPA GUIDELINES



OPENING HOURS

The spa is open seven days a week between 10am-6pm. We offer a late-night opening on a Wednesday until 8pm.



TREATMENTS AND PACKAGES

The Treatment Rooms at Trenython Manor are open to male and female clients over the age of 16. Exceptions may be made for younger clients but this must be discussed with our Therapists prior to treatment and may require adult supervision. Please arrive 5 minutes prior to your appointment time to complete a short consultation. A consultation must be completed by all clients. If you arrive late for your appointment it may result in your treatment being shortened.



FACILITIES

All treatments of 1 hour or more include complimentary use of our leisure facilities including pool, sauna, steam room, Jacuzzi and gymnasium. For treatments of less than 1 hour there is a small charge to use the facilities. Why not make the most of your spa experience and use the facilities before your treatment to relax your muscles and open your pores.



SPA ATTIRE

You may arrive for your treatments fully dressed or in a robe from your room, lodge or that has been provided if you are on a spa day or part of a package. Robes and towels are not provided if you are just having individual treatments, please bring your own. We will inform you of what to wear in your treatment during the consultation.



SPA ETIQUETTE

We hope you find our Spa a peaceful and tranquil environment. Please help us to keep it this way by respecting other clients' rights to privacy and quiet.



HEALTH CONSIDERATIONS

Please advise your Therapist of any health or medical issues you may have, including pregnancy, so that suitable treatments may be recommended. It may be that we will require a Doctor's note for some medical conditions before we can carry out your treatment, so please contact the Spa prior to arrival if you are concerned.



CANCELLATION POLICY

Please give at least 48 hours' notice if you need to cancel an appointment. If less than 48 hours' notice is given, a cancellation charge, equal to the full price of the treatment booked will be charged, or to your room bill if you are a hotel resident.



GIFT VOUCHERS

Gift vouchers are available to purchase all year round and are valid for 12 months.

For more information or to make an appointment please call 01726 811822.

Residents should call extension '100'.

All information is correct at time of printing but may be subject to change without notice.





Please contact us for further information or to book your treatments:
Reception: 01726 814797 (0)
Spa: 01726 811822 (100)
Spa email: trenython.spa@wyndhamtrenython.com

to view our price list visit
www.wyndhamtrenythonmanor.com/spa/