



# THE SPA

*at* ILSINGTON  
NEAR HAYTOR, DARTMOOR

## *Spa Treatments*

*The Spa exudes an atmosphere of  
complete calm and relaxation.*

With beautifully tiled floors, well appointed changing rooms and the latest facilities, the Spa at Ilsington offers an exclusive corner of peace and tranquillity with a hint of Tibetan influence.

***GOLD WINNER, SOUTH WEST TOURISM  
SPA AND WELLNESS EXPERIENCE 2017***

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# For the face ...



CAUDALIE  
PARIS

## *Premier Cru Facial*

### ***Ultimate Anti-Ageing Facial***

This exceptional anti-ageing treatment uses innovative techniques including 3 patents to lift, moisturise, smooth and plump the skin. First, a 'Derma'roller is used to facilitate the penetration of active ingredients. Next an exclusive hydrogel mask is applied before Premier Cru cream, is massaged into the skin which will feel smoother, firmer and visibly less lined.

70 minute treatment ..... £85.00

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## *Resveratrol[Lift] Facial*

### ***Anti-Wrinkle and Firming***

This instant firming and lifting treatment is for skin lacking vitality and firmness, it includes a mask rich in Caudalies unique resveratrol anti-ageing, active ingredients, toning and lifting effects are immediate.

55 minute treatment ..... £70.00

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## *Vinoperfect Radiance Facial*

### ***Specifically aimed to restore Radiance and Tired skin***

This facial begins with a cleansing and sculpting massage using essential oils and small hot and cold basalt stones applied to the face before a Radiance Peeling Mask is used to restore your complexion's luminosity. The Vinoperfect Serum adds the finishing touch to this treatment, leaving you looking fully rested and radiant.

55 minute treatment ..... £65.00

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## *Vine[Activ] Detox Facial*

### ***Anti-Oxidant and Anti-Wrinkle***

This facial shields the skin from free radicals and helps prevent future damage by using polyphenols in the grape seeds. After a thorough cleansing and a deep exfoliation, a detoxifying mask with pink clay, coffee and grape marc eliminates impurities and toxins.

55 minute treatment ..... £60.00

## *Vinosource Hydrating Facial*

### ***Nourishing and Soothing***

This glamorous, nourishing and anti-oxidising treatment with fresh grapes is designed to restore comfort, radiance and softness to dry skin. Treatment includes skin cleansing, smoothing using grapes, a long sculpting massage and a Moisturising Cream Mask. Skin is left soft, moisturised and protected from external stress.

55 minute treatment ..... £60.00

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## *The Express D-Vine Facial*

### ***Instant Radiance Boost***

This express facial creates an instant burst of luminosity in the skin. Treatment includes a deep cleansing facial to exfoliate skin, a customised mask and a relaxing hand massage.

25 minute treatment ..... £40.00

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## *Caudalie Anti-Ageing Eye Treatment*

### ***Lifting and Firming***

Caring for the delicate eye area, treatment will deliver instant brightening, smooth lines and substantially reduce puffiness and dark circles with the use of ice cold stones.

25 minute treatment ..... £40.00



# For the body ...



CAUDALIE  
PARIS

## *Divine Body Massage Treatment*

### **Relaxing**

A relaxing massage using Divine Oil and compression techniques to gently soothe tense muscles and boost your energy. Your skin will be left luxuriously moisturised, wrapped in a delicate floral fragrance.

75 minute treatment .....	£90.00
55 minute treatment .....	£75.00
40 minute treatment (Back, neck and shoulders).....	£50.00
25 minute treatment (Back, neck and shoulders).....	£40.00

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## *Fleur de Vigne Body Treatment*

### **Relaxing**

A deeply relaxing treatment, indulging all your senses. Enjoy a unique and luxurious experience under the soft glow of a massage candle that melts into warm oil, delicately scented with Fleur de Vigne (Grape Blossom). Your skin will be softened, moisturised and wrapped in a delicate floral fragrance.

55 minute treatment .....	£75.00
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## *Relaxing and Nourishing Body Wrap*

### **Relaxing and nourishing**

A Divine scrub gently exfoliates the skin followed by an application of Divine Oil and Vine Body Butter for a deeply nourishing body wrap. A Full scalp massage aids total relaxation.

55 minute treatment .....	£60.00
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## *Contouring & Invigorating Body Wrap*

### **Slimming and moisturising**

A deep nourishing treatment for the body that will start with an exfoliation to remove dead cells and then an application of Contouring Concentrate to help smooth cellulite and refine your body. This is followed by a Vine Body Butter wrap for a deep body moisture treatment. It includes a full scalp massage for total relaxation.

55 minute treatment .....	£60.00
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## *Himalayan Body Brilliance*

This treatment uses rare pink Himalayan sea salt to exfoliate the body, leaving it silky soft and delicately fragranced. An expert blend of 84 Trace Minerals detoxifies the body to encourage nutrient absorption to nourish the skin. The brilliance treatment is completed with a conditioning fusion of 12 BioActive ingredients including the highly effective seagrass.

40 minute treatment ..... £50.00

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## *Hot Stones massage*

A highly therapeutic massage using the energy and heat retaining properties of volcanic basalt stones. Deep and fast penetration of the muscles is achieved to release tension in the body and promote profound relaxation. The warm stones will be used as an extension of your therapist's hands, as well as being expertly placed on energy centres of the body. With the addition of one of our Signature Body Oils, this treatment becomes a truly blissful experience.

55 minute treatment ..... £90.00

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## *Pressure Point Scalp Massage*

This deeply relaxing scalp and neck massage uses Eastern techniques to relieve tension and restore your natural energy flow. The calming properties of our Soulful essential oil blend help de-stress and revitalise the mind and body.

25 minute treatment ..... £40.00

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## *Energy Point Remedy*

The hands and feet are firstly refreshed by soothing mitts. The key reflex points are then stimulated before these areas are massaged further to relieve tired muscles. A 'short but sweet', highly effective treatment.

25 minute treatment ..... £40.00

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## *Ear Candling*

This technique can help to relieve any blocked sinuses, earache, headache, ear noise, stress and nervousness.

40 minute treatment ..... £35.00



# Reflexology

This is a gentle manipulation of pressure points on the feet that relate to organs and systems within the body. Working these 'reflex' areas encourages the body to work more effectively, and is deeply relaxing and pleasurable. Reflexology helps to restore balance and good health; it lifts the spirits and promotes a general feeling of well-being.

50 minute treatment ..... £60.00

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## For men ...

*Although all our treatments are suitable for men, here are some more specific ones.*

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### Vinotherapy Facial

*Relaxing Facial for all skin types*

A Premier Cru facial specifically for men's skin, designed to relax your features, restore radiance and regulate moisture levels through a long relaxing massage. This accelerates cellular renewal and improves your skins texture.

55 minute treatment ..... £75.00

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### Muscle Relief Therapy

A deep tissue massage treatment designed to intensely release muscle tension. Allow your therapist to tailor your treatment to focus on any specific areas of concern.

55 minute treatment ..... £75.00

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## For indulgence ...

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### Heavenly Haytor

A bespoke back, neck and shoulder massage followed by an express facial to leave you feeling relaxed and radiant

55 minute treatment ..... £75.00

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### Delight of Dartmoor

A tailored full body massage to relieve tension followed by a personalized facial to complete the luxurious pampering experience. Stress is forgotten and the skin is left feeling beautifully soft and luminous.

1hour 40 minute treatment ..... £125.00

## *Ilsington Tibetan Massage* (Subject to therapist availability)

The Tibetan Massage is a unique mixture of massage, heat and retreat through the application of warmed oil, hot steamed herbal poultice, hot stones, inspiring and awakening the senses to create a deeply relaxing and soulful experience, quietening the mind and relaxing the body.

1hour 25 minute treatment ..... £110.00

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## **For the nails ...**

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### *Express Manicure or Pedicure*

Nail shape, cuticle tidy and Orly polish

25 minute treatment ..... £20.00

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### *Full Manicure or Pedicure*

Nail shape, exfoliation, cuticle tidy, massage and Orly polish

40 minute treatment ..... £35.00

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# *Spa Etiquette*

## **Arrival at the Spa**

Upon arrival you will be greeted by a member of staff who will familiarise you with the spa and facilities. When having a treatment, we ask that you arrive at the treatment waiting area at least 10 minutes prior to your treatment time in order to complete a health questionnaire and ensure you receive your full treatment time.

## **Booking and Cancellation**

Booking is essential. All Booking times include consultation time. We do operate a 48hr cancellation policy. Should you need to cancel within 48hrs full payment is required.

## **Health Conditions**

Some treatments and spa facilities are not recommended for those with specific health conditions. Please inform us when booking and we will happily advise you of the most suitable treatments.

## **Spa Attire**

Please wear suitable, DRY and comfortable clothing which are easy to change in and out of if the treatment requires it or that you can completely relax in if it's a fully clothed treatment.

## **THE SPA at ILSINGTON**

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