

THE SPA

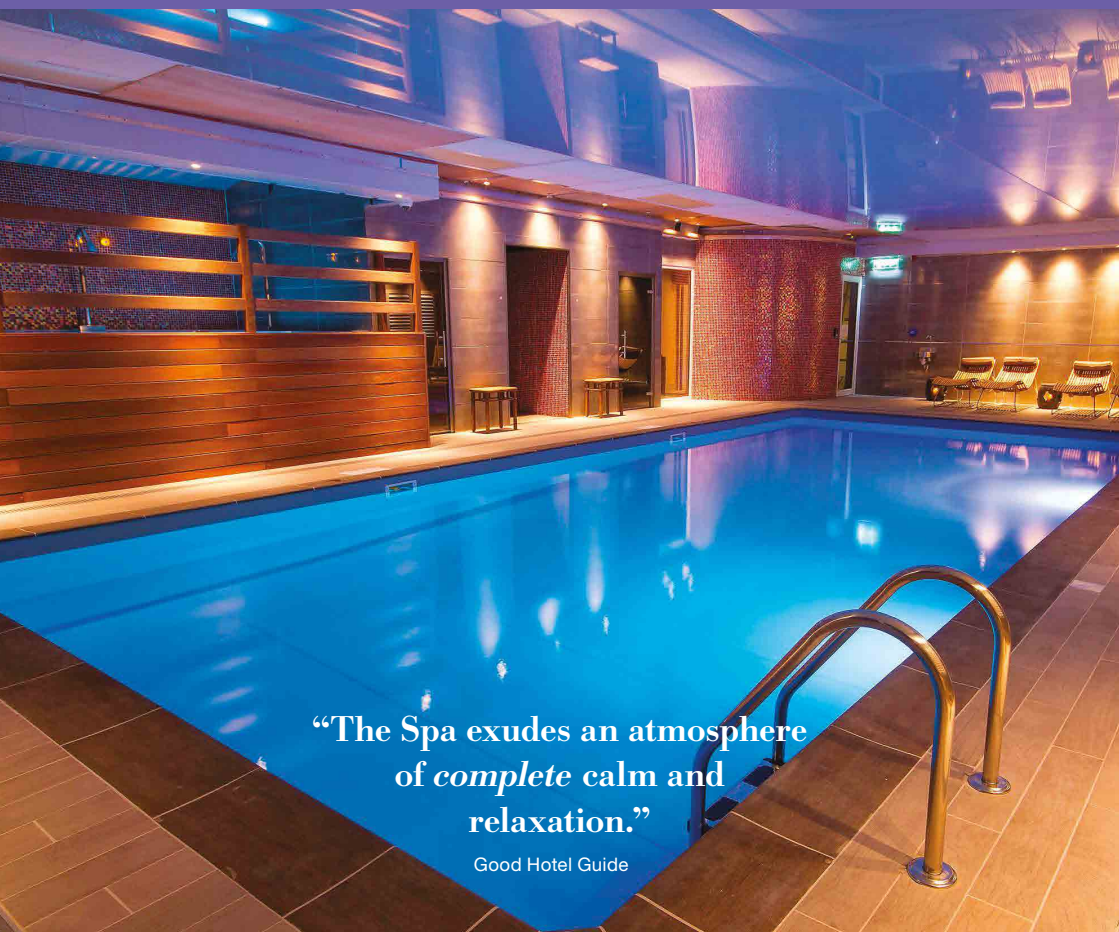
at ILSINGTON

NEAR HAYTOR, DARTMOOR



Spa Treatments

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.



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

Good Hotel Guide

For the face ...

CAUDALÍE

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. A firm anti-ageing massage is performed to stimulate the facial muscles, 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 £100.00

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 £90.00

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 £85.00

Vinergetic C+ 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 £80.00

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 £80.00

Vinopure Facial

Purifying, anti-blemish

Vinopure, the purifying and anti-blemish skincare treatment, perfect for combination and oily skin. This treatment begins with cleansing, followed by a purifying massage to free the skin of imperfections, tighten pores and refine the skin texture.

55 minute treatment £80.00

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 £60.00

40 minute treatment (to include facial massage) £70.00

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 £60.00



For the body ...



CAUDALÍE

PARIS

Divine Body Massage Treatment

Relaxing

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

75 minute treatment	£110.00
55 minute treatment	£95.00
40 minute treatment (Back, neck and shoulders).....	£70.00
25 minute treatment (Back, neck and shoulders).....	£60.00

Signature Upper Body Bliss

Relaxing

Unwind the stress and tension in your upper body with this bespoke treatment. We begin with a targeted back massage to relieve aches and pains. This will then be followed by a hand and arm massage and finished with a soothing facial and scalp massage to leave you feeling and looking totally refreshed!

55 minute treatment	£95.00
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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	£80.00
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Crushed Cabernet Body Treatment

Stimulates and firming

This exfoliation technique recovers your skin's radiance and softness. This scrub with a base of grape-seed, honey, brown sugar and essential oils, is an ideal treatment for relieving tension and invigorating your mind & body. Your skin will be left feeling clean, refined and perfectly smooth.

55 minute treatment	£85.00
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Hot Stones Massage

A highly therapeutic massage using the energy and heat retaining properties of volcanic basalt stones. 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.

70 minute treatment £115.00
40 minute back, neck and shoulders £75.00

Pressure Release 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 soothing oil will help de-stress and revitalise the mind & body.

25 minute treatment £60.00

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 £60.00

Ilstington Tibetan Back, Neck & Scalp Massage Treatment

This amazing bespoke treatment incorporates a herbal heat compress to give a fantastic treatment that soothes and alleviates muscle tension on your back and neck. Finishing with a relaxing scalp massage.

40 minute treatment £80.00

Reflexology

A specialised massage which focuses solely on the feet! Using the ancient map on your feet, reflex points are worked to balance the body's energy flow and induce a sense of tranquillity.

50 minute treatment £85.00



Mothers-to-be ...

The following treatments are suitable for mothers-to-be over 12 weeks. These treatments also include access to the pool area. We strongly recommend that you do not use the Hydrotherapy pool, Sauna & Steam Room.

Pregnancy Massage

Enjoy this relaxing treatment at the time you need it the most. This gentle and relaxing full body massage is a well-deserved treat for mothers-to-be.

55 minute treatment £95.00
40 minute back, neck and shoulder massage £70.00

Ilington Ultimate Mother-To-Be Package

Enjoy a luxury full body massage for yourself and bump, followed by a Caudalie facial tailored to your skins needs, to leave you feeling relaxed and refreshed.

1 hour 40 minute treatment £145.00

For men ...

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

Vinotherapy Facial

Relaxing Facial for all skin types

A 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 £85.00

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 £100.00

For indulgence ...

Heavenly Haytor

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

55 minute treatment £95.00

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 £145.00

Ilsington Tibetan Full Body Massage

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.

1 hour 25 minute treatment £135.00

For the nails ...

Express Manicure or Pedicure

Nail shape, cuticle tidy and polish

25 minute treatment £40.00

Full Manicure or Pedicure

Nail shape, exfoliation, cuticle tidy, massage and polish

40 minute treatment £55.00

Express GelFX application

Nail shape, cuticle tidy, GelFX polish

45 minute treatment £50

Full GelFX Manicure or Pedicure

Nail shape, cuticle tidy, GelFX Polish, exfoliation and massage

60 minute treatment £65

Gel Removal

15 minute treatment £25

Spend over £90 on any treatment(s) per person and enjoy reduced price entry to the Spa at £20 per person. Does not include spa packages, subject to availability, not in conjunction with any other offers.

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 5 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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