



carden  
spa

treatments & price list

stimulate  
**your**  
senses

Welcome *to your time*

Perfectly located between the open landscapes of the **taste** Cheshire plain and the rugged Welsh hills, Carden Park Hotel, Golf Resort and Spa truly is a complete resort destination unparalleled in its offering and service. **touch**

Unwind and absorb the relaxing atmosphere whilst enjoying the 20 luxurious candlelit treatment areas and two relaxation areas Serenity and Tranquility. Discover the endless facilities available including sauna, steam room, Jacuzzi, 20 metre **smell** swimming pool, fully equipped gym, dance studio, St Tropez tanning booth, sun shower and much more.

**hear** We have created a variety of treatments and packages perfect for any occasion, whether it is a treat for you or someone special we will tailor all treatments to suit you. **see**

at the heart of relaxing and reviving

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## KEY

★ = Dual Treatments

👶 = Suitable For Pregnant Women

▼ = Includes Midi Polish to take home

🕯️ = Includes candle (60g)

All timings listed include consultation and aftercare time the exception are 30 minutes treatments.

at the heart of relaxing and reviving

## For *the face*

Our facials begin with a detailed consultation and in-depth skin analysis. Your facial is specifically tailored to you, to include cleansing, exfoliation, a treatment specific massage and mask. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

### HOLISTIC BACK, FACE & SCALP ★

This ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone. Includes: Back exfoliation and back massage – personalised facial – scalp massage. 85 minutes.

Mon-Thur £65 Fri-Sun £84

WITH HOT STONES 110 minutes.

Mon-Thur £84 Fri-Sun £99

### AGE-DEFYING FACIAL ★

This regenerating facial and firming eye treatment helps minimise fine lines, combat the signs of ageing and visibly improves the

appearance of your skin leaving it feeling fresh, replenished and nourished.

Mon-Thur £75 Fri-Sun £90

### LUXURY FACIAL ★

Incorporates the regenerating and firming eye treatment, this treatment is perfect for those concerned with the first signs of ageing. It effectively firms and hydrates helping to reduce the appearance of fine lines and protect against the impact of the environment. 85 minutes.

Mon-Thur £65 Fri-Sun £80

### REGENERATING FACIAL ★

Ideal for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jaw line. 55 minutes.

Mon-Thur £50 Fri-Sun £65

### DE-SENSITISER FACIAL ★

A comforting facial for sensitive skin that is prone to redness and irritation. This treatment helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable. 55 minutes.

Mon-Thur £50 Fri-Sun £65

### RE- HYDRATOR FACIAL ★

A regenerating facial for dehydrated skin. Gentle cleansing and exfoliation help the skin

absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. 55 minutes.

Mon-Thur £50 Fri-Sun £65

### SKIN RADIANCE FACIAL ★

A helping hand to refresh tired skin. This treatment smooths, reduces irregular pigmentation and brightens the skin to deliver instant results. 55 minutes.

Mon-Thur £50 Fri-Sun £65

### SKIN PURIFYING FACIAL ★

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.

This deep cleansing facial helps to regulate oil secretions and refine open pores, naturally decongesting and anti-inflammatory ideal to soothe and calm the skin, encouraging a more balanced and clearer complexion. 55 minutes.

Mon-Thur £50 Fri-Sun £65

the relaxing  
aroma  
of luxury

### REGENERATING AND FIRMING EYE

#### TREATMENT ★

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines. 30 minutes.

Mon-Thur £30 Fri-Sun £45

### SKIN REFINING FACIAL ★

This introductory facial provides a quick and instant pick me up designed for any occasion and is an ideal introduction to the ESPA facial products and treatments. 30 minutes.

Mon-Thur £30 Fri-Sun £45



## For *the body*

Let your stresses melt away with one of our relaxing body treatments. For something extra special try our exclusive Carden Park Lux candle treatment, unwind as the candle melts and fills the room with luscious smells of aromatherapy oil that is then used during your massage.

### CARDEN LUX TOTAL EXPERIENCE ★ 🔥

A total bespoke body experience commencing with a full body exfoliation followed by a warming massage to hydrate your skin and melt away tension, includes a relaxing face and scalp massage. Take home a 60g candle of your choice. 110 minutes.

Mon-Thur £110 Fri-Sun £115

### CARDEN LUX MASSAGE ★ 🔥

A warm full body massage using the shea butter, almond and coconut oil poured from your chosen Lux massage candle to awaken your senses. Take home a 60g candle of your choice. 55 minutes.

Mon-Thur £60 Fri-Sun £75

### ENERGY BOOSTER RITUAL

Following body exfoliation, an Algae wrap is applied and the scalp gently massaged. A full body massage leaves you with a sense of well-being, energised and revitalised. 110 minutes.

Mon-Thur £100 Fri-Sun £130

### STRESS RELIEVER RITUAL

Following body exfoliation, an Algae and Oshadi wrap is applied and the scalp gently massaged. A full body massage takes place bringing deep relaxation to body and spirit. 110 minutes.

Mon-Thur £100 Fri-Sun £130

### CHAKRA BALANCING BODY TREATMENT ★

The treatment begins with body brushing and exfoliation to smooth and soften the skin; an indulgent massage follows, using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles. Finally, a comforting scalp massage and gentle stretching allows you to relax and unwind. 110 minutes.

Mon-Thur £84 Fri-Sun £99

### HOLISTIC TOTAL BODYCARE

The treatment begins with body brushing and exfoliation to smooth and soften the skin; a full body massage follows, using nourishing essential oils of your choice bringing deep

relaxation to body and spirit. Finally, a comforting scalp massage allows you to relax and unwind. 85 minutes.

Mon-Thur £65 Fri-Sun £80

### NURTURING PRE NATAL BODY TREATMENT 🍼

Gentle body exfoliation is followed by a nourishing massage then a moisture rich body mask applied with a relaxing scalp massage to follow. A course of 6 treatments is recommended following the first trimester of pregnancy. 85 minutes.

Mon-Thur £65 Fri-Sun £80

### MATERNITY MASSAGE 🍼

A relaxing full body massage to help improve skin elasticity, reduce fatigue and targets areas prone to tension during pregnancy. 55 minutes.

Mon-Thur £50 Fri-Sun £65

### BODY TONER RITUAL (POST NATAL)

This treatment combines a body wrap and massage using specific oils, ideal for after pregnancy or weight-loss leaving the skin smooth, toned and nourished. Following body exfoliation, an Algae wrap is applied and the scalp gently massaged. 110 minutes.

Mon-Thur £100 Fri-Sun £130

### BODY WRAPS

The body wrap is a tailor-made experience designed to comfortably raise the temperature and induce perspiration to help eliminate toxins and increase the effects and absorption of the wrap. Following skin brushing and exfoliation a complete body wrap of Algae, Marine Mud or Oshadi Clay combined with essential oils is blended and applied to meet your specific needs. The treatment ends with a mind calming Oriental head massage during the envelopment for ultimate relaxation. Choose from the following: De-stresser, Muscle Relaxer, Jet-lag Reviver, Body Toner, Energiser, Immune Booster, Skin Hydrator or Detoxifier. 55 minutes.

Mon-Thur £55 Fri-Sun £70

### AROMATHERAPY BODY MASSAGE ★

This specific aromatherapy massage will be unique to your individual requirements. Choose from one of the following massages to relieve tension, relax or uplift the spirit; De-stresser, Muscle Relaxer, Jet-lag Reviver, Body Toner, Energiser, Immune Booster, Skin Hydrator or Detoxifier. 55 minutes.

Mon-Thur £50 Fri-Sun £65

### CLEANSING BACK TREATMENT ★

This stress relieving back treatment incorporates deep cleansing and exfoliation along with a luxurious back massage and a

mask using individually chosen essential oils combined with warmed marine mud. Ideal for all skin types, this relaxing treatment will leave you feeling refreshed and invigorated. Includes: skin cleanse - skin brush and exfoliation – back massage with hot stones – warming marine mud mask. 55 minutes.

Mon-Thur £50 Fri-Sun £65

WITH HOT STONES 55 minutes.

Mon-Thur £55 Fri-Sun £70

### SALT & OIL SCRUB

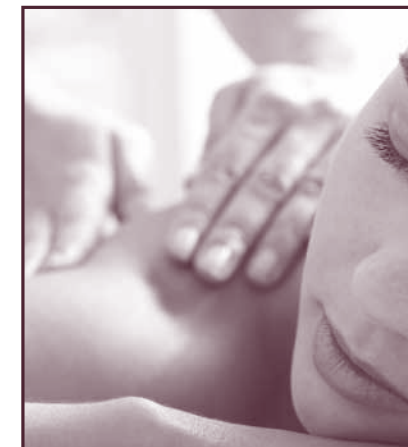
This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Body Polish is applied instead of Salt & Oil Scrub. 30 minutes.

Mon-Thur £30 Fri-Sun £45

### MUSCLE REVIVER MASSAGE ★

A condensed massage for those who suffer with tension related headaches and neck strain. If you have little time to spare, this deeply soothing back massage is an ideal way to melt away tension and relieve tight muscles. 30 minutes.

Mon-Thur £30 Fri-Sun £45



the gentle  
touch  
of elegance



## For *men*

### FITNESS BODY MASSAGE ★

This specific aromatherapy massage will be unique to your individual requirements.

Choose from one of the following massages to relieve tension, relax or uplift the spirit;

De-stresser, Muscle Relaxer, Jet-lag Reviver, Body Toner, Energiser, Immune Booster, Skin Hydrator or Detoxifier. 55 minutes.

Mon-Thur £50 Fri-Sun £65

### PERSONALISED FACIAL ★

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience a personalised facial, which your therapist will tailor to suit your skin's needs that day.

55 minutes.

Mon-Thur £50 Fri-Sun £65

### STRESSBUSTER ★

Ideal for those suffering with stress related tension from business pressure, travel and a fast-paced lifestyle. Gentle skin cleanse involving skin brushing and body exfoliation followed by a full body massage with hot stones and scalp massage. Gentle stretching leaves your body feeling soothed, revitalised and de-stressed. 110 minutes.

Mon-Thur £84 Fri-Sun £99

All of our treatments in this brochure can be adapted for men.



## Finishing touches



### WAXING All

Full Leg, Bikini & Underarm £40

Full Leg & Bikini £35

Full Leg £30

Half Leg & Bikini £30

Half Leg £25

Bikini or Underarm £15

Lip And Chin £15

Lip or Chin £12

### EYETREATMENTS All

Eyelash Tint & Eyebrow Shape £25

Eyelash & Eyebrow Tint £20

Eyelash Tint £15

Eyebrow Shape £15

Eyebrow Tint £12

False Eyelash Application £15

### TINT PATCH TEST

This must be performed 24-48 hours before having any tinting treatment. Tinting can only be performed if you have had a patch test here at Carden Spa.

### FINISHING TOUCHES All

Prepare for your next important event or work's night out with some finishing touches to feel that extra bit special.

### GELERATION NAIL OVERLAY FOR HANDS OR FEET

Geleration is applied like a polish, performs like a gel giving up to 3 weeks extended wear. Extra strength and longevity for manicures and pedicures, chip resistant, no smudging, dry in seconds and protects the natural nail. Includes: nail shape – cuticle work – gel overlay. 55 minutes. £45

### JESSICA DELUXE PEDICURE ▼

This foot and nail treatment includes gentle exfoliation, the feet are then placed in to warm thermal booties and a relaxing foot and lower leg massage is performed. The nails are shaped, cuticle work performed and to finish an application of a nail polish of your choice. Includes: exfoliation - thermal mitts – massage- nail shape – cuticle work – polish application and a midi nail polish to take home. 55 minutes. £40

### JESSICA DELUXE MANICURE ▼

This hand and nail treatment commences with the nails being shaped and the hands placed into thermal mitts. A hand and arm massage is then performed and the nails are shaped, cuticle work performed and to finish an application of a nail polish of your choice. Includes: – nail shape – thermal mitts

massage – cuticle work – polish application and a midi nail polish to take home.

55 minutes. £40

### LE REMEDI LUXURY HAND TREATMENT

A rejuvenating hand treatment that will leave your hands smooth, moisturised, conditioned and feeling firmer. Includes nail and cuticle work. (does not include nail polish application). 55 minutes. £40

### NAILS TO GO, HANDS OR FEET ▼

For those with little time why not have your nails shaped and nail polish applied along with a midi varnish of your choice to take home. Includes: nail shape- polish application - a midi nail polish to take home. Excludes French manicure. 25 minutes. £25

### MII MAKE UP

SKIN REFINING FACIAL AND MAKE OVER

Mon-Thur £45 Fri-Sun £60

MAKE OVER £45

### TANNING

St Tropez Spray Tan

Please allow 3 hours for tan to develop before showering. £20

### DUAL TREATMENTS

Share the experience and enjoy your treatments together in one of our dual treatment rooms. Ideal for couples, family or friends. We offer a selection of treatments and packages that can be enjoyed in our dual treatment rooms, please ask our spa sales team for further information.

Packages and treatments which are suited to our dual treatment rooms are shown with a ★ throughout our brochure.

## Luxury spa days



Treat yourself or someone special to a memorable day in the luxury Spa at Carden.

Choose from a selection of packages designed for the ultimate in self – indulgence. All Spa Experiences include full use of our facilities, a light lunch and a glass of Carden Old Gold on arrival:

- 20 metre swimming pool
- Sauna
- Steam Room
- Jacuzzi
- Monsoon Showers
- Gymnasium
- Relaxation Rooms (Serenity & Tranquility)
- Ladies Luxury Lounge
- Refreshment Area

### SHEER INDULGENCE SPA DAY

- Hot Stone Back, Face & Scalp Treatment
- Geleration Nail Overlay for the Hands
- Geleration Nail Overlay for the Feet
- Spa Gift to take home

Treatment total 3 hours 40 minutes.

Mon-Thur £175 Fri-Sun £195

### DETOX & PURIFY DAY

- Energy Booster Ritual
- Skin Purifying Facial
- Spa Gift to take home

Treatment total 2 hours 45 minutes.

Mon-Thur £150 Fri-Sun £175

### SHEER RELAXATION DAY

- Aromatherapy Body Massage
- Skin Radiance Facial
- Geleration Nail Overlay for the Hands
- Spa Gift to take home

Treatment total 2 hours 45 minutes.

Mon-Thur £140 Fri-Sun £165

### BLISSFUL BEGINNINGS

(PRE AND POST NATAL)

- Nurturing Pre Natal Treatment
- Geleration Nail Overlay for the Feet
- Spa Gift to take home

Treatment total 2 hours 20 minutes.

Mon-Thur £125 Fri-Sun £135

### TOTAL WELLBEING DAY

- Holistic Total Bodycare
- Luxury Le Remedi Hand Treatment
- Spa Gift to take home

Treatment total 2 hour 20 minutes.

Mon-Thur £120 Fri-Sun £140

### SPIRIT REVIVER DAY

- Muscle Reviver Massage
- Skin Refining Facial
- File and Polish for hands or Feet
- Spa Gift to take home

Treatment total 1 hour 25 minutes.

Mon-Thur £85 Fri-Sun £115

the soothing  
sound of  
tranquility

## Residential *packages*



### HEAVENLY HIDEAWAYS

Enjoy overnight accommodation, Full English breakfast and dinner to the value of £25.00 per person on the night of your stay, plus one of the following packages:

Package 1 from £95 per person - Choose 1 treatment from option A

Package 2 from £110 per person - Choose 1 treatment from option B

Package 3 from £190 per person - Choose 1 treatment from option C and 1 from option D

### HEAVENLY HIDEAWAYS

#### 2 NIGHT PACKAGE £210 per person

Enjoy overnight accommodation for 2 nights, Full English breakfast and dinner to the value of £25.00 per person per night. Plus 1 Treatment from option B on the 1st night and 1 treatment from option C on the 2nd night.

### SUNDAY ESCAPE

The package includes Sunday night accommodation, Full English breakfast and dinner to the value of £25.00 per person. Plus 1 of the following packages:

Package 1 from £99 per person – Additionally includes 1 treatment from option B.

Package 2 from £134 per person – Additionally includes 1 treatments from option B and 1 treatment from option C.

\*All prices are based on 2 sharing a standard room.

#### TREATMENT CHOICE A

Each treatment is 30 minutes excluding consultation and aftercare.

- Muscle Reviver Massage
- Skin Refining Facial
- Salt and Oil Scrub
- Regenerating and Firming Eye Treatment

#### TREATMENT CHOICE C

Each treatment is 55 minutes including consultation and aftercare.

- Body Wrap
- Cleansing Back Treatment with Hot Stones
- Skin Radiance Facial
- Geleration Nail Overlay (for the hands or feet)

#### TREATMENT CHOICE B

Each treatment is 55 minutes including consultation and aftercare.

- Relax & Revitalise Treatment (Back Massage and Regenerating Eye Treatment)
- Refresh & Revitalise Treatment (Skin Refreshing Facial and Regenerating Eye Treatment)
- Renew & Relax (Salt & Oil Scrub and a Back Massage)
- Relax & Refresh (Back Massage and a Skin Refreshing Facial)

#### TREATMENT CHOICE D

Each treatment is 110 minutes including consultation and aftercare.

- Chakra Balancing Body Treatment.
- Hot Stones Back Face and Scalp Treatment
- Energy Booster Ritual
- Lux Ultimate Body Treatment

## Group *packages*

Group packages of 6 people or more

### THRILL & CHILL

Morning refreshments  
Activity with G3 Events (details on application)  
Spa light lunch  
Aromatherapy Massage  
Mon-Thur £99 Fri-Sun £105

### NO THRILL, JUST CHILL, CHILL, CHILL

Morning refreshments  
Personalised Facial  
Spa light lunch  
Muscle Reviver Massage  
Mon-Thur £85 Fri-Sun £105

### TEEN PAMPER

(13-15 Years) must be accompanied by an adult  
Morning refreshments and spa light lunch  
Skin Refining Facial  
Nails To Go (hands or feet)  
Mon-Thur £60 Fri-Sun £75

Packages are subject to limited availability.

## Twilight *relaxation packages*

### TWILIGHT PACKAGE 1 £60

From 5pm Monday – Thursday evenings only.  
Enjoy full use of the leisure facilities, a spa light supper including a glass of Carden Old Gold wine and one of the following treatments.  
Personalised Facial, Aromatherapy Body Massage or Make Over. Treatment is 55 minutes.

### TWILIGHT PACKAGE 2 £80

From 5pm Monday – Thursday evenings only.  
Enjoy full use of the leisure facilities, a spa light supper including a glass of Carden Old Gold wine and one of the following treatments.  
Luxury Facial, Stress Eliminator or Holistic Back, Face & Scalp Treatment. Treatment is 85 minutes.

a reassuring  
**taste**  
of indulgence

## How to spa

### LEISURE CLUB HOURS

6.30am – 10.00 pm Mon – Sun

Specific swimming hours apply to children.

### SPA TREATMENT HOURS

9.00am – 8.00 pm Mon – Sun

### SPA SCHEDULING

To avoid disappointment we recommend you book an appointment in advance for your treatments. Please give as much notice as possible as availability can be limited especially at weekends. Please call 01829 731534 to book your appointment.

### PREPARATION

It is recommended that no alcohol is consumed prior to your visit to the Spa and we suggest that you consume adequate amounts of water following your treatments and use of the heat treatments.

### SPECIAL CONSIDERATION

Please notify our staff if you are pregnant or have any medical considerations as some of our treatments may not be suitable for you. Our expert Spa team will be happy to discuss special requirements and advise on the most suitable treatments for you.

### ARRIVAL AT THE SPA

To ensure that you receive your entire treatment time plan to arrive at least 30 minutes prior to your first Spa treatment. This will enable you to familiarise yourself with your surroundings, change into your robe and slippers, complete your consultation form and unwind in the relaxation areas. Please note that late arrival to the Spa will result in the treatment time being amended accordingly.

### GUEST SATISFACTION

We endeavor to ensure that all of our guests leave the Spa feeling relaxed and happy with their treatments. If this is not the case please ensure that you speak with one of our Spa Duty Managers before you leave the Spa.

### CANCELLATIONS

As a courtesy to other guests please provide the correct notice period to cancel appointments.

- Day packages must be paid for in full at the time of booking. This is non-refundable unless a cancellation or change of date is made 72 hours in advance.

- Any other changes or cancellations must be made 72 hours before treatments without penalty.
- Notification less than 72 hours will be charged at 50%.
- Notification less than 24 hours will be charged at 100% of the treatment cost less any monies already paid
- Group bookings of 6 or more will require a contract and the cancellation policy will be as stated as per the contract terms and conditions not the cancellation policy stated in this brochure.

### COURTESY

We ask that all mobile phones be turned off on entry to the spa and placed in your locker to ensure tranquility and allow you to relax along with our other guests. Please note that Tranquility and Serenity are quiet rooms for relaxation and the Luxury Lounge is available to chat and watch television.

### GUESTS

Guests using the Spa must be over 16 years of age and an adult must accompany any guest under 18 years of age.

### WORLDLY POSSESSIONS

You need only bring your swimming costume to use the leisure facilities but if you wish to bring your own personal amenities please feel free. We do suggest that you bring along a good book and enjoy the relaxation and surroundings of our beautiful resort. Please do not bring valuables to the Spa. Any jewellery must be removed prior to treatments and locked away in your locker. We do not accept liability for the loss or theft of any personal items.

### SPA ATTIRE

Correct fitness attire is essential to use the gymnasium and pool areas. For treatments it is quite normal to wear underwear, we can provide disposable briefs if you prefer. Please do not worry your modesty will be protected at all times by our expert therapists.

### RESIDENTIAL PACKAGES

A £50.00 non refundable, non transferable deposit will be taken at the time of booking. Package rates are subject to change.

### GIFT VOUCHERS

Gift vouchers are available at the Spa. We regret that no responsibility is taken for any lost or expired vouchers. Vouchers are strictly non – refundable and can not be exchanged for cash. Both personalised and monetary vouchers are available.

When using your voucher for Spa treatments or packages the actual voucher must be presented as payment on arrival to the Spa, failure to do so will result in another method of payment being requested.

stimulate  
your  
senses





# CARDEN PARK

HOTEL, GOLF RESORT & SPA

CHESHIRE

at the heart of relaxing and reviving

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