
treatment menu



thespa
at cadbury house



thespa a very special place

Imagine experiencing a spa treatment containing nature's purest botanical and marine elements. Combine this with the latest technologies to deliver outstanding visible results. Add a stylish, relaxing environment and attentive service and you have **thespa** at Cadbury House; an intimate spa designed to relax the mind and body. Enjoy some 'me' time, bring your partner, a friend or a group of friends. Before your treatments why not enhance your visit with some quality time in our steam rooms, saunas, spa pool and swimming pool with swim-in jet pool. Then enjoy a spa lunch or refreshments in **thelounge** at Cadbury House.

thespabreak collection

thespa set in the stunning grounds of Doubletree by Hilton, Cadbury House a 4 star contemporary boutique hotel!

Doubletree by Hilton Cadbury House a contemporary boutique hotel is a stunning venue set within rolling countryside, making it the ideal backdrop for your wedding, private party, business event or for a leisurely lunch. With enchanting views across the Bristol Channel and beyond into Wales, it is the perfect retreat.

Treatment	Duration	Price
Friday Night Getaway		£198 for 2
Come and join us at thespa for a special Friday Night Getaway Package includes;		
<ul style="list-style-type: none">• Full use of facility including steam rooms, saunas, spa pool and swimming pool with swim-in jet pool• Overnight stay• Breakfast• Full Body Massage		
Sunday Spa Day		£145 for 2
Spend your Sunday here with us at thespa and float away into a sea of relaxation.		
Package includes;		
<ul style="list-style-type: none">• Full use of facility including steam rooms, saunas, spa pool and swimming pool with swim-in jet pool• Overnight stay• Breakfast• Back, Neck and Shoulder Massage		
Midweek Spa Retreat		£190 for 2
Enjoy a bit of midweek pampering with us here at thespa		
Package includes;		
<ul style="list-style-type: none">• Full use of facility including steam rooms, saunas. spa pool and swimming pool with swim-in jet pool• Overnight stay• Breakfast• Back, Neck and Shoulder Massage		



thesignature package collection

Allow us to guide you through a memorable experience with our carefully selected signature packages. Each package has a particular benefit using the finest Pevonia Botanica ingredients and techniques. Packages include light lunch, use of robe and slippers, plus 2-hour use of our wet facilities: pool, spa, steam and sauna.

Treatment	Duration	Price
-----------	----------	-------

Mother and Teenager Package	1hr	£150
------------------------------------	------------	-------------

Spa teen facial for daughter and Perscriptive facial for mum and a file and paint on either hands or feet.

Yummy Mummy	2hrs	£130
--------------------	-------------	-------------

The perfect pamper package for those who deserve it most. Unwind with a Target Back Massage, before enjoying a facial tailored to your needs finishing with a Jessica Prescriptive De-luxe Manicure.

- Aromatherapy back, neck and shoulder massage
- Reviver Facial with scalp massage
- Jessica Deluxe Prescriptive Manicure

Tropical Escape	1hr	£85
------------------------	------------	------------

A combination of the tropical extracts of Mango and Passion fruit. This creamy yogurt wrap is applied to the skin. Transport yourself to a sublime tropical oasis where your senses will be gently awakened and phenomenal visible results are obtained. The skin emerges revived, refreshed, smoother, firmer and vividly brighter.

Float Away	1hr	£75
-------------------	------------	------------

Float away with this relaxing Traditional Full Body Massage.

Mix and Match		£35
----------------------	--	------------

For lunch, wets and robe add on your own treatment choices.



thegroups collection

Designed for groups of 3 people or more to provide a memorable day with your nearest and dearest. All group packages include a light lunch, use of robe, slippers and towel, and full day use of our wet facilities, pool, spa, steam and sauna.

Platinum Package £100 per person

- Tea or coffee on arrival
- Fresh towel if required
- Two 30 minute treatments, choose from facial, head and shoulder massage, back, neck and shoulder massage, manicure, pedicure, or body scrub
- 15 minute foot spa treatment in deluxe pedispa chair

Gold Package £75 per person

- One 45 minute treatment per person, choose from:
- Reviver Facial
- Back, shoulder and head massage
- Body Scrub with hot towels
- Manicure
- Pedicure

Silver Package £55 per person

One 30 minute treatment per person, choose from:

- Back Massage
- Reviver Facial
- Body Scrub



thaimassage collection

For thousands of years the ancient art of massage has been used to bring benefits to health and wellbeing. Incorporating a number of techniques we provide a wide range of treatments including stone placement using warm basalt stones to melt away stress, tension, aches and pains.

Treatment	Duration	Price
Back, Neck & Shoulders	30mins	£32
Tailored to suit your needs, this massage based on traditional Swedish techniques will soothe stiffness and relieve tension in aching muscles.		
Head, Neck and Shoulder	30mins	£32
Traditional Full Body Massage	1hr	£55
Based on traditional Swedish massage techniques. This treatment is designed to relax, warm and ease stress and tension of both the mind and muscles.		
Aromatherapy Full Body Massage	1hr	£60
A therapeutic massage for complete relaxation using a blend of the highest quality essential oils.		

Pevonia Stone Refresh **45mins** **£65**
Refresh the mind, body and soul with this introductory treatment. Includes stone placement with a facial, scalp, foot and hand massage.

Pevonia Stone Relax **1hr 30mins** **£90**
Thorough massage and stone placement treatment providing a complete holistic and sensory journey to release stress and induce deep relaxation.

Deep Tissue **30mins** **£38**
(Strictly subject to availability). **1hr** **£65**

Time for mum **2hrs** **£110**

A Signature Massage and facial treatment specifically tailored to safely care for mothers-to-be needs. Using anti-stress massage cream to help prevent stretch marks, focus is placed on the back and lower legs to soothe muscle tension.

- Foot spa and peel
- Hand and arm polish and massage
- Back, leg and abdomen anti-stress massage
- Plantomer Facial

Upgrade Option - Upgrade your massage of choice by 15 minutes for a additional £10 (not including stone massage)



thebody collection

Pevonia Botanica has created these imaginative therapies to renew the body and calm the mind. Created by drawing on health rituals from around the world these wondrous therapies incorporate the most exotic and revered ingredients available today.

Treatment	Duration	Price
-----------	----------	-------

Tropical Saltmousse Glow	30mins	£40
---------------------------------	---------------	------------

A spa exfoliating treatment unlike any other! Removes dead skin cells and impurities whilst releasing negative ions to counteract damaging environmental pollutants. As it pleasantly foams it naturally rehabilitates the skin leaving a youthful smooth surface.

Green Coffee Body Wrap for Cellulite	1hr	£68
---------------------------------------------	------------	------------

The ultimate answer to treat cellulite and eliminate toxins using 100% pure Green Coffee. This wrap stimulates the breakdown of fat while firming, slimming and smoothing the skin tone and texture.

Detox Seaweed Thalasso Wrap	1hr	£60
------------------------------------	------------	------------

Using a blend of the finest Seaweed from Brittany, renowned for its therapeutic, detoxifying and remineralising properties. As stress and toxins are eliminated, the body is replenished with 104 vitamins, minerals and enzymes.

Fit for Life Aromatic Moor Mud Wrap	1hr	£60
--------------------------------------------	------------	------------

This unique thermal mud, rich in 350 vitamins, minerals and enzymes is renowned for relieving aches, pains and cramps. Ideal for sports injuries, rheumatism and arthritis sufferers. This superb mud also boosts the body's immune system, relieves fatigue and stress leaving you invigorated and truly fit for life.

Tropical Oasis	1hr	£62
-----------------------	------------	------------

Combining the tropical extracts of Mango and Passion fruit, this creamy yogurt wrap is applied to the skin, prompting quick and deep absorption of potent rejuvenating ingredients. Transport yourself to a sublime tropical oasis where your senses will be gently awakened and phenomenal visible results are obtained. The skin emerges revived, refreshed, smoother, firmer and vividly brighter.

Back Ritual	45mins	£55
--------------------	---------------	------------

A truly relaxing back pamper. This treatment includes the use of hot towels, a targeted back massage and cocoon movements to sooth away tension and alleviate tight muscles.

theholistic collection

The ancient art of Holistic Therapy brings benefit to general health and wellbeing. Here at **thespa** we offer some of the most popular alternative treatments to aid relaxation and create a healthier mind and body.

Treatment	Duration	Price
-----------	----------	-------

Indian Head Massage	45mins	£45
----------------------------	---------------	------------

Stimulating yet deeply relaxing massage concentrating on the scalp, neck and upper shoulder. Designed to alleviate stress, this treatment improves blood flow to the brain and eases muscle aches and tension.

Reflexology	45mins	£45
--------------------	---------------	------------

A treatment that combines ancient and scientific theory that a map of the body is reflected in the feet. By using specific massage techniques upon these 'reflex' points this is a relaxing and holistic method of activating the body's self healing mechanism.

Reiki	1hr	£45
--------------	------------	------------

Developed in Japan in the early 20th century Reiki is natural healing energy that works on every level and promotes the body's regenerative self. Reiki can accelerate healing and balance the emotions leaving you feeling soothed and relaxed.

Hopi Ear Candles	45mins	£38
-------------------------	---------------	------------

This natural therapy is a pleasant and non-invasive method of cleansing the ears. The candle creates a chimney effect which gently draws impurities to the surface which is carried away through the candle. The benefits include relief from excessive or compacted wax and easing of discomfort to sinuses, while creating a sense of calm and relaxation.



thefacial collection

All treatments include professional skin diagnosis, relaxing massage, full homecare regime and skin care advice.

Treatment	Duration	Price
Prescriptive Facial	1hr	£55
This treatment is personalised and tailored to suit your skin care needs, creating a bespoke facial for outstanding individual results.		
Reviver Facial	30mins	£38
This 'taster' facial is the perfect introduction for all skin types. Skin is cleansed, hydrated and refreshed.		
Luminous C and Sea	1hr	£65
This treatment combines a high concentration of vitamin C with the latest high-tech formulation of pure freeze dried seaweed and the finest squalane oil to nourish and repair the skin.		
Plantomer	1hr	£60
This facial offers a unique combination of active ingredients, the oceans finest resource Laminaria Digitata rich in minerals, and the best resource from the Bees, Propolis rich in natural anti biotics and vitamin A. Recommended for all skin types especially sensitive also men and hormonal skin.		
Elasto-Firm	1hr	£60
Described as a non-surgical face lift, this deeply hydrating facial fights slackening of the skin and promotes a radiant youthful appearance. Recommended for any skin type with loss of elasticity.		
Spa Teen Facial	50mins	£50
Get a Jumpstart on Great Skin! Your therapist will analyze your skin and design a facial suited to your needs. From the age of 13 with parental supervision.		
RS2 Facial	1hr	£60
A radical solution for rosacea. This alleviating treatment provides soothing relief and visible results to dilated capillaries, congestion, blotchiness, and irritability.		



Crystal Clear Microdermabrasion Facial 45mins £55

This specialist treatment will treat lines, wrinkles, dull dehydrated skin, sun damaged skin, acne scarring, congested and acne prone skin. Using a controlled method of skin resurfacing gently exfoliating the outer layers of the skin, while increasing new collagen and elastin formation to visibly rejuvenate and firm the skin.

theadditions collection - To enhance your facial

De-stress eye treatment £15

A unique treatment for wrinkles and crepiness with outstanding results.

De-stress eye puffiness £15

Recommended for puffy eyes with stagnation, stress, and fatigue.

Youthful lip smoothing treatment with Retinol £15

This excellent treatment redefines the lip contour and smoothes wrinkles and furrows.

thenail collection

thespa offers a natural system to revitalise and repair your hands and nails. We begin with a consultation to personalise your treatment, and finish with homecare advice to complete it. Leaving you feeling truly pampered.

Treatment	Duration	Price
Jessica Prescriptive Manicure	45mins	£36

This thorough manicure is tailored to your individual needs and treats your nails as a specific nail type. After analysis hands are moisturised and massaged, cuticle problems are cared for, the nail shape perfected, and colour polish applied. Includes Jessica Midi polish to take home! Also available in French manicure.

Jessica Express Manicure	30mins	£26
---------------------------------	---------------	------------

This express manicure is tailored to meet your individual needs. Includes cuticle tidy, nail tidy, and colour polish application. Select a colour polish from our limited collection, or alternatively purchase a Jessica Midi polish (£5.70) available in a wide range of colours.

Executive Hand & Nail Treatment for Men	30mins	£30
----------------------------------------------------	---------------	------------

A thorough hand and nail treatment to condition and smooth. Hands are exfoliated, moisturised and massaged, nails are perfectly shaped, cuticles are conditioned and gently pushed back.

French Manicure	1hr	£40
------------------------	------------	------------

Prescriptive manicure with an elegant and natural finish.

Our luxury PediSpa room incorporating the Limoge™ hydrotherapy foot spa system offers a range of treatments to exceed your expectations. Relax in the heated, massaging chair while the whisper hydrotherapy jets soothe tired, hardworking feet.

Jessica Zen Spa Pedicure	1hr	£41
---------------------------------	------------	------------

A true facial for the feet! Hard skin is addressed, feet are exfoliated and massaged, cuticle and nail work completed, with a polish application included and a Jessica Midi polish to take home!

Jessica Express Pedicure	30mins	£31
---------------------------------	---------------	------------

This express pedicure is tailored to meet your individual needs. Includes cuticle tidy, nail tidy, and application of polish. Select a colour application from our limited in spa collection or alternatively purchase a Jessica Midi polish (£5.70) available in a wide range of colours.

themaintenance collection

Treatment	Duration	Price
-----------	----------	-------

St Tropez Tan

St. Tropez Prestige Spray Tanning, applied by a trained professional, offers a UV free, flawless and natural looking tan, lasting up to 10 days.

Full Body	25mins	£35
------------------	---------------	------------

After just a few minutes you can step back into your clothes. Your sun kissed colour develops over 24 hours. Gives you the ultimate full body tan.

Half Body	15mins	£20
------------------	---------------	------------

This treatment is tailored for those who require just legs or upper body bronzing.

Waxing Essentials

A variety of waxing treatments are available at thespa. Please contact thespa reception for details.

Half leg wax		£20
Full leg wax		£30
Basic Bikini		£16
High Bikini wax		£21
Brazilian		£35
Hollywood wax		£40
Underarm wax		£15
Chest/Back waxing	From	£18
Lip wax		£12

Make-Up Essentials

Make-up application	30mins	£40
Bridal make-up trial including application on the day		£120

* Please note that all Make-up treatments are strictly subject to availability.

Eye Essentials

Enhance and define your natural features with our essential eye treatments. Patch test required for tinting.

Eyebrow shape		£15
Eyeshadow tint		£18
Eyebrow tint		£12
Eyeshadow and eyebrow tint		£25

Nature's answer to skincare wellness

Pevonia is a botanical skincare line found in the most prestigious spas worldwide. Pevonia Botanica follows a holistic philosophy combining nature with the latest scientific technology to deliver an exceptional range of spa treatments. Here at **thespa** we have chosen Pevonia Botanica because their treatments and products have the ability to soothe, relax and rejuvenate, while producing highly visible results for all skin types. www.pevonia.co.uk.

Using the treatment menu

Our intention is that you select the most appropriate treatments and packages to suit your needs. If you have any questions our highly trained booking team are happy to advise on 01934 837 231 or call into the reception.

Medical Conditions

Please note that all treatments and packages are booked subject to medical status.

Opening Times

Monday – Friday, 10am – 8pm

Saturday and Sunday, 10am – 6pm

Location

thespa at Cadbury House is set in the wooded grounds of the 18th-Century main building with views across the Somerset Levels. We are located off the B3133 just outside Yatton four miles from junction 20 or 21 of the M5. The nearest rail link is Yatton one mile away and Bristol International Airport is five miles away. For a map and directions visit www.theclubandspabristol.co.uk.

Booking Information

We recommend you book treatments and packages in advance to avoid disappointment. All bookings are subject to availability. To book please telephone **thespa** reception on 01934 837 231 or email: thespa@cadburyhouse.com.

Courses of treatment may be purchased from the Facials, Body Treatments and Wraps, Massage, and Holistic collections only. All intimate waxing is for females only. Bridal Make-up is available on site only including the hotel. French Manicure doesn't include a Midi polish to take home. All treatments may only be carried out on over 16's except for spa teen which must be accompanied by an adult.

Gift Vouchers

Gift vouchers are valid for six months from the date of purchase. They are non-refundable and non-transferable. Lost or stolen vouchers cannot be replaced. Vouchers are redeemable against any spa package, treatment or product and cannot be extended or exchanged for cash.

Arrival Times

Guests are advised to arrive 15 minutes before the treatments commence to relax and enjoy the surroundings. If clients are late for their appointment the time will be deducted from the length of the scheduled treatment.

What To Bring

If using wet side facilities please bring swimwear. During treatments guests are asked to wear underwear. Disposable underwear can be provided. A robe with slippers and towel may be hired for the additional cost of £6.

Etiquette

As a courtesy to other clients and to preserve the ambiance of the we request that clients switch off their mobile phones at all times within **thespa** areas. children. Due to the active nature of the products the users must be a minimum age of 16 years, in exception to spa teen facials where we will treat from the age of 13 with parental supervision and consent.

Cancellation Policy

Concerning bookings 2hrs or less

As courtesy to our other guests and our therapists please give us at least 72hrs notice of cancellation for treatments and packages over 1 hour and 24 hours for anything under 1 hour. A cancellation fee of 50% will be charged if less than 24hrs notice is given. No shows will be charged 100%.

Concerning Group bookings and bookings over 2hrs per person

All packages, group bookings and treatments over 1 hour will be asked to pay a 20% deposit non refundable.

We reserve the right to raise prices and modify treatments without prior notice to ensure maximum standards of service and quality are met.

thespa at Cadbury House | Frost Hill, Congresbury, Bristol, BS49 5AD

www.theclubandspabristol.co.uk

01934 837 231

