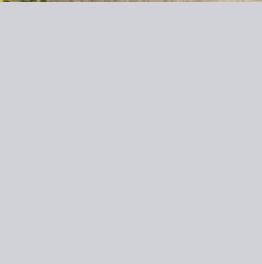
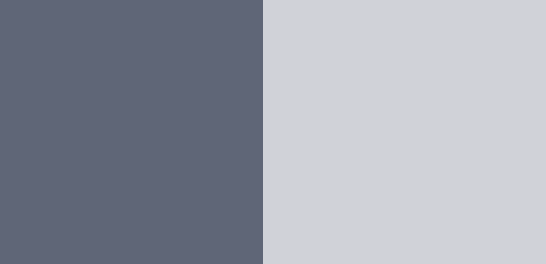




# HARTWELL SPA at HARTWELL HOUSE



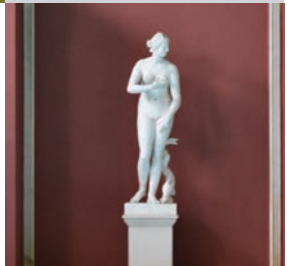
## TREATMENT GUIDE & TARIFF



National  
Trust

From April 2019

BOOKINGS & ENQUIRIES: 01296 746500



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*An essential part of a visit to Hartwell House is the opportunity to relax and enjoy the pleasures of the Spa.*

Hartwell Spa, housed in a splendid orangery in the style of a Regency building, and contains a generous sized swimming pool, spa bath, steam room, saunas and well equipped gymnasium.

Experienced therapists offer a wide range of Spa treatments using Aromatherapy Associates, Environ and Jessica.

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For the energetic, a gymnasium has technologically advanced equipment, suitable for all ranges of fitness.

In the gallery overlooking the pool is the Hartwell Café and Bar, open to both residents and non-residents for morning coffee, brunch, lunch, and an afternoon menu. Menus offer a range of salads, light meals and sandwiches.

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# AROMATHERAPY ASSOCIATES

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Aromatherapy Associates has been at the forefront of aromatherapy for over 30 years. From the beginning they have believed passionately in the healing powers of plant extracts, and their experience as therapists has shown them that essential oils are highly effective in enhancing the state of their physical, mental and emotional well-being.

Since they began, they have brought their knowledge and skills to the world's finest hotel and destination spas with signature treatments and rituals to restore health and vitality. From sourcing ingredients and developing products, to blend oils and create their unique, recognisable aromas, we maintain the highest standards of quality to bring you an aromatherapy experience that's as effective as it is luxurious.

- **Relax**
- **De-stress**
- **Revive**
- **Support**
- **Inner Strength**
- **Renewing**
- **Nourishing**
- **Polishing**
- **Rose Infinity**
- **Anti-Ageing**
- **Hydrating**
- **Mattifying**
- **Soothing**
- **Refinery**

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# AROMATHERAPY ASSOCIATES MASSAGE TREATMENTS

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## The Ultimate Aromatherapy Experience<sup>AA</sup>

*This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged.*

Carefully applied pressures stimulate the nervous systems, Swedish and neuromuscular techniques, to relieve muscular tension and lymphatic drainage helps encourage a healthy circulation. Stresses and strains are dissolved away.

55 min ● Mon-Thur £78 ● Fri-Sun £86

85 min ● Mon-Thur £99 ● Fri-Sun £111

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## Intensive Muscle Release<sup>AA</sup>

*An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.*

55 min ● Mon-Thur £89 ● Fri-Sun £97



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# AROMATHERAPY ASSOCIATES WELLBEING TREATMENTS

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## Body Refiner<sup>AA</sup>

*A toning and slimming treatment*

to refine the body contours and eliminate excess fluids, leaving a slimmer silhouette and smoother skin.

55 min • Mon-Thur £78 • Fri-Sun £86

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## Ultimate Unwind Massage<sup>AA</sup>

*Cleansing and calming this upper body*

treatment helps to release tension and clear the mind.

The treatment begins with an aromatherapy back massage using carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation.

An Ayurvedic scalp massage lightens a heavy head, while drainage movements help unblock sinuses and ease headaches.

55 min • Mon-Thur £78 • Fri-Sun £86

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## Inner Strength<sup>AA</sup>

*The Inner Strength treatment is ideal for anyone experiencing their own personal*

trauma, or simply those needing a nurturing treatment to help draw upon their inner strength.

A deeply comforting body face and scalp treatment, using paraffin wax massage techniques that will nurture and support.

85 min • Mon-Thur £99 • Fri-Sun £111

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## Sleep Deeply<sup>AA</sup>

*This head-to-toe massage uses carefully applied pressures to induce a serious state of relaxation, leaving you prepared for a sound night's sleep.*

115 min • Mon-Thur £141 • Fri-Sun £157

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## Clear Your Mind Treatment<sup>AA</sup>

*Perfect for times of stress and over-activity,* this treatment helps the mind unwind and refocus, getting you back on track.

115 min • Mon-Thur £141 • Fri-Sun £157

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## Uplift Your Mood<sup>AA</sup>

*For times when you need a little emotional pampering,*

this indulgent treatment helps to harmonise and rejuvenate the spirits.

115 min • Mon-Thur £141 • Fri-Sun £157

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## AROMATHERAPY ASSOCIATES SCRUB & WRAP TREATMENTS

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### Ultimate Scrub & Wrap<sup>AA</sup>

*Bring back your radiance with this comforting and restorative treatment*

designed to rejuvenate dry, out-of-condition skin. An intensive body exfoliation stimulates the circulation and sloughs off dead cells to revive dull tired-looking skin. Your body is layered in a deeply hydrating gel, followed by a moisturising and softening mix of oil and cream before being left to penetrate with the body's own heat under a wrap. An Ayurvedic scalp massage dissolves tension and stress so that mind and body are nourished and rejuvenated.

Choose from renew, nourish, revive or relax.

This treatment leaves your skin radiant, soft and smooth and your spirits bright and uplifted.

55 min • Mon-Thur £78 • Fri-Sun £86

85 minute version includes body massage

85 min • Mon-Thur £99 • Fri-Sun £111

Rose Range is suitable after the first trimester during pregnancy.

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### Perfect Back<sup>AA</sup>

*Designed for backs prone to blemishes*

and oiliness, this treatment restores skin, leaving it smooth, glowing and flawless.

25 min • Mon-Thur £47 • Fri-Sun £51

55 min with back massage

• Mon-Thur £78 • Fri-Sun £86

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### Bespoke Skin Polish<sup>AA</sup>

*A relaxing all over exfoliation*

and layering of richly nourishing products, to leave the skin looking radiant and feeling wonderfully smooth.

25 min • Mon-Thur £47 • Fri-Sun £51

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# AROMATHERAPY ASSOCIATES FACIAL TREATMENTS

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## Ultimate Aromatherapy Associates Facial<sup>AA</sup>

*A bespoke facial, designed to suit your individual skin needs.*

A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

25 min • Mon–Thur £47 • Fri–Sun £51

55 min • Mon–Thur £76 • Fri–Sun £84

85 min • Mon–Thur £97 • Fri–Sun £109

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## Age Repair Facial<sup>AA</sup>

*An intensive treatment for ageing skin, including a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. Delivers instantly visible results.*

85 min • Mon–Thur £97 • Fri–Sun £109

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## Essential Rose Facial<sup>AA</sup>

*Luxurious rose oils help condition the skin and deeply nourish.*

The result is a smooth, radiant complexion and a relaxed state of mind.

55 min • Mon–Thur £76 • Fri–Sun £84

85 min version includes back massage

85 min • Mon–Thur £97 • Fri–Sun £109

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## Deep Cleanse Facial<sup>AA</sup>

*An intensive treatment that incorporates extraction and hot towel compresses, alongside facial massage*

and a freshwater mud mask, leaving a super clean and fresh skin.

55 min • Mon–Thur £76 • Fri–Sun £84

85 min version includes back massage

85 min • Mon–Thur £97 • Fri–Sun £109

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# AROMATHERAPY ASSOCIATES AROMA RADIANCE LIFT FACIALS

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## Ultimate Aroma Radiance Facial<sup>AA</sup>

*The ultimate treatment combining Aroma Radiance Lift and Aroma Clear.*

For those concerned with skin that is dull, tired and lacking tone and elasticity. For results that are immediate and visible. Your skin will be deeply cleansed, lifted and toned while fine lines are plumped out giving you a natural glowing, healthy and radiant skin.

The results of the Ultimate Radiance Facial is supremely nourished, hydrated skin with a visible lifting and toning of the muscles.

85 min • Mon-Thur £109 • Fri-Sun £121

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## Aroma Lift Facial<sup>AA</sup>

*For those who are concerned with the first signs of ageing: a lack of elasticity, the appearance of fine lines and wrinkles and a diminishing radiance and luminosity.*

For when you need visible and instant results.

The results are lifted and toned facial muscles, smoothing of fine lines and replumped skin for a glowing and radiant complexion.

55 min • Mon-Thur £89 • Fri-Sun £97

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## Aroma Clear Facial<sup>AA</sup>

*For those needing a deep and effective cleanse that cannot be achieved with products alone.*

This facial is recommended to maintain super clear skin and pores and is also perfect for problematic skin.

The results are clear, clean and bright complexion, full of health and vitality.

55 min • Mon-Thur £89 • Fri-Sun £97

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## MENS REFINERY FACIALS

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### The Refinery Mens Power Lift Facial<sup>AA</sup>

*A results-driven facial that will tighten, firm, reduce fine lines and wrinkles while nourishing the skin with the finest botanical blends and therapeutic essential oils. Utilising the latest, non-invasive electrical impulses to aid the absorption of the active ingredients and stimulate the skin.*

85 min • Mon-Thur £109 • Fri-Sun £121



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### The Refinery Mens Ultimate Face and Body Treatment<sup>AA</sup>

*Achieve a heightened state of relaxation and well-being.*

Begin your experience with a back cleanse and exfoliation that refreshes the skin. Continue the journey with a stress relieving back massage and therapeutic Ayurvedic scalp massage to pinpoint areas of tension, bringing relief to tired or aching muscles. Then enjoy a deep cleansing facial using an exotic blend of the finest essential oils and effective natural botanicals unique to the Refinery range, whilst rebalancing the skin, leaving it bright, supple and refreshed.

85 min • Mon-Thur £98 • Fri-Sun £110

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### Mens Refinery Essentials Facial<sup>AA</sup>

*When time is short and you need to look your best, this deep cleansing and brightening facial, will leave your skin looking clean and luminous. The results are a clear, clean and bright complexion, full of health and vitality.*

55 min • Mon-Thur £76 • Fri-Sun £84



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## AROMATHERAPY ASSOCIATES QUICK LUXURIES

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### Instant Eye Repair<sup>AA</sup>

*Specialised massage techniques improve micro-circulation and drainage, helping to reduce puffiness, whilst the natural plant extracts and oils work to leave the eyes fresh, bright and youthful.*

25 min • Mon-Thur £47 • Fri-Sun £51

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### Serenity Scalp Massage<sup>AA</sup>

*This Ayurvedic scalp massage lightens*

*a heavy head, while drainage movements help unblock sinuses and ease headaches using a variety of pressure and techniques, including circular massage strokes on your scalp, deep tissue work on your shoulders, and stretching the neck. This treatment leaves you feeling relaxed, serene, ache-free and clear-headed.*

25 min • Mon-Thur £47 • Fri-Sun £51

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### Back, Neck & Shoulder Massage

This Swedish massage is tailored to your needs to ease the stresses and tension of everyday life.

25 min • Mon-Thur £47 • Fri-Sun £51

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## AROMATHERAPY ASSOCIATES PREGNANCY TREATMENT

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### Ultimate Rose Pregnancy Massage<sup>AA</sup>

*Relieve stresses and strains, heavy legs and an aching back with this all over body treatment.*

Includes relaxing and rejuvenating full scalp and facial massage.

55 min • Mon-Thur £78 • Fri-Sun £86

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# ENVIRON

SCIENTIFIC SKINCARE THAT REALLY  
MAKES A DIFFERENCE. OUTSTANDING  
RESULTS FOR ALL SKIN TYPES AND AGES

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## Active Vitamin Facial Treatment

Packed with nourishing, anti-ageing ingredients, the active vitamin treatment will leave your skin looking radiant and dewy. The freshest, most active forms of vitamin A, C and Anti-Oxidants are driven deep into the lower layers of the skin using soundwaves and small electrical pulses. This scientific approach stimulates collagen to soften lines and improve elasticity, increase hydration and boost radiance. This treatment is suitable for all skin types and is particularly effective at addressing sun-damage, pigmentation, premature ageing, dryness, uneven skin tone and scarring with measurable differences after just one session.

55 min • Mon-Thur £89 • Fri-Sun £97

85 min • Mon-Thur £109 • Fri-Sun £121

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ENVIRON®  
stockist

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## Collagen Power Facial

The peptide-packed facial helps to boost collagen, soft fine lines and tighten lax skin, resulting in a more youthful appearance. Ideal for targeting mature or photo-damaged complexions. The treatments uses gentle sound waves to drive a special nutrient-packed serum deep into the lower levels of the skin. The formula contains a unique combination of the three peptide complexes which work in synergy to give a skin a plumper, more radiant appearance.

55 min • Mon-Thur £89 • Fri-Sun £97

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## Hydra Boost Treatment

The perfect antidote to dry, lacklustre skin, this intensive treatment deeply hydrates while plumping and firming the skin. Based on Hyaluronic Acid, which holds 1000 times its own weight in water, it helps to reduce fine lines caused by dehydration and increase the plumpness of the dermis, resulting in moisturised, glowing skin

55 min • Mon-Thur £89 • Fri-Sun £97

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# JESSICA TREATMENTS

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## Luxury Jessica Manicure

Hands are exfoliated and encased in warm mittens before nails are tidied and colour applied.

55 min £53



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## Le Remedi Hand Treatment

A rejuvenating treatment that leaves skin nourished and smooth.

25 min £35

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## Nail Shape & Varnish

Nails are shaped and polish applied.

25 min £35

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## Luxury Jessica Pedicure

Feet are exfoliated and encased in warm booties before nails and cuticles are tidied and colour applied.

55 min £53

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## PROFESSIONAL GELERATION SOAK-OFF GEL POLISH

The beauty of Jessica, in a gel. With the health of the natural nail in mind. GELeration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. GELeration is available in Jessica's most popular colours.

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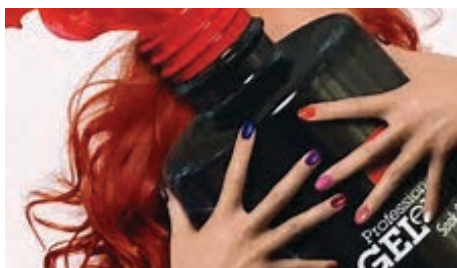
### Deluxe Geleration Gel Overlay Manicure

*Includes the benefits of the luxurious Le Remedi Hand Treatment.*

Your hands will be smoother, silkier and firmer. Cuticles will be cared for; nails will be shaped and finished with Jessica's GELeration gel polish.

85 min £58

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### Geleration Gel Nail Shape and Polish

*Nails are filled, shaped and finished*  
with Jessica's GELeration gel polish.

55 min £44

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### Zenspa Pedicure with Geleration

*This luxurious foot and leg treatment  
eases stress, exfoliates and removes*

even the toughest callouses, unwanted dry cuticles, and hydrates dry cracked heels. Toe nails are shaped and finished with Jessica's GELeration gel polish.

85 min £58

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Existing Gel removal (prior to Geleration manicure or pedicure). If a client has an existing gel to be removed, we would advise approximately 20 minutes on the above treatment times with an additional charge of £15.

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## HALF DAY SPA EXPERIENCE

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Enjoy either a morning or afternoon in the Hartwell Spa, enough time to allow you to relax and unwind, including a 55 minute treatment to enhance your overall experience.

Available:

9.30am – 12.30pm, Saturday – Friday  
2.00pm – 5.00pm, Sunday – Friday

Use of the Health and Fitness Spa including:

- **Gymnasium**
- **Sauna**
- **Steam Room**
- **Spa Bath**
- **Swimming Pool**

A 55 minute treatment from our Spa Tariff with tea or coffee in the Hartwell Café and Bar

£95 MONDAY TO THURSDAY

£105 FRIDAY TO SUNDAY

Or with two of our 55 minute treatments.

£155 MONDAY TO THURSDAY

£160 FRIDAY TO SUNDAY

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Aroma Lift and ENVIRON Facials are available at a supplement for Spa Days.

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## HARTWELL SPA INDULGENCE DAY

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Escape to the Hartwell Spa and indulge in a full day of pure relaxation and pampering.

Arrival 9.30am

Departure 4.00pm (approximately)

Use of the Health and Fitness Spa including:

- **Gymnasium**
- **Sauna**
- **Steam Room**
- **Spa Bath**
- **Swimming Pool**

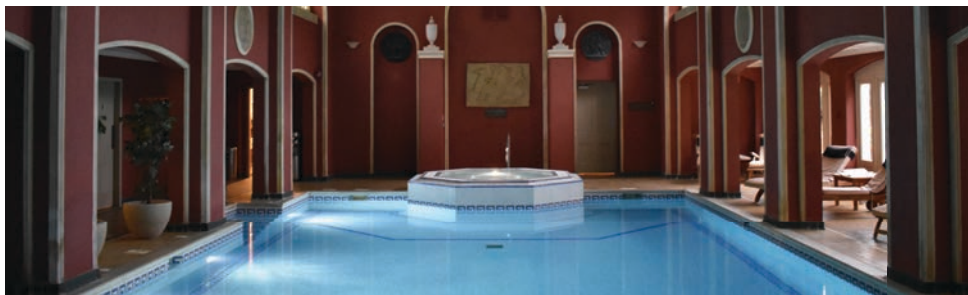
A 85 minute treatment from our Spa Tariff

A two course lunch in the Hartwell Café and Bar to include a tea or coffee

£142 MONDAY TO THURSDAY

£154 FRIDAY TO SUNDAY

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# HARTWELL SPA DELUXE HEALTH & BEAUTY DAY

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Indulge yourself for a full day at the Hartwell Spa, guaranteed to relax, unwind and unravel tension, leaving you looking and feeling your very best.

Arrival 9.30am

Departure 4.00pm (approximately)

Use of the Health and Fitness Spa including:

- **Gymnasium**
- **Sauna**
- **Steam Room**
- **Spa Bath**
- **Swimming Pool**

In the morning two 55 minute treatments from our Spa Tariff

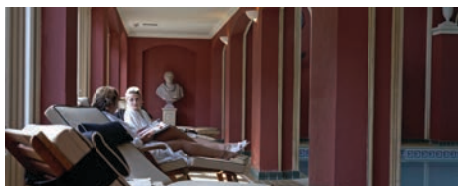
A two course lunch in the Hartwell Café and Bar to include a tea or coffee

Followed by an 85 minute treatment in the afternoon

£243 MONDAY TO THURSDAY

£248 FRIDAY TO SUNDAY

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# SPA CLUB MEMBERSHIP

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## Benefits of Membership

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- All amenities for health and fitness in a beautiful Country House setting, characterised by high quality and personal service
  - Swimming pool, Spa Bath, Sauna, Steam Room, Beauty Treatments, Gym and Tennis Courts
  - 15% discount off our wide range of Health and Beauty Treatments
  - Relaxation area poolside and sunbathing in summer
  - Calm, exclusive, uncrowded and traditional
  - Excellent location on the edge of town with unlimited secure parking
  - Children over the age of 6 years old welcome at specific restricted times
  - 15% discount off food in the Hartwell Café and Bar
  - Full services of the hotel and its restaurants available at a reduced cost to Members
  - Special priority offers for events in the hotel
  - Annual Members receive complimentary benefit vouchers worth over **£699**
  - Access to over 90 acres of parkland
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## Full Membership

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### *Includes:*

Unlimited use of the swimming pool, steam room, spa bath, saunas, gymnasium, Hartwell Café and Bar, and two outdoor tennis courts.

**ANNUAL ~ £1,410**

**12X MONTHLY ~ £129**

**MONTHLY ~ £141**

30 days from date of payment

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## Midweek Membership

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### *Includes:*

Entry all day Monday – Friday (including Bank Holidays), includes use of the swimming pool, steam room, spa bath, saunas, gymnasium, Hartwell Café and Bar, and two outdoor Tennis courts.

**ANNUAL ~ £1,129**

**12X MONTHLY ~ £102**

**MONTHLY ~ £125**

30 days from date of payment

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# SPA CLUB MEMBERSHIP

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## Joint Membership

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*Full membership for partners or  
midweek membership for partners.*

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## Full Joint Membership

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**ANNUAL ~ £2,540**

**12X MONTHLY ~ £226**

**MONTHLY ~ £243**

Four weeks from date of payments.

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## Midweek Joint Membership

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**ANNUAL ~ £1,967**

**12X MONTHLY ~ £182**

**MONTHLY ~ £226**

Four weeks from date of payments.

Members may bring guests for a swim,  
maximum two guests at one time.

(guests may not use the gymnasium)

Members guests - £20 per visit.

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# ADDITIONAL MEMBERSHIP INFORMATION

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Children of members' (aged 6 to 16) may use the Spa on Sunday between the hours of 1pm and 5pm when accompanied by an adult.

Subscriptions include VAT and are for one year from joining date.

On joining Hartwell Spa from April 2019 and on renewal of subscription from April 2019 Hartwell Spa Members (Annual Membership only) will receive complimentary benefit vouchers worth over **£699**.

For more information on membership or to make an appointment to view the Spa, please call **01296 746500**.

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## PLEASE NOTE WHEN BOOKING TREATMENTS....

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We would like to inform you that appointment times include 5-10 minutes for consultation and changing.

Male clients are requested to wear under garments whilst having treatments.

If you are taking medication, have recently had any operations or illness or have a medical condition, it is advisable that you bring a doctors note with you.

This may affect the treatment selected.

If you are in the first trimester of your pregnancy we would advise that certain treatments are not suitable. This can be discussed further on booking your treatments.

Please advise in advance if you suffer from any allergies or from skin sensitivity, dermatitis, contact eczema or psoriasis.

In the interest of hygiene we do not recommend pedicures if you suffer from verruca's or fungal infections.

Any personal information given is held in the strictest confidence.

It is advisable to book treatments in advance to avoid disappointment.

Treatments are not available to those under the age of 16.

The range of treatments available in the Spa is varied, and may not be suitable for every individual. If you're taking medication, have recently had an operation or illness, or have a medical condition, including cancer, it is advisable to consult your doctor before booking treatments. If in doubt, please ask our therapist who has been trained to know under what circumstances a treatment should not proceed or when to refer a client to a doctor and can recommend alternative treatments. We do not wish to disappoint; however your health and well-being are always our priority.

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## BOOKING CONDITIONS

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We respectfully remind guests that a reservation constitutes a contract between them and Hartwell House and a charge will be incurred for any treatment cancelled less than 24 hours prior to appointment (seven days for Spa Experience and Day Packages). So that our clients are not inconvenienced clients are requested to attend punctually for treatment. Those arriving late (who will still be charged at the tariff price) may receive a shorter treatment and unless more than 30 minutes late will probably not be able to receive the treatment booked. Our tariffs are fully inclusive of service and VAT. If they wish guests may leave gratuities at their discretion.



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# PLAN YOUR JOURNEY TO HARTWELL HOUSE

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## Travelling by Road

From London, take the M40 to Junction 7 and follow the A329/A418 Thame/Aylesbury roads until you pass through the village of Stone. Hartwell House is located on the left hand side of this road.

Alternatively, either take the M40 to Junction 2, then A355 to Amersham and the A413 to Aylesbury. Once in Aylesbury, follow the A418 toward Oxford. Hartwell House is located approximately two miles along this road on the right hand side.

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From the north travel on the M40 to Junction 8A. Follow the A418 to Aylesbury until you pass through the village of Stone. Hartwell House is located on the left hand side of this road.

## Travelling by Helicopter

Landings by prior arrangement.  
Ordnance Survey map 165/796124.  
Please approach from the north:  
N 5148.43 W 00050.88.

## Travelling by Rail

The nearest railway stations are Haddenham & Thame Parkway and Aylesbury, with regular services to London and Birmingham. Both stations are a short taxi ride to Hartwell House.

## Travelling by Air

Hartwell House is 45 mins from London Heathrow and Luton Airports.



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Bookings can be made online at  
[www.hartwell-house.com](http://www.hartwell-house.com)

## Spa Opening Times

Monday to Friday  
7.30am to 9.00pm  
Saturday and Sunday  
7.30am to 7.30pm

## Tennis Courts

7.30am until dusk  
Closed during winter months.

## The Hartwell Cafe & Bar

Open Daily  
9.00am to 7.00pm

## Beauty Treatment Rooms

9.00am to 7.00pm

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## Address

Vale of Aylesbury, Buckinghamshire,  
HP17 8NR

## Telephone

Bookings and Enquiries: 01296 746500

## Email

[spa@hartwell-house.com](mailto:spa@hartwell-house.com)

## Visit

[www.hartwell-house.com/spa](http://www.hartwell-house.com/spa)

## Facebook

[www.facebook.com/hartwellhouse](http://www.facebook.com/hartwellhouse)

## Twitter

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