

HealthSpa



Price List



How to Spa

Please arrive 10 minutes before your allocated treatment time. If on a spa day, please allow plenty of time to check in, go through your itinerary and complete a tour of the spa.

The spa is open to individuals aged 16 years and above. Under 18's must be accompanied by an adult at all times.

In order to use the **HealthSpa** facilities, you must be a member of the club, on a spa day package or a resident of the hotel.

When booking a treatment only, this does not include access to the facilities.

Our cancellation policy is 48 hours for both treatments and spa days.

Full payment is required upon booking.

If you are pregnant or have any allergies, medical conditions or health concerns, please make us aware at the time of booking. If you have recently had botox or facial fillers, you must wait a minimum of two weeks before having a spa treatment.

Upon booking, a confirmation will be sent to you. If this is not received or there are any errors, you will need to amend your booking by contacting the spa as soon as possible.

Contact us

Email: relax@foxhills.co.uk
Phone: 01932 704555

For more information, visit:
www.foxhills.co.uk/spa



Massage

Therapeutic Massage

Our massage is tailor-made to meet your needs using a combination of massage techniques including Swedish, deep tissue & aromatherapy. Each treatment is bespoke to the individual and designed to ease tension, stretch the muscles, stimulate circulation & promote a general sense of wellbeing. Areas of focus will be customised to your requirements in each treatment.

35 minutes **£79**
50 minutes **£112**
80 minutes **£160**

De-Stress NEOM Melting Candle Massage

Using a combination of the Real Luxury Skin Treatment Candle, magnesium body butter, reflexology & therapeutic massage techniques, this is the most luxurious way to nourish and hydrate stressed & tired skin. Combat your stress with the expertly-blended fragrance containing 24 pure essential oils, helping to create a haven of calm.

60 minutes **£131**

Hot Stone Akwaterra Massage

A synergy between earth & water, this award-winning innovative heated massage system uses hot sand stone for targeted relief blended with our La Sultane de Saba massage oils for the ultimate relaxation & thermal experience.

45 Minutes **£105**
60 Minutes **£131**
90 Minutes **£184**

Pregnancy Rituals

Peaceful Pregnancy Ritual

A full body massage, regenerating & relaxing you from top to toe, includes a facial cleanse & massage finishing with a beautiful scalp massage

75 minutes **£158**

Pregnancy Massage

Tailored to your body's changing needs, this massage will focus on areas that are feeling particularly uncomfortable.

60 minutes **£131**

Our pregnancy treatments are available to book as a course of treatments throughout your pregnancy.

Other treatments suitable to have during pregnancy include our **expert touch facials, scalp sensation, reflexology, nail treatments & waxing.**



Hollistic Health Treatments

Acupuncture

Acupuncture is a treatment derived from ancient Chinese medicine for pain relief. Using disposable needles inserted into the skin & underlying tissue, acupuncture works for both therapeutic & preventative purposes.

35 minutes **£55**
50 minutes **£75**
80 minutes **£105**

Sports Therapy

A detailed physiological assessment and diagnosis of muscular skeletal injuries & conditions ranging from postural analysis & body alignment to ligament & muscle testing. Providing rehabilitation programs where applicable.

30 minutes **£55**
45 minutes **£65**
60 minutes **£75**

Sports Massage

Sports massage helps alleviate the stress & tension build up in your body's soft tissue due to over-exertion or over-use of the muscles. It can help alleviate niggling muscular injuries, clearing the way to you achieving optimum performance & preventing injury.

30 minutes **£84**
45 minutes **£110**
60 minutes **£136**

Reflexology

This ancient therapy incorporates pressure-point massage to the feet, stimulating them to rebalance corresponding body parts & organs, enabling them to function more effectively.

40 minutes **£84**
55 minutes **£110**

Facial Reflexology

It is believed that, by using this technique, energy is roused & circulated allowing organs to naturally recover their vitality and correct function, helping to reinforce the body's natural immune system.

First, a short discussion with your therapist regarding any specific problem areas you may have to allow specifics to be targeted during your time. The treatment begins with a facial cleanse, followed by a neck and shoulder massage. Then your bespoke Facial Reflexology procedure. Bliss!

50 minutes **£110**

Reiki

Reiki is an ancient energy healing technique aimed to reduce stress, promote relaxation and anxiety by improving the flow and balance of your energy. This therapy is known to enhance self-mind, body and spirit.

40 minutes **£84**
50 minutes **£110**

Elemis Facial Treatments

Foxhills Focused Facial

35 minutes £84

Men's Urban Cleanse Facial

35 minutes £84

Expert Touch Treatments

Nourish - Balancing & repairing

Renew - Pro-Collagen, lifting, firming & hydrating
50 minutes **£110**

Reveal - Resurfacing, smooth & glow
65 minutes **£131**

Define - UltraSmart, energising, rejuvenating & sculpting.
Includes neck treatment.
80 minutes **£160**

Expert Tech Treatments

Electrical facials using Elemis Biotec system.

Radiance Revive

Nourishing & Restoring

Lift & Rejuvenate

Tone & plump

50 minutes **£120**

Smooth & Polish - Resurface & peel

65 minutes **£141**

Sculpt & Firm - Tone, plump & restore.

Includes Cryotherapy.

80 minutes **£170**

Advance Skin Techniques

Can be added to any upgrade the results of any Elemis facial

Steam & Extraction

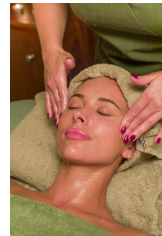
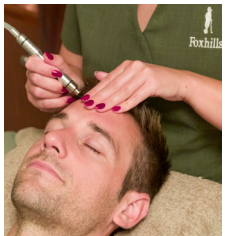
15 minutes **£20**

Milia Removal

15 minutes **£20**

LED Light Mask

15 minutes **£15**



NEW!

SKINWORK Pro Peels

Chemical peels using lactic & mandelic acid

City Cleanse Facial

This facial uses extraction, microdermabrasion & peels to remove blackheads & whiteheads, brighten the skin & reduce oiliness. Treats fine lines & pigmentation & hydrates the skin.

65 minutes **£150**

Skin Fix Facial

Ideal for a clear & glowing complexion. This facial includes a heat mask & antibacterial solution, neck & shoulder massage, microdermabrasion & essential extractions and your peel.

50 minutes **£130**



Face & Body Treatments

Foxhills Fusion

Our two most popular treatments fused together for a total body therapy. Relax & de-stress with our Melting Candle Massage followed by an Expert Touch Ultra-Smart Facial.

120 minutes **£242**

Spa Ritual

Discuss with your therapist to select an Elemis range to best suit your needs, combining it with the calming effects of a Therapeutic Massage makes for the perfect relaxation experience.

80 minutes **£165**

Top to Toe Treat

Short on time but looking for the complete package for your face & body? Combining a revitalising lower leg & foot treatment with neck, shoulder & scalp massage concluding with an Elemis facial. Helping to ease tense muscles, your body is drifted into a state of blissful relaxation.

50 minutes **£110**

Indian Head Massage

Our Indian Head Massage invites you to lie down on our luxury heated massage beds and drift away enjoying a soothing Therapeutic Massage - incorporating upper back, neck, shoulders, acupressure points and scalp stimulation.

40 minutes **£79**

Scalp Serenity

Time to squeeze in a little something? This beautiful treatment is designed with calmness and a quick escape in mind. Pressure points on the feet & scalp are stimulated enabling you to switch off and relax. The facial drainage helps clear tension in the head & the shea butter blend nourishes the hair & scalp.

25 minutes **£65**

Extra Treats

Enhance your facial, massage or body treatment with:

Super Salt Exfoliation
Refreshing Foot Ritual
Soothing Eye Treatment

15 minutes **£20**

LED Light Mask DIY

20 minutes **£15**

**Can be hired without having a treatment*

Scrub & Wrap Treatments

Signature Indulgence

This total body experience deeply cleanses and exfoliates the skin with black soap and kessa glove, a luscious shea, honey, rassoul clay mask is applied to the body, and an optional hair treatment coats the scalp. Whilst the remedies cocoon the skin, enjoy a cleansing and nourishing facial followed by a hypnotic scalp massage. Your chosen La Sultane de Saba scent is then used to rehydrate the skin with a full body massage.

120 minutes **£242**

Rassoul & Body Wrap Ritual

Inspired by Cleopatra's bath ritual preserving youthful beauty. This treatment purifies & nourishes the skin with black soap and kessa glove. Your body is then wrapped in a shea, honey and rassoul clay mask. Whilst your skin reeps the benefits a hypnotic scalp massage is performed. Your chosen La Sultane de Saba scent is applied into the whole body to complete the ritual.

60 minutes **£125**

Black Soap Cleansing Ritual

This treatment is perfect for those looking to stimulate the body's systems including respiratory, circulatory and digestive. Feel cleansed, refreshed and rejuvenated with this revitalising body treatment. Using a black soap made of eucalyptus and crushed olives to cleanse the body, removed with thermal mitts followed by an invigorating kessa scrub and body massage using your chosen La Sultane de Saba scent.

50 minutes **£100**

Sensational Salt Scrub

This treatment includes an exfoliation with frangipani salt glow followed by an invigorating shower to cleanse the body. The complementing lotion is then massaged into the skin to nourish and hydrate to finish. Leaving your skin feeling completely rejuvenated from top to toe.

30 minutes **£79**

Thermal Therapies

DIY Hammam

Energise your body and mind as you wash away your cares with this traditionally influenced Hammam cleansing experience. Start with invigorating black soap to cleanse, exfoliate and stimulate your body as you adjust to the purifying heat of the Hammam chamber. Complement your experience by applying your choice of luxurious products to nourish and moisturise your skin.

30 minutes **£45 for one** | 45 minutes **£75 for two**



Nail Menu

File & Paint Hands

25 minutes **£36** (includes polish to take home)

Maintenance Manicure

Classic or gel polish

50 minutes **£50**

Naked Manicure

25 minutes **£30**

Marvelous Manicure

65 minutes **£70** (includes choice of drink)

Add builder GEL or Nail Art or French for additional **£5 per treatment**

Manly Mani

25 minutes **£30**

Petit Pedicure

25 minutes **£36** (includes polish)

Preservation Pedicure

Gel or classic polish

55 minutes **£55**

Pampering Pedicure

75 minutes **£75** (includes choice of drink)

Gentlemen's Footcare

25 minutes **£40**

GEL Soak Off (Hands or Feet)

25 minutes **£15**

If you require a full soak-off prior to your nail treatment there will be an additional charge of **£10**.

Please let us know upon booking so we can allow for the extra time. Thank you for your kind attention.

Bio Sculpture Manicures

Hard gel for sculpting, extending and tipping. Bio Sculpture offers unrivalled strength and optimises the health of your nails through a full prescriptive approach.

Every single Bio Sculpture manicure is tailored to your needs and nail type. Bio Sculpture and Evo Gel can change the shape of your nail and create strength and length to ensure a flawless finish. With 3+ week wear, it is vegan, cruelty free and contains, no dehydrators, primers or bonders.

60 minutes **£60**
Silk Tip add-on **£15**
Extensions **£20**



Finishing Touches

Spray Tan
25 minutes **£30**

Make Up
60 minutes **£90**

Eyebrow Tint
10 minutes **£20**

Eyelash Tint
20 minutes **£25**

Eyebrow & Lash Tint
25 minutes **£30**

Eyebrow Wax
10 minutes **£20**

Eyebrow Tint & Wax
with Eyelash Tint
25 minutes **£50**

Lip Wax
5 minutes **£15**

Lip & Chin Wax
10 minutes **£25**

Underarm Wax
10 minutes **£25**

Standard Bikini Wax
25 minutes **£30**

Extended Bikini Wax
25 minutes **£40**

Brazilian Bikini Wax
40 minutes **£55**

Hollywood Bikini Wax
45 minutes **£65**

Half Leg Wax
25 minutes **£35**

Full Leg Wax
45 minutes **£65**

Back or Chest Wax
25 minutes **£45**

*All tinting requires a patch test 48 hours prior to your appointment

*Hot & warm wax available





Treatment Courses

Purchase 5 treatments and get your 6th FREE
Purchase 10 treatments and receive 12

Available for the following treatments:
50-minute Therapeutic Massage
45-minute Sports Massage
Elemis Facials
Chemical Peels
50-minute reflexology

OR

Build your own treatment bundle
(cheapest treatments complimentary)
Enquire with Spa Reception

Nail Treatment Packages

6 Classic or GEL Manicure Treatments - **£210**
Just £35 per treatment | RRP £360

12 Classic or GEL Manicure Treatments - **£360**
Just £30 per treatment | RRP £720

6 Classic or GEL Pedicure Treatments - **£240**
Just £40 per treatment | RRP £390

12 Classic or GEL Pedicure Treatments - **£420**
Just £35 per treatment | RRP £780

Spa Day Packages

All spa days include full use of the facilities, £20 allocation towards dining option, flip flops, towel & robe hire

Simply Sunrise Spa

Monday - Friday

£183pp

10am-2.30pm including dining

DIY Hammam experience

Choice of 35-minute Therapeutic Massage or 35-minute Foxhills Focused Facial

Lunch or afternoon tea

Simply Sunset Spa

Monday - Friday

£183pp

3-8pm including dining

DIY Hammam experience

Choice of 35-minute Therapeutic Massage or 35-minute Foxhills Focused Facial

Dinner

Lovely Bumply

Monday - Friday

£165pp

Choose from morning or afternoon

35-minute Foxhills Focused Facial or Scalp Serenity treatment

Petite Pedicure

Lunch or afternoon tea

Choice of product to take home - Japanese Camelia Oil or Instant Refreshing Gel

*(*Ladies must be over 12 weeks' pregnant & had their scan to experience treatments)*

Member Experience Days

Monday - Friday

£150

Woodland walk

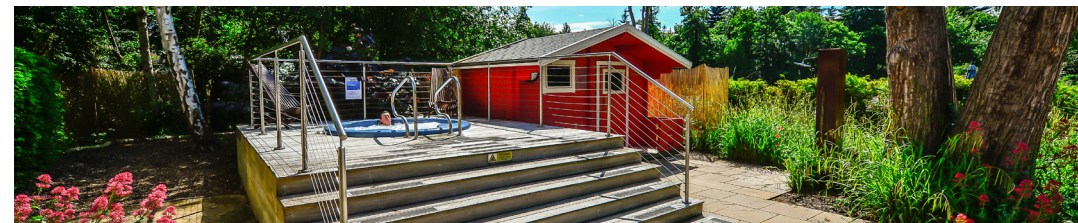
Access to unlimited wellbeing class throughout your day

DIY Hammam experience

Access to our seven thermal areas, spa facilities, indoor & outdoor pools

Access to our relaxation area & tranquil Spa Garden

- Treatments can be included at an additional cost -



Essentially Spa

Monday - Friday

£250pp

Luxury DIY Hammam experience

80-minute Foxhills Spa Ritual

Lunch or afternoon tea

Quintessentially Spa

Monday - Sunday

£339pp

120-minute Foxhills Signature Indulgence Treatment

Marvelous Manicure

Pampering Pedicure

Lunch

Choice of gift from the La Sultane de Saba range

Soothing Saturday

Saturdays

£350pp

Woodland walk

DIY Rassoul experience

40-minute Foxhills Indian Head Massage

15-minute Soothing Eye Treatment

Your choice of Manicure or Pedicure

Afternoon tea

£40 credit towards spa products

Serene Sunday

Sundays

£301pp

DIY Rassoul experience

80-minute Foxhills Spa Ritual

Your choice of Manicure or Pedicure

Gentle Hatha Yoga Class

Lunch

Pregnancy Pamper Day

Saturday & Sunday

£289pp

75-minute Peaceful Pregnancy Ritual

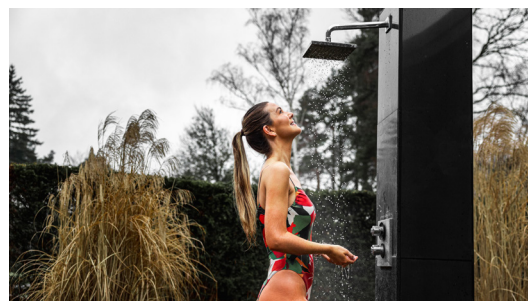
Pampering Pedicure

Lunch or afternoon tea

Choice of product to take home, Japanese Camelia Oil or Instant Refreshing Gel

LED Light Mask Upgrade

Upgrade your spa day to include use of our LED Light Energy Masks in our relaxation room post treatment. £15 per use, can be added to any package.





Overnight Spa Break

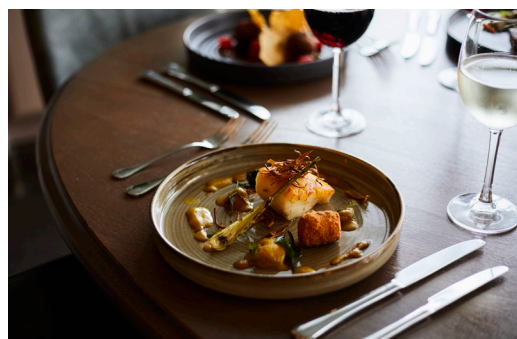
Heavenly Hideaway From £422 per room, per night

- Use of the country club facilities including swimming pool, hot tub, steam room, sauna, tennis courts, fitness classes and gym
- Choice of 50-minute Top to Toe Treat or 50-minute Black Soap Cleansing Ritual
 - Full English or continental breakfast served in The Fox dining rooms
 - £36 per person credit towards food across the resort
 - An overnight stay in a standard room

Couples Golf & Spa From £425 per room, per night

- One treatment for one person - choice of Top to Toe or Black Soap Cleansing Ritual spa treatments
- One round of golf for one person on either of our two Championship courses
 - Full English breakfast
 - £36 per person towards food across the resort
- Access to our extensive range of leisure facilities on both the day of arrival and departure

www.foxhills.co.uk/stay







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