

spa day/night packages...

Spa Day Packages (excluding Mums-To-Be) include use of the following: Spa pool, Sauna, Aromatherapy room, 'Monsoon' showers, Steam room, Heated stone chairs, Relax lounge and the Fitness Suite.

Our luxurious double treatment room is perfect for those of you wanting to share your experience with a friend or loved one. Our room has two luxury treatment couches side by side, enabling our therapists to simultaneously massage your stress away. Deep mind and body relaxation will be achieved on our heated beds which will ease your aches and pains as well as enhancing relaxation. Soothing music, candle light and indulgent aromatherapy oils will transport you to a calming place.

The Monks double treatment room is available for nearly all our face and body treatments so if you cant find what you're looking for on here we can customise your experience by suggesting the perfect treatments for your visit - please contact our reception team for assistance with this. You will need to request the double treatment room on booking.

Please note a **£5.00** supplement applies to **ALL**Spa days booked Friday to Sunday

Monks Experience**

£59

- Express facial incorporating a warm lime foot cleanse and relaxing hand & arm massage
- **OR** a back, neck and shoulder massage
- Use of the Spa
- Use of the Gymnasium
- Robe, slippers and towel provided

Treatment Duration: 30mins

(Please note food is not included in the Monks Experience Day)

Blissful Day**

£69

- Express facial incorporating a warm lime foot cleanse and relaxing hand and arm massage
- **OR** a back, neck and shoulder massage
- 2 course lunch in Machynys
- Refreshment on arrival
- Use of the Spa
- Use of the Gymnasium
- Robe, slippers and towel provided

Treatment Duration: 30mins

Ancient Ritual Day**

£79

Choose between the following treatments:-

Monks Face Ritual

This treatment includes a warm lime foot cleanse, tailored facial, skin brushing, oriental scalp massage plus a hand and arm massage incorporating warm stones.

OR

Monks Back Ritual

This treatment includes a warm lime foot cleanse, lomi back treatment incorporating warm stones, skin brushing, oriental scalp massage, and a Thai leg stretch.

Both the above ancient rituals include:

- 2 course lunch in Machynys
- Refreshment on arrival
- Use of the Spa
- Use of the Gymnasium
- Robe, slippers and towel provided

Treatment Duration: 45mins

Exclusive Spa Day Packages & Treatments

Ideal for all Special Occasions:

Hen Parties • Birthdays • Team Building • Employee Incentives
Chauffeur Driven Limousines, Champagne & Flowers can all be arranged.

Please ask for details at reception.



Spa by Night

All of the packages can be experienced during the evening. Guests will enjoy a complimentary drink and a two course dinner alternative to lunch.

For your perfect day

- We advise pre-booking any additional treatments required prior to your spa day, to avoid disappointment.
- The Monks Spa packages are subject to availability and therefore need to be reserved with full prepayment.
- Spa day guests are to order from the Spa day lunch menu. (This excludes the Monks Experience day)
- If you are unsure whether a medical condition would prevent you from attending a Spa day or receiving a treatment, please contact the Spa for advice. Some medical conditions will require a doctor's note.
- Please be aware that some of the Declèor and Elemis products contain nuts.
- All lockers are operated with use of a £1.00 coin.
- A cash £10.00 refundable deposit will be required at the beginning of your day for robe hire.
- All guests must be aged 16 or over.
- Please note that refunds are not available for Spa Day reservations or Gift Vouchers purchased. Vouchers and spa days are also non-transferable.
- Spa day treatments must be decided on booking.
- Free parking.
- Machynys Brasserie also offers an Afternoon Tea alternative to your two course meal and complimentary drink. This is available from 3-5pm Monday - Saturdays only, this must be stated and pre-ordered on booking.

Middle Eastern Day

£89

- Tailored facial incorporating a warm lime foot cleanse, oriental scalp massage plus a back, hand and arm massage incorporating warm stones
- 2 course lunch in Machynys
- Refreshment on arrival
- Use of the Spa
- Use of the Gymnasium
- Robe, slippers and towel provided

Treatment Duration: 1hr

Stress Recovery Day

£135

- Skin specific facial incorporating a warm lime foot cleanse and a relaxing scalp massage
- Full body muscle warming massage
- 2 course lunch in Machynys
- Refreshment on arrival
- Use of the Spa
- Use of the Gymnasium
- Robe, slippers and towel provided

Treatment Duration: 2hrs

Tranquil Day

£120

- Express facial incorporating a warm lime foot cleanse and a relaxing hand and arm massage
- Back, neck and shoulder massage
- Express manicure
- 2 Course lunch in Machynys
- Refreshment on arrival
- Use of the Spa
- Use of the Gymnasium
- Robe, slippers and towel provided

Treatment Duration: 1hr 30mins

Mums-to-be

£89

- Pedicure or manicure (Deluxe)
- Skin specific facial incorporating a warm lime foot cleanse and an oriental scalp massage
- 2 course lunch in Machynys
- Refreshment on arrival
- Use of the Gymnasium
- Robe, slippers and towel provided

Treatment Duration: 2hrs