

LYGON

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SPA



## LYGON SPA

The Lygon Spa is a haven of peace and tranquillity set within the beautiful Cotswolds' village of Broadway.

### Introducing our Spa partners

**OSKIA** is a British results driven brand that only uses the best patented actives and nutrients that deliver real clinically-proven results. The ingredients used are naturally-derived, clean ingredients that are kind to your skin and our environment.

**ELEMIS** is... the #1 luxury British skincare brand. Your skin, your body and your wellness lie at the heart of ELEMIS. Every ground-breaking formula is an innovative blend of science with the chemistry of nature, carefully crafted by a dedicated team of explorers, scientists and skincare experts. Encompassing the most powerful biological actives available from both 'above and below' the earth's surface, ELEMIS' meticulous attention to detail, pioneering formulas and remarkably transformative results are what truly sets our skincare apart.

**THE LYGON NAIL RANGE.** Be inspired by our heritage and unique location as you indulge in one of our signature nail treatments. Choose from over 20 colours especially chosen to reflect the hotels history.

Our exclusive range of The Lygon Arms nail varnishes are available to purchase from the spa.

**GELeration** is a next generation soak-off gel nail system used in spas throughout the world.

Created with the nurture of your natural nail in mind, GELeration protects your nails, while offering weak, bitten or problem nails the opportunity to grow underneath the gel.

FACIAL TREATMENTS BY OSKIA

Quick Fix Facial 25 minutes *from* £55

Ideal for a special occasion. This targeted cleanse, exfoliating and glow enhancing facial delivers a great complexion boost.

Glow on the Go Facial 45 minutes *from* £65

A quick fix glow-enhancing facial, with a micro-derma exfoliant and a passion fruit enzyme, Swiss cress liposomes and AHA mask combined with OSKIA's signature face and brightening eye massage.

Revitalising Facial 60 minutes *from* £85

An ultra-hydrating facial designed specifically to provide immediate and lasting anti-ageing benefits. This treatment concentrates on reducing visible fine lines and toning the contours of the face in the short term while also delivering collagen-stimulating benefits to maintain a youthful complexion in the long term.

Glow Getter Facial 60 minutes *from* £85

Enjoy rejuvenated skin that looks refreshed and healthy with OSKIA's sixty-minute Glow Getter facial, a vegan-friendly treatment utilising OSKIA's indulgent yet highly effective natural face therapy methods.

Signature Facial 75 minutes *from* £110

Consisting of a specialised eye contour massage techniques, lymph drainage and acupressure to lift, relax and contour the face and increase nutritional ingredient transportation into the skin. Also used is a head and hand release massage to ease tension, fragrant steam and aromatic compresses to gently open blocked pores, a passion fruit enzyme, Swiss cress liposomes and AHA mask to accelerate cellular renewal revealing radiant skin, a warm rose oil mask to hydrate and smooth, and glow-inducing serums. The ultimate radiance-boosting facial.

Most can be tailored for individual skin types  
both male, female and mothers to be

FACIAL TREATMENTS BY ELEMIS

Superfood Pro Radiance 25 minutes *from* £55

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and glowing with good health.

Pro Collagen Age Defy 60 minutes *from* £85

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

BIOTEC Prescribed Technology Facial 60 minutes *from* £110

Experience the next generation of high-performance ELEMIS BIOTEC facials, specially targeted at all aspects of aging and lifestyle challenges, personally prescribed to you after consultation. You will experience a number of technologies: galvanic, ultrasonic, microcurrent, L.E.D technology and O2 infusion will be delivered throughout your facial. A complex of powerful, high-potency products are applied throughout, using plant actives, peptides, anti-oxidants and essential oils to leave your skin feeling refreshed, radiant and rejuvenated.

Couture Touch/Technology  
Face and Body Treatment 75 minutes *from* £110

Condition your skin and muscles with this all-embracing experience. Incorporating a tailor-made facial and personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage.

A £10 supplement will be applied on all Spa treatments and retreats  
on Fridays, Saturdays, Sundays and Bank Holidays  
A discretionary 12.5% service charge will be added to the price of each treatment

# ELEMIS

## BODY TREATMENTS AND MASSAGES BY ELEMIS

### Frangipani Body Nectar

Nourishing Wrap 50 minutes *from* £65

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

### Lime and Ginger Body Scrub and Deep Tissue Back Massage

60 minutes *from* £85

Fragranced salt will gently smooth away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

### Elemis Hot Stone Massage

25 minutes *from* £65

60 minutes *from* £95

90 minutes *from* £110

This massage will deliver the effects of a deep tissue massage without the vigorous strokes and pressure, by combining the warmth of the volcanic stones and our therapists' technique. A truly relaxing experience.

### Personalised Massage

25 minutes *from* £55

60 minutes *from* £85

90 minutes *from* £100

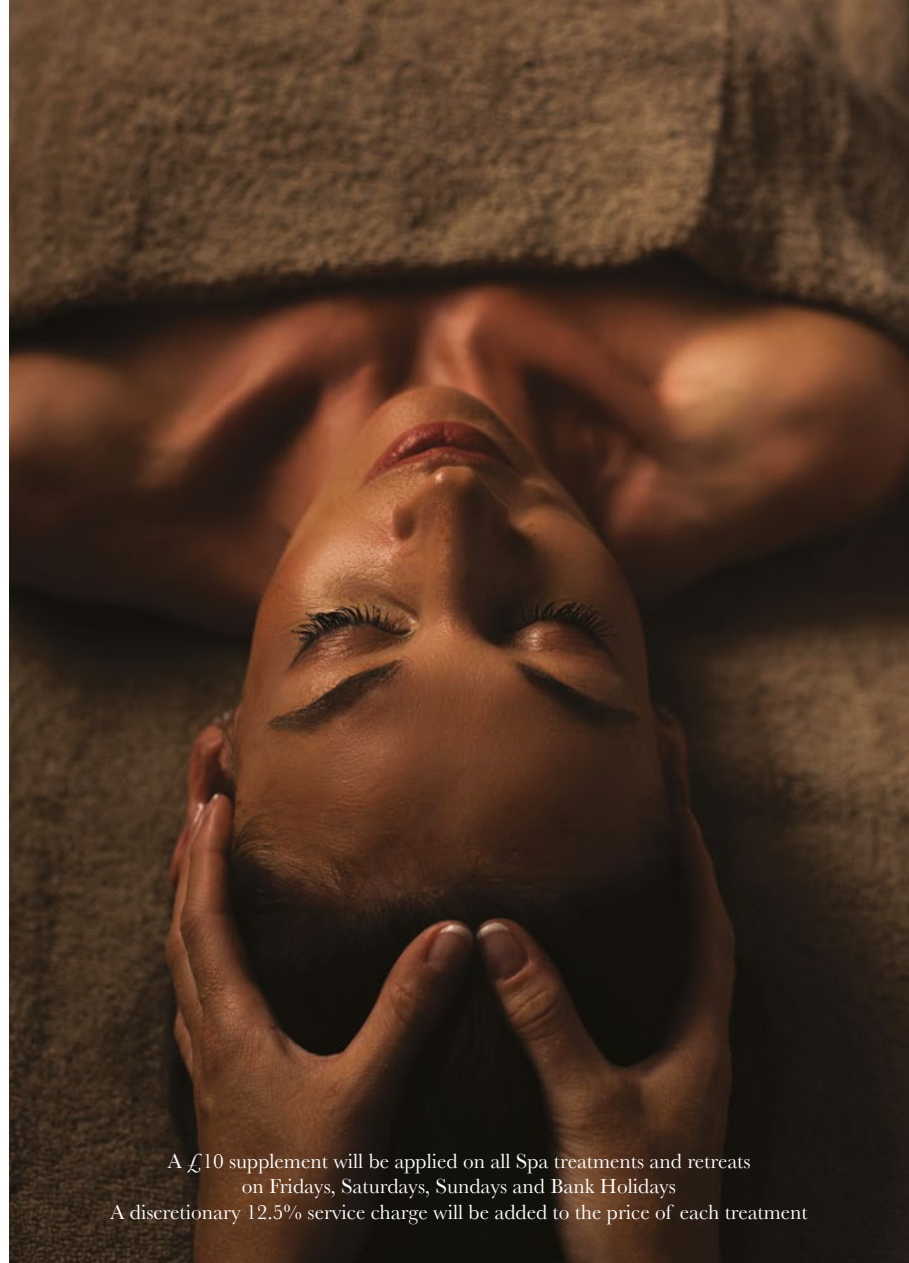
Choose from: detox - de-stress - vital energy- deep tissue or Swedish allowing our skilled therapists to use their own therapeutic massage techniques for maximum results.

### Tranquility Scalp Massage

25 minutes *from* £55

Intensely de-stressing scalp treatment to banish tension and aid restful sleep. Power point massage includes rosemary and lavender essential oils to invigorate and soothe leaving a feeling of pure serenity.

Most can be tailored for individual skin types  
both male, female and mothers to be



A £10 supplement will be applied on all Spa treatments and retreats  
on Fridays, Saturdays, Sundays and Bank Holidays  
A discretionary 12.5% service charge will be added to the price of each treatment







## LYGON SPA

Harnessing the exclusive concept of providing the ultimate in indulgence, exquisite therapies and luxury, we look forward to welcoming you to The Nail Studio at the Lygon Spa, where we offer a range of beauty services including manicures and pedicures for men and women in a relaxed, social environment. This is ideal for guests visiting the spa on their own or with partners and friends.

### MANICURES & PEDICURES

#### MANICURES

File and Polish 25 minutes £30

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Essential Manicure 45 minutes £45

File, cuticle care and polish application.

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Luxury Manicure 60 minutes £60

File, cuticle care, hand and nail exfoliation, a luxurious mask and heated mitt treatment, hand and arm massage, followed by an application of polish (includes a polish to take home).

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#### PEDICURES

File and Polish 25 minutes £30

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Essential Pedicure 45 minutes £45

File, cuticle care and polish application.

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Luxury Pedicure 60 minutes £60

File, cuticle care, foot and leg exfoliation, a luxurious mask and heated bootie treatment, leg and foot massage, followed by an application of polish (includes a polish to take home).

A discretionary 12.5% service charge will be added to the price of each treatment

## LYGON SPA

### PERFECT NAILS

#### GELeration

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 dries in seconds and protects the natural nail. GELeration is available in Jessica's most popular colours.

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Existing Gel Removal	25 minutes	£20
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Existing gels need to be removed before any manicure. Please book in addition to your chosen treatment.

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GELeration Manicure	60 minutes	£60
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File, cuticle care, hand and nail exfoliation, hand and arm massage, followed by an application of GELeration.

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GELeration Pedicure	60 minutes	£65
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File, cuticle care, leg and foot exfoliation, leg and foot massage, followed by an application of GELeration.

A discretionary 12.5% service charge will be added to the price of each treatment

## LYGON SPA

### LIFESTYLE & FITNESS

The Lygon Spa offers an idyllic lifestyle and fitness choice. The fully air conditioned fitness suite with state-of-the-art Technogym equipment enables you to reach your lifestyle goals.

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Personal Training Session	60 minutes	£45
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Whether you are new to exercise or are already used to taking regular exercise and need an extra boost, our professional personal trainers are available to provide guidance, together with fitness assessments, appraisals, programme design and development. Our personal trainers provide the most comprehensive range of services that includes body composition analysis and flexibility testing. Sessions can be booked individually or as part of a planned programme of activity.

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Consultation Fitness Plan	60 minutes	£25
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Tailored to your own goals, be they fitness enhancing, rehabilitation, flexibility, core strength, functional movements or your specific desires. Our personal trainers will design this bespoke plan and keep you on track with your training regime.

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Nutritional Plan	30 minutes	£20
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Making better decisions with your nutrition and hydration can result in improved performance, recovery and injury prevention. Our personal trainers provide you with a detailed plan to help improve body composition, skin, mindfulness and wellness.

LYGON SPA DAYS

All full Spa days include:

- Full use of spa facilities and fitness suite
- Light lunch in the Spa Kitchen & Bar
- Complimentary drink on arrival or with lunch

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The Lygon Luxury Spa Day *from* £195

*Treatment Duration: 135 minutes*

An OSKIA signature glow facial or Elemis BIOTEC prescribed technology facial and a 60 minute Lygon personalised massage.

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Lygon Top to Toe Spa Day *from* £135

*Treatment Duration: 75 minutes*

An OSKIA quick fix facial, Lygon personalised back, neck and shoulder massage and a choice of file & polish for hands or feet.

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OSKIA Spa Day *from* £125

*Treatment Duration: 60 minutes*

A 60 minute OSKIA revitalising facial plus Renaissance hand cream to take home.

Elemis Spa Day *from* £125

*Treatment Duration: 60 minutes*

Either a frangipani body nectar nourishing wrap or the pro collagen age defy facial with an Elemis scented candle to take home.

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Lygon Meze Spa Day *from* £110

*Treatment Duration: 50 minutes*

Choose two from the following: Lygon personalised back, neck and shoulder massage, Elemis superfood pro radiance facial, tranquillity scalp massage or express file & polish for hands or feet.

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Sunrise Spa Morning \* *from* £60

*Treatment Duration: 25 minutes*

Choose from one of the following; OSKIA quick fix facial, a tranquillity scalp massage or file & polish for hands or feet.

\* Sunrise Spa Morning is from 8am to 1pm, Monday - Thursday, and includes a breakfast smoothie on arrival.

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Twilight Spa Evening \* *from* £60

*Treatment Duration: 25 minutes*

Choose from one of the following: Lygon personalised back, neck and shoulder massage, Elemis superfood pro radiance facial, tranquillity scalp massage or file & polish for hands or feet.

\* Twilight Spa Evening is from 4pm to 9pm, Monday - Thursday, and includes light supper in the Spa Kitchen & Bar.

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A £10 supplement will be applied to Spa days on Fridays, Saturdays, Sundays and Bank Holidays



## SPA INFORMATION AND ETIQUETTE

### Spa Opening Times

The Spa and fitness suite are open Monday - Sunday 6:30am - 9:00pm. The Spa Kitchen & Bar is open daily from 8:00am.

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### Spa Reservations

We strongly advise you book your spa appointments and fitness sessions in advance to avoid disappointment. Bookings can be made by calling spa reservations or visiting the spa reception.

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### Cancellation Policy

Payment is required at the time of booking, we have a 48 hour cancellation policy, any cancellations within this time will be charged in full. Non-arrivals will incur a 100% charge.

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### Spa Arrival

We suggest you arrive 10-20 minutes prior to your appointment to allow time to complete a consultation card and to change into a robe. Please be aware late arrivals may result in a reduction of treatment time.

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### Towels, Robes and Slippers

Towels, robes and slippers are provided for you throughout your visit, you will find these located in the changing rooms.

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### Health Conditions

We strongly recommend advising us of any pre-existing health or medical conditions prior to your arrival so we can ensure we are providing you with a suitable treatment.

### Heat Therapy

In the Steam Room, the wet heat combined with our eucalyptus scent will detoxify and clear your skin and will relieve stress and tension in your body.

Our saunas provide the best dry heat atmosphere in which to deeply relax the muscles and aid that post-workout tension.

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### Children

Hotel resident and spa member's children are permitted to use the pool between 9:30am - 11:00am and 3:30pm - 5:00pm, children must be supervised by an adult at all times. Please see spa reception for more details.

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### Lockers

Lockers are available for your use in both the female and male changing rooms. The lockers operate by using a pin code.

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### Showering

We kindly ask that you shower before entering the spa area. We also ask that you shower after using the steam room or sauna. Showers are available on the poolside and in the changing rooms.

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### Noise

We endeavour to keep the spa a relaxing and calm environment, with this in mind we kindly ask that noise is kept to an absolute minimum.

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### Mobile phones

We ask that you vacate the pool area whilst using a mobile phone so you do not disturb other spa users. We understand you may want to remember your time in the spa with a photo however please be respectful of our other guests. You are welcome to use your phone in the Spa Kitchen & Bar, however we do ask that noise is kept to a minimum whilst making phone calls.

## LYGON SPA

### SPA MEMBERSHIP INCLUDES

- A personalised 1-2-1 fitness analysis
- A comprehensive fitness plan, inclusive of dietary advice
- Ongoing fitness and well-being support
- 5 complimentary 30 minute personal training sessions
- Full access to the spa facilities
- Access to the Lygon Spa Kitchen & Bar
- An outdoor Spa Terrace, perfect for the summer months
- 20% discount on treatments (Monday - Thursday) \*\*
- 20% discount on food and drink across The Lygon Arms estate (excludes private dining)
- 50% discount on private room hire \*\*
- 25% discount on overnight accommodation (Sunday - Thursday) \*\*
- 3 complimentary guest passes to use throughout the year
- Access to members social events

Full Membership	per month	£135
	or one annual payment of	£1,519

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Off-Peak Membership	per month	£120
	or one annual payment of	£1,344

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Joint Membership	per month	£245
	or one annual payment of	£2,805

Please contact the spa team for further information or to arrange a visit. Telephone: 01386 854424 or email: [membership@lygonarmshotel.co.uk](mailto:membership@lygonarmshotel.co.uk)

\* Off-peak is Monday - Friday 9:00am - 5:00pm

\*\* Subject to availability. Terms and Conditions apply.

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