

FOUNTAIN COURT
& SPA



Spa Guidance and Treatments



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SPA GUIDANCE

WHAT TO WEAR

Always bring a dry swimming costume.

Remove all jewellery and, if having a facial please remove false eyelashes and or waterproof mascara.

If you are having a body treatment please take a warm shower prior to your treatment to remove any sun-cream etc.

This will maximise the benefit of your treatment allowing the essential oils to be absorbed into your skin.

If you are staying with us a robe and slippers will be provided in your room.

AGE REQUIREMENTS

No children under the age of 16 are permitted to use the sauna or steam room, or to receive spa treatments.

When using the swimming pool or gym equipment children must be accompanied by an adult at all times.

SPA ETIQUETTE

Our ethos is relaxation

Please do not allow use of your mobile phone or other electronic devices to negatively impact on the relaxation of other spa users.

We would also politely ask you to keep your voice low within these areas.

Swimwear must be worn at all times including when using the sauna, steam room and jacuzzi.

Smoking is not permitted anywhere within this site.

Glass is not permitted within the spa / gym / pool areas.

OPENING TIMES

Gymnasium: 09:00 – 19:00

Spa: 09:00 – 12:00 / 15:00 – 18:00

Pool / Jacuzzi: 09:00 – 19:00

MAKING YOUR BOOKING

Advance booking is essential to avoid disappointment.

Reservations cannot be confirmed unless payment is made at the time of booking.

In the event of a cancellation a 50% refund will be offered, or a re-booking (if available) except where the cancellation occurs less than 48hrs. prior to your appointment, in which case the full cost will be applied.

Appointment times may be available, without pre-booking, during your stay.

Please check availability upon arrival.

These appointments must be paid, in cash, at the time of booking.

APPOINTMENT TIMES

As a courtesy to all our guests we do operate a prompt appointment schedule.

Late arrival for your treatment will result in your treatment time being reduced to ensure that subsequent guests are not inconvenienced.

To avoid this we recommend you arrive 15 minutes before your treatment to allow time to complete your medical questionnaire and prepare yourself for your treatment.

TREATMENTS



FACIAL TREATMENTS

DECLEOR ULTIMATE VITAMIN GLOW

Power packed with vitamins and anti-oxidants this facial treatment melts away stress.

It combines a rebalancing essential oil plus a warm decongesting mask that uses 100% natural products including linseed, wheatgerm and sunflower.

It rebalances your skin leaving it hydrated, revitalised and perfectly replenished.

55 mins £55

DECLEOR MOISTURE QUENCH

This anti-pollution, super hydrating facial quenches the thirstiest skin.

It includes a gentle exfoliation followed by an oxygenated steam then a nutrient-rich mask to intensively rehydrate, leaving skin soft and supple.

55 mins £60

DECLEOR AGE RESTORE

This treatment restores facial volume with lipo-filling technology.

A gentle exfoliation targets fine lines and wrinkles followed by a mineral mask which lifts, pumps and firms for a luminous younger looking complexion.

55 mins £60

COLLAGEN STRENGTHENING

Collagen is the protein within our body which helps give our skin strength, elasticity and resilience. It also replaces dead skin cells.

This collagen mask contains ingredients which aim to restore your natural beauty, moisturise and firm, whilst improving hydration.

55 mins £60

DECLEOR MEN'S ENERGISING FACIAL

Fatigue fighting, anti-ageing treatment which reduces shaving bumps and irritation whilst re-energising the skin.

Skin is soothed, moisturised and re-hydrated.

55 mins £60

VITAL EYES

A cleansing and detoxifying treatment for the eyes which become clearer and sparkle.

Fine lines and wrinkles are smoothed, shadows and puffiness eased.

25 mins £35

EYE & LIP TARGETING TREATMENT

A soothing and cleansing facial treatment combined with the "Vital Eyes" treatment and an active collagen lip pumping mask which targets the fine lines around the mouth.

55 mins £60

BODY TREATMENTS

DECLEOR MOISTURE QUENCH RELEASE MASSAGE

Calling upon the therapeutic properties of the wonderfully powerful lavender super plant this gently hypnotic massage is designed to release stress, and aid you to relax and unwind.

The perfect way to start your holiday from day one.

55 mins £55

RE-INVENT MASSAGE

Aromatherapy harnesses essential aromatic oils extracted from plants, flowers and trees.

These essential oils are known as the “life force” of the plant and have been used since ancient times for their healing properties.

For this treatment your therapist will mix your unique blend of oils to suit your requirements.

Oils can be blended to comfort and relax, revitalise and heal. Ease tension and stress, invigorate and energise.

This is one of the finest holistic treatments available.

55 mins £60

RECOVERY MASSAGE

Pure therapeutic massage to alleviate deep down stress and release the discomfort of aching muscles.

This treatment begins with body brushing followed by Swedish massage techniques leaving your mind calmer and muscles intensely relaxed.

55 mins £60

REPLENISH MASSAGE

Warmed shea butter is drizzled over the body, leaving skin replenished, deeply soothed and nourished.

An intensely relaxing treatment.

55 mins £60

REVITALISE MASSAGE (HOT STONES)

Using stones from the heart of the earth, rich in iron and magnesium, basalt stones possess their own tranquil energy which are able to boost circulation and increase cell metabolism.

The heat from the stones will comfort and relax you, easing tension and stress.

For added benefit this treatment can be extended to incorporate cold marble stones and chakra stones.

Standard 55 min £60 | Extended 70 mins £70

REJUVENATE MASSAGE

A targeted treatment focussing solely on releasing tension in the back neck and shoulders with a powerful deep tissue massage.

Intensely de-stressing to actively rejuvenate the mind and body and ease away tension.

25 mins £40

HOLISTIC TREATMENTS

REFLEXOLOGY

Reflexology is a unique science that works on the reflex points in the feet (or hands) which correspond to all parts of the body, including organs and glands.

It is ideal for helping the body become balanced, and to help people cope with everyday stresses and tension, creating a feeling of well-being, balance and harmony throughout the body.

It is highly recommended to have a minimum of three treatments for long lasting benefits.

45 mins £45

REIKI

Reiki is a method of natural healing which is centred upon universal life energy.

The word “healing” is used in the sense of regaining wholeness as Reiki addresses the whole person. Physically, mentally, emotionally and spiritually.

It is not necessary to be religious to undertake this treatment but it is necessary to want to be healed in some form.

45 mins £45

INDIAN HEAD MASSAGE

Drift into a deep relaxation with this subliminally calming treatment which works on both physical and mental states.

It is focussed on head, neck, shoulders, upper arms, upper back and face.

All areas where we accumulate the most stress and tension.

45 mins £45

THERMAL AURICULAR THERAPY

(Hopi Ear Candle)

This treatment is said to be beneficial in alleviating a number of auricular conditions.

Help with conditions such as sinus congestion, headaches, colds and flu, sore throats, compacted or excess ear wax, ear aches, tinnitus, swollen glands, snoring and vertigo (balance) can all be improved.

25 mins £30

OTHER TREATMENTS

SOFT HANDS

Nurture hard working hands with this blissful treatment.

Hands are bathed in a vitamin rich pool followed by a gentle exfoliation.

This is followed by a warm balm wrap, finishing with a moisturising massage of hands and lower arms.

25 mins £30

SOFT FEET

Treat your feet to this restorative treatment.

Feet are soaked in a mineral rich bath followed by a gentle foot scrub, an uplifting foot wrap and a moisturising and nourishing massage of the feet and lower legs.

25 mins £30

Fountain Court and Spa

Relaxing, Rejuvenating, Re-invigorating, Refreshing.



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