



Grayshott

Peace on arrival • Health on departure

Treatments, Therapies & Fitness



Treatments & Therapies

Grayshott is renowned for its holistic approach to well-being and offers a unique and extensive range of Natural, Beauty and Lifestyle therapies from which to choose.

Our range of Natural and Lifestyle therapies are designed to: create a feeling of well-being through re-balancing the body, alleviate the effects of emotional and physical stress, increase energy levels or reduce aches and pains. We also offer a comprehensive range of results-orientated beauty treatments, from facials to wraps, for both men and women.

Our English Collection is bespoke to Grayshott. This selection of treatments (indicated by a 🌿 symbol) has been created using natural ingredients grown or produced solely in England.

When you have relaxed, detoxed, de-stressed and re-energised there are experts to apply the finishing touches, so that you look good as well as feel great.

NATURAL THERAPIES

HOLISTIC THERAPY

Benefits: Relax, Balance, Emotional comfort

This natural therapy sets the standard for all other treatments. It is a therapeutic experience which involves slow and rhythmic massage techniques to bring out the emotional stresses held in the body. This treatment is designed to release negative emotions so that you may experience profound relaxation and peace. This therapy is tailored to the needs of the individual and is good for anyone who has recently suffered a bereavement, stress related event or health challenge.

65 minutes £85

AROMATHERAPY

Benefits: De-Stress, Energise, Re-balance, Detox

A nurturing, aromatic massage treatment using essential oils with healing properties. Combining these oils with massage enhances the lymph flow and circulatory system, eliminates toxins and creates a deep sense of relaxation or stimulation depending on the oil blend.

65 minutes £85 – Full Body

40 minutes £55 – Back

HOT STONE THERAPY*

Benefits: Relax, Recharge

A relaxing, restorative therapy utilising heated volcanic basalt stone, during which both body and face are massaged. The combination of hot stones and oils help to balance energy and calm muscle tension in an aura of warmth and tranquility. A totally unique experience.

75 minutes £95

• REIKI

Benefits: Relax, Improve overall well-being

Reiki means universal life energy. During this healing treatment, the therapist will utilise various holding positions on the body. This will clear energy blockages and induce a deep state of relaxation and well-being. Loose clothing may be worn during the treatment.

65 minutes £80

ORIENTAL WISDOM

Benefits: Detox, De-stress, Re-balance

This unusual treatment combines the ancient art of Tui-na massage and Shiatsu with therapeutic blends of Chinese herbs and essential oils. The chi (energy) of the twelve main meridians is harmonised. This, according to Oriental wisdom, is the precursor to perfect health.

65 minutes £85

ORIENTAL HEAD AND FACE THERAPY

Benefits: Detox, Relax, Balance, De-Stress

This treatment is both diagnostic and therapeutic and works through treating the various meridians and pressure points using Tui-na and acupressure techniques. Through encouraging the body's own self-healing properties, this re-balancing treatment relieves tension and stress, provides a boost to the internal organs and helps overcome headaches and insomnia.

25 minutes £45

GRAYSHOTT SHIATSU*

Benefits: Relax, Energise, Improve well-being

This is based on the traditional Oriental therapy which combines finger pressure on acupuncture points with gentle mobilisation of joints. The treatment works on the principle of enhancing the flow of vital energy through the meridians of the body.

It is essential that loose clothing be worn during the treatment session.

65 minutes £80 Full body

40 minutes £55 Back Shiatsu

* Please call Spa Scheduling who will be able to advise which days these treatments are available. • Suitable for Pregnancy in 2nd and 3rd trimester.

LYMPHATIC STIMULATION

Benefits: Energise, Detox

Combining skin brushing and a potent blend of aromatherapy oils, this treatment will refresh your whole system. Excellent for cellulite, detoxification, weight loss and boosting energy levels.

65 minutes £85

• LYMPHATIC MOVEMENT TECHNIQUE

Benefits: Energise, Detox, Stimulate

Lymphatic Movement Technique is an advanced therapeutic method that has been proven to encourage movement of the lymphatic system. This gentle technique involves a range of specialised and gently rhythmic pumping movements to encourage the lymph flow. This stimulates the lymphatic vessels which carry substances vital to the defence of the body and encourages your body to eliminate waste products.

65 minutes £80

REFLEXOLOGY

Benefits: Detox, Relax, De-stress

A healing process using a specialised massage technique, concentrating on reflex areas in the feet which reflect particular organs of the body. Reflexology is a relaxing method of stimulating the body's self-healing properties.

40 minutes £55

AROMA REFLEX

Benefits: De-stress, Energise, Re-balance, Detox

A blissful treatment which combines aromatherapy massage and reflexology to promote true relaxation.

100 minutes £115

THAI FOOT MASSAGE

Benefits: Relax, Recharge, Improve well-being

Thai Foot Massage is a massage of the lower legs and feet that originated in Thailand about 2000 years ago. It has elements of Shiatsu, Reflexology and Chinese Massage incorporated into the treatment and involves stretching and massage, along with the use of a stick to stimulate the reflex points. Thai Foot Massage improves circulation, stimulates lymphatic drainage, helps remove toxins, helps boost and detoxify the immune system, reduces stiffness and improves flexibility, improves sleep, stimulates the mind, accelerates physical healing and aids stress relief.

65 minutes £80

• ACUPUNCTURE*

Benefit: Improve general health, Energise, Relieve pain

Acupuncture is particularly effective in dealing with imbalances which may cause skin conditions, arthritis, insomnia, lack of energy, digestive problems, and headaches. After a diagnosis very fine needles are placed in carefully chosen points so that equilibrium may be restored.

45 minutes £75 – Initial consultation and treatment

30 minutes £50 – Subsequent treatment

• OSTEOPATHY*

Benefits: Relieve pain, Realign the body

Osteopathy is the science of human mechanics. It lays emphasis on the structural and mechanical problems of the body, in particular how the body framework is aligned. Recommended for back problems, sciatica and general aches and pains, neck tension and headaches.

30 minutes £55

• CRANIAL OSTEOPATHY*

Benefits: Relax, Rehabilitate, Improve general health

Cranial Osteopathy is a powerful means of releasing tension patterns within the body. Through gentle manipulation of the cranium it can be used to treat many conditions. Headaches, whiplash, digestive problems, sinus conditions, and stress-related tension respond extremely well.

45 minutes £75

• HOPI EAR CANDLING

Benefits: Relax, Soothe, Aid sinus and ear conditions

This is an ancient treatment using specially impregnated, hollow beeswax candles which are placed just inside the ear. The vacuum created gently helps relieve pressure in the head and ears and often leaves the client feeling lighter, clearer headed and more relaxed. It relieves symptoms of neuralgia and is also helpful for swimmers and regular flyers. The treatment includes a gentle face massage to aid relaxation and sinus draining.

50 minutes £70

• PHYSIOTHERAPY*

Physiotherapy can help a wide range of conditions - painful joints, muscle injuries and post-operative care for many orthopaedic cases. Specialised help is available to treat neck and back problems. Assessment and advice can be given for those everyday aches and pains. Electronic equipment includes ultra-sound and interferential therapy. *Subject to availability. Please book in advance.*

45 minutes £60

ALEXANDER TECHNIQUE*

Benefits: Improve posture, Relieve pain

By coaxing you into the ideal posture this session will enable you to experience a new relationship with your body. If used regularly, these techniques will increase your energy levels and eliminate numerous aches and pains. The state of relaxation this induces enables you to handle stress far more effectively. *Subject to availability. Please book in advance.*

50 minutes £70

• SLEEP CONSULTATION

If you have trouble getting to sleep or waking up, have irregular sleep patterns or are waking not feeling refreshed, our sleep consultation may help. Trained by The London Sleep Centre, our Health Consultants provide a questionnaire based evaluation of your sleep and the factors which affect it. This assessment will also screen for any underlying sleep disorders from which you may be suffering. We are able to provide advice on your sleeping difficulties and can refer you to The London Sleep Centre if your needs are more complex.

Subject to availability. Please book in advance.

Session £70



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MASSAGE & BODY TREATMENTS

• THE GRAYSHOTT CLASSIC MASSAGE

Benefits: Relax, Recharge

A 40 minute prescriptive Swedish massage. Ideal for tired, tense muscles. Increases circulation and induces relaxation.

40 minutes £55

DE-STRESS MASSAGE

Benefits: Antidote to stress (strong massage)

This massage targets areas in which the physical effects of stress accumulate. Muscle tension is eased, the constricted breathing patterns of stress begin to release and the harmful chemicals resulting from stress are reduced. Combines well with the de-stress your mind body wrap.

50 minutes £70

VITAL ENERGY DETOX MASSAGE

Benefits: Detox, Re-energise

Specially devised by Ila, this treatment starts with a Himalayan crystal scrub to purify, detox and stimulate the lymphatic system. This helps release toxins and frees you from fatigue. The vital body massage that follows allows a positive flow of energy, which restores balance and leaves your mind, body and spirit sparkling.

65 minutes £85

ABDOMINAL MASSAGE

Benefits: Detox, Cleanse

Specialised massage techniques help to relieve many of our stress related, bowel, lower back and emotional problems. This massage helps to restore the whole digestive system aiding the relief of IBS, constipation, bloating and tiredness. Therapeutic essential oils and hot poultices complete this truly holistic treatment.

40 minutes £55

TOTAL DE-STRESS EXPERIENCE

Benefits: Relax, De-stress

This complete de-stress experience targets areas in which the physical effects of stress accumulate. After a thorough all over exfoliation, a targeted massage is performed to ease muscle tension, release restricted breathing patterns and reduce harmful chemicals resulting from stress. Then enjoy a therapeutic and relaxing envelopment using fortifying frankincense, chamomile and rosemary. A scalp massage frees up your mind and eases the stresses and strain of an emotionally demanding lifestyle.

95 minutes £115

SLIM & SCULPT MASSAGE

Benefits: Slim, Tone, Firm

Created exclusively for Grayshott Spa by Thalgo, this French massage technique has been specifically devised to accelerate toning and weight loss. It involves positioning your muscles and massaging whilst you hold the contraction. Reduction in fat storage is estimated to be ten fold as a result of this specialist technique.

50 minutes £70

DREAM TIME MASSAGE

Benefits: Calm, Rest

This soporific treatment has been created by Ila to deeply relax the whole nervous system and restore the natural rhythm of sleep. The treatment begins with a slow rhythmic scrub to soothe and restore the lymphatic system and prepare you for receiving the back treatment and face massage. The combination of organic essential oils, marma massage and techniques that restore and heal the nervous system, prepare you for a good night's rest.

65 minutes £85

INDIAN HEAD AND SCALP MASSAGE

Benefit: Stimulate

This vigorous treatment is designed to increase circulation to the head and scalp and will help to alleviate tension while leaving you with a renewed clarity of mind. Indian Head massage is performed in the sitting position.

25 minutes £45

SPORTS MASSAGE THERAPY*

Benefits: Re-energise, Remedial, Relieve pain

The diagnosis and treatment of specific sports injuries using advanced massage techniques including P.N.F stretching and muscle release. This personalised treatment is also great for those looking for preventative solutions, aiding recovery and alleviating everyday aches and pains.

Subject to availability. Please book in advance.

60 minutes £85 - Initial consultation and treatment

40 minutes £60 - Subsequent treatment

25 minutes £45 - Subsequent treatment

TECHNISPA

Benefits: Aids cellulite reduction, Tone, Firm

This completely customised body treatment uses triple action slimming technology and energising plant extracts. This treatment utilises a mild electrical current to kick-start your body's lymph drainage system, helping it to eliminate toxins. It tackles cellulite by working on both the skin and underlying muscles, using a simultaneous combination of subdermal massage, lymphatic drainage, ionisation and stimulation. The result is firmer, smoother skin with a noticeable improvement in skin texture as well as a fantastic feeling of lightness and energy. Treatment may be taken every other day. (Not suitable for male guests.)

Choose from Contouring or Firming treatments

60 minutes £75

30 minutes £45 Target Areas

REJUVENATING ROSE INDULGENCE

Benefits: Heal, Replenish, Uplift

This unique Grayshott experience is designed to target areas of fatigue and premature ageing. A soothing back massage relaxes and calms while an application of Rose Serum and Body Oil to the entire body leaves the skin feeling silky and rehydrated. A specialised foot massage is performed helping to reduce tension and stimulate the circulation. Gentle facial pressures relax and fill your skin with renewed energy, while a conditioning oil is used for the scalp massage, leaving the hair enriched and repaired.

55 minutes £70

* Please call Spa Scheduling who will be able to advise which days these treatments are available. • Suitable for Pregnancy in 2nd and 3rd trimester.

COUPLE'S TREATMENT SUITE

Upgrade your treatment and share a relaxing therapeutic massage experience with a friend or the one you love in our couple's treatment suite. Subject to availability and selected treatments only. Please enquire when making your booking.

PREGNANCY TREATMENTS

• PREGNANCY PAMPERING

Benefits: Pamper, Comfort, Uplift

Especially created for expectant mums, focusing on areas of the body that experience discomfort during pregnancy - such as ankles, feet, legs and lower back leaving mums-to-be feeling rested and relaxed. This treatment includes a full body exfoliation and an application of luxurious body cream. The face is cleansed, toned, exfoliated and moisturised with relaxing and rejuvenating plant-based products.

80 minutes £95

• MATERNITY REFLEXOLOGY

Benefits: Detox, Relax, De-Stress

A reflexology session is an excellent way to maintain equilibrium during the rapidly changing balance of pregnancy. The reflexologist balances and harmonises the whole being and many minor ailments of pregnancy respond well to reflexology, supporting the natural development of a mother to be and new life. Reflexology will not cause damage to the foetus and complements the natural event of child bearing. It is a holistic modality that encompasses body, mind and spirit and reduces stress and anxiety. Suitable from 2nd Trimester through to week 36. Not suitable for IVF pregnancies.

40 minutes £55

• LYMPHATIC MOVEMENT TECHNIQUE

Benefits: Improve circulation, Detox, Soothe

Lymphatic Movement Technique is a therapy designed to improve the functioning of the lymphatic system. This gentle technique, which the practitioner uses, involves a range of specialised and gently rhythmic pumping movements to encourage the lymph flow. It can reduce pain and swelling during pregnancy.

65 minutes £80

• NURTURING HERBAL MASSAGE

Benefits: Relax, Soothe, Balance

Pregnancy is a time of grace and of nurturing peace and stillness. Balance is essential so the developing baby feels secure and happy. Herbal massage with extracts of camomile and melissa combined with poultices with camomile and lavender are gently yet powerfully relaxing and nurturing to mum and baby. Healing music has been created to enhance the beauty of this treatment.

55 minutes £70

• NOURISHING BODY SCRUB

Benefits: Uplift, Energise, Nourish

Rosehip seed, honey and rose water scrub: live ingredients to create a completely natural nourishing scrub that is ideal for pregnancy.

25 minutes £40

FACIAL SKIN CARE

• THE GRAYSHOTT LUXURY SPA FACIAL

Benefits: Relax, De-stress, Cleanse

A cleansing and nourishing face treatment to suit individual needs. Includes a gentle exfoliation, face, neck, shoulder and hand massage, hot towels and mask. Suitable for all types of skin.

55 minutes £70

ENGLISH GLOW FACIAL

Benefits: Hydrate, Rejuvenate, Relax

Part of Grayshott's English Collection this facial is hydrating and rejuvenating as well as being deeply relaxing. Designed to improve the microcirculation to the face, stimulate cellular regeneration and nourish and hydrate the skin. Suitable for tired and dull skin, as well as mature skin types also.

55 minutes £70

RAINFOREST REJUVENATION FACIAL

Benefits: Anti-age, Relax

This relaxing facial has two parts: deep lymphatic drainage and warm herbal compress massage, marma massage and energy techniques to facilitate the serum's penetration and its ability to rejuvenate and regenerate skin cells. Then an Amazonian mud mask with rosewood completes this very special facial.

65 minutes £80

• HYDRADERMIE FACIAL

Benefits: Deep cleanse, Replenish, Condition

World famous deep cleansing facial which includes a "relaxing" massage specific to Guinot skin care. Using state-of-the-art equipment, a galvanic current carries the active plant-based ingredients deep into the skin. Hydradermie leaves the skin deep cleansed, balanced, glowing and fully loaded with oxygen resulting in an improvement in hydration and fine lines. This treatment is suitable for all skin types and will be customised by your therapist to meet your skin's needs.

80 minutes £90

HYDRADERMIE PLUS

Benefits: Deep cleanse, Re-generate

A deluxe tri-zone Hydradermie facial with extra firming and toning serums designed to revitalise mature skin and diminish signs of ageing. This treatment focuses on the eye area, face, neck and décollete and includes the unique Serenity Massage and pressure point eye massage.

90 minutes £115

HYDRADERMIE LIFT EYE

Benefits: Anti-age, Firm, Regenerate

A non-invasive anti-ageing treatment for the eyes. Hydradermie Lift Eye uses the latest salon technology to tighten, tone and smooth the skin around the eyes, widening the eye contour and reducing puffiness and under-eye shadows.

65 minutes £80

HYDRADERMIE LIFT EXPRESS

Benefits: Anti-age, Firm, Tone

Guinot's world-famous anti-ageing facial specifically for mature skin. A gentle, stimulating faradic current targets areas where lines are most evident around the eyes, mouth, nose and across the forehead for an immediate lifting effect.

40 minutes £55

HYDRADERMIE FACIAL FOR MEN

Benefits: Energise, Deep-cleanse, Hydrate

As the hydradermie facial, but using bespoke active gels and the Tres Homme trio of products created just for gentlemen to deep-cleanse, oxygenate and condition your skin. The treatment is customised for your skin type whether de-hydrated, mature, oily, sensitive or pigmented to leave skin refreshed and moisturised for a clear, healthy complexion. A stimulating scalp massage may be added upon request.

80 minutes £90

WRAPS SCRUBS & FLOATS

DE-STRESS YOUR MIND BODY WRAP

Benefit: De-stress

Feel a thousand miles away from the pressure of everyday life as mind and body indulge in the benefits of deep, meditative relaxation. After thorough all-over exfoliation, the body is enveloped in a comforting wrap of relaxing and fortifying Frankincense, Camomile and Rosemary. A scalp massage frees up your mind and eases the stresses and strain of an emotionally demanding lifestyle.

55 minutes £65

55 minutes £75 – With dry float experience

• ROSE COCOON BODY WRAP

Benefit: Relax

A nurturing treatment using essential oil of Damask rose that will uplift the mind and senses. Rich oils and creams are smoothed onto freshly exfoliated skin leaving it glowing, silky and revitalised. A relaxing scalp massage completes this unique and deeply moisturising treatment.

55 minutes £65

55 minutes £75 – With dry float experience

CITRUS DETOX BODY WRAP

Benefit: Detox

Feel cleansed inside and out with this powerful detox treatment. Polish and soften skin with an all over body exfoliation using a green olive stone scrub. Citrus gels and oils are applied onto the skin and a stimulating scalp massage is also included. An effective and revitalising treatment.

55 minutes £65

55 minutes £75 – With dry float experience

• DRY FLOTATION

Benefits: Relax, De-stress

Float without getting wet. Experience the weightless sensation and sense of tranquillity that only water can provide. Choose simply to "just float" in tranquil surroundings or try a customised envelopment wrap.

25 minutes £35

40 minutes £45

MICRONIZED MARINE ALGAE BODY WRAP

Benefits: Improve circulation, Relax, Gentle detox

The original marine algae wrap, rich in minerals, vitamins and micro nutrients. Minerals play a part in the correct water balance of the body, give a boost to the immune system and help to detoxify in a slimming or anti-cellulite programme. This treatment activates circulation, increases metabolism and relieves aches and pains. Excellent for general well-being and total relaxation.

65 minutes £80

65 minutes £90 – With dry float experience

GRAYSHOTT PURIFYING BODY SCRUB

Benefits: Nourish, Cleanse, Detox

Part of Grayshott's English collection, this uniquely seasonal body scrub uses natural ingredients, which have been grown or produced in England. Locally sourced watercress is added to the salt scrub for Spring/Summer to cleanse the lymphatic system, helping to clear toxins from the skin. Mustard leaves and nettle are added for Autumn/Winter where the high mineral and vitamin content brings warmth and stimulation to sluggish lymphatic systems. The skin is left smooth, silky and nourished.

25 minutes £40

• OLIVE STONE SCRUB

Benefits: Stimulate, Invigorate

A stimulating full body scrub using crushed olive stones followed by an application of nourishing and hydrating rose moisturising cream.

25 minutes £35



HYDROTHERAPY

HYDRO MARINE BATH

Benefits: Detox, Improve circulation, Revitalise

A Thalassotherapy bath with underwater massage jets to soothe tired muscles and improve circulation. Marine extracts containing natural sea plants rich in minerals, trace elements and vitamins help to balance the body's equilibrium and metabolism. The synchronised massage jets relieve and tone muscles whilst stimulating the lymphatic system and circulation.

25 minutes £35

40 minutes £50 With plasma gel and moisturiser

BLISS BATH

Benefits: Relax, Revitalise

Part of Grayshott's English Collection this hydrotherapy treatment incorporates a blend of rosehip seed oil, evening primrose oil, Grapeseed oil with lavender, rose geranium and melissa essential oils. The oil is rapidly absorbed into the skin and the essential oil blend eases tired minds and promotes a sense of well being.

25 minutes £40

OCEAN TRILOGY

Benefits: Relax, Purify, Balance

Created exclusively for Grayshott Spa by Thalgo, this luxurious trilogy includes a thorough purifying exfoliation leaving your skin supple and smooth, followed by a therapeutic bath which stimulates lymphatic drainage and mineralises the body through use of effervescent crystals and algae. The trilogy is completed by a gentle and relaxing back massage.

65 minutes £85

HIGH-PRESSURE BLITZ WATER JET

Benefits: Detox, Aids weight loss, Revitalise, Improve circulation

An invigorating water jet works on your lymphatic system, reducing fluid retention. The intensive massage affect of the jet helps to speed up your circulation, eliminating trapped toxins and breaking down fatty deposits.

10 minutes £25

NUTRITIONAL THERAPY

DIETARY EVALUATION

Diet can affect our health and well-being in both the short and long-term. Therefore, the right diet can enable you to achieve a desirable weight, an optimum nutritional status and help protect you against illness in the future. The dietician will answer any queries you may have regarding food, relate your dietary intake to any other medical conditions you may be experiencing, and check the overall nutritional balance of your diet. Professional advice will be provided in the initial consultation and an eating plan and further guidance will be provided in the follow-up consultation.

30 minutes £55 – Initial consultation

15 minutes £30 – Follow up

FOOD INTOLERANCE & VITAMIN / MINERAL ANALYSIS

The familiar saying "you are what you eat" could be translated as "you are what you absorb". The only way to assess what the body is absorbing is through good diagnostic techniques. The BEST Test (Bio-Energetic Stress Testing) has the ability to quickly, accurately and painlessly screen the body for food sensitivities and mineral and vitamin deficiencies. A printout of the results for you to keep will indicate your sensitivity to particular foods, as well as your mineral and vitamin status. The analysis includes recommended changes in eating patterns to suit your specific needs and supplementation where appropriate.

45 minutes £75 – includes Vitamin/Mineral analysis and Food Intolerance screening

30 minutes £55 – Food Intolerance Analysis

15 minutes £35 – Vitamin and Mineral Screen only

TOXIC TRIANGLE

It is now commonly known that a build up of toxins is a major contributor to ill health. The BEST toxicity assessment takes three readings, is very straight forward and shows one's level of toxicity, to form a triangle. The larger the triangle the more toxic you are. A diet plan and recommendation of holistic treatments will then be made. Improvements occur usually in a matter of weeks.

15 minutes £25

This is only available when booked with the 45 minute Food Intolerance and Vitamin/Mineral Analysis.

LIFESTYLE

HYPNOTHERAPY*

Benefit: Self-improvement

Hypnosis combined with therapy provides gentle, fast, effective and powerful treatment for many emotional, psychological or anxiety related symptoms. Hypnotherapy is an effective way of changing unwanted patterns of behaviour and thought processes.

50 minutes £80

HYPNOTHERAPY STOP SMOKING*

Our unique treatment which combines hypnosis with acupressure will give you the tools you need to become and remain a non-smoker.

Subject to availability. Please book in advance.

90 minutes £110

• EMOTIONAL DETOX*

Emotional Detox is a process of healing that releases unpleasant emotional memories. By counteracting how emotions work faster than thoughts, it prevents emotionally reactive behaviour that can sabotage happiness, success and goals. It is a process that stops the toxic energy drain associated with anger, resentment, hurt, grief and fear. Clients report feeling lighter, clearer, energised and ready to make overdue changes to their personal and professional lives.

Subject to availability. Please book in advance.

90 minutes £150

INDIVIDUAL BODY MAPPING & STYLE CONSULTATION

Using a unique body mapping method, you will be shown how to highlight your best features and disguise those less favourable ones. During the session you will examine your wardrobe needs relating to your lifestyle, budget, personality, shopping pattern and aspirations. You will be advised on: hair, make-up, jewellery, accessories, colours, fabrics and every item of clothing, from underwear to outerwear. This is a practical interactive session, packed with practical tips and advice. You will come to really understand what suits you, so no more costly fashion mistakes in the future!

Subject to availability. Please book in advance.

120 minutes £200

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• EMOTIONAL FREEDOM TECHNIQUES (EFT)*

EFT is a non-invasive, rapid and powerful process utilising the body's energy system to achieve genuine freedom for the emotions that have created problems and limitations in people's lives. It often works in minutes and its results are long lasting. This treatment is appropriate for:

- Fears related to public speaking and sport
- Phobias: heights, flying, snakes, crowds
- Emotional trauma: victims of crime
- Depression, anger, guilt, bereavement
- Tension headaches through stress

The therapist will address the core issues whilst gently tapping on acupressure points on the head and hands. The technique is easily learnt and you will be instructed in the art of self-treatment.

Subject to availability. Please book in advance.

60 minutes £80

FINISHING TOUCHES

• JESSANA PRESCRIPTIVE MANICURE

Nails are not alike . . . a treatment manicure which analyses and treats each nail according to its specific nail type. The hands are exfoliated, cuticles are cared for with oils and creams, the nail shape is perfected and treatment basecoats and colour are applied for the perfect finish until your next visit. The colour you choose is the one you take home with you.

55 minutes £50

• ZENSPA PEDICURE

Holistic foot and nail treatment to treat every nail type. Feet are exfoliated, a foot masque applied and a luxurious massage leaves feet smooth and soft. Nails are cut and shaped, cuticles are treated and prescriptive basecoats used for different nail types, always finishing with the perfect Jessana nail polish. The colour you choose is the one you take home with you.

55 minutes £60

TREATMENT INFORMATION

- In consideration for your fellow guests please arrive 10 minutes before your appointment time, having changed for your treatment
- Appointments include time for collection, consultation and changing
- Please note that cancellations made within 24 hours of your appointment will be charged 50% of the value of the treatment and cancellations made within 12 hours will incur the full price of the treatment
- Please note that guests with infectious colds and flu may be refused treatments without recompense
- All prices are inclusive of VAT
- To avoid disappointment it is strongly recommended that you pre-book treatments 2-3 weeks before your arrival

MEN'S MANICURE

A treatment manicure which analyses and treats each nail for its specific nail type. The hands are exfoliated, cuticles are cared for with oils and creams and the nail shape is perfected.

25 minutes £35

MEN'S PEDICURE

Holistic foot and nail treatment to treat every nail type. Feet are exfoliated, a foot masque applied and a luxurious massage leaves feet smooth and soft. Nails are cut and shaped and the cuticles are treated.

40 minutes £45

HAIR SERVICES

BLOW DRY		£29
COLOURING / PERMING	From	£69
CUT AND BLOW DRY	From	£48
SEMI PERMANENT COLOURING	From	£55
WET CUT LADIES		£29
HIGHLIGHTS	From	£95
PARTIAL HIGHLIGHTS		£60
WET CUT MEN		£25
PERM	From	£65
SHAMPOO AND SET	From	£29

PHILIP KINGSLEY HAIR & SCALP TREATMENTS

Philip Kingsley Clinics have been at the cutting edge of Trichology research for over 40 years. Specialised treatments for the hair and scalp are available. For more information please ask our consultants.

From £40

COMPLIMENTARY HAIR STYLE CONSULTATIONS ARE AVAILABLE

- Our best reward is your personal recommendation. Gratuities are therefore left to your discretion
- All of our professionally qualified therapists utilise proper draping techniques to accommodate your needs; however, should you wish to request a male or female therapist please inform us at the time of booking
- Communication with your therapist about your treatment is essential to help personalise your spa experience. However, due to scheduling demands, we cannot always guarantee your choice for a particular therapist or time
- For medical and legal reasons the Spa has a minimum age of 16 years both for the facilities and treatments.

For advice and pre-booking of treatments a Scheduling Agent is available seven days per week from 9.00am - 5.00pm
on: Telephone: +44 (0)1428 602031 Fax: +44 (0)1428 602001 Email: treatments@graysshotspa.com

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Fitness

At Grayshott we take your health and fitness as seriously as you do. Our Health Consultants, Dieticians and the Fitness Team, led by our very own Olympian, are on hand to make recommendations. The programmes that you choose are designed to work for you during your stay and continue when you leave.

BODY COMPOSITION ANALYSIS

The Body Composition Analysis test determines your lean body mass and percentages of fat, bone and muscle, a far better indication than weight alone.

25 minutes £25

FITNESS ASSESSMENT

Your fitness assessment comprises two parts. The Body Composition Analysis test determines your lean body mass and percentages of fat, bone and muscle, a far better indication than weight alone. We also measure your blood pressure and resting heart rate followed by an assessment of your muscular strength, flexibility and aerobic fitness. Having pinpointed the areas that need extra attention, we recommend you book a personal training session to kick-start your programme. It may be appropriate to have a dietary consultation to consolidate this plan.

45 minutes £50

PERSONAL TRAINING

One-to-one training with a qualified instructor to develop an exercise regime to suit your needs. Whether you are interested in exercise for weight loss or to relieve specific problem areas such as back or knee discomfort, a programme can be developed to focus on body stretching, toning, developing co-ordination and cardiovascular fitness. The regime will be geared to developing a realistic home routine to extend the benefits of your visit.

25 minutes £35

40 minutes £45

POWER PLATE WORKOUT

The Power Plate is a machine that helps tone, strengthen muscles and increase core strength and bone density by making the muscles contract at up to 50 times per second. Some of the many other benefits include increased circulation of blood, lymph drainage and a reduction in cellulite.

25 minutes £35 - One-to-one training session
with a qualified instructor.



SWIMMING LESSONS*

Our ASA qualified teacher is available for one-to-one tuition or you can invite a friend and share the cost.

- For the beginner, water confidence and learning to swim
- Development of existing stroke technique for those who want to get the most out of their leisure and fitness time spent in the pool
- Training and drills for the more advanced swimmer.

Subject to availability. Please book in advance.

45 minutes £50

PILATES*

Benefits: Posture, Toning, Strength

Pilates is a system of exercise, which, by toning, strengthening and balancing the muscle groups, helps to develop a correct and comfortable posture. With a good alignment of the skeleton the body shape improves and pain and tension caused by poor posture slowly fades. Mat work classes are run at set times during the week.

60 minutes £5 - Per person Mat Work Class
10 guest maximum

60 minutes £50 - Private one-to-one/group
session by appointment

Times quoted include collection from Reception and walk to the venue.

** Please call Spa scheduling who will be able to advise which days these are available.*

YOGA*

Benefits: Posture, Relaxation, Flexibility, Strength

Hatha Yoga is one of the most familiar yoga practices in Western Society. Practising yoga is associated with establishing harmony, equanimity and balance. It is an effective form of exercise for posture and mobility and is suitable for all levels of fitness.

60 minutes	£5 – per person for a scheduled class
60 minutes	£50 – One-to-one/group Yoga session by appointment



TAI CHI*

Benefits: Relaxation, Energy, Mental stimulation

Graceful movement that combines mental concentration with deep, controlled breathing. Tai Chi works by building up the energy in the body and circulating it through the meridians energy pathways helping to remove blockages and thus improving health and maintaining balance. Regular practice brings about relaxation and good health, stimulates the energy systems and enhances mental function.

60 minutes	£5 per person for a scheduled class
60 minutes	£50 – Private one-to-one/group session by appointment

GOLF



TRI-GOLF**

The Tri-Golf centre (www.tri-golf.co.uk) is a new and innovative golf practice centre directly opposite Grayshott. It provides a cutting edge range of facilities with an impressive array of first class services offered by experienced PGA Golf professionals. Grayshott has its own 9 hole golf course and we have arrangements with well known championship courses nearby for residents with an official club handicap. Further details on request.

For further information please visit www.tri-golf.co.uk

"... With serious health credentials... Surrey's 19th Century manor-house turned spa retreat... exercise programmes run by a former Olympic athlete, a tennis academy and top notch spa treatments from acupuncture to Thai massage"

Sunday Times Travel Magazine



** Please call Spa scheduling who will be able to advise which days these are available.*

*** Times quoted include collection from Reception and walk to the venue. Please refer to the notice board for details of golf clinic.*

TENNIS

TENNIS COACHING**

Tennis within Grayshott has been developed and is managed by Service Line Management, tennis specialists for nearly 25 years. Visit www.servicelinemanagement.com

Grayshott has two indoor carpet courts in a permanent structure and a macadam hard court outside for the summer months. Private and Semi-Private lessons are available and there is a weekly programme of classes and playing opportunities where our resident guests can join in and play with local members. A ball machine is available for honing those newly acquired strokes.

<i>45 minute lesson</i>	<i>£45 – Individual or 2 players</i>
<i>3 x 45 minute lessons</i>	<i>£110 – Individual or 2 players</i>
<i>45 minute Ball Machine</i>	<i>£20 – session</i>
<i>Re-stringing – A range of strings starting at :</i>	<i>£25 (standard string)</i>



2 NIGHT TENNIS BREAK

Includes: Health Consultation on Arrival, 3 hours of personal tennis coaching, 45 minutes ball machine session with Pro, Fitness Assessment, Grayshott classic massage.

Prices start from £605



***Times quoted include collection from Reception and walk to the venue.*



"This is the most serious spa in the UK. It's a place of peace and relaxation with great therapists, many of whom have been with the place for decades..."

Woman & Home



Grayshott

Peace on arrival • Health on departure

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