



Grayshott  
Health Spa

• Treatments • Therapies • Fitness

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*“The therapists here are excellent and the ambience is 100% country club”*

Sunday Times

To ensure availability, it is recommended that treatments be booked in advance of arrival.

Treatments Band A: £35    B: £55    C: £70    D: £85    E: £95



**Grayshott has an award-winning reputation for the quality of the spa treatments and therapies, and the professionalism of the therapists.**

An extensive range of treatments and therapies are offered for guests to select from, including Massages, Facials, Body Envelopments and Natural Therapies. In addition specialist services include Nutritional Evaluation, Physiotherapy, Hypnotherapy, EFT and NLP.

Our Gym team offer fitness assessments and personal training, as well as holistic exercise classes.

Should you wish to request a male or female therapist please inform us at the time of booking.

Treatments are banded by cost.

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If you would like to discuss treatments, or require advice, please contact Treatments on **01428 602031** or **treatments@grayshottspa.com**



# HOUSE SPECIALS

For those guests who would like to upgrade their stay, we offer 'House Special' packages. These include classic Grayshott treatments, specially chosen and offered with cost savings.

House Specials and the Departure package are only available when pre-booked before arrival, to ensure availability.

House Special 1 is recommended for guests who want a stimulating treatment package. House Special 2 is recommended for those who wish to include exercise activities with our gym team.

## HOUSE SPECIAL 1

- Reviving Glow Facial *55 minutes*
- Reflexology *40 minutes*
- Lymphatic stimulation *65 minutes*
- Grayshott Classic Body Scrub *25 minutes*

*185 minutes of treatments*

£199 (usual price £245)

## HOUSE SPECIAL 2

- Reviving Glow Facial *55 minutes*
- Reflexology *40 minutes*
- Lymphatic stimulation *65 minutes*
- Aromatherapy Full Body *65 minutes*
- Personal Training Session *30 minutes*
- Power Plate Workout *25 minutes*

*280 minutes of treatments*

£299 (usual price £365)

## DEPARTURE TREATMENT PACKAGE

Towards the end of your stay you may wish to reward yourself with the Departure treatment package.

- Wash & Blow Dry (*approx. 40 minutes*) or Back, Neck & Shoulder Massage *25 minutes*
- Grayshott Manicure or Pedicure *55 minutes*
- Reviving Glow Facial *55 minutes*
- Rose Indulgence Full Body *55 minutes*

*205 minutes of treatments*

£199 (usual price £225)



*"The therapists are outstanding and knowledgeable"*

Guest

## LYMPHATIC STIMULATION (D)

**Benefits: Energise, Detox**

Combining skin brushing and a potent blend of aromatherapy oils, this body, face and scalp treatment will refresh your whole system. Excellent for cellulite, detoxification, weight loss and boosting energy levels. You will be supplied with your skin brush to take home and carry on the benefits of the treatment.

*65 minutes*

## HOT STONE THERAPY (E)

**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 helps to balance energy and calm muscle tension in an aura of warmth and tranquility. A totally unique experience.

*75 minutes*

## ORIENTAL HEAD AND FACE THERAPY (B)

**Benefits: Detox, Relax, Balance, De-stress**

This re-balancing treatment is both diagnostic and therapeutic and works through treating the various meridians and pressure points using Tui-na massage and acupressure techniques. This is designed to encourage the body's own self-healing properties, to relieve tension and stress, and to provide a boost to the internal organs and help overcome headaches and insomnia.

*25 minutes*

## ROSE INDULGENCE *Gentle* (C)

**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 Grayshott Restoring 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 hair enriched and repaired.

*55 minutes*



## • REIKI (D)

**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 to clear energy blockages and induce a deep state of relaxation and well-being. (Loose clothing may be worn during the treatment).

*65 minutes*

## REFLEXOLOGY (B)

**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*

## HOPI EAR CANDLING (C)

**Benefits: Relax, Soothe, Aid sinus and ear conditions**

An ancient treatment using beeswax candles to relieve pressure in the head and ears. Includes a face and scalp massage. Relieves neuralgia and is helpful for swimmers and regular fliers.

*50 minutes*

## • BE NURTURED ENERGY BALANCING (E)

**Benefits: Relax, Hydrate**

A relaxing treatment to rebalance the body, hydrate the skin and calm the mind. A soothing and indulgent massage using long warming strokes, a nourishing body oil and appropriate crystals to suit individual needs. Whilst the techniques are gentle, the results are powerful.

*75 minutes*

**Treatments Band A: £35    B: £55    C: £70    D: £85    E: £95**

• Suitable for Pregnancy in 2nd and 3rd trimester.    • Suitable post Cancer treatment.

• **BE NURTURED BACK, FACE & SCALP (E)**

**Benefits:** Release tension, Soothe

A hero and indulgent treatment addressing the main areas of tension – back, face and scalp. Includes a soothing back massage, a skin analysis, and personalised facial with gentle massage, hydrating face mask.

75 minutes

**ACUPUNCTURE (B & D)**

**Benefits:** Improve general health, Energise, Relieve pain

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

*Initial consultation and treatment: 45 minutes – D*

*Follow up treatment: 30 minutes – B*

• **CRANIAL OSTEOPATHY (D)**

**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, including headaches, whiplash, digestive problems, sinus conditions and stress-related tension.

45 minutes

**CRANIOSACRAL THERAPY (D)**

**Benefits:** Relax, Rehabilitate, Improve general health

A gentle, hands-on approach that releases tensions deep in the body to relieve pain and dysfunction, and improve whole-body health and performance. Using a gentle touch, restrictions in the soft tissues that surround the central nervous system are released to help restore the body to its optimum functioning level. 45 minutes

**PHYSIOTHERAPY (C & D)**

Physiotherapy can help with a range of conditions, including painful joints, muscle injuries, recovery from hospital admission and orthopaedic surgery. Problems such as deteriorating balance and strength, reduced mobility, and back pain can usually be improved. Following a comprehensive assessment, an individual plan of treatment is provided to aid recovery.

*Initial consultation and treatment: 55 minutes – D*

*Follow up treatment: 40 minutes – C*

**AROMA FACE MASSAGE Gentle (A)**

**Benefits:** Relax, Soothe

A relaxing massage treatment incorporating the face and scalp, using a facial oil to complement your skin type. Eases tension in the face and scalp and helps reduce puffiness around the eyes by using soothing massage, pressure point massage and lymphatic massage techniques.

25 minutes

**AROMATHERAPY Gentle (B & D)**

**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 used).

*Full Body – 65 minutes (D), Back – 40 minutes (B)*

• **THE GRAYSHOTT CLASSIC MASSAGE**

**Medium (C)**

**Benefits:** Relax, Recharge

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

55 minutes

**ABDOMINAL MASSAGE Medium (B)**

**Benefits:** Detox, Cleanse

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

40 minutes





## ● BE NURTURED HAND & FOOT INDULGENCE (C)

**Benefit: Nurture, Release Tension**

A relaxing hand & foot massage using oils to nurture the skin and release tension. Starting with a cleansing foot ritual and gentle exfoliation (if required), the treatment simultaneously helps clear energy zones, reputed to speed up healing.

*50 minutes*

## G FACIAL SKIN CARE

### ● GLOW ON THE GO (B)

**Benefits: Relax, Rehydrate, Comfort**

Ideal for those in a hurry who want great results but without the fuss. A focused, glow-enhancing facial, with exfoliant and mask, combined with a brightening face and eye massage.

*40 minutes*

### DE-STRESS MASSAGE *Firm* (D)

**Benefit: Relax, De-stress**

This prescriptive massage is designed to work on stiff, tight and fatigued muscles and joints. Perfect for those who enjoy deeper pressure.

*55 minutes*

### INDIAN HEAD MASSAGE *Firm* (A)

**Benefit: Stimulate**

This vigorous treatment is designed to increase circulation to the head, shoulders, neck 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*

### ● BE NURTURED MASSAGE (C)

**Benefit: Relax, Hydrate**

A personalised massage to soothe, relax and rebalance the body. Using a gentle but rich oil to deeply nourish and hydrate the skin and calm the mind.

*50 minutes*



### ● BE NURTURED SCALP MASSAGE (C)

**Benefit: De-stress**

Designed to melt away stress and tension. Includes a therapeutic scalp, neck and shoulder massage using rich nourishing products to achieve relaxation and total bliss.

*50 minutes*

### ● REVIVING GLOW FACIAL (C)

**Benefits: Replenish, Rehydrate, Firm**

A wonderfully luxurious facial treatment that uses bespoke massage movements to plump and hydrate the skin, and lift and firm the facial muscles. You will be left with your skin delightfully stimulated and revived. The Natural Face Therapy massage movements, combined with clinically proven products, offer immediate and long term anti-ageing benefits.

*55 minutes*

**Treatments Band A: £35    B: £55    C: £70    D: £85    E: £95**

● Suitable for Pregnancy in 2nd and 3rd trimester. ● Suitable post Cancer treatment.

## ● **ULTIMATE RADIANCE FACIAL (D)**

### **Benefits: Relax, Brighten, Anti-age**

A glow-inducing and toning facial with bespoke face and eye massage. This facial uses a combination of anti-ageing and glow-inducing techniques to illuminate the skin and leave the face, body and mind rejuvenated and skin brighter, hydrated and toned. The facial consists of specialised facial and eye contour massage techniques, lymph drainage and acupressure to lift, relax & contour the face and increase ingredient transportation into the skin.

65 minutes

## **SUPREME ANTI-AGEING FACIAL (D)**

### **Benefits: Relax, Brighten, Anti-age**

Designed to restore the skin's vitality, this anti-ageing facial treatment will help prevent and correct the appearance of fine lines, wrinkles and uneven skin tone on the face, neck and décolletage. The latest anti-ageing equipment, AHAs, Stem Cell technology and potent Vitamin A and C antioxidants work together to stimulate cell renewal and collagen production, while deeply hydrating, nourishing and smoothing the skin.

65 minutes

## ● **BE NURTURED FACIAL (D)**

### **Benefits: Nourish, Hydrate**

A relaxing treatment designed to leave the skin nourished and radiant. Includes a skin analysis, deep cleansing, gentle exfoliation (if appropriate), light but effective massage techniques, hydrating mask, facial booster serum and moisturiser.

60 minutes

## **EYEBROW SHAPING**

When taken at the time of a facial, 15 minutes £10.

*"I have named Grayshott the 'Intelligent Spa'. It has changed my lifestyle".*

Sunday Times Style magazine

## **PEACE OF MIND BODY ENVELOPMENT (C)**

### **Benefits: De-stress, Balance, Restore**

Beginning with a restorative back massage to ease tension and calm nerves, the body is then enveloped in a comforting wrap of relaxing and fortifying Frankincense, Cedar Wood, Clary Sage and Aloe Vera. Included is a face and scalp massage to de-stress.

55 minutes

## **DETOXIFYING ENVELOPMENT (C)**

### **Benefits: Detox, Immunity, Lymphatic**

This strongly detoxifying treatment begins with a decongesting lymphatic back massage to speed up the removal of toxins from the system. The body is then enveloped using Lemon Grass, Geranium, Juniper and Aloe Vera to encourage a sluggish circulation. Included is a reflex point foot massage to revitalise the organs.

55 minutes

## ● **PARAFFIN HAND or FOOT ENVELOPMENT (A)**

### **Benefits: Heal, Soothe, Nourish**

This warming and intensely moisturising treatment for hands or feet opens up the pores of the skin and helps to treat aches and stiffness, including healing joint stiffness and pain caused by arthritis, osteoarthritis and bursitis. It is particularly suitable for extremely flaky and dry skin. Even individuals with skin conditions like eczema can benefit immensely from paraffin treatment. It also improves blood circulation to the skin and thereby improves the skin tone.

25 minutes

## ● **BE NURTURED BODY ENVELOPMENT (D)**

### **Benefits: De-Stress, Nourish**

Designed to nourish the body and release stress and tension. After a gentle body exfoliation (if required), a combination of deeply nourishing body creams and oils are applied, following which the body is enveloped and the scalp massaged.

60 minutes

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● Suitable for Pregnancy in 2nd and 3rd trimester. ● Suitable post Cancer treatment.

## • DRY FLOTATION (A & B)

**Benefits: Relax, De-stress**

Float without getting wet. Experience the weightless sensation and sense of tranquillity that only water can provide. Float in tranquil surroundings, relax and de-stress.

*25 minutes or 40 minutes*

## • GRAYSHOTT CLASSIC BODY SCRUB (A)

**Benefits: Relax, De-stress**

A full body treatment designed to gently exfoliate dead skin cells, using a cream based scrub to exfoliate, followed by an application of Grayshott Purescence Mandarin oil to nourish skin and leave it soft, sleek and luminous. Ideal for all skin types including sensitive and delicate skins.

*25 minutes*

## HYDROTHERAPY

Hydrotherapy baths are beneficial for detoxification, loosen tense muscles, improving skin and muscle tone, boosting the immune system and stimulating blood supply to the internal organs. The following are prescriptive baths. After a brief consultation the therapist will recommend one of the following, dependant on your needs:

### BLISS BATH (B)

**Benefits: Relax, Revitalise**

This blissful hydrotherapy treatment incorporates the Relax blend from the Grayshott Purescence oil collection. The oil is rapidly absorbed into the skin and the essential oils ease tired minds and promote a sense of well-being. An additional application of Relax oil is applied to the skin afterwards.

*40 minutes*

### OATMEAL BATH (B)

**Benefits: Soothe, Nourish**

Oatmeal not only cleanses, moisturises and heals the skin, it also reduces inflammation and helps soothe skin that's itchy, painful or irritated. An oatmeal bath is ideal for sensitive skin and for soothing rashes, sunburn, bites, itching and eczema.

*40 minutes*

## EPSOM SALT BATH (B)

**Benefits: Detox, Heal, Relax**

Long known as a natural remedy for a number of ailments, Epsom salt has numerous health benefits, including relaxing the nervous system, curing skin problems, soothing back pain and aching limbs, easing muscle strain, healing cuts, treating colds and congestion, and drawing toxins from the body.

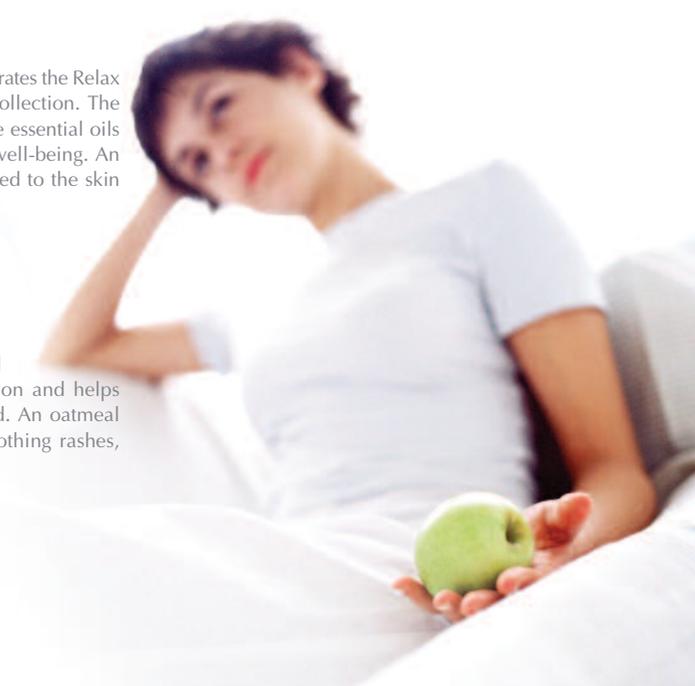
*40 minutes*

## NUTRITIONAL THERAPY

### • NUTRITIONAL EVALUATION (D)

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

*50 minutes*



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• Suitable for Pregnancy in 2nd and 3rd trimester.

### • HYPNOTHERAPY (E)

#### **Benefit: Self-improvement**

Hypnosis, combined with therapy, provides a gentle, fast, effective treatment for many emotional, psychological or anxiety related symptoms. Hypnotherapy is an effective way of changing unwanted patterns of behaviour and thought processes. *(Please enquire if you are interested in Hypnotherapy to stop smoking).*

55 minutes

### • EMOTIONAL FREEDOM TECHNIQUE (E)

EFT – also known as ‘tapping’ – is a non-invasive, fast and effective technique. It utilises the body’s energy system to achieve genuine freedom from the emotions that create problems and limitations. It often works in minutes and the results are long-lasting. This treatment can help with:

- Anxiety and stress
- Fears, phobias e.g. public speaking
- Emotional trauma – victims of crime
- Depression, guilt, bereavement
- Physical pain
- Health and weight issues
- Addictions

The therapist will address the core issues whilst tapping on specific acupuncture points on the head and hands. The technique is easy to learn and you will be instructed in self-treatment. You can expect to feel calmer, more confident and much more in control.

55 minutes

### COUNSELLING (E)

Counselling at Grayshott improves your wellbeing by exploring the patterns of your thoughts, feelings and behaviours. It looks at the underlying causes of these patterns to help you make fundamental, long term changes. This includes using CBT (Cognitive Behavioural Therapy) and NLP (Neuro Linguistic Programming). It helps with:

- Reducing feelings of anxiety, stress and being overwhelmed
- Relieving feelings of depression and bereavement
- Coping with health and eating issues
- Improving relationships

55 minutes

### • ALEXANDER TECHNIQUE (D)

#### **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 energy levels, eliminate numerous aches and pains, and enable you to handle stress far more effectively.

50 minutes

### BLOOD ANALYSIS (C)

Using a sample of blood from your finger tip, our sophisticated diagnostic blood analyser will examine three important blood chemistries from a selection of Cholesterol, Glucose, Triglycerides, GGT and Haemoglobin. Our team can then advise a strategy, that works best with your body’s design, to restore balance, improve functioning and help to rejuvenate your health. (Fasting required beforehand.)

40 minutes

### FINISHING TOUCHES

**Following a Manicure or Pedicure guests will receive a complimentary Grayshott glass nail file.**

### • HAND & FOOT NAIL PAINT (A)

Have both hands and feet painted. Includes a nail tidy with treatment basecoats and colour applied for the perfect finish.

40 minutes

### • EXPRESS MANICURE (A)

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 perfected.

40 minutes

### • EXPRESS PEDICURE (A)

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

40 minutes

## ● GRAYSHOTT MANICURE (B)

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.

55 minutes

## ● GRAYSHOTT PEDICURE (B)

Holistic foot and nail treatment to treat every nail type. Hard skin is removed and a luxurious massage leaves the 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 nail polish.

55 minutes

## ● GEL MANICURE (B)

A gel manicure gives fantastic colour that does not chip or peel, maintains a shine, dries in seconds, with a flawless finish that lasts for much longer than a traditional nail polish. Treating solely the nails, the treatment includes the application of cuticle oil and a moisturiser to condition the nails.

55 minutes

Note: See below.

## ● GEL PEDICURE (B)

A gel pedicure gives fantastic colour that does not chip or peel, maintains a shine, dries in seconds, with a flawless finish that lasts for much longer than a traditional nail polish. Treating the nails and hard skin on the feet, the nails are then shaped and cuticles treated before the gel colour of your choice is applied.

55 minutes

Note: See below.

## ● GEL VARNISH REMOVAL

Please advise Spa Scheduling in advance if you require a previous Gel polish to be removed as there will be time and cost implications.

To remove Gel varnish, in conjunction with a manicure/pedicure: 30 minutes – £20

To remove Gel varnish without booking a manicure/pedicure: 30 minutes (A)

## HAIR SERVICES

|                          |      |     |
|--------------------------|------|-----|
| WET CUT LADIES           |      | £30 |
| BLOW DRY                 |      | £30 |
| CUT AND BLOW DRY         | From | £49 |
| COLOURING / PERMING      | From | £71 |
| SEMI PERMANENT COLOURING | From | £56 |
| HIGHLIGHTS               | From | £97 |
| PARTIAL HIGHLIGHTS       |      | £62 |
| WET CUT MEN              |      | £26 |
| PERM                     | From | £67 |
| SHAMPOO AND SET          | From | £30 |

## 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 consultant.

From £41

COMPLIMENTARY HAIR STYLE CONSULTATIONS ARE AVAILABLE



Treatments Band A: £35    B: £55    C: £70    D: £85    E: £95

● Suitable for Pregnancy in 2nd and 3rd trimester.

**BODY COMPOSITION ANALYSIS (A)**

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

*Guests staying 4 nights or more are offered a complimentary Body Composition Analysis*

**FITNESS ASSESSMENT (B)**

Your fitness assessment comprises two parts: **a.** the Body Composition Analysis test to determine lean body mass and percentages of fat, bone and muscle (a far better indication than weight alone). **b.** we measure your blood pressure and resting heart rate followed by an assessment of your muscular strength, flexibility and aerobic fitness.

45 minutes

*(Having pinpointed the areas that need extra attention, we recommend you book a personal training session to kick-start your programme. It may also be appropriate to have a nutritional consultation to consolidate this plan).*



**PERSONAL TRAINING (A & B)**

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.

30 minutes or 45 minutes

*When guests book 3 Personal Training sessions they will receive a fourth one free.*

**STAY STRONG BODY TRAINING (B)**

The more muscle you have, the more calories you burn at rest. Regular strength training is essential to keeping you looking and feeling young. So whether you are looking for a kick start to get you exercising or for an efficient and effective way to jazz up your workout, this one-to-one session is a must.

40 minutes

**PURE STRETCH TRAINING (A)**

Flexibility training is perhaps the most undervalued component of conditioning. In this personal session you will use specific stretching techniques that offer immediate results in increased flexibility, range of movement and release of muscular tension. You will feel more relaxed, more limber, more balanced and more comfortable in your own body.

25 minutes

**SWIMMING LESSON (B)**

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.

45 minutes

**POWER PLATE WORKOUT (A)**

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.

*One-to-one training session with a qualified instructor – 25 minutes*

*Voted 14th 'Best Destination Spa Worldwide'*

Condé Nast Traveller Readers' Awards

**Treatments Band A: £35    B: £55    C: £70    D: £85    E: £95**

• *Suitable for Pregnancy in 2nd and 3rd trimester.*

## PILATES (C)

**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.

*Private one-to-one class: 55 minutes*

## YOGA (C)

**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.

*Private one-to-one class: 55 minutes*



## • TAI CHI (C)

**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 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.

*Private one-to-one class: 55 minutes*

## GOLF

### GRAYSHOTT SPA GOLF ACADEMY

(B, C, E)



The Academy is run by Nicholas Sharratt PGA Advanced Professional, using our nine-hole academy golf course and practice ground with shelter for inclement weather. The academy offers a comprehensive golf coaching program using high speed camera technology and the latest

V1 golf coaching software to provide your own virtual lesson locker. The video email containing the key lesson points can be viewed on your smart phone or computer at anytime, providing invaluable feedback.

Coaching sessions are offered for all standard of golfers, from beginner, social golfer, club golfer, to full-time playing professionals. We also have arrangements with well known championship courses nearby for residents with an official club handicap.

*40 minutes, 55 minutes or a 9 hole playing lesson (90 minutes)*

## TENNIS

### TENNIS COACHING

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.

*60 minutes  
(Individual or 2  
players) – £75*

Re-stringing can be provided on request.



Treatments Band A: £35    B: £55    C: £70    D: £85    E: £95

• Suitable for Pregnancy in 2nd and 3rd trimester.

# CLASS PROGRAMME

|       | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  | Sunday  |
|-------|---|---|--|---|--|---|---|
| 08.00 | <b>Power Walk</b><br>45 mins Level: 3*                      | <b>Power Walk</b><br>45 mins Level: 3*                | <b>Power Walk</b><br>45 mins Level: 3*                     | <b>Power Walk</b><br>45 mins Level: 3*                | <b>Power Walk</b><br>45 mins Level: 3*                     | <b>Power Walk</b><br>45 mins Level: 3*            | <b>Power Walk</b><br>45 mins Level: 3*                              |
| 08.30 | <b>Gentle Walk</b><br>30 mins Level: All                    | <b>Gentle Walk</b><br>30 mins Level: All              | <b>Gentle Walk</b><br>30 mins Level: All                   | <b>Gentle Walk</b><br>30 mins Level: All              | <b>Gentle Walk</b><br>30 mins Level: All                   | <b>Gentle Walk</b><br>30 mins Level: All          | <b>Gentle Walk</b><br>30 mins Level: All                            |
| 09.15 | <b>Total Body Conditioning</b><br>45 mins Level: All        | <b>Legs Bums &amp; Tums</b><br>45 mins Level: All     | <b>Circuit Training</b><br>45 mins Level: 2-3*             | <b>Legs Bums &amp; Tums</b><br>45 mins Level: All     | <b>Total Body Conditioning</b><br>45 mins Level: All       | <b>Legs Bums &amp; Tums</b><br>45 mins Level: All | <b>Circuit Training</b><br>45 mins Level: 2-3*                      |
| 10.15 | <b>Flex &amp; Stretch</b><br>30 mins Level: All             |   | <b>Flex &amp; Stretch</b><br>30 mins Level: All            |   | <b>Flex &amp; Stretch</b><br>30 mins Level: All            | <b>Flex &amp; Stretch</b><br>30 mins Level: All   | <b>Flex &amp; Stretch</b><br>30 mins Level: All                     |
| 11.00 | <b>Yoga</b><br>60 mins Level: All<br>cost: £6               |   |  |   | <b>Pilates Mat Class</b><br>60 mins Level: All<br>cost: £6 |   |   |
| 11.15 | <b>Aqua Fitness</b><br>30 mins Level: All                   | <b>Circuit Training</b><br>45 mins Level: 2-3*        | <b>Aqua Fitness</b><br>30 mins Level: All                  | <b>Absolute Abs</b><br>25 mins Level: All             | <b>Aqua Fitness</b><br>30 mins Level: All                  | <b>Circuit Training</b><br>45 mins Level: 2-3*    | <b>Aqua Fitness</b><br>30 mins Level: All                           |
| 14.00 | <b>Grayshott Walk</b><br>45 mins Level: 2*                  | <b>Grayshott Walk</b><br>45 mins Level: 2*            | <b>Grayshott Walk</b><br>45 mins Level: 2*                 | <b>Grayshott Walk</b><br>45 mins Level: 2*            | <b>Grayshott Walk</b><br>45 mins Level: 2*                 | <b>Grayshott Walk</b><br>45 mins Level: 2*        | <b>Grayshott Walk</b><br>45 mins Level: 2*                          |
| 15.00 | <b>Tai Chi</b><br>60 mins Level: All<br>cost: £6            | <b>Aqua Fitness</b><br>30 mins Level: All             |  | <b>Aqua Fitness</b><br>30 mins Level: All             | <b>Tai Chi</b><br>60 mins Level: All<br>cost: £6           | <b>Aqua Fitness</b><br>30 mins Level: All         | <b>Pilates Mat Class (2.45pm)</b><br>60 mins Level: All<br>cost: £6 |
| 16.00 | <b>Pilates Mat Class</b><br>60 mins Level: All<br>cost: £6  | <b>Absolute Abs</b><br>25 mins Level: All             | <b>Pilates Mat Class</b><br>60 mins Level: All<br>cost: £6 |   | <b>Pilates Mat Class</b><br>60 mins Level: All<br>cost: £6 | <b>Yoga</b><br>60 mins Level: 1*<br>cost: £6      |   |
| 17.00 | <b>Relax &amp; Unwind</b><br>45 mins                        | <b>Yoga (4.30pm)</b><br>60 mins Level: 2*<br>cost: £6 | <b>Relax &amp; Unwind</b><br>45 mins                       | <b>Yoga (4.30pm)</b><br>60 mins Level: 2*<br>cost: £6 | <b>Relax &amp; Unwind</b><br>45 mins                       | <b>Yoga</b><br>60 mins Level: 2-3*<br>cost: £6    | <b>Yoga (4.30pm)</b><br>60 mins Level: 2*<br>cost: £6               |
| 18.00 | <b>Pilates Mat Class</b><br>60 mins Level: 2-3*<br>cost: £6 | <b>Zumba</b><br>60 mins Level: 2*<br>cost: £6         |  |   | <b>Zumba</b><br>60 mins Level: 2*<br>cost: £6              |   |   |
| 19.45 |   |   |  | <b>Yoga</b><br>60 mins Level: 2-3*<br>cost: £6        |  |   |   |

Please ensure that you arrive a few minutes before the classes start. For your own safety you will not be permitted to join a class once it has started.

All = All levels, 1\* = Beginner, 2\* = Moderate, 3\* = Advanced

Subject to change without notice. All walks will depart from the Main Reception. Please book your Zumba, Tai Chi, Pilates and Yoga at the Appointments Desk.



## TREATMENT INFORMATION

**Should you wish to request a male or female therapist  
please inform us at the time of booking**

- Please arrive 10 minutes before your appointment time, having changed for your treatment
- Appointments include time for collection, consultation, changing and aftercare
- Cancellations made within 24 hrs of your appointment will be charged 100% of the value of the treatment
- Guests with infectious conditions, colds and flu may be refused treatments without recompense
- We regret that treatment times cannot be extended if you arrive late or require a toilet break during the scheduled time
- We recommend that valuables are not taken into treatment rooms, please do so at your own risk. Grayshott cannot be held liable for any lost or missing personal belongings
- If you require special assistance or have specific needs please inform Spa Scheduling prior to your treatment(s)
- Please remove all wet garments prior to arriving for your treatment
- We strongly encourage all guests to shower before having treatments especially if you have been exercising or using the thermal rooms
- For medical and legal reasons the Spa has a minimum age of 16 years both for the facilities and treatments
- To avoid disappointment it is strongly recommended that you request treatments 2-3 weeks before your arrival
- 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 treatment time
- All prices are inclusive of VAT.

**For advice and pre-booking of treatments a Scheduling Agent is available  
Monday - Friday: 9.00am - 5.00pm and Saturday - Sunday: 9.00am - 4.00pm**

**Telephone: +44 (0)1428 602031 Email: [treatments@grayshottspa.com](mailto:treatments@grayshottspa.com)**

Treatments are subject to a 7.5% charge



**Grayshott**  
Health Spa

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