

Opening Times

Monday	9:30—18:00
Tuesday	9:30—18:00
Wednesday	9:00—18:00
Thursday	9:00—21:00
Friday	9:00—21:00
Saturday	9:00—18:00
Sunday	9:30—14:30

To book an appointment
please call 01752 348511 or
email spa@elfordleigh.co.uk

Gift vouchers are available for any
treatment and spa pamper day and are
the perfect gift for someone special.



ELFORDLEIGH

Colebrook, Plympton, Plymouth, Devon PL7 5EB
T. 01752 336 428 E. reception@elfordleigh.co.uk

www.elfordleigh.co.uk

ELFORDLEIGH *spa*

Relax, Breathe, Refresh





Elfordleigh Spa on the edge of Dartmoor, near Plymouth is set within 100 acres of beautiful parkland on the grounds of Elfordleigh, a contemporary country house hotel with an 18 hole golf course and extensive leisure facilities.

Our highly skilled therapists believe that...

“The greatest gift you can give yourself is a little bit of your own attention.”

Anthony J. D'Angelo



Dermalogica Skin Treatments

Your face tells its own unique story and a great skin treatment should be personalised just for you. That is why your treatment will be tailor made to solve your skin concerns each time you visit us. All you need to do is decide on the amount of time you have available for a treatment with our highly skilled therapists.

Skin Fitness Plan

Your skin is unique, let's treat it that way!
Discover how to achieve your best skin ever with your complimentary skin fitness plan.

Skin Solver

Fix skin concerns fast with our 15 minute express seated treatment. Let your skin therapist show you professional hacks to get healthy skin that glows. Ideal if you need a boost before a special event.

ProSkin 30

Targeting your key skin concern for maximum impact in minimum time. This treatment is a firm favourite with those who have just 30 minutes, want visible results and great value.

ProSkin 60

The ultimate treatment, different every time. Customised with advanced products and techniques in a soothing environment made for relaxation. The ideal choice for those who want a comprehensive experience to address all skin concerns and achieve healthy glowing skin.

Age Smart Skin Treatment

This treatment is designed to help firm, smooth, nourish, regenerate and energise your skin. Potent vitamins and hydroxy acid exfoliation resurfaces and re-texturizes the skin.

Age Smart Eye Rescue

Firm, tone and brighten your eyes. Gentle exfoliation followed by a calming masque to soothe and revitalise the skin around your eyes.

Eye Lift Microzone

Targeted treatment to lift, de-puff and brighten the skin around your eye area.

Teenage Facial

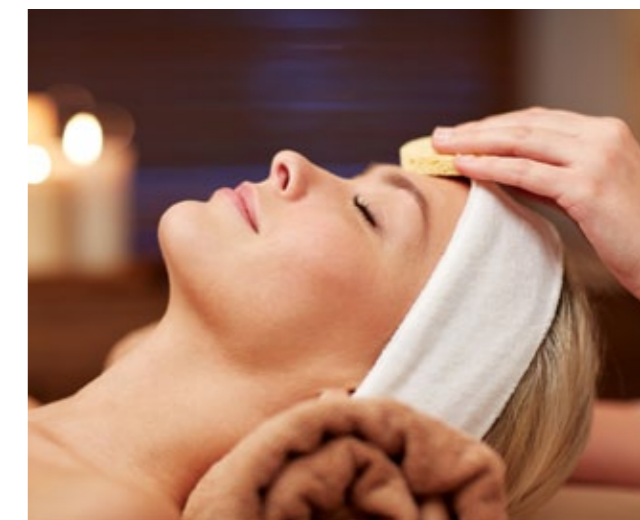
11-17 years*

Mini Facial

9-16 years*

Men's Skin Treatment

Customised for men's skin concerns and different every time. In an environment made for relaxation this treatment uses advanced products and techniques to help smooth, nourish and energise your skin.



*An adult must be present during treatment.



Made for Life™

Made for Life by Spiezia Organics' treatments are designed to create a new sense of wellbeing for the body, mind and soul. Combining 100% effective organic products and mindful, complementary therapy techniques, our treatments create a balanced flow for the conscious and sub-conscious mind and body.



MADE FOR LIFE
by Spiezia Organics

FACE TREATMENTS

Made for Life Radiance Facial

An organic detoxifying facial where 100% organic balms, oils and gentle exfoliation will nourish and cleanse, eliminating congestion and returning natural balance to the skin. It leaves you looking and feeling radiant with restored natural luminosity to the skin.

Made for Life Relax and Rejuvenate Facial

Uplifting facial using nourishing oils, balms and a special combination of Ayurvedic and Anma massage techniques to prevent and reduce tension. Softens facial wrinkles, reduces age spots and tones and lifts the complexion by stimulating the circulation and releasing toxins from the facial area. It leaves skin glowing and rejuvenated. Ideal for those who would like a natural approach to anti-ageing.

BODY TREATMENTS

Made for Life Mindful Moments

A beautiful nurturing meditation experience with a calming foot ritual, head, neck and shoulder massage along with a firm and meaningful back massage. Clears the mind and soothes the soul.

Made for Life Luxury Organic Rose Indulgence Wrap

The treatment begins with gentle skin brushing to detox and stimulate, followed by a richly scented body massage and luxurious organic rose body wrap to hydrate and nourish the skin. The treatment is completed with a calming head massage.

Made for Life Relax into Radiance

Soothing long smooth strokes melt away tension from over-worked muscles and prepare the body for a skin softening exfoliation. The treatment concludes with a skin-brightening facial that cleanses and hydrates the skin, whilst a head massage clears and calms the mind.

Made for Life Back to Life

A luxurious and relaxing treat for the back, neck and shoulders. Starting with a back exfoliation, a melting muscle massage is designed to release aches and reduce tension in those most affected areas.

Made for Life Pregnancy Pampering

This nurturing full-body massage will give Mum-to-be a very special experience, taking her into a completely relaxed world. Slow smooth massage techniques are used to calm and alleviate any aches and pains and 100% organic oils help prevent stretch marks.

Made for Life Soul Sensation

This treatment starts with exfoliation of the feet to reveal soft and smooth skin and will be finished with a soothing leg and foot massage with cooling peppermint and healing rosemary.

Made for Life Mindful Connect and Nurture Massage

Create a deep sense of relaxation when a mind calming warm infusion of chamomile and rose geranium are combined with slow, soothing, hypnotic massage techniques incorporating smooth hot stones to ease physical and emotional tensions.

Made for Life Mindful Focus and Clarity Massage

Feel refreshed with bergamot and frankincense oils, yet completely relaxed with this firm, meaningful massage completed with a clearing cool stone face massage and mind focusing scalp massage.

Made for Life Mindful Uplift and Energise Massage

For the tired and achy body this stimulating massage is enhanced with a warm blend of rosemary and thyme to uplift the senses and boost circulation, energising the system with oxygen and nutrients.

Elfordleigh Signature Massages

Embrace The Day Treatment

This treatment starts with a full body massage followed by our luxurious body scrub to remove dry skin, whilst five organic oils, including wheatgerm and uplifting lemongrass oil, work with cocoa butter to invigorate blood circulation and moisturise the skin leaving you feeling super soft and radiant, ready to embrace the day.

Full Body Massage

Back, Neck and Shoulder Massage

Hot Stone Back Massage

Therapeutic heat is slowly released into the muscles using warm basalt stones, whilst oils are massaged into the back for maximum relaxation.

Lava Shell Back Massage

Gentle heat is released using Lava shells in combination with calming botanical massage oil to release tension, improve circulation and melt away aches and pains.

Pregnancy Back Massage

Ultimate Top to Toe

Express manicure, express pedicure, express facial and full body massage.

St. Tropez

Spray Tan

Top Up Tan

within 5 days

* Patch test required 24 hours prior to treatment
** Patch test required 48 hours prior to treatment

Hair Removal

½ Leg Wax
½ Leg and Bikini Wax
¾ Leg Wax
Full Leg Wax
Full Leg and Bikini Wax
Bikini Wax
Brazilian Wax
Underarm Wax
Forearm Wax
Eyebrow Wax
Lip Wax
Chin Wax
Lip and Chin Wax

Men's Hair Removal

Back and Shoulder Wax
Chest Wax

Eye Enhancements

Eyelash Tint*
Eyebrow Tint*
Eyelash and Eyebrow Tint*
Eyebrow Shape
Individual Cluster Lashes
Strip Lashes
Lash Lift**
Lash Lift with Tint**

O·P·I Prospa

Express Manicure

In a rush, but still need a quick way to de-stress? The OPI ProSpa Express Manicure is then the perfect choice. Featuring essential OPI ProSpa products and techniques in a condensed service that doesn't sacrifice on a premiere experience.

Pamper Manicure

Soothe, relax and indulge with the ultimate OPI ProSpa Pamper Manicure. The crème de la crème of manicures, you will benefit from unparalleled exfoliation, moisture and protection, while revelling in a combination of massage techniques and acupressure designed to reduce stress and relieve tension.

Express Pedicure

Quick, effective and oh-so relaxing. This OPI ProSpa Express Pedicure features OPI ProSpa products, to provide a spa pedicure experience without increasing service time.

Pamper Pedicure

Soothe, relax and pamper with the ultimate pedicure experience. The OPI ProSpa Pamper Pedicure includes unparalleled callus softening, exfoliation, moisture and protection. An extended massage combined with acupressure to reduce stress and relieve tension will leave you feeling relaxed and renewed.



Gel Polish Upgrade

Booked in combination with any of the above ProSpa manicures or pedicures.

Shape and Polish

Mini Manicure

9-16 years*

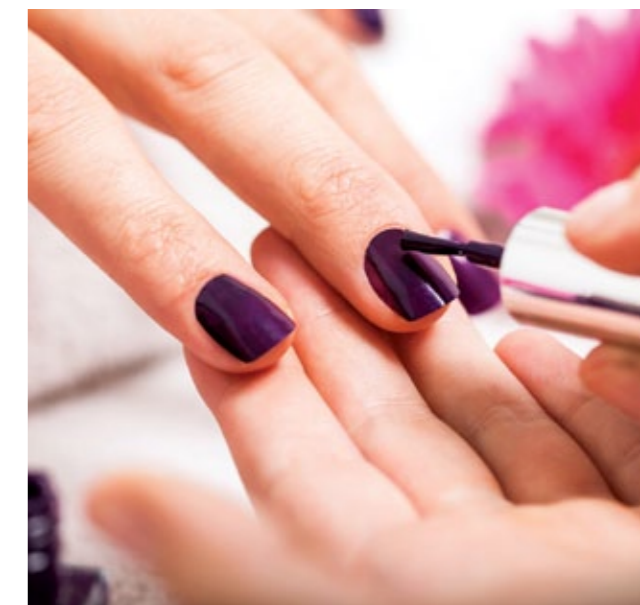
Gel Manicure or Pedicure

Cuticle conditioning, shape and polish. Perfect nails you can touch in seconds and needn't touch for weeks. For a longer lasting nail colour.

Gel Removal

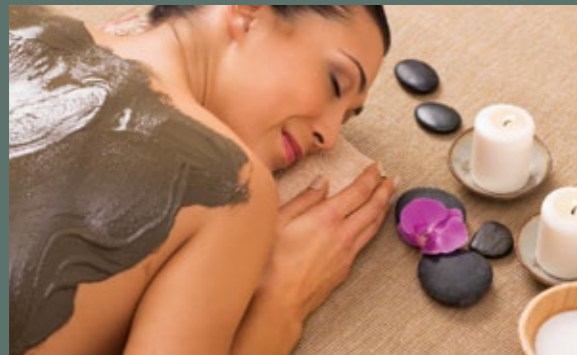
When booking manicure or pedicure services please inform us if you have gel to be removed as extra time will be required.

*An adult must be present during treatment.



Spa Pamper Days

All pamper days include a robe, slippers, towel and a drink of your choice (coffee, tea, hot chocolate or fruit juice).



Food can be purchased in our Brasserie.

Overnight accommodation available at competitive rates.



Dip & Unwind

Swim, sauna, steam room and Jacuzzi.

Unwind & Relax

30 minute facial, swim, sauna, steam room and Jacuzzi.

Stress Buster

Back, neck and shoulder massage, swim, sauna, steam room and Jacuzzi.

Revive

Hot stone back massage, swim, sauna, steam room and Jacuzzi.

Sanctuary

60 minute facial, swim, sauna, steam room and Jacuzzi.

Serenity

Full body massage, swim, sauna, steam room and Jacuzzi.

Summer Seducer

Express manicure, express pedicure, swim, sauna, steam room and Jacuzzi.



* An adult must be present during treatment.



All About You

Back, neck and shoulder massage, choice of express manicure or express pedicure, swim, sauna, steam room and Jacuzzi.

Embrace The Day

Full body massage and skin softening body exfoliation, swim, sauna, steam room and Jacuzzi.

Treat Me

Back, neck and shoulder massage, 55 minute facial, swim, sauna, steam room and Jacuzzi.

For Someone Special

Full body massage, 55 minute facial, swim, sauna, steam room and Jacuzzi.

Spa Retreat

Back, neck and shoulder massage, 55 minute facial, express manicure, swim, sauna, steam room and Jacuzzi.

Pure Harmony

Full body massage, 55 minute facial, choice of pamper manicure or pamper pedicure, swim, sauna, steam room and Jacuzzi.

Baby Moon Spa Day

90 minutes full body massage and swim. Suitable for pregnancies over 3 months. *Please be advised that for your own safety and well-being you are unable to use the sauna, steam room and Jacuzzi.*

Teenage Spa Day*

Choice of mini facial or mini manicure. Use of pool only. (13-16 years)

Hen Party Spa Day

Choice of facial, manicure or pedicure, afternoon tea with Prosecco, swim, sauna, steam room and Jacuzzi.

Booking Advice and Guidelines

1. Please arrive 10 minutes prior to the scheduled start time of your treatment and 45 minutes prior to a spa day.
2. Regretfully, late arrival for your appointment will constitute in a reduced treatment time.
3. 50% deposits are required for treatments.
4. Spa days must be booked in advance and paid for in full upon booking.
5. Cancellations must be made at least 48 hours prior to your appointment for a full refund. Cancellations with less than 48 hours notice will incur a 50% charge and failure to cancel will incur the full charge of the appointment.
6. Some treatments are not suitable for certain medical conditions or during pregnancy. Please inform us of any concerns at the time of booking.
7. All treatments and gift packages are non-refundable.
8. All times quoted include consultation, preparation time and treatment.
9. Do not have any heat treatments before or after waxing, this includes sunbeds.
10. Do wear dark loose clothing before and after tanning treatments.
11. Do not wear jewellery when having treatments.
12. Do wear open toe shoes after a pedicure treatment.
13. Do offer to pay for you manicure before your treatment and take car keys out from your handbag ready for when you leave.
14. Underwear must be worn during all treatments and massages.
15. Please have a quick shower after exercising and before your treatment.
16. Children booked on the teenage package must be accompanied by a consenting adult.
17. Alcohol should not be consumed prior to treatments or during the use of facilities.
18. Please leave mobile phones on silent mode in your locker.
19. Any outstanding charges will be made to the lead card holder.

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For the latest news and offers follow us on:



For more visit www.elfordleigh.co.uk

All pricing and treatments are correct at time of printing. Elfordleigh reserves the right to amend pricing and treatment choices at our own discretion.

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