

— T H E —
H O U S E
S P A

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A T D O R M Y H O U S E

House Spa: Come to your Senses

Our spa is a light and uplifting rural outside-in space, a little bit heavenly with quite a bit of fizz. House Spa is all about making you feel absolutely fabulous.

Our luxurious treatments are by Temple Spa, a total lifestyle brand designed to relieve the stresses of everyday life. Temple Spa is 'made in England' but has a strong Mediterranean influence, and the development team includes world-renowned doctors, herbalists and professors from Switzerland, Italy and the UK. From calming body balms to firming neck treatments, Temple Spa's range of self-pampering products are designed to help regain energy, restore peace and look after your soul.

The grand finale is our glossy Champagne Nail Bar, offering top class manicures and pedicures for that perfect finish to your visit.

Monday - Saturday

Club, Studios & Thermal 7am - 9pm

Spa Treatments 9am - 8pm

Sunday

Club, Studios & Thermal 8am to 7pm

Spa Treatments 10am to 6pm

Children are welcome to use the spa between 9.30am-10.30am & 3.45pm-4.45pm Mon-Sat and 9.15am-10.15am & 3.30pm-4.30pm on Sundays.



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A Swift touch of the Spa

THE GREENHOUSE

The heart of House Spa is The Greenhouse, a light-filled lounge that offers tranquility, comfort and delicious food. We serve a healthy and delicious menu alongside all sorts of treats for a calorie-neutral day out! At House Spa, we encourage you to be both naughty and nice. When evenings and winters draw in, the welcoming fireside transforms The Greenhouse into a cosy retreat.

THE BATHING ROOM

Bathe in style at House Spa. Stretch your limbs in the spectacular candlelit indoor Infinity Pool - a 16m heated swimming pool for lengths and lazing. Curl up poolside in comfort with a good book and lots of natural daylight. Or take a dip in our outdoor hydrotherapy pool with warm water jets to relax you even on a frosty winter days. To ensure social distancing, we operate a booking system.

THE THERMAL SUITE

Get into your thermals any time of year! Choose from the gentle warmth of the Lavender Infusion Sauna – sourced from Finnish cabin. Try the Salt Steam room, the cooling Drench Showers and the Ice Experience and tell us if you don't feel invigorated and ready for another day.

THE FLOAT TANK

Over 500kg of Epsom salts are added to the i-sopod floatation tank and mixed with 1,000 litres of water. This creates a highly buoyant environment in which people will naturally float to the surface without any effort. Floating in this way allows the user to escape the forces of gravity, relaxing the muscles and releasing tension.

THE GYM

Our hotel gym has state of the art cardio and weight equipment. To ensure social distancing, we operate a booking system.

THE NAIL PARLOUR

We don't think life should be all rest and no play, and that's why we've created the House Spa Champagne Nail Parlour. Where better to spend some time than with a combination of glossy grooming and a little bit of fizz? A chance to reconnect with the lighter side of life.

THE SUITE OF TREATS

We have six lovely treatment rooms and a menu of treatments to soothe every bone and warm your heart. Read on – you won't be able to resist...



Spa Day Packages

Additional treatments can be added to any of the packages subject to availability and regular pricing. Please note that spa days guests will need to pre-book their 60 minute pool and hydro-pool slots in advance, along with gym slots also.



MORNING MEANDER

Includes the following:

- Food allocation to use in The Greenhouse for lunch
- Two 60-minute slots for the pool and thermal suite: 10:45 and 12pm
- Complimentary glass of prosecco or a smoothie

Available Monday - Thursday, 10:30am - 1pm.

Booking in advance is essential.

AFTERNOON BLISS

Includes the following:

- Food allocation to use in The Greenhouse for lunch
- Two 60-minute slots for the pool and thermal suite: 13:15pm and 14:30pm
- Complimentary glass of prosecco or a smoothie

Available Monday - Thursday, 11:45am - 3.30pm.

Booking in advance is essential.

DAY DREAMER

Includes the following:

- Food allocation to use in The Greenhouse for lunch
- Two 60-minute slots for the pool and thermal suite
- One of the following 60-minute treatments:
 - Glorious Mud
 - Mediterranean Marinade Facial
 - Repose Facial
 - Go Guy Facial

Available Monday - Thursday, 9am - 5.30pm.

Total treatment time: 60 minutes.

Booking in advance is essential.

NIGHT OWL

Includes the following:

- Food allocation to use in The Back Garden for dinner
- 1 x 60 minute slot for the pool and thermal suite
- One of the following 60-minute treatments:
 - Glorious Mud
 - Mediterranean Marinade Facial
 - Repose Facial
 - Go Guy Facial

Available Monday - Thursday, 5pm - 8.30pm.

Total treatment time: 60 minutes.

Booking in advance is essential.

SWEET SERENITY SPA EXPERIENCE

Includes the following:

- 120 minute x Spa Facility use
- 1 x Wave Touch Massage
- Relax in our Greenhouse Spa Lounge and enjoy a warm drink or juice and a slice of our delicious cake of the day

Available Monday - Friday.

Total experience time: 3.5 hours.

Total treatment time: 25 minutes.

Subject to availability.



Really rejuvenating facials by Temple Spa

REPOSE

60 minutes

This indulgent aromatherapy facial is infused with a Mediterranean blend of 40 essential oils which will soothe, calm and hydrate your skin whilst having a relaxing action on the mind and body so you can switch off and recharge.

THE TOTALLY QUENCHED & DRENCHED

Rehydrating facial for thirsty skin

75 minutes

This facial is the ultimate in anti-ageing. This lavish experience is a must for a dehydrated, dull or devitalised skin, leaving your skin looking radiant & fresh. We combine powerful ingredients and techniques to help fight the ageing process and loss of elasticity in the skin. This divine facial includes a signature face and décolleté massage including a specialised eye massage to stimulate circulation and muscle tone. Skin is then exfoliated and treated to a double layer hydrating and cooling cryogenic mask including an application of the award-winning Temple Spa Quench Hydrating Mask.

The results are outstanding; skin looks plumper, firmer, hydrated, visibly smoother and wonderfully soft. You could call it a facial iron.

MEDITERRANEAN MARINADE

60 minutes

A de-sensitising facial packed with fresh ingredients, Mediterranean essential oils and vitamin boosters designed to soothe and calm whilst restoring your skin's natural equilibrium, radiance and glow.

ALL ABOUT THE GLOW

Vitamin C radiance facial

60 minutes

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and our glycolic acid complexes and our unique skin-lifting massage techniques ensure the results mean even better skin.

We like to call it the facial gym power hour!



CHAMPAGNE AND TRUFFLES

Anti-aging, lift and radiance facial

90 minutes

This super luxurious facial starts with a hot stone shoulder massage and brightening hand exfoliation. Followed by a specialist lifting massage to help strengthen and tone the skin, resurfacing peel, a hydrating and brightening alginate mask to help iron out any lines and wrinkles, cold stone therapy to reduce any puffiness and finish with Skin Truffle products. With action packed ingredients such as Champagne, Silk, Diamonds, Gold and Black Truffle you will have a visibly lifted and plumped complexion.

GO GUY FACIAL

60 minutes

This high-performance men's facial is perfect to revive, refresh and invigorate. Your skin will be revitalised and energised with a deep brush cleanse, followed by a targeted face and shoulder massage. Skin is then treated to a deep exfoliation and an application of a bespoke face mask. Finally enjoy a hot stone neck and shoulder massage to melt away the final traces of tension and stress. Skin is left smoother, softer, hydrated and ready to face the world.

CBD Treatments by Temple Spa

LIGHT RELIEF

CBD Skin booster facial

75 minutes

Feeling and looking stressed out? Our light relief CBD skin booster facial is the remedy. This anti-inflammatory treatment brings comfort to fragile and dehydrated skin whilst soothing mind, body and soul. Starting with a calming face massage and eye treatment and followed with a hot oil scalp massage, plus a hand & arm massage using warmed White Jade Wave Stones, rest assured you'll leave radiant, glowing and feeling totally chilled out.

STRESS NOT

CBD Massage

60 minutes

This calming and anti-inflammatory massage targets muscle pain and melts away tension using the power of warmed White Jade Wave Stones leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD balm stress not naturally eases muscle stiffness and calms busy minds... giving you a moment of blissful respite.



Body Beautiful

AAAHHH!

30 minutes

Instant relief for tired, over worked feet and legs. The treatment begins with skin brushing to help eliminate excess fluids and continues with the Mediterranean sugar buff scrub and warm oil massage that will leave you tingling with a final application of the Aaaahh. Your feet and lower legs will feel cool, soothed and lighter.

HEAD START

30 minutes

This relaxing and tension relieving head massage will fight fatigue and nourish the hair.

I'LL BE BACK

A facial for the back

45 minutes

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm, purifying mud followed by a stimulating massage. Leaving you with a back to be proud of.

THE OUTER GLOW

45 minutes

A gentle exfoliating treatment to polish your body, leaving your skin feeling soft from top to toe, revitalised and hydrated.

GLORIOUS MUD

60 minutes

Using the finest blends of ingredients to detox and purify the body, this treatment starts with top-to-toe body brushing to encourage lymphatic flow. Your skin is then smoothed with warm vitamin and mineral rich mud to nourish and purify. Once cocooned in a cosy wrap, you will find your relaxation is taken to another level with a glorious scalp massage. Wallowing in mud is simply wonderful...

A BRUSH WITH HEAVEN

Totally unique face & body treatment using only brushes

90 minutes

A top-to-toe body treatment to stimulate, drain toxins and smooth the face and body. Once lavished in rich warm drift away body oil, you will be cocooned, then treated to the exclusive Temple Spa facial treatment. Carried out entirely with brushes, while you doze. Heaven!

GOLDEN TRUFFLE EXPERIENCE

120 minutes

The ultimate in total luxury. This treatment delivers all over radiance-boosting results starting with a leg energiser and an invigorating full body scrub followed by a relaxing back massage using our unique advanced anti-ageing body techniques, both tightening and toning. Add to this our Champagne & Truffles deluxe facial and skin is left glowing, brighter and revived beyond expectation.

Body Beautiful continued...

YOUR BEST YOU *Mood Boosting Treatment*

90 minutes

This unique top-to-toe treatment is tailored to you. This gentle nurturing experience uses a combination of expert therapist hands and Himalayan Salt stones (used hot or cool, according to guest preference). These healing stones produce negative ions to support stress relief, increase energy, and positively boost your mood.

Rhythmic stretches, and gentle joint rotation rescue achy limbs and tension and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful. Nutritious oils and our deeply hydrating & comforting body cream, gives your body the hug it deserves. You'll step off the bed feeling fresh, calm & content knowing that you have done something good for you. Your best you once again.

Perfect for ladies navigating peri-menopause, menopause or anyone who needs a gentle, nurturing treatment.

Hands-free massage



WAVE TOUCH MASSAGE

25 minutes

Experience a truly holistic treatment encompassing the senses. Warm water jets massage the body from head to toe, whilst you float almost weightlessly on a dry water surface. The soothing warmth and gentle power of the water activates deep into the tissues, loosening muscles and relieving tension. A canopy with LED light therapy encourages an increase in collagen production and with regular use can tighten the skin, improve texture and reduce the formation of lines and wrinkles. During your treatment a sound system, built into the bed, will deliver your choice of relaxing music and meditative sounds resulting in complete relaxation.

Body Massages

FACE MASSAGE

60 minutes

Lifting, firming, and toning, this treatment aims to destress, define and rejuvenate the skin by stimulating collagen, as your therapist uses different techniques to work on all areas of the neck, face and scalp. A workout for the face while you lay back and relax.

BACK MASSAGE

30 minutes

This treatment focuses on the back only, if you are suffering with muscle tension and knots this is the ideal treatment to soothe and help get rid of your pain.



BODY MASSAGE

60 minutes

If you need something relaxing to ease away stresses or a deep massage to address those difficult knots, aches and pains, our expertly trained therapists ensure that your massage is tailor made to your needs.

THERAPEUTIC TOUCH

60 minutes

This massage was designed to support those who have to manage their experiences with cancer. This specialist massage can help improve the quality of life, relaxation, sleep and immune function. It can ease the anxiety, pain and fatigue bringing comfort, nurture and support. Every massage is tailored on a physical and emotional level according to each individual.

PREGNANCY MASSAGE

60 minutes

Massage can be an extremely important tool during pregnancy. Our massage is based at different stages of the pregnancy as each stage requires different attention and techniques. You will feel a sense of harmony as tensions have been released. This massage is suitable for clients over 12 weeks pregnant. Please advise stage of pregnancy at the time of booking to avoid disappointment.



The Float Tank

60 minutes

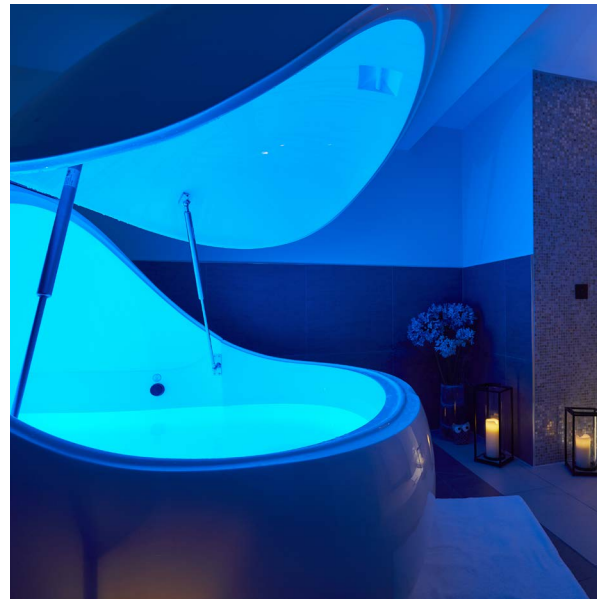
Over 500kg of Epsom salts are added to the i-sopod floatation tank and mixed with 1,000 litres of water. This creates a highly buoyant environment in which people will naturally float to the surface without any effort. Floating in this way allows the user to escape the forces of gravity, relaxing the muscles and releasing tension.

With the light switched off and an absence of any sound there is no external stimulus for the brain to focus on. It is then quite natural to slip into a deeply relaxed mental state.

As well as being pleasant and enjoyable, it is where we are able to rest and regenerate our physical and mental functions. A session of floatation in the i-sopod will typically lead to an enhanced sense of well-being and improved physiological functioning as the combination of both deep mental and physical relaxation provides a host of benefits for the user.

This experience is bookable through the spa team.

After each session the pod initiates its cleaning cycle. The total contents of the pod are displaced 3.75 times by the industrial strength pump through the 1 micron filter, ensuring that the environment is totally free from any detritus. The titanium-encased heater keeps the water at a constant skin temperature and the automatic disinfecting makes sure that no bacteria or pathogens can survive.



Nails and Toes

MARVELLOUS MANICURE

60 minutes

A nourishing treatment for hands in need of a little TLC. Hands are cleansed and exfoliated followed by intense cuticle care. Nails are preened and buffed to perfection, finished off with the polish of your choice.

PROTECTION PEDICURE

60 minutes

This pedicure will leave your feet feeling lighter and softer than ever. Starting off with hard skin removal, file and cuticle work, your feet will be soaked and scrubbed to perfection. A soothing massage to finish off and a polish of your choice.

GELERATION MANICURE OR PEDICURE

60 minutes

Geleration allows you to have glossy nails that last with a flawless finish. Your natural nails are protected with expert products to ensure the nail is not depleted of nutrients.

Go as glam as you like or keep it natural, knowing that your manicure/pedicure won't chip or fade.



House Rules...

HOW TO BOOK

For bookings and enquiries, please call us on 01386 859910 or e-mail us at spa@dormyhouse.co.uk

Please book well in advance to avoid disappointment. You will need to book treatments in advance. The double treatment room can be requested at the time of booking and is subject to availability. For non-resident bookings, we will require your full address, telephone number and debit or credit card details.

CANCELLATION

Cancellation is required at least 72 hours in advance of your treatment/s or Spa Day. If we are unable to resell your booking, a charge will be made on your debit or credit card.

HEALTH ADVICE

At the start of your spa day you will complete a medical questionnaire. It is important for us to know if you are pregnant or have undergone recent surgery. We also need to know about any medical issues such as high blood pressure, heart problems, cancer, varicose veins, allergies or other serious conditions.

Please let us know at the time of booking so we can ensure that your treatment is suitable for you. All treatments are booked subject to medical status. Suitability of treatments will be reconfirmed on arrival at the Spa. If you fail to notify us prior to your visit of pregnancy or a medical condition, we reserve the right to refuse offering treatments and charge for the treatment time reserved.

Please don't drink alcohol before using the thermal suite, hydro pool or infinity pool. Thermal bathing and the hydro pool is not suitable for pregnant guests.

If during your stay you experience any COVID symptoms, please inform a member of our team straight away.

AGE RESTRICTIONS

Thermal bathing and treatments are only available to guests of 16 years and over. Children are welcome to use the spa and Greenhouse area between 9.30am-10.30am & 3.45pm-4.45pm Mon-Sat and 9.15am-10.15am & 3.30pm-4.30pm on Sundays. All children must be supervised by an adult.

TIMING

We advise you to arrive for your first appointment 15 minutes ahead of time to allow you to complete your health questionnaire and relax. If you are late, your treatment time may be shortened and the same treatment price will apply. To make the most of your treatment, you are welcome to take time to unwind in the relaxation areas before or after.

WHAT TO BRING

Swimsuits are required for all bathing areas and The Thermal Suite, so please bring your own. However, swimming costumes are available to buy. Robes, slippers, towels and lockers are provided.

If you are having a treatment without bathing, you would normally keep some underwear on - your therapist can provide you with disposable briefs if you prefer. Our therapists are professionally trained in draping techniques to ensure your privacy and comfort at all times. Shampoo, conditioner and shower gel are available to use in our changing rooms. It is advisable to leave jewellery and valuables in your room or at home.

HOTEL GUESTS – for your comfort and convenience, you will find a robe and slippers in your wardrobe. Please change into them if possible before coming to the Spa. You can access the Spa from the first floor bedrooms without having to pass Reception.

MOBILE TELEPHONES

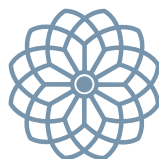
Out of courtesy to all our Spa guests, we appreciate you leaving your mobile phone switched off in your locker or in your room.

GIFT VOUCHERS

Gift Vouchers are available for our spa days. We can send them directly to you or the recipient, or deliver them to your room for your arrival. Please visit the website www.dormyhouse.co.uk or call us on 01386 859910

MAKE YOUR HOME A HOUSE SPA

All products used in your treatments are available to buy. To order your favourite products, or to discuss your individual needs with a therapist, simply call 01386 859910 or email spa@dormyhouse.co.uk. We will happily post products to you, or deliver them to your room. All details in this brochure are subject to change and availability at time of booking.



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For bookings and enquiries, please call us on 01386 859910
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Dormy House Hotel
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