



MEON VALLEY
HOTEL & COUNTRY CLUB, SOUTHAMPTON



THE **RETREAT** SPA


ELITE
VENUE
SELECTION



WELCOME TO THE MEON VALLEY RETREAT SPA PACKAGES

All our spa day packages include full use of leisure facilities between 10am and 4pm. Towels can be provided with robes and slippers with a added price of £5 to per person to hire for the day.

Spa retreat package £130 per person

Includes 2 hours of treatments you can choose from ; Full body massage, Declor facial , Manicure or Pedicure.

Refresh & revive package £120 per Person

Includes 1 and half hours of treatment with the choice of Declor Vitamin facial, back massage, full body massage, scalp massage, Zen Spa manicure or express Pedicure.

Time For You Package £75 per person

Includes 1 hour of treatment per person, treatment choices of ; Full body massage, Declor Facial , Zen spa manicure or pedicure.

Time For Two Packages £110 FOR 2

For Two people to have a 25 minute treatment each, choose from , Massage, Facial, Mini Manicure or a Mini pedicure.

Time for Me Package £60 per Person

Includes 25 minutes of the treatment of your choice. You can choice from Mini Manicure, Mini Pedicure, Facial or massage and scalp massage.



FACIALS

Decleor is an aromatherapy based brand that focuss on the use of essential oils. All Decleor facials are design to suit your skin tone in a warm and relaxing environment.

Decleor Discovery Facial

£35 - 25 mins

This is a perfect way to taster our Decleor facials, you will receive beautiful blends of Aromatherapy products to cleanse, tone and moisturise your skin. The therapist will use Decleor products to especially tailored to your skin tone, leaving it cleansed and refreshed.

Declor Packed Vitamin Glow

£65/60 mins

The vitamin glow is packed with antioxidants and vitamins which makes a perfect booster for you skin routine. Includes a warm decongesting mask for your skins replenished glow.

The Decleor expert Facial

£75 - 60 mins

The therapist will bespoke a facial to suit individuals skin care needs, This will include a mini back massage followed by a deep cleaning facial designed and chosen to suit your needs.

Kaeso

£30 - 25 Mins

£55 - 50 Mins

Kaeso is a skincare that targets key skin concerns and types; Hydrating for normal to dry skin, Calming for sensitive skin, Rebalancing for oily/combo skin, and Anti-Ageing.

What are the benefits of Kaeso facial?

Kaeso is formulated to reduce excess oil and remove impurities. A purifying creamy non-drying mask that refines and adapts to the needs of combination skin. Extract of natural astringents, Willow Bark and Witch Hazel, help to boost skin tone while moisturising. Helps to revitalise the complexion leaving skin looking brighter.

All facials include Cleanse, toner and moisturiser, designed to suit your skin type.

MASSAGE AND RELAXATION

Swedish Massage

Full body 50mins £65

**Back, Neck and shoulder £40
25mins**

Let the therapist help by using techniques to relieve tension to tired and overworked muscles.

Bamboo Massage

45mins £55 or

**Back, neck and shoulders
25mins £45**

The bamboo is heated up and used in a roller-like fashion, stretching and elongating muscles to relieve all sorts of aches and pains

Aromatherapy Massage

50mins £65 or

**Back, Neck & shoulders £40 for
25mins**

This is a gentle massage using specially blended oils to help relax or uplift your body's needs

Infrared Massage

25mins £45

Using a heated lamp to penetrate deep into the muscles to relieve and restore all those aches and pains

Hopi ear candling

£35 for 40 mins

This treatment is an effective way of unblocking ear congestion with the warmth of the candle helps you to relax and distress.

Thai Compress massage

25mins £48 or 50mins £68

Packed with various health-boosting herbs, the compression balls are warmed (usually steamed) and applied to the body, allowing moist heat to radiate down through the skin and tissue, melting away tension and soreness

Scalp massage

£25 for 20mins

20 mins of pure relaxation to ease tension and headaches.

Foot Massage

£38 for 40 mins

This foot massage can improve your circulation, stimulates muscles, reduces tension, and often eases pain. Using essential oils to relax the mind and body for full relaxation.

Hot Stone Massage

Full Body £68 for 50mins

**or Back, Neck and Shoulder
Massage £48 for 25mins**

A hot stone massage is a type of massage therapy using heated basalt stones. It's used to help you relax and ease tense muscles and damaged soft tissues throughout your body.

NAILS

Zen spa pedicure

**Normal Jessica polish £40 or
add GELeration Polish £45**

Using Jessica products your feet will feel fresh and revived again by removing the dead skin, cutting the toe nails and grooming the feet which also will include a deep conditioning massage. Ending with a choice of many nail varnish colours

Jessica Prescriptive Manicure

**Normal Jessica polish £35 or
add GELeration polish £40**

This treatment is excellent for increasing circulation and relieving aching joints due to the massage and exfoliation you will receive. Followed by a full tidy of your nails and the polish of your choice

**Express Manicure or Pedicure
25 mins normal polish £25 Or
GELeration express £30**

This is a quick and simple way of getting beautiful nails in a hurry. The therapist will file and shape the nail, and finish off with the Jessica colour of your choice.

Removal of GELeration £16

Using heated booties or Mitts, ending with a treatment to help straighten the nails to keep them healthy and strong.



MEN'S TREATMENTS

Men's foot wash especially designed for men.

£30 for 25 mins

Using the highest quality foot products we soak the feet in warm water, cut and file the toe nails, remove the dead skin, then end with a relaxing foot massage which will leave those tired feet feeling refreshed.

Men's Hot Towel Facial

£30 for 25 mins

This facial has been especially design for Men using Decler products. With hot towels to open the pores and warming massage techniques to help muscles relax and restore to the natural glow, ending with a relaxing scalp massage.

Men's anti stress infrared Massage

£45 for 25 Mins

This massage is using heat directed to the skin, this will release body muscle tension to provide a more quality massage. The heated muscles allow the body to relax. This will increase blood circulation, reduces stress and fatigue.

Mens Swedish Massage

£40 for 25 mins

£65 for 50 mins

Using a unique technique in pressure and movements this is the perfect treatment for tired and aching muscles.

Mens Scalp Massage

20mins for £30

massaging the scalp to help relieve stress and tension headaches

Waxing

Back £35 Chest £28

EXTRA TREATMENTS

Bridal Package

Bridal GELeration Manicure and Pedicure , Eyebrow wax and tint, Eyelash tint, 20 min back massage, 15min Scalp massage .. some treatments will be on and before the big day **£145**

Waxing & Tints

Full leg **£30**

or half leg (to the knee) **£20**

Eyebrow Shape **£15**

Lip or Chin £8 both **£15**

Eyelash tint **£18**

Eyebrow tint **£10**

Eyelash and Eyebrow tint with

Eyebrow shape **£35**

PLEASE NOTE Patch test for tint will be required 24 hours prior treatment



BOOKINGS

Please book spa appointments in advance on 01329 836 830

Unfortunately we do not carry out treatments under the age of 18

All appointments will need a consultation on arrival, so please arrive 15 minutes before your allocated time.

CANCELLATION POLICY

Please give us 24 hours of any cancellations or a 50% charge will be given

OPENING HOURS

Open Times are

| | |
|------------|-----------|
| Monday: | 9am - 5pm |
| Tuesday: | 9am - 5pm |
| Wednesday: | 9am - 5pm |
| Thursday: | 9am - 5pm |
| Friday: | 9am - 5pm |
| Saturday: | 9am - 5pm |
| Sunday: | 9am - 5pm |

Sunday openings * Subject to special request for parties for over 6 people * Booking needs to be 4 weeks in advance. Subject to limited availability.

GIFT VOUCHERS

Gift Vouchers Available to purchase at the Spa for that special occasion



Meon Valley Hotel, Golf & Country Club

Sandy Ln, Shedfield, Southampton SO32 2HQ

T: 01329 836 830

E: beauty764@theelitevenueselection.co.uk