SPA

DONNINGTON & CO.

Treatment Brochure

TEMPLESPA

GERMAINE DE CAPUCCINI

Welcome

Our spa is a bright, uplifting retreat offering heavenly treatments, expert therapists, and a menu designed to leave you relaxed and revitalised. Facilities include an 18 m pool, Jacuzzi, sauna, steam room and aromatherapy room, a gym, dance studio, classes, plus a relaxation room and outdoor terrace.

GIFT VOUCHERS

Give the perfect gift with our spa vouchers, choose a treatment, spa day, spa break, or a monetary voucher. Available in-hotel, at the spa, or online at www.donnington.co. All vouchers are valid for 12 months.

CONTACT US

To book a spa day, treatment or for health club and membership enquiries:

T 01635 551188
E healthclub@donnington.group
W www.donnington.co

To book a spa break, call reservations on:

T 01635 551199
E reservations@donnington.group
W www.donnington.co

Our Brands

TEMPLESPA

TEMPLESPA is a 100% British skincare brand combining advanced derma-science with naturally rich Mediterranean botanicals. Founded in 2000, it delivers ethical, results-driven skincare and indulgent spa rituals designed to restore balance, relaxation, and wellbeing.

GERMAINE DE CAPUCCINI

Germaine de Capuccini offers luxury, results driven skincare built on innovation, research, and advanced formulations. These expertly delivered treatments are tailored to your skin type for a truly exceptional experience.

Mii

Inspired by decades of professional expertise and a vision for effortless, high-performance nail care. Nails by Mii delivers salon-quality results while caring for the natural nail.

TREATMENT KEY

P Treatments suitable during the 2nd and 3rd trimester. If you are in your 1st trimester please seek advice from our spa team.

D Treatments available in a double treatment room. Both treatments must be the same. (Treatments priced per person).





SIGNATURE SPA EXPERIENCE

AQUA SUN
25 mins | £35

Bathe in warm water while air jets gently massage your body to boost circulation, disperse toxins and nourish dry skin conditions. The low level UV canopy is a source of vitamin D and is particularly good for treating seasonal affective disorder (SAD) and promoting a sense of well-being.

Pre-Aqua Sun advice

The Aqua Sun cannot be carried out:

- If you have been in a tanning booth the same day or if you have been sun bathing
- If your skin is very sun sensitive
- If you have suffered with any past skin conditions such as Melanoma.

If you are currently suffering from any medical conditions or taking prescribed medication, we may not be able to carry out the treatment.

TEMPLESPA SPA EXPERIENCES

TEMPLESPA MY KINDA MOOD
115 mins | £163 | D

Prescription face & body experience
Not sure what you'd like? Then this is the ideal treatment for you. First, we'll help you choose the aromatherapy oil to match your mood. Then we'll take care of you with a tailored, results-driven full body massage, followed by a bespoke facial. Step off the bed feeling all the better for it.

TEMPLESPA THE SERIOUS DETOX
145 mins | £185

Purify & balance face & body experience
Clear out the old and bring in the new with our deep cleansing, top-to-toe detox treatment. Begin with an invigorating body brush and a full-body exfoliation. Achy, overworked joints and tight muscles are then treated to a deep tissue massage. Our full body wrap, is then applied and while it goes to work it's time for a purifying and balancing facial.

GERMAINE DE CAPUCCINI SPA EXPERIENCES

GDC RADIANT POMEGRANATE RITUAL
115 mins | £165

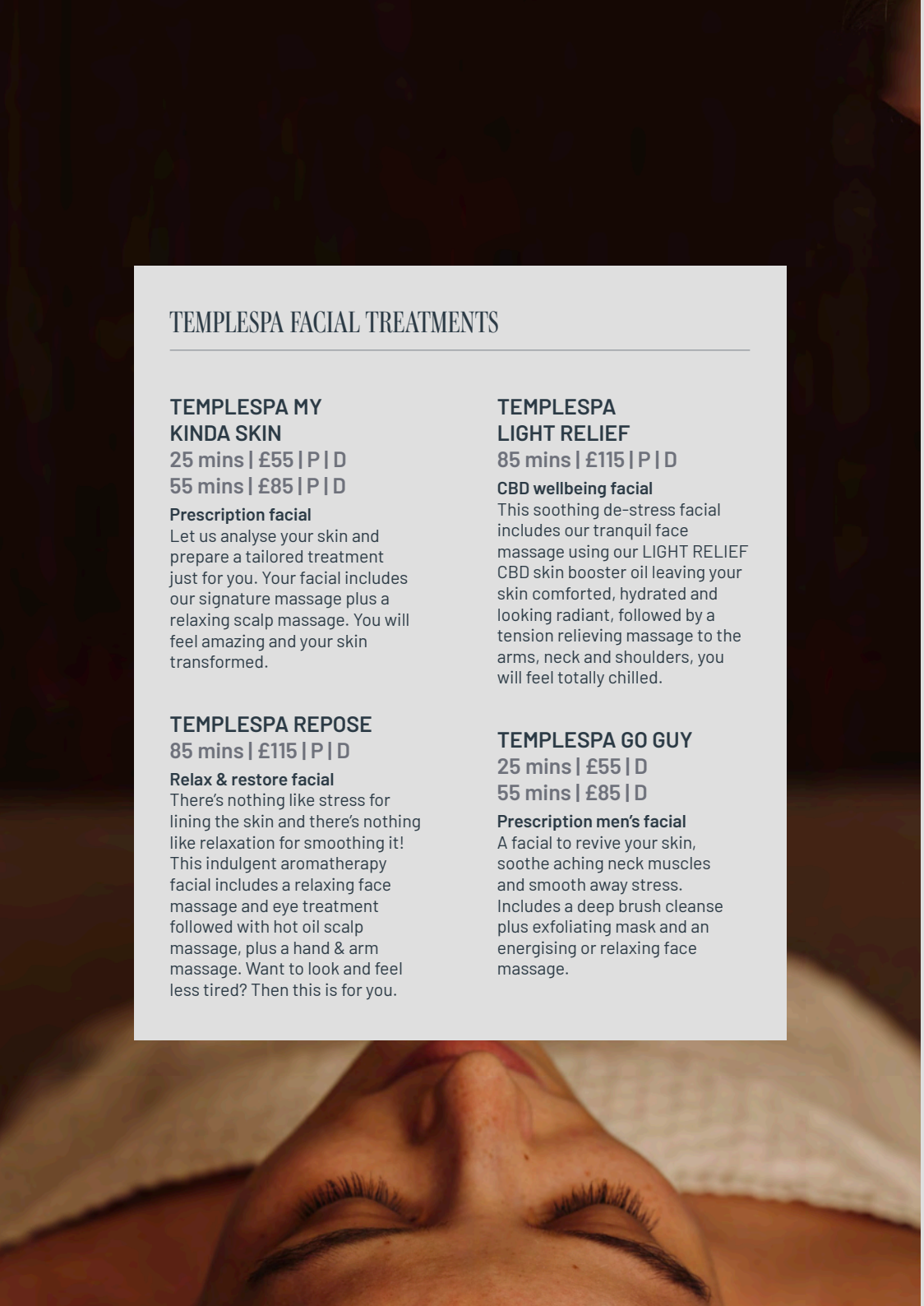
Soothe, restore & balance
Your experience begins with a full-body exfoliation to polish the skin to silky softness, followed by a cocooning pomegranate body wrap to deeply hydrate and renew. While the wrap works its magic, a soothing scalp massage releases tension and quiets the mind. The ritual continues with a flowing, wave-inspired body massage, enhanced by the gentle rhythm of the Sea Breeze Shaker, echoing the sound of waves lapping the shore and guiding you into profound relaxation. Enriched with the uplifting essence of pomegranate, this experience leaves your body radiant, your spirit joyful, and your whole being infused with Mediterranean vitality.

GDC THE LOST PARADISE RITUAL
85 mins | £125

Revive, energise & awaken
Your Amazonian ritual begins with rain stick rhythms to create a serene, immersive flow of positivity and joy. Followed by a delicate body scrub, smoothing away the past and unveiling skin that feels radiant and renewed. A revitalising facial follows, where an exfoliating papaya powder and cooling passion fruit gel mask restore luminosity and awaken inner glow. Flowing seamlessly into a full-body massage using a velvety papaya nectar which melts into the skin, releasing tension and rebalancing the senses. To complete your journey, a dreamy scalp massage soothes the mind, leaving you adrift in serenity, your spirit light and your whole being restored.

GDC HARMONY FACE AND BODY RITUAL
85 mins | £125 | D

A warming face and body massage
Experience the essence of the Mediterranean with our full-body massage using our signature massage candles. As the candle gently warms, enjoy a soothing Pinda massage to ease muscle tension and calm your mind. The fragrant, nourishing oil is then poured over your entire body, allowing for an extended massage with soothing movements that melt away stress. This indulgent therapy leaves your skin revitalised and your mind at peace. Followed by a relaxing facial packed with anti-oxidants and essential nutrients, our Royal Elixir facial is ideal for tired and stressed skin.



TEMPLESPA FACIAL TREATMENTS

TEMPLESPA MY KINDA SKIN
25 mins | £55 | P | D
55 mins | £85 | P | D

Prescription facial
Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes our signature massage plus a relaxing scalp massage. You will feel amazing and your skin transformed.

TEMPLESPA REPOSE
85 mins | £115 | P | D

Relax & restore facial
There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage and eye treatment followed with hot oil scalp massage, plus a hand & arm massage. Want to look and feel less tired? Then this is for you.

TEMPLESPA LIGHT RELIEF
85 mins | £115 | P | D

CBD wellbeing facial
This soothing de-stress facial includes our tranquil face massage using our LIGHT RELIEF CBD skin booster oil leaving your skin comforted, hydrated and looking radiant, followed by a tension relieving massage to the arms, neck and shoulders, you will feel totally chilled.

TEMPLESPA GO GUY
25 mins | £55 | D
55 mins | £85 | D

Prescription men's facial
A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush cleanse plus exfoliating mask and an energising or relaxing face massage.

GERMAINE DE CAPUCCINI FACIAL TREATMENTS

GDC PICK-ME-UP FACIAL
25 mins | £55 | P | D

Express facial for on the go
A tailored booster facial designed to meet your skins needs, following a personalised consultation with your therapist.

Choose from: Glow | Balance | De-Stress | Hydrating | Anti-Ageing

GDC HYDRA-EXPERT FACIAL
55 mins | £99 | P | D

Plumping and hydrating for visibly firmer skin
Advanced formulations deliver hyaluronic acid to the deepest layers, supporting natural hydration and helping to smooth fine lines. Slow-release technology ensures moisture is retained for long-lasting radiance. Enhanced with a unique cooling massage tool, the facial gently sculpts and refreshes the contours of the face. The treatment concludes with a deeply hydrating mask, leaving your skin soft, smooth, and luminous.

GDC ULTIMATE GLOW FACIAL
55 mins | £106 | P | D

Illuminating facial for youthful radiance
Designed to combat the first signs of ageing and re-energise. This facial is powered by Ume extract, derived from Japanese plum, this advanced treatment helps protect and repair collagen and elastin fibres affected by environmental stressors and lifestyle factors. Enriched with a potent Vitamin C derivative, it delivers antioxidant protection while promoting firmness and a radiant, healthy glow. The ritual is elevated with the use of a specialised massage ball, expertly rolled across the facial contours to stimulate circulation, enhance absorption, and refresh the skin.

GDC ANTI-WRINKLE COLLAGEN FACIAL
85 mins | £130 | D

Re-write your youth, less wrinkles more elasticity
This advanced facial targets fine lines and wrinkles, leaving the skin visibly softer, refined, and rejuvenated. This luxurious treatment includes a Lactobionic peel*, a gentle yet powerful exfoliation which smooths, purifies, and refreshes the skin, allowing it to fully absorb the facial's benefits. Using gentle neuromuscular modulation and targeted wrinkle-filling techniques, facial contours are enhanced while natural collagen production is stimulated to promote long-term elasticity. Powered by the exclusive CELASPEP-4™ complex, this patented* blend penetrates deep within the skin to strengthen its structure, delivering immediate and lasting filler-like effects. A specialised expert massage tool gently lifts and sculpts the facial contours, smoothing visible signs of ageing.

CELASPEP-4™ is a patented* complex of active ingredients, backed by science and obtained through advanced biotechnology.

GDC LED-XPERT SKIN LIGHT THERAPY
15 mins | £25

Experience the most advanced LED light therapy
LED-XPERT is a non-invasive treatment that uses high purity LED light energy to trigger natural regeneration in the skin cells to accelerate rejuvenation and repair. Recommended to improve a range of skin concerns such as Sun Damage, Acne, Sensitivity, Pigmentation, Scarring, Lines and Wrinkles, Dull Tone, Flaccidity/Loss of Elasticity.

This treatment is designed to work alongside Germaine De Capuccini facials

TEMPLESPA BODY

TEMPLESPA STRESS NOT
55 mins | £87 | D

CBD wellbeing massage
This calming and anti-inflammatory massage targets muscle pain and melts away tension using the power of warmed stones leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD balm STRESS NOT naturally eases muscle stiffness and calms a busy mind... giving you a moment of blissful respite.

TEMPLESPA BACK TO LIFE
55 mins | £85 | D

Purify & balance back treatment
This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you energised with a back to be proud of.

TEMPLESPA MY KINDA MASSAGE
55 mins | £85 | D
85 mins | £110 | D

Bespoke massage
A bespoke massage just for you. Whether you're in need of pure relaxation to melt away aches and pains, or a tension relieving massage to work out knots & muscle stiffness, or all the above, we've got you covered! First, you will choose an aromatherapy oil to suit your mood, then leave the rest to us, we'll tailor a wonderful massage to suit your needs- just how you like it!

TEMPLESPA SCALP RITUAL
25 mins | £50 | P | D

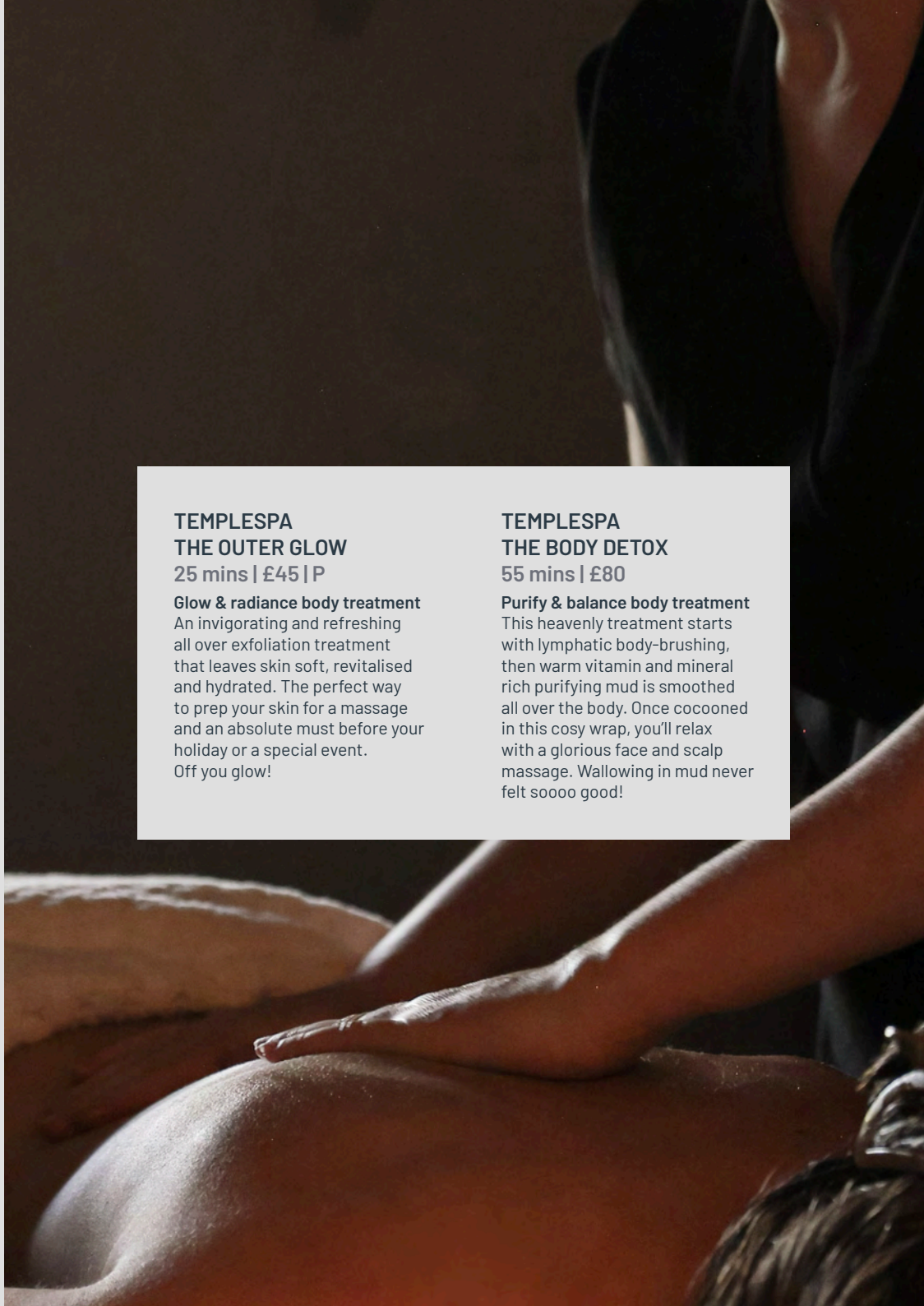
Relax & restore scalp massage
This intensely relaxing scalp ritual includes hot oil heavenly drizzled through the scalp, a soothing & tension relieving head, neck & shoulder massage followed by a hot steam towel.

TEMPLESPA AAAHHH!
25 mins | £50 | P | D

Revive & energise foot & leg treatment
This oh-so-good treatment is instant relief for tired, over worked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub!

TEMPLESPA FROM STRENGTH TO STRENGTH
25 mins | £50 | P | D

Relax & restore hand and arm treatment
This indulgent treatment is instant relaxation for aching hands and arms. This treatment commences with body brushing and an invigorating exfoliation, followed by a warm oil massage focusing on tension in the hands and arms. To finish an application of PALM BALM a specialised hand cream to rejuvenate and soften and a cuticle treat to strengthen and protect.



TEMPLESPA THE OUTER GLOW
25 mins | £45 | P

Glow & radiance body treatment
An invigorating and refreshing all over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to prep your skin for a massage and an absolute must before your holiday or a special event.
Off you glow!

TEMPLESPA THE BODY DETOX
55 mins | £80

Purify & balance body treatment
This heavenly treatment starts with lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage. Wallowing in mud never felt soooo good!

GERMAINE DE CAPUCCINI BODY

GDC RADIANT AWAKENING MASSAGE
55 mins | £87 | D

Lomi Lomi techniques
Immerse yourself in the blissful rhythmic body massage, where luscious passion fruit, vibrant annatto, and nourishing Pataua oils come together in a silky gel-based blend. This deeply sensory treatment, inspired by the holistic and energetic Lomi Lomi massage, uses fluid, sweeping strokes with hands and forearms to awaken your senses, ease tension, and leave your skin beautifully soft, hydrated, and radiant. A truly restorative escape for body and spirit.

GDC POMEGRANATE SILKEN SKIN POLISH
25 mins | £45

Luxury body exfoliation
This indulgent exfoliating treatment combines crushed pomegranate seeds with a luxurious massage cream to gently polish away dead skin cells. The result is beautifully nourished, renewed skin that feels soft, smooth, and deeply restored. A truly radiant way to refresh your body and awaken your senses.

GDC POMEGRANATE SWEET COCOON
55 mins | £80

Immersive body therapy wrap
Begin with a gentle pomegranate polish to exfoliate and prepare the skin for deep nourishment. Immerse yourself in the vibrant glow of our Pomegranate Wrap. Enriched with antioxidant-rich pomegranate oil and extract, this luxurious treatment combines soothing gel hydration with skin-refreshing properties. Your body will feel renewed, calm, and beautifully softened, leaving a radiant pink-hued glow.

GDC HARMONY MASSAGE
25 mins | £55 | Back, Neck and Shoulder Massage | P | D
55 mins | £85 | Full Body Massage | D

Massage for mind, body and soul
The Harmony Collection is inspired by the world of fragrance and the art of positively influencing the mind. The neuro-scientific connection between scent and emotion activates memories and sensations, inviting a deep inner journey.

Choose from four expertly blended aromatherapy oils, each designed to align with your mood and nurture your spirit. Begin with our unique inhalation ritual, then drift away as your therapist uses rhythmic massage techniques to restore harmony to mind, body and soul.



GDC HARMONY HOT STONES
55 mins | £90 | D

A soothing massage using natural healing stones
Experience deep relaxation with our 55-minute light pressure, full-body hot stones massage. Choose from four soothing aromatherapy oils - Relax, Fresh, Well-Being, or Energy to enhance your journey. Warm stones combined with gentle, rhythmic massage ease muscle tension, boost circulation, and restore harmony to body and mind. Let the comforting heat and nurturing touch leave you feeling refreshed and balanced

GDC SUNSET CANDLE MASSAGE
25 mins | £60 | Back, Neck and Shoulder Massage | D
55 mins | £90 | Full Body Massage | D

Soothing, nourishing, rebalancing
Experience the essence of the Mediterranean with our body massage using our signature massage candles. Choose from:

Lavender - Calming and floral, perfect for soothing the mind and promoting deep relaxation.

Olive - Rich and nourishing, infused with natural antioxidants to hydrate and soften the skin.

Citrus - Bright and uplifting, designed to energise the senses and refresh your spirit.

As the candle gently warms, enjoy a soothing Pinda massage to ease muscle tension and calm your mind. The fragrant, nourishing oil is then poured over your entire body, allowing for an extended massage with soothing movements that melt away stress. This indulgent therapy leaves your skin revitalised and your mind at peace.



TEMPLESPA PREGNANCY TREATMENTS

Everything a mother should have to make her feel healthy, gorgeous and pampered.

TEMPLESPA NEW BEGINNINGS
55 mins | £85 | P

Pregnancy massage
Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is topped off with a relaxing face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

TEMPLESPA NEW BEGINNINGS TOTAL RETREAT
145 mins | £185 | P

Pregnancy face & body experience
This is our specially designed treatment for expectant mummies to enable your full body to be massaged and treated without having to lie on your tummy. We follow this with a delicious face treatment packed with wonderful natural ingredients. Finally, your legs will be revitalized with our leg energiser treatment that is perfect for swollen ankles & tired legs.

GERMAINE DE CAPUCCINI WELLNESS RECOVERY TREATMENTS

This carefully curated range of wellness recovery treatments lovingly created for those undergoing intensive medical treatments, as well as for anyone seeking a deeply soothing, restorative, and stress-relieving experience.

Thoughtfully selected products and techniques are used to support skin and body concerns that may arise from chemotherapy, radiation therapy, or other strong medications. With a focus on sensitivity and safety, every treatment works in harmony with the body, helping to soothe discomfort, nurture the skin, and restore a sense of balance.

GDC TAKE A MOMENT BODY THERAPY
55 mins | £85

Balance, calm, grounding
This deeply nurturing body and scalp therapy is a gentle, energy-aware experience created to support balance, calm and inner harmony. Using the lightest of touch, slow and mindful movements invite the body to soften and the nervous system to settle, allowing a sense of peace to unfold naturally.

The therapy focuses on encouraging the natural flow of energy throughout the body, helping to release emotional and physical holding while maintaining comfort and safety at all times. Skin is lovingly nourished to support hydration and care, while the subtle rhythm of the treatment creates a grounding, meditative state.

GDC HYDRATION BALANCE FACIAL
55 mins | £99

Soothe, hydrate, support
This calming, restorative facial is designed to gently soothe and comfort the skin while supporting balance and inner harmony. Slow, nurturing movements help ease redness and irritation, while supporting the skin's natural rhythms and energetic flow. Hydration is carefully layered to replenish and protect, leaving the complexion soft, nourished and naturally radiant. This facial offers a peaceful moment of stillness, allowing both skin and spirit to settle into a state of serenity. You will leave feeling refreshed, comforted and gently restored – a beautiful face ritual to support balance, harmony and wellbeing.

GDC ESPECIALLY FOR YOU
85 mins | £125

Heal, comfort, care
This deeply comforting therapy has been thoughtfully created to support the body through times of change, offering gentle care to areas commonly affected by stress. With focus on nourishment, balance and energetic renewal.

The ritual begins with a mindful, water-free exfoliation of the hands, feet and nail beds, carefully designed to respect the skins sensitivity while supporting its natural PH balance. This gentle preparation encourages renewal without disruption, creating a sense of lightness and ease.

A deeply hydrating, restorative mask is then applied to cocoon the skin, offering comfort and replenishment where dryness is most present. The treatment concludes with a soothing, revitalising scalp massage using Amazonian hair and body mist, supporting scalp comfort, encouraging energetic flow, and creating a moment of peaceful reconnection.

This therapy supports wellbeing on a physical, emotional and energetic level – leaving you feeling grounded, cared for and gently renewed.

NAIL CARE

The complete Mii Manicure and Pedicure range, including Statement Gel, focuses on caring for the natural nail, with a bespoke regime unique to the needs of the individual. Mii's tried and tested prescriptive treatments nurture nails, cuticles and skin to deliver outstanding results.

PEDICURE
55 mins | £58 | P

Give your feet the care they deserve with this nourishing pedicure featuring Nails by Mii colour confident nail polish.

Designed to deeply hydrate and smooth the skin, this treatment leaves your feet feeling soft, refreshed and beautifully polished in your chosen custom colour.

MANICURE
55 mins | £58 | P

Treat your nails to a deeply hydrating and beautifully finished manicure using Nails by Mii colour confident nail polish.

This nourishing hand treatment restores softness to the skin while leaving your nails perfectly shaped and polished in your chosen custom colour.

FILE AND PAINT FINGERS OR TOES
25 mins | £32 | P

Cutting and shaping of the nails, application of prescriptive treatment base coat, Nails by Mii custom colour and top coat.

GEL NAILS

Our super shiny durable 'soak-off' Statement Gel Polish is ideal for busy people and busy hands. Enriched with superfruits and vitamin E, it delivers a mirror-like shine.

GEL OVERLAY PEDICURE
55 mins | £58

Enjoy beautifully groomed, moisturised feet finished with long lasting Nails by Mii Statement Gel Polish. This refreshing pedicure smooths, shapes and perfects your nails while leaving your feet soft, hydrated and polished to perfection.

GEL OVERLAY MANICURE
55 mins | £58

Give your hands the ultimate refresh with this luxurious manicure, features long lasting Nails by Mii Statement Gel Polish. Perfectly groomed nails and beautifully moisturised hands creates a flawless finish that lasts.

GEL NAIL SHAPE AND POLISH FINGERS OR TOES
25 mins | £45

Cutting and shaping of the nails, application of prescriptive treatment base coat, Nails by Mii Statement Gel Polish and top coat.

STATEMENT GEL POLISH REMOVAL
25 mins | £20

Gel polish is carefully and safely removed to protect the natural nail. Nails are gently buffed, individually soaked and wrapped to effectively lift the gel without causing damage. Please be aware we can only remove Nails by Mii Statement Gel Polish.



TANNING TREATMENTS

PROFESSIONAL TANNING

The Vita Liberata professional tanning collection created in Ireland, offers a range of advanced organic, odour-free and complexion enhancing treatments for our clients. Our natural looking, fast-drying spray tan has been created to give the most natural tanning results as well as providing anti-ageing skincare benefits.

SPRAY TAN TREATMENT
Full Body | 25 mins | £35 | P

This naturally organic Spray Tan Treatment is the quickest way to get a professional finish. The Vita Liberata spray tan comes in three different shades, ensuring that there is a spray tan to suit all.

FINISHING TOUCHES

FULL LEG & BIKINI WAX	**P**	**55 mins**	**£52**
FULL LEG WAX	**P**	**40 mins**	**£40**
HALF LEG WAX	**P**	**25 mins**	**£30**
BIKINI WAX	**P**	**25 mins**	**£22**
UNDER ARM WAX	**P**	**10 mins**	**£22**
FACIAL WAX	**P**	**10 mins**	**£18**
BACK WAX	**P**	**25 mins**	**£32**
CHEST WAX	**P**	**25 mins**	**£32**
EYE BROW SHAPE	**P**	**10 mins**	**£20**
EYE LASH & BROW TINT*	**P**	**25 mins**	**£32**
EYE LASH TINT*	**P**	**25 mins**	**£23**
EYE BROW TINT*	**P**	**10 mins**	**£18**

*A patch test is required at least 24 hours prior to your first tinting appointment, after a change to your medical history or if you have not had tinting with us in the last 6 months.

SPA DAY COLLECTION

SONOMA HARMONY
Monday - Thursday | £195pp
Friday - Sunday | £215pp

Our Sonoma Harmony Spa Day includes:

- Full use of our Spa and Leisure facilities: Monday to Saturday 10am until 5pm or Sunday from 12pm until 7pm.
- A welcome hot drink or smoothie accompanied by a light brunch
- Robe, slippers and towel
- Donnington & Co. Spa Gift
- A Bento style lunch or our Classic Afternoon Tea
- Two 55 minute treatments from our list of inclusive treatments

SONOMA INDULGE
Monday - Thursday | £135pp
Friday - Sunday | £155pp

Our Sonoma Indulge Spa Day includes:

- Full use of our Spa and Leisure facilities: Monday to Saturday 10am until 5pm or Sunday from 12pm until 7pm.
- A welcome hot drink or smoothie accompanied by a light brunch
- Robe, slippers and towel for the day
- Donnington & Co. Spa Gift
- A Bento style lunch or our Classic Afternoon Tea
- A 55 minute treatment from our list of inclusive treatments

SONOMA PURITY
Monday - Thursday | £165pp
Friday - Sunday | £185pp

Our Sonoma Purity Spa Day includes:

- Full use of our Spa and Leisure facilities: Monday to Saturday 10am until 5pm or Sunday from 12pm until 7pm.
- A welcome hot drink or smoothie accompanied by a light brunch
- Robe, slippers and towel
- Donnington & Co. Spa Gift
- A Bento style lunch or our Classic Afternoon Tea
- A 55 minute and a 25 minute treatment from our list of inclusive treatments

SONOMA RETREAT
Monday - Thursday | £95pp
Friday - Sunday | £115pp

Our Sonoma Retreat Spa Day includes:

- Full use of our Spa and Leisure facilities for four hours: Monday to Thursday: 10am - 2pm, 1pm - 5pm or 5pm - 9pm. Friday: 10am - 2pm or 1pm - 5pm Saturday: 10am - 2pm Sunday: 1pm - 5pm
- A welcome hot drink or smoothie
- Robe, slippers and towel
- Donnington & Co. Spa Gift
- A Bento style lunch or our Classic Afternoon Tea
- A 25 minute treatment from our list of inclusive treatments



INCLUSIVE TREATMENT OPTIONS

55 Minute Treatment Options

- MANICURE
- PEDICURE
- GDC HARMONY MASSAGE
- TEMPLESPA BACK TO LIFE
- TEMPLESPA MY KINDA SKIN
- TEMPLESPA THE BODY DETOX

25 Minute Treatment Options

- FILE AND POLISH FINGERS
- FILE AND POLISH TOES
- GDC POMEGRANATE SILKEN SKIN POLISH
- TEMPLESPA AAAHHH!
- TEMPLESPA MY KINDA SKIN
- TEMPLESPA SCALP RITUAL

BEFORE YOU ARRIVE AND AFTERCARE

SPA AND BEAUTY TREATMENTS

We recommend that all guests arrive at least 10 minutes prior to their scheduled appointment to allow sufficient time to complete a health questionnaire. Please note that the treatment time stated includes both your consultation and time for you to prepare for your treatment.

Our spa has both male and female therapists available. If you have any specific preferences or requirements, please contact our spa reception in advance to discuss them.

We add an 10% discretionary service charge to your bill. If you would prefer to have this removed, please let a member of the team know at the time of payment.

NAIL CARE

- Please note that treatment time does not include polish removal. We kindly ask that any nail colour be removed prior to your appointment.
- Please let us know at time of booking if you require gel removal prior to your application. We regret that we are unable to remove gels from any other brand, other than Nails by Mii.

TANNING CARE

- Skin should be free from self-tan, perfume, deodorant and moisturisers.
- Waxing or shaving should be completed at least 24 hours prior to your treatment.
- Leading up to your treatment, exfoliate your entire body paying special attention to dry areas.
- Wear dark, loose fitting clothing.
- Do not shower or bath for a minimum of 6 hours after your treatment.

WAXING

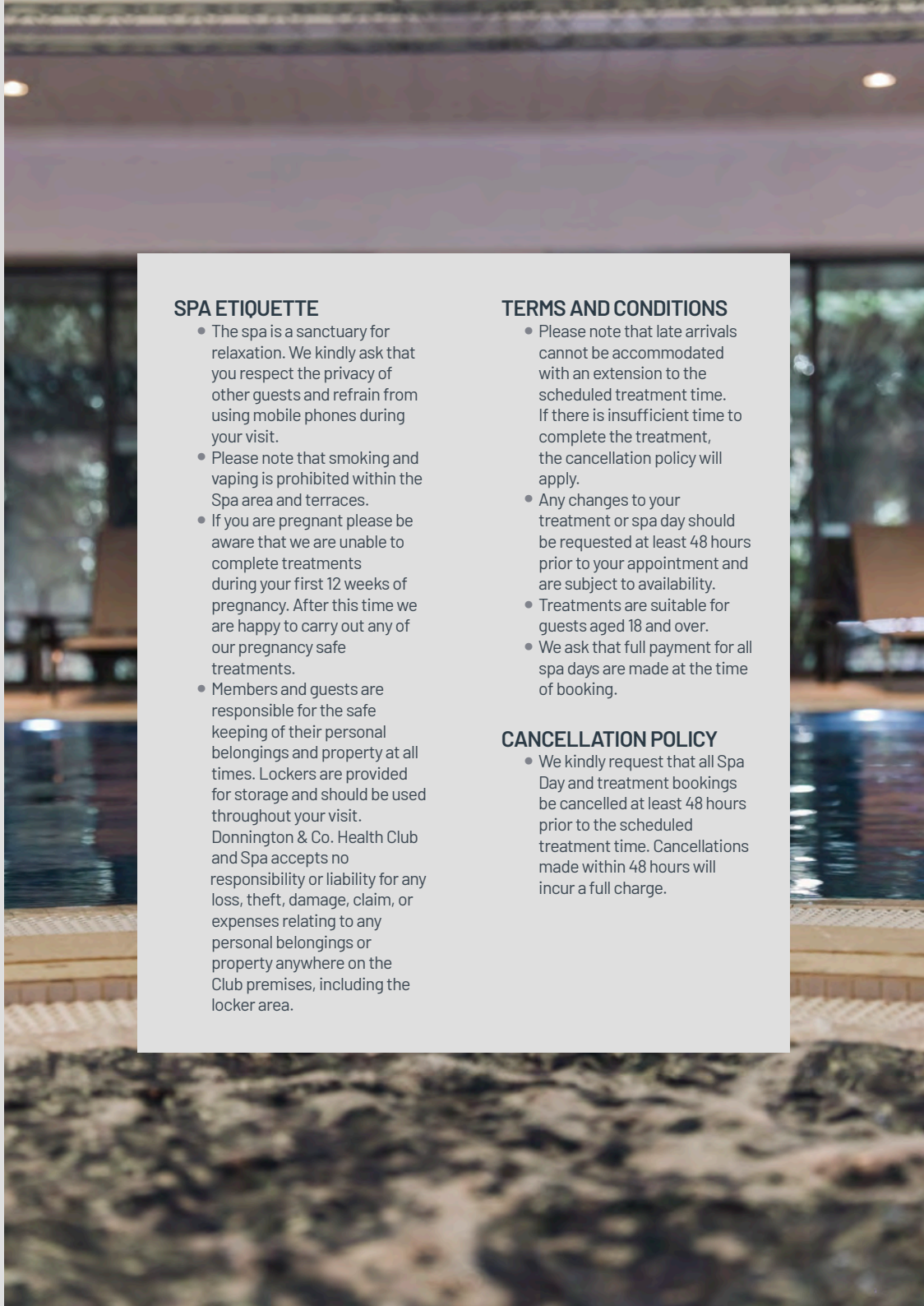
- Avoid using the swimming pool and using heat treatments including sun bathing, sunbeds, steam rooms and saunas.
- You are unable to have waxing if you have had a light chemical peel or microdermabrasion treatment within the last seven days.
- You are unable to have waxing if you have had laser skin resurfacing within the last six weeks.

TINTING

- A patch test is required at least 24 hours prior to your first tinting appointment, after a change to your medical history or if you have not had tinting with us in the last 6 months.

MEDICAL CONDITIONS

- Please inform us of any medical conditions, allergies, or ongoing treatments prior to your arrival, so you can ensure your treatments are safe and suitable for you.
- For your safety, the spa may suggest an alternative treatment or, in certain cases, respectfully decline a treatment if any contraindications are identified by the therapist.
- A health questionnaire is available online for you to fill in prior to your visit: www.donnington.co/spa-questionnaire



SPA ETIQUETTE

- The spa is a sanctuary for relaxation. We kindly ask that you respect the privacy of other guests and refrain from using mobile phones during your visit.
- Please note that smoking and vaping is prohibited within the Spa area and terraces.
- If you are pregnant please be aware that we are unable to complete treatments during your first 12 weeks of pregnancy. After this time we are happy to carry out any of our pregnancy safe treatments.
- Members and guests are responsible for the safe keeping of their personal belongings and property at all times. Lockers are provided for storage and should be used throughout your visit. Donnington & Co. Health Club and Spa accepts no responsibility or liability for any loss, theft, damage, claim, or expenses relating to any personal belongings or property anywhere on the Club premises, including the locker area.

TERMS AND CONDITIONS

- Please note that late arrivals cannot be accommodated with an extension to the scheduled treatment time. If there is insufficient time to complete the treatment, the cancellation policy will apply.
- Any changes to your treatment or spa day should be requested at least 48 hours prior to your appointment and are subject to availability.
- Treatments are suitable for guests aged 18 and over.
- We ask that full payment for all spa days are made at the time of booking.

CANCELLATION POLICY

- We kindly request that all Spa Day and treatment bookings be cancelled at least 48 hours prior to the scheduled treatment time. Cancellations made within 48 hours will incur a full charge.



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