



# QUOB PARK ROSE SPA



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YOUR RETREAT FROM THE EVERYDAY

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# QUOB PARK ROSE SPA

At Quob Park, we believe that a **Spa** is an affirmation of life, the **building blocks for living**, and an **individual path to follow**. Our Spa aims to deliver an **exceptional experience**, while endeavouring to be **affordable for everyone**, particularly so for our **Wine, Dine and Wellness Members**, who **enjoy a 20% discount** on Spa Days, Rituals, Treatments and Detox Retreats.

Quob Park Spa has **carefully designed a programme of select treatments and rituals**, working with some of the **world's leading brands** in beauty and holistic well-being, including those who have **pioneered the use of aromatherapy and vinotherapy**.

We understand **the training and experience of your Spa Therapists is paramount** to delivering the exceptional experience we aspire to provide. With a team including leading lecturers on Spa & Beauty treatments, our 12-person Spa Team has over **135 years of experience** - the majority of which has been **gained in five-star, luxury locations around the world**.

**Our Spa treatment rooms are not an afterthought**. Our range of rooms are all fitted with the **world's leading treatment beds from Gharieni** and are typically **large double treatment rooms**, with ambient lighting, air conditioning and **luxury bathing facilities**, and when desired, can be flooded with natural light. **Selected treatments can also be enjoyed in our Luxury Spa Garden Suites**.

Following Your Initial Consultation, Quob Park's **unique approach enables the creation of sensorial wellness experiences**, that are **tailored to your individual needs and budget** to ignite a new plane of living and **inner-balance for mind, body and soul**.



CAUDALIE  
PARIS

ESPA

Natural Beauty  
Inner Calm



# QUOB PARK SPA DAYS

Our full Spa Day experiences are carefully designed to incorporate a generous amount of treatment time as well as sufficient time for you to fully relax and unwind, taking full advantage of our Spa, Leisure and Dining facilities. Weekend Spa Days carry an additional supplemental charge of £20 to guarantee availability of treatment time.

All Spa Day experiences include a half-day (4 hours) Spa & Leisure Facility Pass, preceded or followed by a 2 Course Meal or Sparkling Afternoon Tea. Luxury Robe, Towel and Slippers are also included for your comfort for the duration of your visit.

## **MORNING RETREAT FROM THE EVERYDAY (AM)** £145.00

Experience a morning of relaxation with a 50 Minute treatment, full use of the Spa & Leisure facilities, and either a 2-course gourmet lunch served with a glass of Quob Park Exceptional English Sparkling Wine, or alternatively a bottle of Quob Park Exceptional English Sparkling Wine to enjoy during your visit or take home.

## **YOUR RETREAT FROM THE EVERYDAY (AM or PM)** £155.00

Experience a 4 hour relaxation experience with a 50 Minute treatment, full use of the Spa & Leisure facilities and your choice of a Sparkling Afternoon Tea, or a bottle of Quob Park Exceptional English Sparkling Wine to enjoy during your visit or take home.

## **AFTERNOON RETREAT FROM THE EVERYDAY (PM)** £145.00

Experience an afternoon of relaxation with a 50 Minute treatment, full use of the Spa & Leisure facilities, and either a 2-course set menu gourmet dinner served with a glass of our Exceptional English Sparkling Wine, or alternatively a bottle of Quob Park Exceptional English Sparkling Wine to enjoy during your visit or take home.

# CAUDALÍE RITUALS

Our Caudalíe skincare rituals are the combination of two treatments (face and/or body) to treat yourself to a complete experience.

## **DISCOVERY (120 MIN)** £145.00

From Caudalíe, your choice of a 60 min facial plus your choice of a 60 min body treatment. Speak to one of our highly trained therapists to decide which combination of treatments best suit your needs.

## **SIGNATURE (150 MIN)** £175.00

From Caudalíe, your choice of a 90 min facial plus your choice of a 60 min body treatment. Speak to one of our highly trained therapists to decide which combination of treatments best suit your needs.

## **EXPERT (180 MIN)** £210.00

From Caudalíe, your choice of a 90 min facial plus your choice of a 90 min body treatment. Speak to one of our highly trained therapists to decide which combination of treatments best suit your needs.

# FACIAL THERAPY

Your experience at the Quob Park Spa is completely individual and flexible. Simply choose the amount of time you would like to spend with us and your therapist will suggest a range of products and touch therapies customised to your skins needs on the day utilising the most appropriate therapies for you from our world-leading beauty partners. Please allow an additional 15 minutes for a consultation on your first visit. All facial therapy treatments conducted on Saturdays and Sundays are subject to a £5 weekend treatment supplement.

## FACIAL

A classic facial typically includes a skin analysis, exfoliation and a relaxing face, neck and scalp massage. Your therapist will select with you the most appropriate facial treatment for your individual needs within your selected time period.

30 Minute Facial	30 Minutes	£50.00
50 Minute Facial	50 Minutes	£80.00

## TOUCH THERAPIES

Touch therapies are a wonderful add on to your facial. These mini treatments target specific stress zones to relieve tension and fatigue. Choose from: a mini back massage, a neck and scalp massage, neck and shoulder massage or a foot massage.

1 Touch Therapy	15 Minutes	£15.00
2 Touch Therapies	30 Minutes	£30.00
3 Touch Therapies	45 Minutes	£45.00
4 Touch Therapies	60 Minutes	£60.00

## FACE MASSAGE

Inspirational techniques to revive the face and neck, using pressure point and lymphatic drainage massage.

30 Minutes                      £40.00





# FACIAL THERAPY OPTIONS

## **EXPRESS FACIAL (30 MIN)**

Reveal a clear, refreshed, naturally beautiful complexion with this express facial from ESPA. Personalised to your needs, naturally active formulas cleanse, rebalance, and hydrate the skin. Pure essential oil aromatherapy soothe the senses, mind and spirit. This treatment leaves you looking radiant and feeling relaxed.

## **MEN'S DEEP CLEANSING FACIAL (30/50 MIN)**

Experience instant renewal with this deeply cleansing ESPA facial. This hydrating treatment is tailored to your exact needs, featuring our powerful formulas that work to purify and reawaken your skin. Enhanced with our sensorial essential oil aromatherapy, these luxurious and potent formulas cleanse and relax the skin and spirit. Discover purified skin that is re-energised, whilst your inner calm is restored.

## **RESVERATROL-LIFT - ANTI-WRINKLE, SCULPTING (50 MIN)**

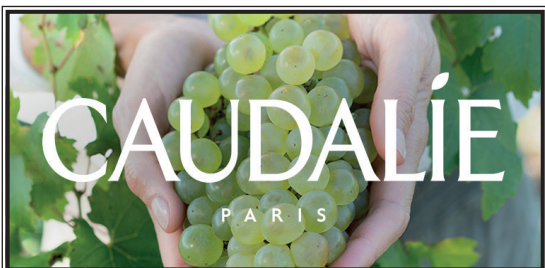
This Caudalíe facial is perfect for skin lacking in firmness and volume. An entirely manual lifting massage redefines the facial contour & stimulates cellular renewal to visibly smooth signs of ageing. A heat mask boosts the efficiency of the products in the Resveratrol-Lift range. The face looks re-sculpted, and features are plumped up.

## **VINERGETIC C+ - ANTI-FATIGUE, RE-PLUMPING (50 MIN)**

This Caudalíe facial is an energy-boosting cocktail combining Vitamin C+, Hyaluronic Acid and grapeseed Polyphenols for a powerful anti-fatigue action. The use of Jade rollers prepares the skin for the benefits of a detox mask. The complexion is brighter and the skin's texture refined.

## **VINOPERFECT - RADIANCE, ANTI-DARK SPOTS (50 MIN)**

This Caudalíe facial uses our award winning Vinopertect range to deliver exceptional results on the skin's complexion, correcting dark spots, pigmentation, and uneven skin tone. Concentrated Viniferine combined with a sculpting massage using warm and cold basalt stones, stimulates the complexion's radiance. The skin looks bright again, the complexion is fresh, and features are rested.



## **VINOSOURCE-HYDRA - HYDRATING, SOOTHING (50 MIN)**

This Caudalíe repairing treatment is like a hydrating drink for the skin, that provides the utmost comfort for sensitive skin. A very gentle soothing massage with fresh grapes is followed by essential oils to nourish the epidermis deep-down. The skin is revived, soft, soothed and plumped up.

## **VINOPURE - PURIFYING, ANTI-BLEMISH (50 MIN)**

Specifically designed for combination to oily skin, this Caudalíe treatment begins with cleansing, followed by a purifying massage to free the skin of imperfections, tighten pores, and refine the skin's texture. The application of Vinopure products with their powerful complex of Grape Polyphenols, purifying organic essential oils and salicylic acid, brings clarity and freshness to the complexion.

## **INNER BEAUTY FACIAL (50 MIN)**

Deeply cleanse, hydrate, and renew with this instantly refreshing ESPA facial. Tailored to your skin's precise needs, Tri-Active™ formulas transform your complexion instantly. Pure aroma-therapeutic oils envelop the senses and the spirit. Skin looks clear, quenched and naturally beautiful. Inner calm is blissfully restored.

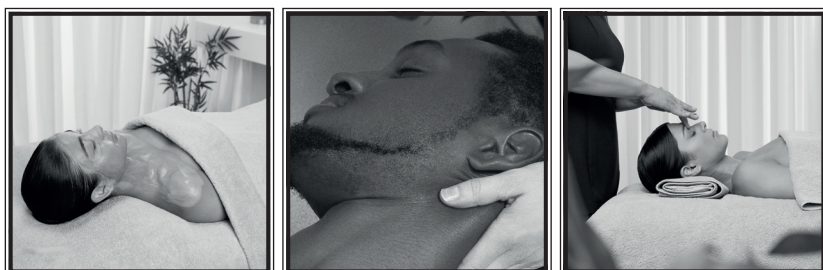
## **REHYDRATE INNER BEAUTY FACIAL (50 MIN)**

This supercharged ESPA treatment features a plethora of active nutrients to restore your radiance. Feed your skin and spirit, glow inside and out. Brighten and refresh dull, lethargic complexions with this glow-giving facial. This sweeping massage stimulates the lymphatic and circulatory systems to help boost the flow of blood and nutrients to the skin. This facial combines luxurious steaming, exfoliation, and multi-masking for optimal results.

## **PREMIER CRU - GLOBAL ANTI-AGING SKINCARE (50 MIN)**

**ENHANCED TREATMENT SUPPLEMENT OF £6**

This exceptional treatment from Caudalíe combines the best active and-ageing ingredients to reduce the 8 signs of ageing, deep wrinkles, fine lines, dark spots, radiance, firmness, elasticity, volume, and hydration. Paired with a ritual of 8 active and deep movements, the skin looks visibly more youthful.





# MASSAGE THERAPY

Your massage experience at the Quob Park Spa is completely individual and flexible. Simply choose the amount of time you would like to spend with us and your therapist will suggest a range of products and touch therapies customised to your skins needs on the day utilising the most appropriate therapies for you from our world-leading beauty partners. Please allow an additional 15 minutes for a consultation on your first visit.

## MASSAGE

Massage is the ultimate relaxation therapy that can help alleviate stress, muscle tension, and anxiety, leaving you feeling revitalized and rejuvenated. At Quob Park Rose Spa, our skilled therapists are trained in a variety of massage techniques with a range of massage therapies designed to cater to your specific needs.

30 Minute Massage	30 Minutes	£50.00
50 Minute Massage	50 Minutes	£80.00



# MASSAGE THERAPY OPTIONS

## BACK, NECK & SHOULDER MASSAGE (30 MIN)

Ease muscular tension with this powerful restorative treatment from ESPA that comforts the body. Personalised to your unique needs, this targeted massage features immersive pure aromatherapy blends to soothe sore muscles, invigorate your body and calms your mind. Revive sore muscles and energise weary bodies.

## TRADITIONAL FULL BODY MASSAGE (50 MIN)

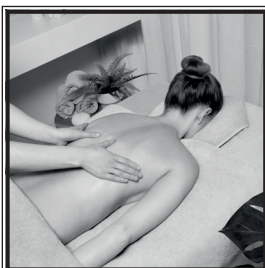
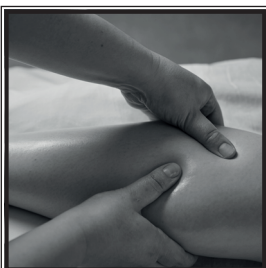
An indulgent and relaxing full body massage. Gain a deep sense of relaxation as muscular aches and pains disappear. A classic treatment that helps with sleep problems, anxiety and promotes detox and wellness. Your therapist will personalise the pressure for you.

## DEEP TISSUE MASSAGE (50 MIN)

More intense than relaxing, the aim of a deep tissue massage is to loosen tight muscles, lower inflammation, and re-align layers of connective tissue. Slower strokes are used than in a traditional massage and stronger pressure is applied by your therapist, using elbows, forearms and knuckles.

## STRESS ELIMINATION MASSAGE (50 MIN)

Your muscles will become relaxed and the body hydrated. Swedish massage techniques, combined with aromatherapy make this a gentle and restorative treat – simply close your eyes, relax and bid stress farewell.





## **INNER CALM MASSAGE (50 MIN)**

Inner calm is yours with this soothing, serene massage from ESPA. Quiet your mind, release tension, and nourish the skin with this holistic, restorative experience. Personalised to your physical and mental needs, this treatment features immersive aromatherapy blends to relax, cleanse or energise. Advanced massage techniques alleviate muscular pressure, soothe stress and evoke the feeling of profound relaxation. Discover balance and harmony both inside and out and reveal your natural beauty.

## **HOT STONE MASSAGE (50 MIN)**

Indulge in sensorial luxury with this intensive massage from ESPA. Discover the grounding, mindful experience of hot stones. This immersive, tactile treatment unravels persistent muscular discomfort and tightness whilst encouraging the mind to recharge. Enhanced with pure essential aromatherapy oils for olfactory bliss, these expertly blended fragrances encompass you holistically to release stress and rejuvenate the senses, spirit and body.

## **VINOTHERAPIST™ SCULPTING MASSAGE - RELAXING, HYDRATING (50 MIN)**

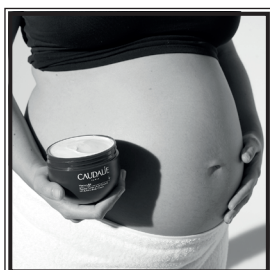
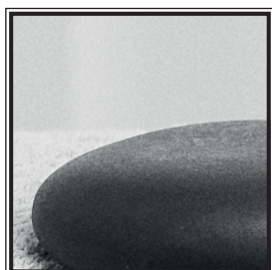
Any tensions are relieved, and energies revitalised with this Caudalíe massage. Our precious plant oils will provide softness and hydration for a moment of total relaxation.

## **VINOSCUPT SCULPTING MASSAGE - FIRMING (4 ZONES) (50 MIN)**

A deep and energising manual massage using Vinosculpt Body Cream from Caudalíe. This body treatment uses 4 toning and draining moves for a lifted, more defined, and sculptured figure. The skin is perfectly hydrated, smoothed and toned.

## **EXPECTANT MOTHER MASSAGE - RELAXING, SERENITY (50 MIN)**

This enveloping Caudalíe massage soothes tension brought on by pregnancy, lightens the legs, and improves the skin's tone and elasticity. Safely enjoy a moment of absolute relaxation and well-being with your baby-to-be. From 3 months of pregnancy.



## THE ULTIMATE AROMATHERAPY EXPERIENCE (50 MIN)

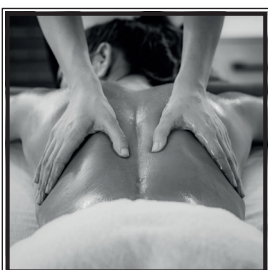
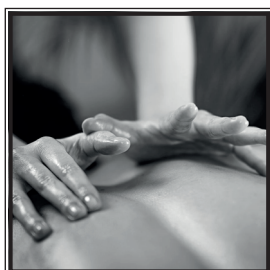
This hero treatment from Aromatherapy Associates starts with a consultation to find out your emotional and physical needs, before choosing from one of twelve signature oils that suits your needs most - each formulated with natural plant and flower oils with exotic scents and powerful therapeutic benefits for body and mind. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. From head to toe this massage will dissolve away all your stress and tension, fusing eastern and western techniques to work on your body, mind, and spirit.

## INTENSIVE MUSCLE RELEASE (50 MIN)

This deeply restorative treatment from Aromatherapy Associates is specifically designed for tight, stressed, and aching muscles. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build-up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory. An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and

## UNWIND & DE-STRESS (50 MIN)

Perfect for times of stress and over-activity, this treatment helps the mind unwind and refocus, getting you back on track. A double layer of products is applied to de stress both the mind and body, soothing a heavy head of stressful thoughts with Ayurvedic scalp massage and pressure point techniques.









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