



[ comfort zone ]

Well-Being  
Treatment Menu

# [ comfort zone ]

SKIN SCIENCE SOUL

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## Signature Treatment [ Comforting Touches ]

An organic well-being ritual for the face & body developed by [ comfort zone ] exclusively for Chilworth Manor using our Sacred Nature brand

Face and body	90mins	£66.00
Body	45mins	£39.00
Face	45mins	£42.00

## [ Body Treatments ]

### [ Comfort Touch Massage ]

Back, neck & shoulder	25mins	£32.00
Full body	55mins	£52.00
Luxury back treatment	55 mins	£50.00
Deluxe back, face, neck & scalp	55mins	£50.00
Luxury face, neck & scalp	25mins	£30.00
Maternity massage – back	25mins	£32.00
Maternity massage – full body	55mins	£52.00

### [ Hot Stone Massage ]

60mins	£62.00
30mins	£42.00

### [ Tranquillity™ Ritual ]

Nourishing face & body wrap including massage	70mins	£69.00
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### [ Body Wraps ]

Aiding to tone and firm the body	60mins	£59.00
To aid weight loss and reduce the appearance of cellulite	60mins	£59.00

### [ Detox Mud Wrap ]

An intensive skin treatment aiding in restoring nutrients	60mins	£54.00
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### [ Exfoliation ]

Full body exfoliation for renewed & glowing skin.	25mins	£30.00
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## [ Sacred Nature – Organic ]

Led by a strong commitment to the environment [ comfort zone ] offers a range of natural products with active organic ingredients extremely effective treatments for nourishment, protection and DNA Aging.

Sacred Nature face	45mins	£43.00
Sacred Nature body – massage inclusive	45mins	£46.00
Sacred Nature face & body	90mins	£79.00
Sacred Nature face, back, neck & shoulder	70mins	£66.00

## [ Expert Face Care ]

Science-based Conscious Formulations from [ comfort zone ] ensure that your treatments and homecare are free from any ingredients that have a negative impact on the skin. In combining high quality natural ingredients and high tech delivery systems [ comfort zone ] offers maximum results with an holistic approach.

## [ Corrective – Anti-Aging ]

Sublime Skin Active Lift – for a nourished, firmer and lifted skin.	60mins	£65.00
Sublime Skin Double Peel – for smoother & illuminated complexion	40mins	£40.00

## [ Prescriptive Facials – Tailored to you personally ] \*

Hydrmemory – intense hydration	60mins	£58.00
Recover Touch – anti-oxidant repair	60mins	£58.00
Active Pureness - deeply cleansing, & purifying for oily skin	60mins	£58.00

\* 45-minute prescriptive facial option – Charged at £43.00

Please speak to your therapist for homecare advice to prolong the effects of your treatment.



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## Beauty Treatments

### [ Nails ]

Deluxe manicure	60 mins	£30.00
Deluxe pedicure	60 mins	£34.00
File and polish hands or feet	20 mins	£16.00
Men's maintenance manicure	25 mins	£21.00
Men's maintenance pedicure	45 mins	£27.00

### [ OPI Gel Nails ]

Gel file and polish hands or feet	45 mins	£24.00
Gel manicure	60 mins	£35.00
Gel pedicure	60 mins	£39.00
Gel removal & re-application manicure or pedicure	75 mins	£49.00
Gel removal & re-application file and polish hands or feet	60 mins	£45.00
Gel removal & tidy	30mins	£15.00

### Soft Sense Delicate Epilation

Full leg wax	45 mins	£24.00
½ leg wax	30 mins	£16.00
Bikini wax	15 mins	£11.00
Underarm wax	15 mins	£11.00
Lip wax	15 mins	£8.50
Lip and chin wax	15 mins	£11.00
Eyebrow wax	15 mins	£8.50
Back or chest wax	30 mins	£16.50

### [ Tinting ]

24 hour patch test required

Eye lash tint	20 mins	£12.50
Eyebrow tint	15 mins	£8.50
Eyelash and brow tint	30 mins	£17.00



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## Well-Being Day and Overnight Breaks

All breaks include use of the ozone cleansed pool, spa pool, sauna, steam room and gym. All day breaks (excluding Serenity) include light lunch from the **club** menu. overnight breaks to include 3-course meal, accommodation and full English breakfast

### Serenity – Treatment time – 30 minutes

Relax the mind and body with our half day break including afternoon tea in our Manor Hotel. Choose from: [ comfort zone ] tranquility facial, comfort touch, back neck and shoulder massage, luxury face, neck and scalp massage, hot stone massage or full body exfoliation & moisturize

#### Day Breaks

Monday – Thursday:           £69.00  
Friday – Sunday:               £72.00

(Access to club facilities 9:30am – 1:45pm. Afternoon tea reservations required at the time of booking. Please allow 45 minutes preparation time. Afternoon tea served from 2:00pm at Chilworth Manor)

### Sacred – Treatment time – 30 minutes

Revive and restore vitality with this journey incorporating one of our tranquil spa treatments. choose from: [ comfort zone ] tranquility facial, comfort touch, back neck and shoulder massage, luxury face, neck and scalp massage, hot stone massage or full body exfoliation & moisturize

#### Overnight Breaks

Monday – Thursday:           From £99.00  
Friday – Sunday:               From £104.00



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## Rebalance – Treatment time – 60 minutes

Calm the mind and senses to balance the body and empower a sense of well-being by choosing one of the following treatments: prescriptive facial, tranquility nourishing body wrap, full body massage, hot stones, luxury back treatment, deluxe back, neck, face and scalp massage or luxury face, neck & scalp massage with file & polish pedicure

### Day Breaks

Monday - Thursday: £73.00

Friday – Sunday: £76.00

### Overnight Breaks

Monday – Thursday: From £115.00

Friday – Sunday: From £120.00

## Tranquility – Treatment time – 90 minutes

Reduce stress and induce relaxation by choosing one of the following treatments: : tranquility nourishing body wrap including tranquility facial, detox mud wrap including tranquility facial, comfort touch back, neck and shoulder massage with prescriptive facial, deluxe pedicure with file and polish manicure or deluxe manicure with file and polish pedicure

### Day Breaks

Monday - Thursday: £83.00

Friday – Sunday: £86.00

### Overnight Breaks

Monday – Thursday: From £125.00

Friday – Sunday: From £130.00



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## **Regenis – Treatment time – 120 minutes**

A stimulating journey, renewing detoxifying and revitalizing the body by choosing two of the following treatments: prescriptive facial, tranquility nourishing body wrap, full body massage, deluxe manicure or deluxe pedicure

### **Day Breaks**

Monday - Thursday: £93.00

Friday – Sunday: £96.00

### **Overnight Breaks**

Monday – Thursday: From £140.00

Friday – Sunday: From £145.00

For day break bookings, please contact the club reception on: 023 8076 3022 / [theclub@chilworth-manor.co.uk](mailto:theclub@chilworth-manor.co.uk)

For overnight break bookings, please contact the reservations office on: 023 8076 7333 / [reservations@chilworth-manor.co.uk](mailto:reservations@chilworth-manor.co.uk)

Full payment is required at the time of booking for all day breaks. A £50.00 non-refundable deposit per person is required for all overnight breaks at the time of booking.



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## Etiquette and Advice

We aim to provide a tranquil environment for all our guests to completely relax, therefore please ensure all mobile phones are turned off during your visit.

## Terms and Conditions

For day breaks bookings and appointments please contact 023 8076 3022 a credit card guarantee will be required at the time of booking for any treatments to the value of £50.00 or over for day breaks, full payment is required at the time of booking For overnight breaks bookings, please contact the sales office on 023 8076 7333 Monday – Friday 9:00am – 5:00pm a £50.00 non-refundable deposit per person is required for all overnight breaks at the time of booking.

## Cancellations

Guests wishing to cancel an appointment are required to give 24 hours notice for day or overnight break cancellations please provide a minimum of 48 hours notice a full charge will be made for day and overnight breaks, no shows or cancelled appointments without the required notice

## Your Health and Comfort

Our [ comfort zone ] therapists will provide all guests with a health consultation prior to the treatments to ensure the suitability. Please consult your doctor if you have any of the following: heart condition, have or had cancer within the last 5 years, pregnancy, un-medicated high blood pressure, epilepsy, or any other medical conditions before undertaking any treatments. A doctors note may be required. Please do not hesitate to contact the [ comfort zone ] team for advice on treatments – 023 8076 3022 or [beauty@chilworth-manor.co.uk](mailto:beauty@chilworth-manor.co.uk)

## Treatment Time

We kindly request all guests arrive 10 minutes prior to your treatment time to ensure the health consultation is completed and discussed if required.

## Robes and Towels

We will provide all day and overnight break guests with a towel and robe for use in the club. Lockers are provided in the changing facilities and we recommend these are used to store any personal belongings. Please note we do not supply slippers at the club.

Although this information is correct at the time of publication , prices and services are subject to change. all prices include VAT @ 20%





