



Eden Spa

— CHEDDAR WOODS —

A close-up photograph of a purple flower, likely a lily, with prominent yellow stamens. The petals are a deep purple and are covered with small, clear water droplets. A semi-transparent dark grey rectangular box is positioned in the center-right of the image, containing white text. The entire image is framed by a light blue border with a repeating white geometric pattern.

*always make more
room for beauty
in your life*

*almost everything works
again if you unplug it
for a few moments...
...including you!*

Cheddar Woods Resort & Spa has perfected the art of relaxation by ensuring that unwinding and taking it easy becomes second nature. This sensibility has been lovingly applied to Eden Spa at Cheddar Woods, making it the perfect sanctuary for relaxation and well-being.

If you are looking for a little pampering or a soothing massage, our highly trained therapists are on hand to offer a range of Aromatherapy Associates and Dermalogica treatments and therapies suited for any emotional or physical need.

Eden Spa also offer a choice of luxurious treatments for the hands and feet through our partnership with Jessica Nails, providing manicures and pedicures for both men and women.

So if you wish to unwind, release a bit of tension, experience a rejuvenating facial or simply need a pedicure or manicure, a trip to Eden Spa will do wonders and so much more.



dermalogica®



booking information

Individual treatments will require a pre-payment of 50% of the total treatment charge at time of booking, the remaining 50% will then be charged after your treatment. For a single treatment, full payment is required at time of booking.

Spa packages are unavailable at the weekends and in peak seasons, please ask for further details. A 50% deposit is required for all Spa Packages upon booking.

Please ensure that you arrive at the spa at least 15 minutes prior to your appointment in order to make full use of your treatment time and consultation. Swimwear must be worn at all times.

cancellation policy

Spa treatments must be cancelled within 24 hours prior to booking.

Spa Packages and group bookings must be cancelled within 48 hours prior to booking.

If notice is not given the full cost of the treatment will be charged.

spa etiquette

We politely request that you respect other guests and the ethos of the spa. Please switch your phone to silent during your visit. Please leave your personal belongings and valuables in lockers.

medical & allergy information

Some treatments are not suitable for certain medical conditions, please inform us on booking of any pre-existing medical conditions and we strongly recommend you consult your doctor before booking any treatments.

You must declare any surgery that has taken place in the last 12 months before your appointment. If surgery had taken place in the last 12 months your treatment may be cancelled.

Any conditions requiring life maintaining medication will not be accepted.

A patch test may be required 24 hours prior to certain treatments, please consult our spa therapists if you have any skin conditions, such as Psoriasis or Eczema, as well as any other allergies or conditions that may affect your treatment, for example a nut allergy. To avoid disappointment please consult a medical professional and bring a Doctor's note clearing you for any treatments.

Treatments may be cancelled at the discretion of our spa therapists.

terms and conditions

Please ensure you have read our Terms and Conditions and signed the Spa Consultation Form.



fusion massage

your therapist will assess your needs and create a treatment just for you, incorporating the use of different techniques such as hot stones and aromatherapy to give you the best treatment all in your allocated time slot.

treatment times	30 minutes 60 minutes 75 minutes
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ultimate rose pregnancy massage

Feel nurtured and supported in a time of constant change. Choose from a selection of three oils, each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension.

The legs are massaged to ease the heavy feeling that can come with pregnancy, and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top-to-toe treatment.

14 weeks + only. Please talk to a spa therapist before booking.

treatment time	55 minutes
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aching foot relaxer

Refresh and support tired, aching feet after a long day on the go with this specially selected combination of essential oils to stimulate and invigorate. Feet and lower legs are exfoliated, soaked and refreshing gel and oil are massaged into the skin.

treatment times	25 minutes
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massages

tension releasing and calm inducing paradise



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Eden Spa
— CHEDDAR WOODS —

massages

*tension
releasing
and calm
inducing
paradise*



aromatherapy full body massage

This hero treatment starts with a consultation to ascertain your emotional and physical needs. We then carry out an aroma test to allow you to choose the oil most suitable for you.

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. This treatment works from your head to your toes, dissolving away your stress and tension.

treatment times	50 minutes
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aromatherapy back, neck & shoulder massage

During this tension easing massage your therapist will use carefully applied pressures to the back, neck and shoulders helping to stimulate the nervous system while relieving muscular tension, aches and pains.

This signature massage is designed to alleviate deep-seated tension and muscular stress.

treatment time	25 minutes
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the eden 60

When you need a little more me time, a mixture of Swedish and lymphatic drainage techniques are carried out in this 60 minute full body massage, which will ensure every muscle from top to toe is eased, tension is soothed, and balance is restored.

This signature massage is designed to alleviate deep-seated tension and muscular stress.

treatment time	60 minutes
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intensive muscle back massage

In this tension easing massage your therapist will use carefully applied pressures to the back, neck and shoulders helping to stimulate the nervous system while relieving muscular tension, aches and pains.

treatment time	25 minutes
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face and back bliss

a combination treatment combining an express facial and bespoke back massage tailor made to meet your needs.

treatment time	60 minutes
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swedish massage

An indulgent body treatment that involves traditional Swedish massage movements that includes lymphatic drainage to remove toxins and reduce muscle tension and stress.the spirit.

treatment time	full body - 50 minutes
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aromaflex

A beautiful top to toe treatment starting with a back, neck and shoulder massage using oils chosen to suit your needs, followed by reflexology of the feet and lower legs to restore balance and wellbeing.

treatment time	60 minutes
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reflexology

A thoroughly relaxing and complimentary therapy with the use of massage to reflex points on the feet and lower legs, which encourages total homeostasis which corresponds to different areas of the body.

treatment time	40 minutes
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indian head massage

A holistic massage carried out on the upper back, neck, shoulders, scalp and face using massage techniques which stimulate circulation and soothes aching muscles to ease stress related tension.

treatment time	35 minutes
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hot stone massage

A holistic massage that involves the use of smooth, heated stones. Placing hot stones on specific points on your body allows for deeper pressure massage to those areas of discomfort.

back, neck and shoulder

treatment time	35 minutes
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back of legs

treatment time	35 minutes
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full body

treatment time	60 minutes
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holistic treatments

**invigorating
oils and
gentle
touches
leaving
you bright
and silky
smooth**



**AROMATHERAPY
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LONDON



Eden Spa
— CHEDDAR WOODS —

facial treatments

**natural
skin care for
a renewed
and smooth
appearance**



aromatherapy associates skin solutions facial treatment

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

treatment
times

55 minutes

eden spa aromatherapy experience

Choose from either an Aromatherapy Associates full body massage and Aromatherapy Express facial or an aromatherapy skin solution facial and aromatherapy back, neck and shoulder massage.

treatment
time

80 minutes

age repair facial

This natural, highly effective facial reduces the signs of ageing without using harsh chemicals. This repairing and anti-ageing facial works with natural oils of inca inchi and larch extract which stimulate collagen formation to deliver firm and tightened skin, whilst the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin. During this treatment a full face, neck, shoulder and scalp massage will be carried out to release stress and tension.

treatment
time

80 minutes

callus peel

Exfoliates the skin on your body leaving it feeling fresh, smooth, moisturised and soft. A product is applied and massaged across into your skin, and is then removed using warm mitts to reveal a moisturised layer of fresh, clean and smooth skin.

treatment time	30 minutes
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body scrub

Exfoliates the skin on your body leaving it feeling fresh, smooth, moisturised and soft. An abrasive product is rubbed vigorously, and massaged across and into your skin, and is then rinsed away to reveal a moisturised layer of fresh, clean and smooth skin.

treatment time	40 minutes
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body brush

Body brushing can remove impurities from your skin and improve circulation in your body. The treatment involves a thorough brushing of the skin all over your body using a clean brush with firm, natural bristles.

treatment time	35 minutes
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back cleanse

Back cleanse begins with a deep cleansing ritual to remove dead skin cells. This not only adds moisture, but will provide a blank canvas for your therapist to exfoliate and perform any necessary extractions.

treatment time	40 minutes
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back cleanse combo

Back cleanse begins with a deep cleansing ritual to remove dead skin cells. This not only adds moisture, but will provide a blank canvas for your therapist to exfoliate and perform any necessary extractions. Followed by a soothing massage relieve aches & pains

treatment time	60 minutes
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top to toe

Starting with a custom made express facial then finishing with a relaxing reflexology treatment. Reflex points are stimulated on the feet, which encourages total homeostasis which corresponds to different areas of the body

treatment time	70 minutes
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standard treatments

***natural
skin care for
a renewed
and smooth
appearance***



skin treatments

*wonderful
glowing skin
with a healthy
and beautiful
appearance*

dermalogica®



proskin 60

The ultimate treatment, different every time. Customised with advanced product, techniques and technology in a soothing environment made for relaxation.

The ideal choice for those who want a comprehensive experience to address all skin concerns and achieve healthy glowing skin.

treatment time	60 minutes
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dermalogica express facial

A totally individual facial treatment, which starts with a professional skin analysis to determine your skins needs. Followed by a bespoke treatment to renew, re-condition and re-vitalise your skin. To give great visible results in minimal time by targeting your key skincare concern.

treatment time	25 minutes
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clear start breakout control facial

To minimise and treat congested and blemished skin using the award-winning Dermalogica clear start products.

These treatments are available to 13-17 year old clients. A disclaimer will need to be completed prior to treatment.

treatment time	25 minutes
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jessica luxury manicure

The ultimate in hand and nail care. All the benefits of the LeRemedi Hand Treatment combined with Jessica's Prescriptive Manicure. (Includes a take home midi polish of your choice).

treatment time	75 minutes
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jessica prescriptive manicure

Jessica's prescriptive manicure includes exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect polish.

treatment time	60 minutes
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geleration file & polish

Nails are filed, shaped and finished with Jessica's GELeration gel polish.

treatment time	hands 45 minutes feet 45 minutes
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EXTRAS

gel removal

Jessica gel products only

treatment time	30 minutes
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luxury zenspa pedicure

Jessica's ZenSpa pedicure with the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints. Colour polish of choice will be added. (Includes a take home midi polish of your choice).

treatment time	75 minutes
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signature pedicure

Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and your toenails will be beautifully shaped. Ready for your chosen colour to be perfectly applied.

treatment time	55 minutes
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pedicures and manicures

***dazzling hands
and feet with
a touch of
colour to suit
your mood***

J
JESSICA®



gents treatments

***natural
skin care for
a renewed
and smooth
appearance***



gents grooming

eyebrow wax

treatment time	20 minutes
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chest wax

treatment time	45 minutes
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back wax

treatment time	45 minutes
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hands and feet

manicure

treatment time	45 minutes
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pedicure

treatment time	45 minutes
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callus peel

treatment time	35 minutes
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aching foot rescue

treatment time	30 minutes
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face

express facial

treatment time	30 minutes
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dermalogica pro 30

treatment time	30 minutes
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dermalogica pro 60

treatment time	60 minutes
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refinery express

treatment time	30 minutes
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refinery

treatment time	60 minutes
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body

back, neck and shoulder

treatment time	40 minutes
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back of legs

treatment time	35 minutes
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eyebrow shape

treatment time	15 minutes
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chin wax

treatment time	15 minutes
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lip and chin wax

treatment time	30 minutes
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lip wax

treatment time	15 minutes
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eyelash tint

treatment time	30 minutes
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eyebrow tint

treatment time	15 minutes
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eyelash and eyebrow tint

treatment time	45 minutes
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eyelash, eyebrow tint and eyebrow shape

treatment time	25 minutes
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full leg

treatment time	45 minutes
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half leg

treatment time	30 minutes
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classic bikini

treatment time	15 minutes
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high bikini

treatment time	15 minutes
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underarm

treatment time	15 minutes
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forearm

treatment time	15 minutes
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lip or chin

treatment time	15 minutes
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eyebrows

treatment time	15 minutes
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A patch test needs to be done 24-48 hours prior to tinting.

***tinting and
waxing
treatments***

***release tension
and feel
invigorated in
body and mind***



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Eden Spa
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spa packages

*treat
yourself
to a little
me time*



afternoon tea pamper package

Relax in our relaxation area and unwind in our sauna and steam room.

Enjoy a dip in our tropically heated pool. Choose one 25 minute treatment from the following: Dermalogica Facial or Aromatherapy Associates back, neck and shoulder massage, or file and paint on hands or feet and choice of polish for the ultimate pampering experience. Afternoon Tea will be served and will include a choice of finger sandwiches, scones with clotted cream and an indulgent cake. Also included is a pot of tea.

treatment time	half day
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half spa day package

Relax in our relaxation area and unwind in our sauna and steam room.

Enjoy a dip in our tropically heated pool. Choose one 25 minute treatment from the following: Dermalogica Facial or Aromatherapy Associates back, neck and shoulder massage, or file and paint on hands or feet and choice of polish for the ultimate pampering experience. Including a two course lunch with a glass of Prosecco, pot of tea, coffee or soft drink.

treatment time	half day
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me time spa package

Relax in our relaxation area and unwind in our sauna and steam room.

Enjoy a dip in our tropically heated pool. Choose from one of the following 25 minute treatments: Either an Aromatherapy Associates back, neck and shoulder massage, or Swedish head, neck and shoulder massage. Complete your experience with a delicious slice of cake and hot drink of your choice.

treatment time	half day
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*put yourself
at the top of
your to-do list*



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