



Tranquility Spa

— KILNWICK PERCY RESORT —

ALMOST EVERYTHING WORKS
AGAIN IF YOU UNPLUG IT
FOR A FEW MOMENTS...
...INCLUDING YOU!



Tranquility 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 Tranquility Spa at Kilnwick Percy, 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.

Tranquility 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 Tranquility 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.

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.

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. Personal belongings and valuables can be left in the lockers in the gym.

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

The minimum age requirement for spa treatments, Jessica Nail treatments and use of Nordic spa facilities is 16.

If you are thought to be under the influence of alcohol or drugs you will be refused your treatment.



MASSAGES

TENSION
RELEASING
AND CALM
INDUCING
PARADISE



THE ULTIMATE AROMATHERAPY EXPERIENCE

This hero treatment starts with an aroma test to allow you to choose the most suitable oil 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, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

Choose from either the 60 minute full body treatment or add the facial and indulge in a 90 minute experience. A 30 minute back only massage is also available.

TREATMENT TIMES	60 minutes 90 minutes
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INTENSIVE MUSCLE RELEASE

This deeply restorative treatment 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.

An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

TREATMENT TIME	60 minutes
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ULTIMATE BACK 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.

TREATMENT TIME	30 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	60 minutes
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HOT STONE MASSAGE

Let us melt away your tension using a combination of hot stones and your choice of Aromatherapy Associates massage oil. The deep penetrating heat from the stones is used to massage the body using traditional techniques to release muscular tension and balance the spirit.

TREATMENT TIME	Full body - 60 minutes Back only - 35 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	30 minutes
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MASSAGES

TENSION
RELEASING
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INDUCING
PARADISE



AROMATHERAPY
ASSOCIATES
LONDON



Tranquility Spa
— KILNICK PSYCHY RESORT —

THE ULTIMATE DETOX REVIVER

This invigorating treatment is specifically designed for those looking for an intensive body detox. The perfect therapy when you are dieting, feeling sluggish and lacking energy.

The original Revive Morning blend of refreshing grapefruit, stimulating rosemary and diuretic juniper leaves you feeling truly revitalised and your skin will appear bright, smooth and silky.

TREATMENT 60 minutes
TIME

BESPOKE SKIN POLISH

A relaxing all over exfoliation and layering of richly nourishing products, to leave the skin looking radiant and feeling wonderfully smooth.

TREATMENT 30 minutes
TIME

BODY TREATMENTS

INVIGORATING
OILS AND
GENTLE
TOUCHES
LEAVING
YOU BRIGHT
AND SILKY
SMOOTH



AROMATHERAPY
ASSOCIATES
LONDON



Tranquility Spa

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FACIAL TREATMENTS

ULTIMATE AROMATHERAPY ASSOCIATES FACIAL

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	30 minutes
TIMES	60 minutes

ESSENTIAL ROSE FACIAL

This calming treatment begins with frankincense inhalation and a scalp massage to release muscular tension. Your skin is then cleansed and toned, followed by a traditional aromatherapy pressure point massage combined with lymphatic drainage to release facial tension and congestion. Then, while a hydrating facial mask goes to work, your arms and hands are massaged and your skin is finally treated with a deeply moisturising facial oil and moisturiser.

TREATMENT	60 minutes
TIME	

DEEP CLEANSE FACIAL

The perfect treatment for oily and combination skin. Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. A facial massage using drainage techniques improves circulation and helps eliminate toxins whilst special pressure points ease tension and stress. A freshwater mud mask then draws out dirt and harmful impurities. This treatment also includes a scalp massage and hand and arm massage for complete care and ultimate relaxation.

TREATMENT	60 minutes
TIME	

NATURAL SKIN CARE FOR A RENEWED AND SMOOTH APPEARANCE



AROMATHERAPY ASSOCIATES
LONDON



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THE REFINERY ULTIMATE FACIAL

A deep cleansing facial using the finest essential oils is also performed to rebalance, clarify and hydrate the skin, leaving it bright, thoroughly clean and refreshed.

TREATMENT TIMES 60 minutes

INTENSIVE MUSCLE RELEASE

This deeply restorative treatment 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.

TREATMENT TIME Full body - 60 minutes
Back only - 30 minutes

THE ULTIMATE 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.

TREATMENT TIME 30 minutes

GENTLEMAN'S HAND TREATMENT

Hands are exfoliated to remove dryness and massaged with treatment creams. Cuticles are conditioned and groomed and nails are trimmed and shaped.

TREATMENT TIME 40 minutes

GENTLEMAN'S FOOT TREATMENT

A relaxing and grooming foot and leg treatment; hard skin is removed, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be made neat and tidy and toe nails will be perfectly shaped.

TREATMENT TIME 45 minutes

MEN'S TREATMENTS

RELEASE TENSION
AND FEEL
INVIGORATED IN
BODY AND MIND



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SKIN TREATMENTS

PROSKIN 30

Our customised treatment, on your time! Targeting your key skin concern for maximum impact in minimum time. This treatment is a firm favourite with those who have just 30 minutes, want visible results and great value.

TREATMENT TIME 30 minutes

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

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 30 minutes

13 -17yrs old (with parental consent and supervision).

dermalogica[®]



Tranquility Spa

— KILNICKPERCY RESORT —

PEDICURES AND MANICURES

DAZZLING HANDS
AND FEET WITH
A TOUCH OF
COLOUR TO SUIT
YOUR MOOD



JESSICA LUXURY MANICURE

The ultimate in hand and nail care. All the benefits of the LeRemedi Hand Treatment combined with Jessica's Prescriptive Manicure.

TREATMENT TIME 60 minutes

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 45 minutes

GELERATION FILE & POLISH

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

TREATMENT TIME 30 minutes

EXTRAS

GEL REMOVAL

TREATMENT TIME 20 minutes

MANICURE / PEDICURE

Upgrade to gels for £10

TREATMENT TIME 20 minutes

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.

TREATMENT TIME 75 minutes

ZENSPA PEDICURE

Choose between energising ginger, calming green tea or revitalising citrus for this luxury foot and leg treatment. 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.

TREATMENT TIME 60 minutes

FILE & POLISH

Nails are filed, shaped and finished with your choice of colour from Jessica's nail polish.

CHILDREN'S FILE & POLISH

From ages 8 to 16 years.

TREATMENT TIME 30 minutes

HALF LEG WAX

TREATMENT
TIME 40 minutes

FULL LEG WAX

TREATMENT
TIME 60 minutes

EYEBROW WAX (SHAPE)

TREATMENT
TIME 15 minutes

UNDERARM WAX

TREATMENT
TIME 20 minutes

BIKINI WAX

TREATMENT
TIME 15 minutes

LIP WAX

TREATMENT
TIME 15 minutes

CHIN WAX

TREATMENT
TIME 15 minutes

EYELASH TINT

TREATMENT
TIME 30 minutes

EYEBROW TINT

TREATMENT
TIME 10 minutes

EYELASH AND EYEBROW TINT

TREATMENT
TIME 30 minutes

*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



AROMATHERAPY
ASSOCIATES
LONDON



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SIGNATURE TREATMENTS AND SPA PACKAGES

INDULGENT
MOMENTS
DESIGNED
TO RELAX AND
INVIGORATE



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 TIMES	40 minutes
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HALF DAY SPA PACKAGE

A relaxing half day in The Spa with the choice of any of our 30 minute treatments per person. Includes afternoon tea and Nordic Spa access.

TREATMENT TIMES	Half Day
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OVERNIGHT SPA PACKAGE

Treat yourself to an overnight spa break, with a choice of any of our 30 minute treatments per person. Includes a king size room, a two course meal and breakfast.



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