



TYLNEY HALL HOTEL  
HEALTH &  
WELLNESS

S P A   T R E A T M E N T   M E N U

# WELCOME

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## TO HEALTH & WELLNESS AT TYLNEY HALL HOTEL

Tylney Hall offers exclusive treatments from Kerstin Florian with a wide range of facial and body treatments which are both suitable for men and women and only available through Leading Spas and Luxury Hotels.

### KERSTIN FLORIAN

Specialises in using natural resources including thermal mineral water, mud, algae, herbal extracts and essential oils which have been inspired by world wide locations to obtain the highest quality treatments available.

Please arrive 10-15 minutes before your treatments to allow time to relax, unwind and enter the realm of indulgent experiences.

### THE SPA OPENING TIMES:

#### Gym

7.00am – 9.00pm Monday – Friday  
7.00am – 8.00pm Saturday – Sunday

#### Outdoor pool

8.00am – 8.00pm, or dusk, up to the end of September

#### Indoor pool

7.30am – 8.30pm Monday – Friday  
7.30am – 8.00pm Saturday – Sunday

#### Treatments

10.00am – 6.30pm Daily

To book your Spa experience, please call **01256 764881** or  
e-mail **reservations@tylneyhall.com**

Spa gift vouchers are available  
to purchase from reception or online.

 @tylneyhall  @tylneyhallhotel

All the products used in the Health Suite are available to purchase

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## TERMS AND CONDITIONS

All treatment suitability is subject to a consultation card being completed. If you have health conditions, please contact your GP prior to arrival for a letter of consent or contact our Therapists for advice. For Pamper Days and Treatments, full pre-payment is required at the time of booking and is non-refundable. You can reschedule a Pamper Day up to 7 days prior to arrival, or treatments at least 72 hours in advance. Your new date must be within 3 months of the original booking, and may be subject to additional charges. A discretionary 12.5% service charge will be added to your bill for all Pamper services and will be shared by the entire team. Prices are subject to change without notice; all prices are inclusive of VAT at current rate. All treatments and pamper days will incur a 12.5% optional service charge.

## MY NOTES

Please use this page to jot down your favourite treatments ready to book.

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## FACIALS

*The classic, organic aromatherapy and sensitive skin treatments can be taken as a course of treatments to gain continued improvement for the skin.*

### THE TYLNEY CLASSIC FACIAL BY KERSTIN FLORIAN\*

A purifying treatment for any skin type which includes a gentle exfoliating peel to remove dull surface skin cells, a luxurious massage, deep-cleansing masque and botanical extracts to rejuvenate and nourish the skin. A relaxing hand and scalp massage completes the experience.

**50 MINUTES ~ £80.00    \*A SIGNATURE TREATMENT**

### ORGANIC AROMATHERAPY FACIAL BY KERSTIN FLORIAN

Reconnect with nature, spirit and self with this deluxe facial based on the ancient and influential art of Aromatherapy. Centred around a global bouquet of skin renewing aromatic oils, this facial imparts complete vitality and is a truly relaxing experience, includes a unique facial acupressure.

A relaxing hand and scalp massage completes the experience.

**50 MINUTES ~ £80.00**

### KERSTIN FLORIAN ADVANCED AGE REPAIR FACIAL

This results-oriented treatment is customised to address premature ageing skin conditions including hyper pigmentation, fine lines, wrinkles and elasticity. Includes an exfoliating multi-acid or enzyme peel on the face, neck, décolleté and hands to renew the skin, a deep-cleansing massage to promote circulation and a masque to balance and nourish the skin.

A relaxing hand and scalp massage completes the experience.

Can be taken as a course of treatments in order to give continued improvement with hyper pigmentation, fine lines, wrinkles and elasticity.

**80 MINUTES ~ £110.00**

## CORRECTING DETOX FACIAL

A deep cleansing and skin-refining facial specifically designed for congested, oily/problematic skin condition. This targeted treatment focuses on providing immediate lasting results. Includes a professional 30% multi-acid peel followed by a purifying organic masque. Skin is noticeably brighter with a clear complexion.

A relaxing hand and scalp massage completes the experience.

Can be taken as a course of treatments to help balance and heal an oily/problematic skin condition.

**55 MINUTES ~ £80.00**

## CORRECTING PRO PEEL

Using an exclusive 30% multi-acid peel, this facial provides immediate results to brighten and help even skin tone. An ideal pick me up before an event or for those who have little time.

Skin is deeply cleansed and toned, followed by a 16-point acupressure massage on the face and scalp. Intensive serums are applied as beauty globes cool and tighten the skin. A relaxing scalp massage completes the experience.

**45 MINUTES ~ £65.00**



### **GUA SHA INSTANT LIFT FACIAL**

This exclusive anti-aging treatment which combines specialised massage techniques with genuine jade tools that will improve circulation, release toxins, and enhance natural hydration, with botanical essences to nourish, replenish and fortify skin. Fascia is released, puffiness reduced and clarity enhanced, leaving face, neck and décolleté smoother, tighter and more radiant. A relaxing hand and scalp massage completes the experience.

**60 MINUTES ~ £90.00**

### **BERRYPLUS ANTIOXIDANTS INFUSION FACIAL**

Ultra-oxygenating, anti-aging treatment based on vitamin-rich super berries and plant cell cultures fortifies, rejuvenates, and renews. Acupressure and muscle-easing face and neck massage followed by algae-rich masque for increased cellular renewal and a healthy radiance.

**60 MINUTES ~ £80.00**



## **BODY SCRUBS, RITUALS AND WRAPS**

*Using natural resources, such as: thermal mineral water, purifying algae, mud, essential oils and herbs - Kerstin Florian Rituals satisfy the body's craving for minerals and nutrients, leaving the body refreshed, relaxed and balanced. The following treatment packages re-mineralise, nourish and balance the body.*

*Massage treatments are not recommended until after the first trimester of pregnancy.*

### **TURKISH BODY SCRUB\***

A lovely exfoliation of the body with Turkish body scrub & eucalyptus followed by an application of body oil. Leaving the skin silky smooth.

\*Can be added to any massage

**25 MINUTES ~ £50.00**

### **HYDRATING BODY WRAP**

Includes an exfoliations with a dry body brush followed by a nourishing crème mixed with essential oils, leaving your skin enriched and glowing. Followed by a therapeutic scalp massage and accupressure points to the face.

**45 MINUTES ~ £70.00**

### **LEG & FOOT TREATMENT**

Legs and feet are exfoliated using our Eucalyptus salt body scrub, then warm towels applied to remove salts. The legs are gently massaged and feet are worked on with our unique Acu-flex foot massage.

**30 MINUTES ~ £50.00**

### **NEROLI BLOSSOM SENSORY EXPERIENCE**

Renew and refresh the body's energy. Awaken the senses and uplift the spirit with the iconic aroma of Neroli essential oil in this deeply relaxing sensorial experience. This comprehensive treatment combines energy balancing, foot cleansing ritual with restorative aromatherapy and meditative massage to renew and revitalize body, mind and spirit. You will be rid of excess skin with our dry body brush and our scalp pressure point massage will clear your channels to ease stiffness, neck pain and headaches.

**90 MINUTES ~ £140.00**

### **MOTHER-TO-BE OR POST PREGNANCY TREATMENT (over 12 weeks)**

The treatment to promote glowing skin; your legs will be massaged to relieve the tired, strained, feeling and a soothing cream and oil will be applied. A mini facial will then complete the indulgent treatment to take care of your body's pregnancy needs. Also perfect for post-pregnancy.

**NOT RECOMMENDED UNTIL AFTER THE FIRST TRIMESTER OF PREGNANCY**  
**90 MINUTES ~ £120.00**

### **THE ULTIMATE GARDEN OF DREAMS RITUAL – REVITALISE OR RELAX**

Relax and dream of lavender fields, kissed by the French sun, as they envelop your senses and you drift away to a place of calm. Or uplift with essential oils to rejuvenate both your body and mind.

Includes an invigorating full body exfoliation and a body massage, including hot stones on the back and soles of the feet.

**80 MINUTES ~ £125.00**

### **THE ULTIMATE UNWINDER**

This wonderful treatment includes a dry body brush to stimulate the circulation and removal of dead skin cells. A body massage with Kerstin Florian aromatherapy oils is then followed by a facial. The ultimate feeling of relaxation!

**110 MINUTES ~ £200.00**

### **NORDIC ZEN**

In this Nordic Zen treatment, we want to provide an inner experience filled with energy and deep relaxation. With the help of heat, stones, repetitive movements, and active plants, you reach a stage of total relaxation.

**90 MINUTES ~ £140.00**

## **COMPLEMENTARY THERAPIES**

### **DRIFT AWAY SCALP MASSAGE**

Drift naturally into pure relaxation and ease away tension with a massage to the upper shoulders, neck, scalp and face

**30 MINUTES ~ £60.00**

### **HOPI EAR CANDLES\***

A non-invasive treatment that calms the mind and soothes the head and ears. Very effective treatment for numerous conditions such as – Tinnitus, glue ear, excess wax and sinus problems.

**ALLOW 30-40 MINUTES ~ £60.00**

**\* LIMITED AVAILABILITY**

## MASSAGE

*Massage treatments are not recommended until  
after the first trimester of pregnancy*

### **BACK MASSAGE - BACK, NECK AND SHOULDER**

**30 MINUTES ~ £60.00**

### **SWEDISH MASSAGE- EXCLUDING FACE AND SCALP**

Ease and soothe those tired muscles with a massage on the legs, feet, back, chest and arms.

**50 MINUTES ~ £95.00**

### **FULL BODY MASSAGE- INCLUDING FACE AND SCALP**

**80 MINUTES ~ £130.00**

ADD IN ONE OF OUR PRE-BLENDED KERSTIN FLORIAN AROMATHERAPY OILS TO ANY OF THE ABOVE TREATMENTS FOR A £5.00 SUPPLEMENT TO ENHANCE YOUR SENSORY EXPERIENCE.

### **TENSION RELIEF MASSAGE (FIRMER MASSAGE)**

**55 MINUTES ~ £130.00 \*SUBJECT TO AVAILABILITY**

\* Add in one of our pre-blended Kerstin Florian Aromatherapy oils to any of the above treatments for a £5.00 supplement to enhance your sensory experience.

### **HOT STONE MASSAGE**

The original hot stone massage. Warmed volcanic rocks massage away life's tensions and draw you into deep relaxation.

**BACK, SHOULDERS AND SCALP 40 MINUTES ~ £70.00**

**THERAPEUTIC BODY 70 MINUTES ~ £120.00**

### **KERSTIN FLORIAN ORGANIC AROMATHERAPY MASSAGE – FULL BODY**

Full body massage with one of our pre-blended Kerstin Florian Aromatherapy oils to enhance your sensory experience. Completely relax in the soothing aromas or invigorate with the uplifting blend. Body massage including scalp and face.

**80 MINUTES ~ £135.00**

### **KERSTIN FLORIAN ORGANIC AROMATHERAPY MASSAGE**

Body massage with one of our pre-blended Kerstin Florian Aromatherapy oils to enhance your sensory experience. Completely relax in the soothing aromas or invigorate with the uplifting blend.

**50 MINUTES - £100.00**





## NAIL CARE

*Make the most of your nailcare appointment by coming with bare nails and bringing your flip flops. Please ensure any Gel polish is removed before your appointment as we do not offer this service.*

*Using Jessica products well known for their signature quality.*

### TYLNEY EXPRESS MANICURE

This treatment includes a file, tidy of the cuticles, with a mini hand and arm massage followed by an application of polish.

**40 MINUTES ~ £50.00**

### TYLNEY PEDICURE (DRY)

Waterless pedicure to focus on hard skin removal, with a leg and foot massage followed by nails tidied with an application of polish.

**40 MINUTES ~ £50.00**

### LE REMEDI MANICURE

This treatment includes a hand cleanse followed by exfoliation, mask and massage. Cuticles softened, trimmed and followed by nailwork and application of polish.

**50 MINUTES ~ £55.00**

### ZEN SPA PEDICURE

This treatment will work wonders on aching feet and is a luxury pedicure which includes foot soak in spa, foot exfoliation, and foot mask in heated booties too soothe tired feet. Finished with nails and cuticles tidied and an application of polish.

**60 MINUTES ~ £55.00**

## THE TYLNEY LUXURY AROMA MANICURE

This deluxe manicure incorporates a hand exfoliation treatment followed by a thermal mineral and essential oils soak. Cuticles are then enriched with oil and tidied. Enjoy a relaxing hand and arm massage with organic geranium, grapefruit and lavender essence. Includes polish.

**55 MINUTES ~ £60.00**

### GELERATION NAIL CARE

This unique GELeration, is applied like a polish. The natural nail is cared for and protected throughout the lifecycle of the GELeration manicure or pedicure and the gel acts as a shield for nails, protecting them and helping them grow.

**GELERATION TYLNEY MANICURE ~ £55.00**

**GELERATION LE REMEDI MANICURE ~ £65.00**

**GELERATION TYLNEY PEDICURE ~ £55.00**

**GELERATION ZEN SPA PEDICURE ~ £65.00**

### LUXURY ALPINE FOOT RESCUE TREATMENT

A deluxe pedicure foot therapy for the treatment of dry, rough cracked skin. Begin with a foot soak in thermal mineral salts.

Rough skin is exfoliated with a creamy salt mixture, then soothed with a massage featuring a natural foot balm in rich menthol, eucalyptus and lavender infused by warm heated booties.

**55 MINUTES ~ £60.00**

**ADD AN APPLICATION OF COLOUR FOR JUST £25.00**

**PLEASE NOTE THAT WE DO NOT OFFER GEL REMOVAL.  
ALL GEL MUST BE REMOVED BEFORE YOUR TREATMENT.**



## MEN'S TREATMENTS

**MALE MANICURE (40 MINUTES) ~ £50.00**

**MALE PEDICURE (40 MINUTES) ~ £50.00**

**KERSTIN FLORIAN TREATMENTS FEATURED  
ARE ALSO SUITABLE FOR MEN.**

### DESTRESS FACIAL

Combines effective products to cleanse and rejuvenate your skin with a unique massage technique to de-stress the shoulder, neck and jaw area. This treatment suits men of all ages, you get double the benefits of looking and feeling like 'the new man in town'

**40 MINUTES ~ £65.00**

### DESTRESS BACK TREATMENT

The back is exfoliated with a sea salt bodyscrub before a warm spirulina masque is applied to purify and detoxify the skin. Back and scalp massage ensures total body and soul relaxation.

**40 MINUTES ~ £70.00**



## PAMPER DAYS

*Our packages have been designed to incorporate treatments to help create an unforgettable and unique experience best suited to you. All pamper day guests are welcome to use the Health Club facilities.*

### OUR PAMPER DAYS INCLUDE:

- Welcome drink
- Dining as specified in the package
- Use of luxurious robes, towels and slippers
- Full access to the swimming pool, whirlpool, saunas and tennis courts
- For the more adventurous, take a walk in the woodlands or run the jogging trail
- Treatments specified to the package you book
- Access to our hotel app to download magazines or newspapers to your phone.

### TIME OUT HALF SPA DAY

Take some quality time just for you for a morning or afternoon of pure relaxation. Choose between a morning session with Breakfast in the Oak Room Restaurant, or an afternoon session with Afternoon Tea in the Lounge. This pamper day includes a 30-minute treatment of your choice (Mini Manicure, Mini Pedicure, Express Facial or Leg & Foot Treatment).

**£120.00 PER PERSON**

**AVAILABLE MONDAY TO FRIDAY (EXCLUDING BANK HOLIDAYS)**

**Suitable for expecting parents past their first trimester**

### RELAXING PAMPER DAY

A day to relax, unwind and ease away the stresses of everyday life. Choose between sweet or savoury dining with an option of a Light Lunch or Afternoon Tea in the Lounge. The pamper day includes two 30-minute treatments of your choice:

Back Massage or Leg & Foot Treatment  
Mini Facial, Manicure or Pedicure

**£150.00 PER PERSON**

**AVAILABLE MONDAY TO FRIDAY (EXCLUDING BANK HOLIDAYS)**

**Suitable for expecting parents past their first trimester**

## INDULGENCE PAMPER DAY

Take some time for yourself and completely indulge with 90 minutes of treatments. The Gua Sha Instant Lift Facial is an anti-aging treatment that combines specialised massage techniques with genuine jade tools. This is followed by the Drift Away Scalp Massage to ease away tension with a massage to the upper shoulders, neck and scalp.

**£215.00 PER PERSON**

**AVAILABLE MONDAY TO FRIDAY (EXCLUDING BANK HOLIDAYS)**

**If you would like to book the above package and are an expectant parent, please speak to a member of our team to confirm which treatments are suitable for you.**

## SUNDAY SOOTHER HALF DAY

Spend time in the Tylney Hall Leisure Suite, making the most of the facilities and choose one a 30-minute treatment (Mini Manicure, Mini Pedicure, Express Facial or Leg & Foot Treatment). Then indulge with traditional afternoon tea in one of our magnificent lounges. We guarantee you will leave us relaxed and restored.

**£110.00 PER PERSON**

**AVAILABLE SEPTEMBER 2025 TO MARCH 2026 (excluding Bank Holidays)**  
**Suitable for expecting parents past their first trimester**

Please contact the Health Club on **reservations@tylneyhall.com** or **01256 764881** for more information and bookings.

Treatments need to be booked in advance of your Pamper Day.  
Full non-refundable pre-payment required on booking.  
Please arrive in the leisure area 30-40 minutes before your treatment starts.

## HEALTH CLUB ETIQUETTE

1. *Please arrive 10-15 minutes before your treatment time. This allows for completion of a medical form and for your treatment to begin on time. Late arrival will limit the time of the treatment and in some cases the appointment may need to be rescheduled. Treatments will end on time so that other guests are not inconvenienced.*
2. *In order to retain a peaceful atmosphere and for consideration to others, we request that mobile phones be turned off or put on silent and conversations are kept low when within the treatment area.*
3. *We can provide robe and flip flops if required. During the treatment you will be draped with towels to ensure your privacy.*
4. *Men will be asked to retain undergarments or swimwear for discretion.*
5. *Know that you are in a professional environment and do not expect anything other than therapeutic salon services.*
6. *Communicate your preferences during treatments so that therapists may adjust to your requirements.*
7. *Do not leave children under 16 unattended. This can be disruptive to other spa visitors and unsafe for your children.*

**Our Spa Treatments and Experiences are  
available to purchase online or at reception.**

**WWW.TYlNEYHALL.COM**



**TYLNEY HALL HOTEL**

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