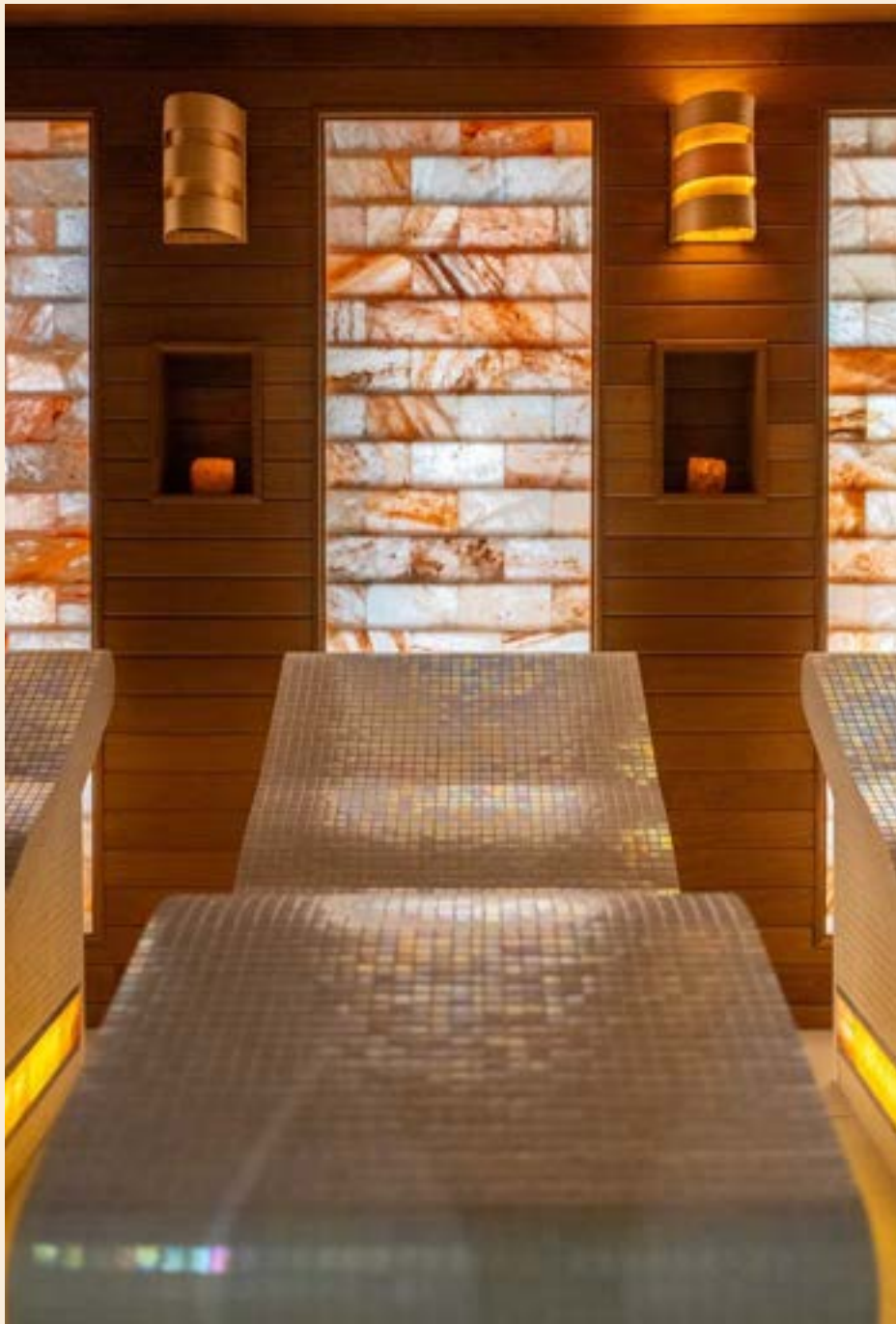




# THE SPA

AT CAMBRIDGE COUNTRY CLUB

RESTORATIVE MOMENTS. CENTRED  
AROUND YOUR WELLBEING



## INTRODUCTION pg.3

At the heart of Cambridge Country Club, our Elemis led spa offers a tranquil escape from the everyday, an opportunity to catch up with loved ones or the perfect destination to celebrate a special occasion.

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## SPA PACKAGES pg.4-pg.9

From morning to evening discover a variety of spa packages, from indulgent full day retreats to the perfect after work twilight spa. Whether you're seeking relaxation, celebration, or a special treat, there's a perfect package waiting for you.

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## TREATMENTS pg.10-pg.23

Indulge in our comprehensive range of rejuvenating treatments, including award winning Elemis facial and body therapies, Mii nail services, and advanced aesthetics. Each service is expertly delivered by our skilled team of Beauty Therapists and Aesthetician, ensuring exceptional care and results every time.

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## PAMPER PARTY pg.24-pg.26

Let your child and their friends enjoy a dreamy escape filled with relaxation and sparkle. With calming treatments, mini makeovers, and charming touches like glitter, soft robes, and sweet treats, this pamper party is all about fun, friendship, and feeling fabulous.

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## GUEST INFORMATION pg.27

Important details on age policies, arrival times, pricing, health & safety, and cancellation terms to ensure a smooth and enjoyable spa experience.

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# WELCOME TO THE SPA AT CAMBRIDGE COUNTRY CLUB

Nestled within the tranquil grounds of Cambridge Country Club, our spa offers a serene retreat where luxury meets relaxation. Designed to provide an escape from the everyday, our spa combines elegant surroundings with exceptional treatments, ensuring an unforgettable wellness experience.

Whether you're looking to unwind after a round of golf, escape the stresses of daily life, or celebrate a special occasion, the Spa at Cambridge Country Club has everything you need.

A close-up, low-angle shot of a woman lying down, her head tilted back. Her eyes are closed, and her hands are raised to her forehead, with her fingers gently touching her temples. She appears to be in a state of relaxation or receiving a facial treatment. The lighting is warm and soft, creating a serene atmosphere. The background is blurred, showing what looks like a spa or treatment room setting.

# SPA DAYS

All our Spa packages include full use of our stunning facilities, Swimming Pool, Sauna, Steam, Himalayan Salt Room, Relaxation Room and Spa Lounge. Fluffy robe and towel hire is also included.

Arrival is anytime from 9am and departure is by 5pm.



### **MIDWEEK REFRESH**

*Monday to Friday £90pp*

Choose between a 30 minute Scalp, Neck and Shoulder massage, Elemis Expert Touch Facial, or Elemis Frangipani Body Scrub.

### **BLISSFUL**

*Monday to Friday £105pp*

*Saturday or Sunday £115pp*

Includes an 30 minute Elemis Touch Facial and a one course lunch served in our spa lounge.

### **MINDFUL**

*Monday to Friday £165pp*

*Saturday or Sunday £175pp*

Includes a 60 minute combination treatment made up of an Elemis Deep Tissue Back Massage and Expert Touch Facial. Also included is a two-course lunch served in our Spa lounge.





### **TRANQUILITY**

*Monday to Friday £215pp*

*Saturday or Sunday £225pp*

90 minutes of treatments including a Deep Tissue Back Massage, Elemis Expert Touch Facial and Scalp Massage. Luxury afternoon tea served in our spa lounge.

### **SERENITY**

*Monday to Friday £250pp*

*Saturday or Sunday £260pp*

180 minutes of treatments including a 60-minute Elemis Deep Tissue Full Body Massage, 60-minute Elemis Expert Touch Facial and your choice of a Manicure or Pedicure . Luxury Afternoon tea and glass of prosecco served in our spa lounge.

### **MOTHER TO BE**

*Monday to Friday £145pp*

*Saturday or Sunday £155pp*

30 minutes Elemis Expert Touch Facial and 30 minute Pregnancy Massage.  
A two-course lunch served in our spa lounge.





### **PERSONAL TRAINER UPGRADE AVAILABLE £35**

Bring the energy to your Spa Day and add a 30-minute personalised HITT, CORE STRENGTH or WEIGHT session with one of our PT's in our state of the art Lifestyle Gym.

### **TREATMENT UPGRADES AVAILABLE £40**

Add a 30-minute upgrade to any of our packages to extend your treatment time, turn a back massage into a full body, or combine massage and facial to get the best of both worlds.

### **SPA LOUNGE UPGRADES AVAILABLE**

Enhance your spa experience with a touch of elegance. Add a glass of Prosecco, a bottle of Champagne on ice, or indulge in a delightful Afternoon Tea to elevate your relaxation. Whether you're celebrating a special occasion or simply treating yourself, our team is here to tailor a bespoke offering to suit you.

***Please contact the team when booking, and we would be happy to assist in adding your upgrades.***





# TWILIGHT

Unwind on our luxurious Himalayan salt beds, cosy up in our relaxation lounge and continue your serene evening with access to our spa facilities while the stars pull in. Arrival from 5pm, departure at 9pm.



### **TWILIGHT SPA**

*Monday to Saturday £59pp*

#### ***Included***

#### ***Antipasti platter served in our spa lounge***

*Enjoy complimentary robes, towels, and flip-flops for your comfort. Relax in the serene ambience of our spa from 5pm to 9pm and experience ultimate evening bliss.*

### **TWILIGHT ESCAPE**

*Monday to Saturday £79pp*

#### ***Included***

#### ***Antipasti platter served in our spa lounge***

#### ***25 minute Scalp, Neck and Shoulder Massage***

*Enjoy complimentary robes, towels, and flip-flops for your comfort. Relax in the serene ambience of our spa from 5pm to 9pm and experience ultimate evening bliss.*

PLEASE NOTE DRY SPA FACILITIES, HIMALAYAN SALT ROOM AND RELAXATION LOUNGE  
MAY CLOSE FROM 8PM, AHEAD OF OUR WET SPA FACILITIES WHICH ALWAYS REMAIN  
OPEN FOR THE DURATION OF YOUR TWILIGHT SPA.





# FACIALS

Rejuvenate your skin with a targeted facial designed to cleanse, nourish and restore. Using high-performance skincare, our treatments leave your complexion glowing, refreshed, and beautifully radiant with a healthy, balanced finish.



## **ELEMIS EXPERT TOUCH FACIALS**

30 mins £55 | 60 mins £85 | Add On £15

### **NOURISH FACIAL BOOST**

Skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

### **REVEAL FACIAL**

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smooth and glowing.

### **RENEW FACIAL**

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

### **DEFINE FACIAL**

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.

### **ADD ON- ADVANCED LED LIGHT THERAPY MASK**

Level up your facial with LED Light Therapy. A powerful, non-invasive boost that targets your concerns using intelligent, skin-safe light. Add it to your facial for maximum results.





### **ELEMIS EXPERT TECHNOLOGY FACIALS**

60 mins £95 | 75 mins with Add On £115

Course of 6 60 mins £500

Course of 6 75 mins £620

### **RADIANCE AND REVIVE FACIAL**

Revive tired skin with our advanced Ultrasonic Peel, teamed with Oxygen Infusion to plump and Galvanic technology to nourish, leaving your skin rebalanced, nourished and radiant. BIOTEC Technology: Ultrasonic Peel for glowing skin, Oxygen Infusion to plump the skin and Galvanic technology to restore the skin.

### **SMOOTH AND POLISH FACIAL**

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic technology to nourish, revealing bright, polished and smooth skin, BIOTEC Technology: Ultrasonic Peel for glowing skin LED Light Mask to re-energise the skin and Galvanic technology to restore the skin.

### **LIFT AND REJUVENATE FACIAL**

Restore your skin's vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen Infusion to plump. Skin will appear renewed, toned and lifted. BIOTEC Technology: Ultrasonic Peel for glowing skin, Microcurrent to lift the skin and Oxygen Infusion to plump the skin.

**ADD ON ADVANCED LED LIGHT THERAPY MASK AND  
TARGETED TIME BESPOKE TO EYES, FOREHEAD OR JOWLS**





# MASSAGE

Unwind with a deeply relaxing massage designed to ease tension, soothe tired muscles, and restore balance. Let stress melt away as expert hands leave you feeling calm, refreshed, and renewed.



### **SWEDISH MASSAGE**

*30 mins back £50 | 60 mins full body £95*

Massage technique that incorporates long, flowing moves to relax muscles, improve circulation and improve overall well-being.

### **ELEMIS DEEP TISSUE MASSAGE**

*30 mins back £55 | 60 mins full body £100*

Slow deep pressure strokes to relieve tension, focusing on the deeper layers of muscle tissue and fascia (*connective tissue*). It aims to release chronic tension and knots (*also known as adhesions*) in the muscles, improve blood circulation, and alleviate pain and discomfort.

### **ELEMIS HOT STONE MASSAGE**

*30 mins back £55 | 60 mins full body £100*

Small flat stones are heated and used to place on the body and massage with, promotes a sense of deep relaxation and comfort.





### **RHYTHMIC BAMBOO MASSAGE**

*30 mins back £55 | 60 mins full body £100*

The therapist expertly uses different sizes of Bamboo sticks to massage, offering a deep pressure to relieve tension.

### **AROMATHERAPY MASSAGE**

*30 mins back £55 | 60 mins full body £100*

A luxurious and therapeutic massage that combines the benefits of massage therapy with the use of essential oils. Your blended oil is designed especially for you depending on what results you wish to achieve.

### **ELEMIS FRANGIPANI BODY SCRUB**

*30 mins back £45*

*The body is awakened with an invigorating Body Brush before Frangipani Salt Scrub is worked into the skin and the treatment is finished with a deep hydration of oil to drench the skin leaving a soft hazy glow. Perfect pre holiday, pre wedding or even pre party skin reset.*



### **BLISSFUL SOLE PREGNANCY FOOT MASSAGE**

*25 mins back £40*

*Pure indulgence for expecting mothers a relaxing foot and leg massage to ease swelling, relieve tension, and leave you feeling refreshed, restored, and truly pampered.*

### **BLISSFUL BODY PREGNANCY MASSAGE**

*30 mins back £50 | 60 mins full body £90*

Offers a nurturing and supportive experience for expectant mothers, providing relief from the physical discomforts of pregnancy while aiding relaxation, stress reduction and a deeper connection with the body and baby. It is an essential part of prenatal care that promotes all over health and wellbeing throughout pregnancy and beyond.

### **COMFORT AND CARE ONCOLOGY MASSAGE**

*60 mins full body £85*

Specialist form of massage designed by Jennifer Young to meet the unique needs of individuals who are undergoing cancer treatment, in recovery or are living with cancer.





# MANICURES & PEDICURES

Treat your hands and feet to expert care with our luxurious manicures and pedicures. Shaping, buffing and polishing leave nails flawless, while nourishing treatments restore softness and hydration.



### **FLY BY MII**

*30 mins £30 Natural Polish 45 mins £45 Gel Polish*  
*For when time is short but nails need to be on point*  
*Shaping, filing and polish application only*

### **NAKED MANICURE / NAKED PEDICURE**

*45 mins £45*  
*Hydrate, Maintain and Go*  
*Soaking, shaping, filing, cuticle work and massage*  
*(no polish application)*

### **TREAT MII MANICURE / PEDICURE**

*60 mins £50 (£55 with removal)*  
*Showcase your personality in a Nail Colour that suits you*  
*Soaking, shaping, filing, cuticle work and Polish / Gel application*

### **INDULGE MII MANICURE / PEDICURE**

*75 mins £70 (£75 with removal)*  
*The full experience of relaxation and a picture perfect finish.*  
*Soaking, shaping, filing, cuticle work, Mask with Heated Booties and*  
*Massage. Finishing with an application of your choice in polish or gel.*

### **MII GEL REMOVAL**

*15 mins £15*  
*A stand alone removal service to unleash your natural nails. Gel Polish*  
*removal only- Please note we are only able to remove gel applied by one of*  
*our spa professionals and from the Mii brand.*





# WAXING

Achieve smooth, long-lasting results with our professional waxing treatments. Using gentle techniques and quality products, we ensure effective hair removal with minimal discomfort, leaving your skin soft, silky, and flawless.

|                                |        |
|--------------------------------|--------|
| <b>LIP WAX</b>                 | £15.00 |
| <b>CHIN WAX</b>                | £15.00 |
| <b>LIP AND CHIN WAX</b>        | £25.00 |
| <b>FULL FACE WAX</b>           | £35.00 |
| <b>HALF LEG WAX</b>            | £35.00 |
| <b>FULL LEG WAX</b>            | £45.00 |
| <b>UNDERARM WAX</b>            | £23.00 |
| <b>HOLLYWOOD/BRAZILIAN</b>     | £45.00 |
| <b>BIKINI</b>                  | £35.00 |
| <b>MENS CHEST</b>              | £35.00 |
| <b>MENS BACK AND SHOULDERS</b> | £35.00 |
| <b>MENS STOMACH</b>            | £25.00 |
| <b>MENS EYEBROWS</b>           | £18.00 |



# TINTING

Enhance your natural features with our lash and brow tinting treatments. Define and deepen colour for a fuller, more polished look that adds lasting shape, contrast and effortless beauty.



### **LASH AND BROW TINT**

*45 mins £32*

Darken and intensify the colour of your lashes and brows with a semi-permanent tint.

Tinting can last between 3-6 weeks.

**Patch test required minimum 48hours prior to appointment.**

### **LASH TINT**

*30 mins £18*

Darken and intensify the colour of your lashes with a semi-permanent tint. Eyelash tint can last between 3-6 weeks.

**Patch test required minimum 48hours prior to appointment**

### **EYEBROW TINT**

*30 mins £18*

Darken and enhance your natural brows with a semi-permanent dye. Brow tints can last between 3-5 weeks.

**Patch test required minimum 48hours prior to appointment**





### **EYEBROW SHAPE**

*30 mins £18*

Reshaping of the brows using hot wax and tweezing. This treatment follows the golden ratio for facial proportions to help achieve symmetry and sculpt the most flattering shape for your brows.

### **EYEBROW SHAPE & EYEBROW TINT**

*45 mins £32*

Reshaping of the brows using hot wax and tweezing. This treatment follows the golden ratio for facial proportions to help achieve symmetry and sculpt the most flattering shape for your brows.

### **LASHES LVL LASH LIFT**

*60 mins £60*

By straightening your natural lashes at the root and then tinting them, the LVL Lash Lift gives you the appearance of longer, thicker lashes. No mascara. No messing. Just perfect lashes from the moment you wake up. You're then set for up to 6-8 weeks. Includes tint and hair removal.

***Patch test required 48hours prior to appointment.***



A photograph of three women lying down, covered in red towels, receiving a spa treatment. They have cucumber slices over their eyes and white face masks. The background is a bright, out-of-focus window.

# PAMPER PARTY

Treat your little ones to a luxurious pampering experience with spa treatments, mini beauty sessions, fun activities, and exclusive dining, all thoughtfully designed to make them feel truly special.



### **PAMPER PARTY PACKAGE | FROM £550**

This experience requires a minimum of 8 guests, with an additional charge of £60 per extra guest. Optional upgrades are available to enhance your visit. Dependant on availability, this can be offered any day from 4pm.

#### **WHAT'S INCLUDED:**

Exclusive access to a party room for the duration

Exclusive use of Our Dry Spa for up to 1 hour

Arrival Mocktail

Robes & Slippers

Use of Selfie Frame and photo props

Spa related party game

Nail Paint, Foot Soak and Massage, Face Mask

***Birthday gift bags are available at an additional cost of £5 per child.***





### **SPA ACTIVITIES (APPROX 1 HOUR)**

Exclusive access to the spa. The pampering session includes a soothing foot soak followed by a relaxing foot massage. Guests will enjoy nail painting for their hands and a facial mask with cucumber eye mask.

### **DINING EXPERIENCE:**

The meal is served within an exclusive dining area and features a chef-curated menu, which will be shared after booking. The menu is both child-friendly and fully customisable to suit your party's preferences.

***Make their special day unforgettable — luxury, fun, and relaxing  
all in one magical spa experience***





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FIND US HERE



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