



## WELLNESS SPA

### *Spa Packages*

Our spa packages include the use of our Infrared Sauna & Steam Room, Lavender Relaxation Lounge & complimentary From Trees herbal tea and Cow & Cacao dark chocolate truffle, the perfect place to unwind after your treatment.  
Complimentary use of robe, towel & slippers.

You will also have the choice between a seasonal 2 course Lunch or Dinner and welcome drink in The Farm Table or indulgent High Tea in The Yard Restaurant.

THE FARM TABLE LUNCH OR DINNER	additional £40
THE YARD RESTAURANT HIGH TEA	additional £16.50



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### *The Awakening Ritual*

Three luxurious therapies revitalizing the whole body reconnecting the body and soul.

A 15 minute back & neck scrub and 60 minute massage, followed by a 30 minute Elemis facial, and 30 minute nourishing hand and foot massage.

Treatment Time | 135 minutes

weekday £190

weekend £205

### *Grounding Ritual*

Unwind and renew with this full body ritual. A nurturing 15 minute scalp massage allowing you to drift away, followed by a grounding 75 minute full body massage.

Treatment Time | 90 minutes

weekday £125

weekend £140

### *Escape Retreat for Two*

One hour of spa treatments to share with your loved one, suitable for couples, partners, pregnancy and best friends, or if you would like to treat someone special to you.

Choose either a Bespoke Full Body Massage or an Elemis Facial.

Treatment Time | 60 minutes

weekday £110 per person

weekend £125 per person



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### *Relax & Renew*

Choose one of the following; Massage or Elemis Facial.  
Treatment Time | 60 minutes

weekday £110  
weekend £125

### *Pregnancy Retreat*

Relax the aching body from head to toe. Begins with a 60 minute Elemis Peaceful Pregnancy Massage followed with a 30 minute Elemis Facial and 45 minute Manicure or Pedicure using our Bumps a Daisy pregnancy range.  
Treatment Time | 135 minutes

weekday £165  
weekend £180

### *Polished & Pampered*

Classic Manicure or Pedicure.  
Treatment Time | 45 minutes

weekday £70  
weekend £85

Please note: For safety of our guests, pregnancy spa days exclude the use of our infrared sauna & steam room. Instead enjoy an additional 20 minutes in our Lavender Relaxation Lounge prior to your treatment.



## WELLNESS SPA

### BOOKING INFORMATION

#### BOOKINGS

We highly recommend booking in advance to ensure that your preferred time and treatment are available.

Please call or email the Wellness Spa for more information.

wellness@dartsfarm.co.uk      01392 878295

#### SPA OPENING HOURS

Monday	9 - 6
Tuesday	9 - 7:30
Wednesday	9 - 7:30
Thursday	9 - 7:30
Friday	9 - 7:30
Saturday	9 - 5
Sunday	closed

#### SPA PACKAGE DINING TIMES

Lunch 12 -3  
High Tea 2:30 -5  
Dinner from 6 (wed-sat)

#### ARRIVAL

We suggest arriving 10 minutes prior to your booking. This allows you to get settled in and enjoy the full duration of your treatment.

#### TREATMENTS DURING PREGNANCY

We offer a selection of treatments that are tailored for the specific needs during pregnancy. Please be aware that for your own health and safety we do not perform any treatments during the first trimester.

For safety of our guests, pregnancy spa days exclude the use of our infrared sauna & steam room.

#### TERMS & CONDITIONS

Subject to availability.

Payment is required in full at time of booking.

Nonrefundable should you cancel within 48 hours of your arrival date.

If you need to cancel, we can move the date of your booking once. You must contact us within 30 days of the original booking date to re book to avoid losing your deposit.

Spa packages include 45 minutes in our Infrared Sauna & Steam Room \*excluding pregnancy, and 30 minutes in our Lavender Relaxation Lounge.

The Farm Table Lunch or Dinner spa day menu excludes steak & turbot, although you can upgrade for an additional charge on the day. Includes a welcome soft drink. Please make your server aware of any allergens.