



*Elan Spa*

*At THE GREENWAY HOTEL*

*An education in luxury and complete wellbeing*

*Elan Spa at The Greenway Hotel is the ultimate spa experience*

## Our Spa Partners

Creating a complete spa experience, the Elan Spa at The Greenway Hotel is an oasis of tranquillity and relaxation. The decor takes inspiration from the Cotswold location and is the perfect combination of Gloucestershire countryside chic and absolute glamour with its exposed brickwork, old beams, vibrant colours and decadent products.

Facilities include; Five stylish treatment rooms, stunning hydrotherapy pool, a state-of-the-art fitness suite, sauna, steam room & sanarium, al fresco hot-tub, the Champagne Nail Bar and a retail boutique.

### ESPA

Restore and nourish in a complete sense with this inspired collection of personalised treatments from world-renowned spa experts, ESPA. Results-focused facials, high performance body treatments, immersive massages and signature rituals await to nurture your body, calm your mind and leave skin looking radiant and naturally beautiful.



### Jessica

In 1969, Jessica opened the first-ever nails-only salon in Beverly Hills and revolutionised nail care with a technique that was ahead of its time. Setting the standard in natural nail care, Jessica is considered the foremost authority on cultivating beautiful natural nails, an achievement reflected in the extensive line of popular nail care products and beautiful on-trend colours that care for the nail.



Treatments suitable for men



Vegan friendly products

## ESPA Facials

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA experts create a truly personalised, results-focused facial using the latest innovative techniques with powerful Tri-Active™ blends. Results are both instant and long-lasting - skin looks clear, radiant and inner calm is blissfully restored.

Mon-Thu Fri-Sun

### *Spa Manager Recommends*

#### **Optimal Skin Health Facial - 55 minutes**

£75

£85

#### **Visibly revive skin's natural beauty, balance and health.**

Achieving instant results with long-lasting benefits, this intelligent facial harnesses nature's most potent actives alongside high performance massage to deeply cleanse, refine and hydrate skin. You emerge with a smooth, profoundly nourished complexion, glowing with natural health. Includes: Skin analysis with SkinVision™ lamp - triple cleanse including deep brush cleanse) - exfoliation - facial massage - mask - hand and arm exfoliation and massage

#### **Intense Regenerating Facial - 55 minutes**

£85

£95

#### **Visibly diminish wrinkles and fine lines with this powerfully age-defying facial.**

Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

Includes: Skin analysis with SkinVision™ lamp - triple cleanse - exfoliation - age-defying facial massage - mask - scalp massage

#### **Inner Beauty Facial - 55 minutes** M

£75

£85

#### **Deeply cleanse, hydrate and renew with this instant results facial.**

Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful and inner calm is restored.

Includes: Skin analysis with SkinVision™ lamp - triple cleanse - exfoliation - facial massage - personalised mask - scalp massage

#### **Inner Beauty Vegan Facial - 55 minutes** VE

£75

£85

**For vegan conscious clients, book your Inner Beauty Facial and your therapist will tailor your treatment to your requirements.**

## *Express Treatments*

#### **Personalised Express Facial - 25 minutes** M

£45

£55

#### **Reveal a clear, refreshed, naturally beautiful complexion with this express facial.**

Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Includes: Skin analysis with SkinVision™ lamp - double cleanse - exfoliation - personalised mask - scalp massage

## Body Treatments

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from expert therapists. Your body feels rebalanced and skin's natural beauty is restored.

ESPA Body Wrap - 55 minutes <sup>M</sup>

Mon-Thu   Fri-Sun  
£85   £95

**Purify your body or deeply replenish your skin with this personalised body wrap.**

Reveal instant results from naturally detoxifying algae or nourishing marine mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Includes: Skin brush - body exfoliation - algae or mud wrap - scalp massage



## Express Treatments

Salt & Oil Scrub - 25 minutes <sup>M</sup>

£45   £55

**Revive skin's natural softness and glow with this intensely exfoliating treatment.**

An ideal way to prepare skin for other treatments, a blend of sea salt and the purest oils polishes away dull, dry cells and infuses with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes: salt and oil full body exfoliation

# ESPA Massages

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energised with renewed focus and lasting positivity.

	Mon-Thu	Fri-Sun
<b>ESPA Aromatherapy Full Body Inner Calm Massage - 55 minutes</b> <span>M</span> <span>VE</span>	£85	£95
<b>Quieten your mind with our ESPA inner calm, release tension and nourish your skin with this holistic, ultimately restorative experience.</b> Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored. Includes: Breathwork – full body aromatherapy massage		
<b>ESPA Hot Stone Massage</b> <span>M</span> <span>VE</span>		
<b>Discover lasting relaxation for mind and body with this aromatherapeutic treatment.</b> Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.		
<b>75 minutes</b>	£95	£105
Includes: Hot stone aromatherapy massage to back, legs, arms, abdomen plus a neck/shoulder massage		
<b>40 minutes</b>	£65	£75
Includes: Hot stone aromatherapy massage to back		
<b>Luxury Back, Face and Scalp Treatment (hero treatment) - 85 minutes</b>	£95	£105
Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best - restored, de-stressed and beautifully radiant. Includes: Back exfoliation - back massage – personalised facial – scalp massage		
<b>ESPA Express Facial, Back, Neck &amp; Shoulder Massage - 55 minutes</b> <span>M</span>	£85	£95
This tailored massage addresses any areas of concern and uses the most appropriate massage techniques along with ESPA body oil to suit your needs, followed by a personalised express facial to leave you feeling relaxed and rejuvenated.		

## Express Treatments

<b>ESPA Shoulder, Neck and Scalp Massage - 25 minutes</b> <span>M</span> <span>VE</span>	£49	£59
This massage focuses on the key areas of tension using ESPA body oil chosen for your specific needs.		
<b>ESPA Back, Neck and Shoulder Massage - 25 minutes</b> <span>M</span> <span>VE</span>	£49	£59
Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles and re-energises your body.		
<b>ESPA Invigorating Foot Treatment - 25 minutes</b> <span>M</span>	£45	£55
This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.		

## Pre & Post Natal Treatment

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

Please be advised that all treatments can only be completed once the pregnancy has reached a minimum of 12 weeks.

**55 minutes**

Includes: Back exfoliation, body massage and scalp massage

£85

£95

**25 minutes**

Includes: Back, neck and shoulder massage

£49

£59



# Purely Massages


Swedish massage is a therapeutic massage treatment that works the soft tissues and muscles to help restore health - creating a calming and balancing effect on the nervous system. Reducing stress, increasing flexibility, improving the bodies posture and bloody circulation.

	Mon-Thu	Fri-Sun
<b>Ultimate Luxury Full Body Massage - 85 minutes</b> <span>M</span>	£95	£105
A relaxing full body massage including the shoulder neck and scalp, helps to reduce the build up of tension in your body and mind. This massage uses firmer massage over bigger muscles and more softer movements elsewhere making it feel more relaxing. <i>Swedish Massage helps to improve circulation, ease muscle pain and help relieve stress from the body. Its great for those looking for a chance to completely unwind as this a more relaxing massage experience.</i>		
<b>Swedish Full Body Massage - 55 minutes</b> <span>M</span>	£85	£95
A relaxing full body massage to help reduce the build up of tension in your body and mind. This massage uses firmer massage over bigger muscles and more softer movements elsewhere making it feel more relaxing. <i>Swedish Massage helps to improve circulation, ease muscle pain and help relieve stress from the body. Its great for those looking for a chance to completely unwind as this a more relaxing massage experience.</i>		
<b>Stress Relieving Massage - 45 minutes</b> <span>M</span>	£59	£69
A heavenly head, neck, back, shoulders and face massage to float away from daily stress.		
<b>Full Body Hot Stone Massage - 55 minutes</b> <span>M</span>	£85	£95
A deeply relaxing, bespoke massage using individually shaped, heat releasing stones to release tension, soothe aching muscles and calm the body and soul.		
<b>Divine Soul - 45 minutes</b> <span>M</span>	£59	£69
The ultimate relaxing head and foot massage ritual. Our unique connection between the two energy channels uses deeply relaxing massage movements to channel away the stresses and strains of everyday life.		



Cancer Wellness Massage - (for clients in treatment, recovery and remission)

Safe effective and nurturing massage for those with cancer at any stage of treatment. Experience the healing and restorative power of massage. A totally unique and profoundly relaxing new way to receive a massage.

Tranquil Massage - 55 minutes 

A safe effective and nurturing massage for those with cancer at any stage of treatment. Experience the healing and restorative power of massage. Our specialised trained therapists can deliver a safe and effective massage to bring relief from aches and pains allowing the body to assist the process of healing and restoration. Using carefully selected ESPA products to help repair and restore sensitive skin this massage can be safely received at any stage of your treatment and recovery, even post-surgery.

Mon-Thu Fri-Sun

£85 £95





## Hand & Foot

### Jessica Manicure and Pedicures

- Express Manicure or Pedicure - 25 minutes - £35
  - Elan Spa Luxury Manicure or Pedicure- 55 minutes - £50
  - Gel Express Manicure or Pedicure- 25 minutes - £40
  - Elan Spa Luxury Manicure or Pedicure with Gel - 55 minutes - £60
  - Men's express hand and nail or foot tidy- 25 minutes - £30
- Jessica soak off- 25 minutes - £20



## Elan Eyes

- Eyelash tint - £25
  - Eyelash and brow tint - £30
  - Eyebrow tint - £15
  - Eyebrow wax and tint - £30
- Please note a patch test is required 24 hours prior to treatments

## Elan Waxing

This delicate wax treatment is ideal for sensitive skin types. Our wax products contain natural softening and protective ingredients to leave the skin soft, silky and smooth with a pleasant fragrance.

- Eyebrow, lip or chin from £15
  - Underarm from £15
  - Half leg from £25
  - Full leg from £30
  - Traditional bikini line from £20
- Men's Waxing **M**
- Back from £30
  - Chest and abdomen from £30
  - Eyebrow shape from £15



# Spa Packages



## Half Spa Day

Monday-Thursday £115

Friday - Sunday £135

Includes:

- Any 55-minute treatment of your choice
- Use of the spa facilities includes: Thermal retreat, Hydrotherapy pool & hot tub
- Delicious Bento board lunch or Full afternoon tea
- Robe, towel and slippers included for your comfort

## Hen Party Package

Monday-Thursday £89

Friday - Sunday £99

Includes:

- 25-minute treatment of your choice
- 2.5 hours use of the spa facilities includes use of the: Thermal retreat, Hydrotherapy pool & hot tub
- A glass of Fizz
- Robe, towel and slippers included for your comfort.

## Membership Rates

<b>Full single annual membership</b> Use of the spa facilities during opening hours, seven days a week	£1100 / £92 per month*
<b>Full joint annual membership</b> Use of the spa facilities during opening hours, seven days a week	£2000 / £167 per month*
<b>Mid-week annual membership</b> Use of the spa facilities during opening hours, Monday to Friday	£780 / £65 per month*

\*Membership joining fee of £150.00 per person. \*\*Please note that guest passes and 25 minute treatment are only included with full annual memberships.

## Membership Benefits

- Full access to spa facilities
- 1 x 25 minute complimentary treatment for new members \*
- 10% discount on food and beverages across the Eden Hotel Collection
- 25% discount on spa treatments (Mon–Thurs), at any Elan Spa across the Eden Hotel Collection (subject to availability)
- 5 x complimentary guest passes \*
- Complimentary room upgrade when staying at any hotel within Eden Hotel Collection (subject to availability)
- 2 x exclusive annual member events
- Robe and towel provided when visiting Elan Spa

\* Benefits for annual paying members only.



# Terms and Conditions

## Treatments

**Cancellation Policy:** Please note we operate a 48 hour cancellation policy. Cancellation with less than 48 hours notice will unfortunately result in full payment required.

**Medical:** Please be aware some of our treatments are not suitable for guests with certain medical conditions, please bring this to our attention prior to your arrival: pregnancy, high/low blood pressure, thyroid, allergies, diabetes, epilepsy, heart conditions, recent operations or cancer.

**Age Restriction:** All treatment guests must be at least 16 years of age.

**Treatment Times:** All treatment time shown includes consultation and prescription with the therapist. Please arrive 10 minutes before your appointment, any late arrivals may result in cancellation and full payment required.

## Spa Days & Spa Breaks

**Cancellation Policy:** Please note we operate a 7 day cancellation policy. Cancellation with less than 7 days notice will unfortunately result in full payment required.

**Medical:** Please be aware some of our treatments are not suitable for guests with certain medical conditions, please bring this to our attention prior to your arrival: pregnancy, high/low blood pressure, thyroid, allergies, diabetes, epilepsy, heart conditions, recent operations or cancer.

**Age Restriction:** All treatment guests must be at least 16 years of age.

**Treatment Times:** All treatment time shown includes consultation and prescription with the therapist. Please arrive 10 minutes before your appointment, any late arrivals may result in cancellation and full payment required.

All spa packages include a towel, robe and slippers for your comfort.

## Children's Policy

Children over the age of 4 years are allowed in the swimming pool during these times:

7.30am-9.00am & 5.00pm-6.30pm

Please note there is a £10.00 charge for each child



You can now book spa treatments online.

Just visit [thegreenwayhotelandspa.com/spa](http://thegreenwayhotelandspa.com/spa) to check availability and times for your chosen treatment.

To book a spa appointment call: [01242 862080](tel:01242862080) or email [elanspa@thegreenway.co.uk](mailto:elanspa@thegreenway.co.uk)



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