



BLUNSDON
HOUSE HOTEL



ENERGISE,
RESTORE AND
NURTURE
YOUR BODY,
MIND AND SOUL





PHYTOMER BODY TREATMENTS

Full Body Exfoliation

45 mins – £38

Marine salt crystals exfoliation, finished with a hyper moisturising body milk.

Detox Body Wrap

55 mins – £48

Warming cocoon body mask, with powerful deep cleansing and contouring serums, stimulate the body's metabolism and encourages the natural breakdown of excess lipids. It eliminates toxins and leave the skin toned whilst redefining the silhouette.

*or £155 for a course of 4
(2 per week for 2 weeks)*

Sculpting Contouring Wrap

55 mins – £50

An all-in-one solution to target specific areas and smooth cellulite for abdomen, buttocks and thighs. The combination of fat-burning thermo clay and intensive massage offers the ultimate in contouring effectiveness.

*or £160 for a course of 4
(2 per week for 2 weeks)*

Results: A temporary reduction in up to a dress size in less than 5 treatments.*

Back Detox

45 mins – £38

A treatment devoted entirely to the back. Combines a hot towel cleanse, exfoliation, detox mud, massage and moisturiser.

Remineralising Wrap

55 mins – £48

Complete relaxation and revitalising pamper for those who are tired, stressed or tense.

*or £155 for a course of 4
(2 per week for 2 weeks)*

*Clinical tests on 23 women who received 5 Essential sculpting treatments over a 3 week period. Best result averaged -0.9cm in waist circumference. All body courses must be completed within 3 months. Any missed appointments will be deducted from the course.

ENERGISE, RESTORE AND NURTURE YOUR BODY, MIND AND SOUL

Tel. 01793 720609 Email: secrets@blunsdonhouse.co.uk www.blunsdonhouse.co.uk



PHYTOMER FACIALS

Phytomer Facial Treatments are individually prescribed using natural marine based products, plant extracts and aromatics to restore, nourish and protect the skin.



Express Facial 25 mins – £28

A perfect refreshing facial for an instant lift.

Acnipure Facial 50 mins – £35

Recommended for teenage skin. For skins prone to blemishes, reduces sebum, shrinks pores and leaves the skin fresh and matified.

Prescriptive Facial 45 mins – £35

Tailored facial to meet your specific skin type. Includes skin diagnosis, cleanse, exfoliation, face massage, neck & shoulder massage and mask.

Expert Youth Facial 55 mins – £45

Superb anti-ageing facial smooths fine lines and wrinkles, firming and lifting the face to promote more youthful skin.

...add a mini back massage and self-heating mud mask for an extra £15 to any of the above.

HydraBlue Plumping Facial 55 mins – £35

An intense moisturising treatment leaving your skin feeling soft, radiant and soothed.

Comforting Soothing Facial 55 mins – £35

For sensitive skins, this will instantly cool, calm, reduce redness and irritation. The skin is strengthened and soothed.

Eye Contour Treatment 25 mins – £25

A specific targeted treatment to energise and decongest, leaving eyes looking visibly brighter.

...add the Eye Contour Treatment onto any facial for an extra £15.



MASSAGE THERAPIES

Back, Neck and Shoulder Massage

25 mins – £35

Full Body Massage

55 mins – £50

Back Hot Stone Massage

25 mins – £45

Full Body Hot Stone Massage

55 mins – £60

Pre-natal full body massage

55 mins – £50

Specifically adapted to pamper & relax an expectant Mum.

Pre-natal back neck and shoulder massage

25 mins – £35

Indian Head Massage

25 mins – £35

A deeply relaxing massage. Includes massage of the scalp, neck, shoulders, upper back and arms.

Upgrade your massage with a blissful scalp and face massage for an additional £10



ENERGISE, RESTORE AND NURTURE YOUR BODY, MIND AND SOUL

Tel. 01793 720609 Email: secrets@blunsdonhouse.co.uk www.blunsdonhouse.co.uk



HANDS AND FEET

Hand treatment

£15

Includes a relaxing hand massage, filing and cuticle work.

Essential Manicure

£25

Includes a relaxing hand massage, filing, cuticle work and application of polish.

Luxury Manicure

£30

Nails are shaped and cuticles tidied. Hands are exfoliated and massaged followed by a luxury mask and heated mittens. To finish polish is applied.

Foot Treatment

£17

Includes a soak, scrub, relaxing foot massage, hard skin removal, filing and cuticle work.

Essential Pedicure

£27

Includes a soak, scrub, relaxing foot massage, hard skin removal, filing and cuticle work. To finish polish is applied.

Luxury Pedicure

£32

Feet are soaked, scrubbed and massaged, hard skin removed, nourishing mask, and heated booties. Nails are then shaped and cuticles tidied followed by an application of polish.

File and Polish

£15

Children's File and Polish

£10 (under 16yrs old)

CND Shellac

CND Shellac is the original power polish that delivers 7 to 10 days of flawless, mirror shine with zero dry time!

Cuticle, Shape and Shellac

£22 hand or toes

Full Hands or Toes of Glitter add £4

Full Hands or Toes Graduated Glitter add £3

Nail art stamping or glitter – from 20p per finger

Add some gems – 20p charged per gem

French Shellac

£25

Full Manicure or Pedicure and Shellac

£35

Shellac Removal

£5

Luxury Pedicure with Shellac

£40

Luxury Manicure with Shellac

£40

Shellac Removal and Tidy

£15



EYE TREATMENTS

Eye Brow Tidy

£10

(no patch test required)

Eye Brow Tinting

£15

Eye Lash Tinting

£17

Eye Lash Lift

£25

Eye Lash Lift and Tinting

£35

Eye Brow and Lash Tinting

£25

Patch test is mandatory 24 hours prior for eye treatments

Individual Eyelash Extensions

Full set £55

2 week infills £30

3 week infills £40

Removal £10

(We will only remove and infill our own work)

WAXING

Half leg £18

Three quarter leg £25

Full leg £30

Under arms £12

Full Arms £18

3/4 Arms £15

Half Arms £13

Chest £15

Half back £15

Full back £25

Bikini line £12

High Bikini £15

Half leg and Bikini £25

Lip £6

Chin £6

Hollywood £30

Brazilian £22

High Brazilian £25

Intimate waxing by appointment only

TANNING

Sienna X Spray Tan £23
(develops in 8 hours)

Half Body £15

Sienna X Tonight's the night spray tan £25
(develops in 4-6 hours)

Half Body £17

Sienna X High Intensity Spray Tan £25
(develops in 1-4 hours)

Half Body £17

ENERGISE, RESTORE AND NURTURE YOUR BODY, MIND AND SOUL

Tel. 01793 720609 Email: secrets@blunsdonhouse.co.uk www.blunsdonhouse.co.uk



PAMPER PACKAGES

Include use of the pool, spa, steam room, sauna and gym plus access to fitness classes in Blunsdon fitness+. All packages, **except the twilight package** include either a light lunch at Carrie's or afternoon tea. A perfect way to unwind and enjoy a day of relaxation at its best.

Luxury Pamper

Approx. 3 hours – £145

Full body hot stone massage
Facial of your choice
Luxury Manicure or Luxury Pedicure

Time For Two

Approx. 1 hour – £130 for 2

Express Facial for two
Back, Neck and Shoulder Massage for two

Pure Bliss

Approx. 1½ hours – £75

Back Massage
Prescriptive Facial

Pure Relaxation

Approx. 1½ hours – £75

Prescriptive Facial
Back Detox

Twilight Package

£60 to be taken after 4pm
choice of **two** treatments
listed below:

Indian Head Massage
Back Massage
Express Facial
Luxury Manicure
Luxury Pedicure

*Most are suitable for a pregnancy
of over 3 months – please enquire
from our therapists.*

A Treat for the Guys!

£60

Choose any two of the following:

Back Massage
Scalp and Face Massage
Luxury Manicure
Luxury Pedicure

ENERGISE, RESTORE AND NURTURE YOUR BODY, MIND AND SOUL

Tel. 01793 720609 Email: secrets@blunsdonhouse.co.uk www.blunsdonhouse.co.uk

Open Tuesday, Wednesday and Saturday 9am-5pm

Thursday and Friday 9am-8pm. Sunday 10am-4pm

Subject to change but will be confirmed when you book ahead.

Should our therapists be busy when you phone please do leave a message and we will phone you back at the first opportunity.

Please arrive 10 minutes before your appointment time, a 50% charge will be incurred for treatment(s) not cancelled at least 24 hours prior to your appointment.

