



SPA

AT THE DAFFODIL

# TREATMENT MENU



# SPA DAYS

If you are looking for a unique Spa Day experience then The Daffodil is for you. Combining stylish design, a relaxing ambience, top class facilities and the world renowned expertise of Germaine de Capuccini, we believe a Spa Day like no other is guaranteed.

All of our full day packages include the following:

- Towels, robes & slippers
- Lunch
- Full use of the spa facilities
- Complimentary hot & cold refreshments

## SIGNATURE SPA JOURNEYS

Based on the traditional Chinese philosophy we relate our Spa Day Journeys with the five elements of nature: wood, fire, earth, metal and water. Encompassing the natural beauty of the lakes, and our Daffodil Spa facilities with your individual needs, we bring to you a choice of Day Spa Journeys and experiences to create the right well-being to restore your mind body and soul.

Choose from one of the following or allow our experienced therapists to recommend the right Spa Day for you:

### **FIRE – RELAX – For a calm body & mind**

Our Fire Spa Day, is aimed at total relaxation for those in need of some me time, this package includes:

- Skin-ZEN Calming Rose facial
- Obsidian and Onyx Back Ritual

*Total Treatment time 90 minutes, £115PP*



### **WOOD - STIMULATING - Suitable for poor circulation**

Designed for those in need of a body boost, awakening the sense with the wood symbol, this spa day includes:

- Back Exfoliation
- Aroma back and scalp Massage, with a blend of oils, including Mint, Sage & Cinnamon
- Energizing Leg Therapy

*Total Treatment time 90 minutes, £95PP*

### **EARTH - DETOXIFYING - Deep body cleansing**

For those wanting to detoxify, drain and eliminate water retention to restore inner well-being. The Earth detoxifying Spa day includes:

- Exfoliation & Deep Sea Mud wrap
- Express Facial

*Treatment time 90 minutes, £120PP*

### **WATER - HYDRATION - for natural skin & body rehydration**

Immerse yourself in the lakes with our Hydration Spa Day. With regenerating and nourishing therapies, your spa day includes:

- Salt & oil back exfoliation
- Back Massage with Olive & Rosemary Candle Massage
- Spa Hydrating Express Facial & Nourishing Hand Treatment

*Treatment time 90 minutes, £120PP*

### **METAL - VITALITY - for a skin and mind boost**

The metal Chinese symbol relates to restoring vitality to the mind and body. This Spa Day includes:

- Vitamin C+ Boost Facial
- Tranquil Scalp Therapy

*Treatment time 90 minutes, £115PP*



# MUD RASUL THERAPY

A complete relaxation of Ancient Middle Eastern origin, the Rasul Bath allows the bather to apply natural mineral mud product to the face and body, before the room lighting is gently dimmed and relaxing fibre optic lighting fills the ceiling. The bather sits in the enfolding warmth of heated individual seats, before steam is introduced into the Rasul. Warmth of the steam opens the pores and allows the enriched products to enter the body, where it stimulates the blood flow, helps revive the tissue and stimulates the lymphatic system. After approximately 20 minutes the treatment is brought to an end when a warm shower mist descends from the ceiling to gently wash away the remaining product.

## CHOICES OF RASUL EXPERIENCE:

### SKIN DRENCH

A hydrating therapy with salt and oil scrub combined with geranium, and coriander, whilst enriching your body with our natural mud. Leaving the skin hydrated and refreshed.

### CITRUS BODY BLAST

A zesty treat for your skin and your senses with our zingy lime and lemongrass salt and oil scrub - envelop yourself in our detoxifying mud. Moisturise with our rich citrus blast body cream to leave your skin silky smooth and glowing.

### PEPPERMINT RASUL

A zingy peppermint exfoliator prepares your skin for the deep cleansing and detoxifying Rasul mud, followed by subtle scents of fig and vanilla that hydrate and moisturise, leaving your skin feeling smooth, soft and gorgeous.

*£89 per couple*

*\*Please note that our Rasul Ritual is a self-application treatment (without our Spa Therapist) in order to provide you with a private relaxation experience.*



# COUPLES

Experience a Luxury Spa Day with our Daffodil Couples Package. Your day will begin in our Mud Rasul chamber, followed by a choice of one of the following 55 minute treatments for you to enjoy in our duo treatment room:

- Candle Massage
- Aromatic Back Exfoliation, Back & Scalp Massage
- Prescriptive Facial
- Walkers Retreat & Scalp Massage

*Treatment time 1hour 45 minutes, £220 per couple*



# PREGNANCY PACKAGES

Full Day Spa experiences designed especially for pregnancy.

## MATERNAL MOMENTS

Take some time to relax and take the weight off your feet as your therapy commences with a gentle Warm Pinda Massage around the shoulders and scalp, working down the spine to gently ease away stress and tension, before we provide a relaxing Back Massage with soothing effleurage movements and a Collagen Firming Massage Cream. Your therapy continues with our Warm Steamed Towel Kobido Facial Cleanse, Exfoliation and infusion of vitamin c rich products to revitalize your skin. As you continue to relax with your facial mask in place – we'll perform a hand, arm and abdomen Massage. Your therapy then concludes with our cooling leg Massage, easing away the tired, heavy leg feeling often associated with pregnancy – the perfect package for Mum to be!

*Treatment time 1 hour 25 minutes, £110pp*

## PREGNANCY PAMPER

Take some time to relax and take the weight off your feet with this specially designed full body massage. Our highly trained therapists will commence with a gentle Warm Pinda Massage around the shoulders and scalp, working down the spine to gently ease away stress and tension. This therapy uses our Collagen Firming Massage Cream to firm, tone and target stretch marks through a relaxing Massage with soothing effleurage movements.

*Treatment time 55 minutes, £85pp*

*Please note: All body treatments and body massages are not suitable during the first trimester of pregnancy.*



# HALF DAY SPA ESCAPES (MON-THURS)

Retreat to the Daffodil Hotel & Spa for a mini Spa Experience of 4 hours.

Morning Spa Escape (10AM-2PM)

Afternoon Retreat (1PM-5PM)

Half day Spa packages include the following:

- Full use of the Spa facilities for 3 hours
- Robes, towels & slippers
- Complimentary hot & cold refreshments

Choice from one of the following 55 minute treatments:

- Classic Spa Facial
- Aroma Sperience Massage
- Luxury Hand or Foot Treatment
- Express Facial & Back Massage

OR

A choice of 2 of the following 25 minute treatments:

- Pure Sea Salt Exfoliation
- File & Polish
- Express Facial
- Tranquil Scalp Therapy

*£80pp*

*Why not add lunch or Afternoon tea to your package and receive 20% off food purchased from our restaurant?*



# FACIALS

## THE DAFFODIL SPA CLASSIC FACIAL

A 5 star therapy for all skin types. We will provide you with a Prescriptive Treatment designed especially for your skin. Regardless of your skin type, age or concerns, this Facial will specifically cater to your skin's needs. Your Facial includes a highly relaxing anti-ageing Facial Massage, together with a Warm Pinda Scalp Massage, leaving your skin fresh, clear and radiant.

*Treatment time 55 minutes, £65*

## DAFFODIL BOTANICAL FACIAL

An anti-stress therapy with Rose Extract and Royal Jelly. This beautiful Facial therapy is rich in natural botanical and restorative ingredients, such as Rose Petals, Rosehip Oil and Royal Jelly, all with a highly soothing and anti-stress action on the skin. This Facial nourishes, repairs and protects and strengthens the skin from all elements caused through emotional and physical stress.

*Treatment time 55 minutes, £60*

## PURE EXPERT – For oily, acne & young skin (suitable from 16+)

A facial designed to target oil and sebum production in the skin, whilst calming and soothing the skin with extracts of Willow Herb, Manuka, Liquorice and Red Clay. A deep cleansing Facial for all ages and suitable for both men and women.

*Treatment time 40 minutes, £50*

## VITAMIN C+ (A.G.E) – Anti-ageing Facial

A facial packaged with vitamin C to deliver a boost to any skin type. This Facial also uses Japanese plum extract, Ume, to target glycation, caused by excess sugar and free radicals. With immediate results vitamin C is required to boost the skin natural defense mechanism and stimulate collagen production. Provides luminosity, vitality and firmness.

*Treatment time 55 minutes, £75*



## THE ULTIMATE LIFTING ANTI-AGEING THERAPY

Truly anti-ageing and using the very latest innovations, and revolutionary Massage techniques to “lift and fill” the contours of the face, The V-Matrix complex is exclusive to Germaine De Capuccini. This exceptional new treatment offers the very best in visual instant results and with an ultimate Facial Divine Massage therapy.

*Treatment time 75 minutes, £85.00*

## TIMEXPERT INTENSIVE EYE THERAPY - Specifically for lines & wrinkles

An extraordinary treatment that works effectively against wrinkles from within, filling in and inhibiting the formation of new expression lines. With the active ingredients (exclusive to Germaine de Capuccini) Pro-Collagestine-Fill to increase the skins production of collagen & elastin and Micro-Dermoxine complex inspired by the microinjections of Botox and Collagen, it neutralizes the effects of facial micro tensions around the eye area.

*Treatment time 25 minutes, £40*

# THERAPY ADDITIONS

Extend your treatment with one or more of the following 15 minute add-ons:

- Timexpert Intensive Eye Therapy
- Glycocure Deep Intense Peel - improves absorption of products, softens lines & detoxifies skin surface with a unique Carboxy therapy Mask
- Tranquillity Scalp Therapy
- Soothing Foot Massage

*£15 Each*



# BODY THERAPIES

Germaine de Capuccini World of Aroma, Sperience Massage. An aromatherapy massage designed to suit your needs and mood. Choose from one of our 5 pre-blended oils. Your therapist will then use specific movements to target your concerns.

**FIRE** - A warming, relaxing Massage blended with Lavender, Sandlewood and Ylang-Ylang to help calm and sooth and alleviate anxiety.

**EARTH** - An anti-cellulite massage working on the contours of the body and targeting stomach area to aid congestion, with essential oils of Cedarwood and Juniper.

**METAL** - A revitalizing Massage, with Lemon, Lime and Nutmeg, to uplift the mind and body.

**WOOD** - A stimulating Massage with essential oils of Mint, Sage and Cinnamon designed to help improve circulation.

**WATER** - A massage to help with rehydration, regeneration and sooth the mind and assist with fluid retention in the legs, with Geranium, Patchouli and Coriander.

*Treatment time 55 minutes, £60*

*Can also be done as 30 minute Back Massage, £40*



### **AROMA BACK & SCALP MASSAGE**

Select your choice of preferred aroma blend from our range of oils, to suit your mood, relax with a back and neck Massage to ease tension, your treatment is complete with a nourishing scalp massage with a revitalizing scalp and hair oil.

*Treatment time 45 minutes, £40*

### **MEDITERRANEAN LIGHT**

A Mediterranean Light Candle is burned, emitting a wonderful fragrance. The warm Shea butter wax from the candle is then poured over the body with a prolonged body Massage to ease tension and relax the mind. Choose from Rosemary, Citrus or Lavender aromas.

*Treatment time 70 minutes, £65*

### **BODY ELEMENTS**

A traditional Massage combined with unique Massage tools. Take refuge with our elemental Massage, combining traditional 'hands on' Massage with Pindas and Ritual Sticks, reflex points and muscular areas prone to tension. Through a brief sensory smell selection, choose of one of our 5 pre-blended oils: Relax, Revitalize, Hydrate, Energize or Detox. This therapy will leave your mind, body and soul balanced and re-harmonised.

*Treatment time 70 minutes, £70*

### **OBSIDIAN & ONYX FACE & BACK RITUAL**

An ancient therapy based on the wisdom of the Incas that combine warmed Obsidian stones with Iced Onyx stones in the most incredible Massage ritual that releases negative energy and emotions whilst inducing a deep sense of calm and wellbeing and a sense of total inner peace. This therapy commences with back and scalp massage with the semi-precious stones, and is complete with a facial incorporating the stones, oriental floral massage oil and the powers of Rosehip oil.

*Treatment time 75 minutes, £65*

### **WALKERS THERAPY**

A perfect treatment for tired, achy legs - our Baobab energizing leg treatment. This treatment commences with an Exfoliation, followed by a Massage to the legs and finishes with a touch of dreamy leg gel, leaving you radiant and walking on air!

*Treatment time 25 minutes, £40*



# PHYTOCARE THERAPIES

Our range of phytocare treatments use the exceptional powerful superfood from the Tree of Life and the organic Baobab Fruit. Collected by the local Farmers Germaine de Capuccini provide 25% higher wages, supporting fair trade for Africa. Germaine also work closely with UK base training foundation - Amethyst Trust who offer training courses for therapists, treating clients with cancer using the phytocare range.

## MOROCCAN OIL RITUAL

Created from the organic seed of Baobab extracted from the Tree of Life, this superfood delivers an excellent nourishing and firming Body Massage and Exfoliation. Combined with 4 natural oils, such as Apricot and Carrot oil, and rich in amino acids and vitamins. A truly wonderful aroma and excellent for very dry skin conditions as well as ideal pre and post-natal.

*Treatment time 75 minutes, £70*

*Suitable for pregnancy*

## TRANQUILITY SCALP THERAPY

A treatment designed to ease the tension and stress that can accumulate in the scalp and neck, incorporating Germaine de Capuccini Baobab hair oil to help to nourish and moisturise the hair and scalp.

*Treatment time 25 minutes, £40*

*Suitable for pregnancy*



# EXFOLIATION & WRAP THERAPIES

## EXFOLIATIONS

**BAOBAB SEED** - using the seed of the Baobab combined with the Nourishing oil to gently exfoliate and hydrate the skin - our bestselling exfoliator for the body.

*Treatment time 25 minutes, £40*

*Suitable for pregnancy*

**PURE SEA SALT** - Our Sea Salt Exfoliator uses pure salt from the Mediterranean coast line for the perfect deep Exfoliation, combined with a nourishing oil.

*Treatment time 25 minutes, £40*

**SMOOTH AS CHOCOLATE** - Breathe in a heavenly aroma of pure chocolate! This treatment commences with an exfoliator rich in Cocoa Extracts that hydrate and nourish the skin. Following this a rich Chocolate Body Butter is applied to nourish and soothe dry skin. A gentle full body softening Exfoliation for all chocoholics!

*Treatment time 25 minutes, £40*



## WRAPS

### **CITRUS BOOST EXFOLIATION & WRAP**

Packed with extracts from Sicilian oranges, this powerful therapy commences with Butter and Apricot stone particles to gently exfoliate the skin, whilst nourishing the skin with Shea Butter, followed with a Nourishing and firming Citrus Body Wrap and complete with a light moisturizing body cream with aroma of Water Melon- a truly nourishing and refreshing citrus boost!

*Treatment time 55 minutes, £70*

*Suitable for pregnancy*

### **BODY CLEANSING DEEP SEA MUD WRAP**

Our Body Cleansing Wrap is a powerful mud based wrap with extracts of freeze dried algae from the coast of Brittany and area rich in some the world's best seaweed known for the outstanding results in mineralizing and detoxifying the skin. Combined with a sea-salt Exfoliation to prepare the skin, remarkable results and the fresh air of the lakes, your body will feel totally cleansed and restored.

*Treatment time 75 minutes, £80*

### **A TOUCH OF SILK**

A luxury envelop in a precious 'silk' balm, like a second skin. This exquisite treatment commences with an Exfoliation followed by a mask that deeply hydrates and provides your skin with a satin appearance and a silky touch. Warm pindas and a soothing scalp massage will relax the body.

*Treatment time 55 minutes, £55*

### **ULTIMATE CHOCOLATE THERAPY**

Utterly delicious and perfect for those who adore chocolate! Deeply hydrating and regenerating, this treatment commences with our Choco-Scrub full body Exfoliation, followed by envelopment in our self-heating Chocolate Body Wrap whilst you relax and enjoy a scalp massage. Following removal of the wrap the treatment finishes with application of creamy Chocolate Body Butter... A much loved treatment by choco-holics!

*Treatment time 75 minutes, £60*



# MATERNAL TOUCHES

## **MATERNAL MOMENTS**

Time to relax and take the weight off your feet as your therapy commences with a gentle warm Pinda Massage around the shoulders and scalp, working down the spine to gently ease away stress and tension, before we provide a relaxing Back Massage with soothing effleurage movements and a collagen firming massage cream. Your therapy continues with our warm steamed towel Kobido Facial Cleanse, Exfoliation and infusion of Vitamin C rich products to revitalize your skin. As you continue to relax with your facial mask in place – we'll perform a hand, arm and abdomen Massage. Your therapy then concludes with our cooling Leg Massage, easing away the tired, heavy leg feeling often associated with pregnancy – the perfect package for Mum to be!

*Treatment time 1 hour 25 minutes, £95*

## **PREGNANCY PAMPER**

Time to relax and take the weight off your feet with this specially designed Full Body Massage. Our highly trained therapists will commence with a gentle warm Pinda Massage around the shoulders and scalp, working down the spine to gently ease away stress and tension. This therapy uses our Collagen Firming massage cream to firm, tone and target stretch marks through a relaxing massage with soothing effleurage movements.

*Treatment time 55 minutes, £65*

## **PREGNANCY PAMPER BACK MASSAGE**

*Treatment time 40 minutes, £45*



# MEN'S THERAPIES

Here at The Daffodil Spa you can completely unwind and allow the stresses and strains of the day to disappear. The finest ingredients and well-trained therapists are the component to deliver a state of utter relaxation.

## TENSION BUSTER MASSAGE

A tension busting massage incorporating Pindas, hot towel stretches.

*30 minutes, £35*

*60 minutes, £60*

## PURIFYING BACK THERAPY

Enjoy a Deep Cleansing and Purifying back treatment which includes Massage therapy.

*Treatment time 40 minutes, £45*

## C+ ENERGY FACIAL

A Facial treatment to re-energize! Based on a cocktail of plant extracts and vitamins, this therapy has been designed to specifically meet the needs of men's skin which can often be irritated by the daily ritual of shaving.

*Treatment time 55 minutes, £65*

## DEEP FACE & BACK CLEANSE

A treatment to specifically target and Cleanse the Back and Face. Commencing with a back Exfoliation and warm towel steam Cleanse, followed with a Massage and Purifying Clay Mask. Finally your facial skin will be Deep Cleansed, Exfoliated and Massaged, complete with a Purifying Cleansing Facial Mask.

*Treatment time 90 minutes, £95*

## MEN'S GROOMED MANICURE

*45 mins, £35*

## MEN'S GROOMED PEDICURE

*45 mins, £35*



# HANDS & FEET

## LUXURY HAND TREATMENT

A treatment for dry skin, this intense hand treatment includes Exfoliation and Hydrating mask, combined with Nourishing Massage. Includes cuticles, file and polish.

*55 minutes, £45*

## LUXURY FOOT TREATMENT

A treatment for dry skin, this intense foot treatment includes Exfoliation and Hydrating mask, combined with Nourishing Massage. Includes cuticles, file and polish.

*55 minutes, £50*

## OPI COLOUR & GO!

Your nails will be filed and shaped before application of your chosen OPI shade. This service does not include cuticle care.

*30 minutes, £25*

## SPA MANICURE BY OPI

Your nails will be filed and shaped and your cuticles pampered before being buffed and prepped for your favourite OPI shade. Treatment is finished with application of Avoplex Nail and Cuticle Oil and a hand massage.

*45 minutes, £35*

## SPA PEDICURE BY OPI

Immerse your feet into the pampering world of OPI. OPI Pedicure incorporates the sumptuous botanical extracts and hydrating properties. Your feet will be soothed, scrubbed, softened and hydrated to offer the ultimate treatment. This service includes cuticle care and shaping, completed with your favourite OPI shade.

*45 minutes, £35*



## OPI GEL POLISH

A gel polish with zero dry time lasting up to 14 days, choose from a vast range of OPI GEL colours.

### **OPI GEL COLOUR & GO!**

Your nails will be filed and shaped before application of your chosen OPI GEL shade. This service does not include cuticle care.

*30 minutes, £30*

### **OPI GEL MANICURE**

Your nails will be filed and shaped and your cuticles pampered before being buffed and prepped for your favourite OPI GEL polish.

*55 minutes, £45*

### **OPI GEL PEDICURE**

Immerse your feet into the pampering world of OPI. OPI Pedicure incorporates the sumptuous botanical extracts and hydrating properties. Your feet will be soothed, scrubbed, softened and hydrated to offer the ultimate treatment. This service includes cuticle care and shaping completed with your favourite OPI GEL polish.

*55 minutes, £50*



# WAXING

A full range of waxing is available for him and her. Available on request.

# EYES

EYELASH TINT £20

EYEBROW TINT £12

EYELASH & BROW TINT £25

EYEBROW SHAPE £12

*Please note a 24 hour patch test is essential prior to tinting.*



# MAKE UP BY DELILAH COSMETICS

## EXPRESS MAKE UP

*15 minutes, £20*

## SPECIAL OCCASION

*55 minutes, £45*

Includes glass of Champagne.

## BRIDAL MAKE UP

*£100 including trial*

## BRIDESMAID / BRIDAL PARTY

*£45*

## OPTIONAL FALSE EYELASHES

*£15*

