



THE SPA







Welcome to HELLIDON LAKES

We pride ourselves on putting your wellbeing first. Indulge and unwind to rebalance mind, body and spirit and take yourself on a voyage of the senses.

We've created brand new spaces to escape the everyday, helping you to de-stress and feel totally relaxed and refreshed.

Surrounded by gorgeous countryside, come and indulge in delicious treats and just feel the stress melt away.



Discover the history of GERMAINE DE CAPUCCINI

Germaine de Capuccini was created in 1964 by Carmen Vidal, an unconventional woman of her time who started by handcrafting her formulas in a small laboratory, but in a matter of no time, this became factory equipped with cutting edge equipment. Now, more than 18,000 square metres are dedicated to research & development and the manufacturing of high quality products that have become more and more complex and unique in their formulation.

Mrs Vidal has recently been recognised by the prestigious international magazine, Marie Claire, as the creator of the first Spanish cosmetic empire and as one of the women who revolutionised the world of professional cosmetics. The article entitled “With them came the Revolution”, takes a look at the life and successes of the women who have made history in the world of cosmetics. Germaine de Capuccini’s founder appears alongside other influential women such as Estée Lauder, Elizabeth Arden, Helena Rubinstein and the Carita sisters.

Over the years the ranges created have grown and the company entered the Spa Market in 2001, starting with the Marine Line, before over time, increasing the number of lines to include some of the most exquisite journeys from around the world with the Spice Line, Delicatessen Line, Privilege Line and Mediterranean Lines. The facial lines grew to specialise strongly in the anti-ageing sector, and the introduction of the most beautiful massage rituals and specialised protocols allow for every treatment offered to become a real ‘experience’ for the client.





Spa Stay Packages

The Ultimate Spa Escape

Monday - Thursday from £175 pp | Friday - Sunday from £195 pp

(based on two people sharing*)

Inclusive overnight accommodation

Use of Wellness Suite

50 minute treatment

Two course dinner and full English breakfast

*single supplement from £45 applies

Spa Day Packages

Half Day Spa Experience

Monday - Thursday from £75 pp | Friday - Sunday from £95 pp

Use of Wellness Suite

25 minute treatment

Light lunch

Robe, towel & flip flops per person

Feel Good Spa Day

Monday - Thursday from £140 pp | Friday - Sunday from £160 pp

Use of Wellness Suite

50 minute treatment

Light lunch or afternoon tea

Glass of bubbles

Robe, towel & flip flops per person

*Choice of treatments included:**

25 minute Treatments:

- De Stress Facial Natural Bamboo Scrub
- Hellidon Lakes Signature Aroma Back Neck & Shoulder Massage
- Hellidon Express Manicure
- Hellidon Express Pedicure
- Bespoke Floatation Experience

50 minute Treatments:

- De Stress Honey Elixir Facial
- Hellidon Lakes Signature Aroma Back Neck & Shoulder
- Massage & De Stress Facial
- Hellidon Manicure
- Hellidon Pedicure



TREATMENTS



Signature Rituals

A collection of signature therapies designed to nurture your well-being, each ritual has been chosen to work in synergy with the results you want to achieve. Whether you're here to relax, gain energy or detoxify your mind, body and soul and restore inner wellness.

Restore & Radiance from £145

An Energising Ritual - Radiance C+ Face & Body Ritual

Treatment time - 2h 20 minutes

This energising face and body treatment begins with aromas of citrus and nutmeg and a warm pinda walk and foot cleanse, followed by an enzyme body exfoliation, a collagen boosting vitamin enriched body wrap, and an advanced innovative facial treatment that increases firmness and generates new collagen whilst reducing dark spots and evens out pigmentation. Your skin will awaken feeling firmer with a radiant glow.

Serene Lake Ritual from £120

Perfect for Stress, Lack of Sleep and Dehydration

Treatment time - 1h 5 minutes

This mindful cleansing ritual has been designed to enliven your senses from top to toe. Traditional foot cleanse before a full body aroma massage. Cleanse your skin and mind with a de-stress facial leaving you feeling refreshed, rehydrated and your internal glow reignited. Whilst you continue to relax we will work on releasing any remaining tension from your neck and scalp. Awaken from your Serene experience with gentle neck stretches and aromas of orange blossom and vanilla.

Bespoke Floatation Experience from £49

Foot Cleanse and Foot Massage on our Floatation Bed

Treatment time - 25 minutes

Relax and unwind with our bespoke foot massage, using Baobab oil and active ingredients to firm the skin, unify tone and reduce fluid retention with the experience of our floatation bed. Leaving your feet feeling like your walking on water.

Facials

All facial therapies start with our signature warm pinda protocol and Kirei Cleanse. Once reserved for royalty, this cleansing ritual combines steamed towels with specialised massage movements to lift the facial contour. Your facial concludes with gentle neck stretches for a totally relaxing experience.

Rose Quartz Eye and Lip Therapy from £85 **A high-performance treatment targeting both expression and ageing wrinkles around the eyes and lips.**

Treatment time - 50 minutes

A work protocol that combines products inspired by aesthetic medicine and by the skin's own self-regeneration mechanisms with 3 infallible expert therapies: Facial Cupping with sucker, Eye Yoga and Gua Sha Massage with rose quartz.

A results-driven therapy for dynamic and static lines and wrinkles.

De Stress Honey Elixir Facial from £75 **A soothing facial for suffocated skins, affected by daily life stresses.**

Treatment time - 50 minutes

Emotional stress, tension, depression and lack of 'me' time reflects in the skin giving it a dull, placid appearance, increasing the signs of ageing and redness which can leave the skin dry and sensitive. This stunning and intensive therapy uses the essence of flowers and plants in a concentrated formula with a highly active anti-stress action. Your skin is soothed, hydrated and nourished, whilst breathing in the natural scents of rosehip and vanilla providing a relaxing sense of wellbeing.

Timexpert Radiance C+ Illuminating Facial from £75 **Providing intense illuminosity, treating sun damaged and first signs of ageing | Providing a radiant and nourishing glow.**

Treatment time - 50 minutes

An innovative facial to increase firmness and generate new collagen whilst reducing dark spots and even pigmentation. Incorporating a patented formulation that increases the benefits of Pure Vitamin C by 6 times. To complement the hands-on therapy, a massage ball is utilised to lift facial muscles, release tension and increase blood flow for the increased glow.*

Skin Drench from £75 **A deeply hydrating facial with Hyaluronic Acid.**

Treatment time - 50 minutes

Two revolutionary masks work to repair and defend the skin against pollution damage and external stress. Our oxygenating bubble mask releases pure oxygen into the deep dermal layers of the skin. A second mask uses our Dual Matrix technology to activate the skin's immune system, increasing its defence capability. This therapy also includes a highly relaxing, lymphatic facial massage to de-stress and detoxify the skin.

The Skin-ZEN Men Energy Facial from £75 **Restorative facial for men, with trace elements and deep stretches.**

Treatment time - 50 minutes

A treatment designed specifically to meet the needs of men's skin. Infused with a blend of plant extracts and vitamins, this facial therapy is not only relaxing, but also rejuvenates the skin, often irritated by the daily ritual of shaving. Incorporating neck stretches and a deep pressure point massage.

De-Stress Facial - from £49 **Strengthening facial for tired, stressed skin.**

Treatment time - 25 minutes

Packed with antioxidants and essential nutrients, our Royal Elixir facial is ideal for tired and stressed skin. The skin regains its strength and natural immunity against daily aggressions.

Body Treatments

All our body treatment starts with our signature warm pinda protocol, foot cleanse and aromatherapy inhalation. Our massage routines are steeped in ancient history, with different techniques to treat all concerns, combining some of the world's most luxurious body products, with sensorial aromas and textures to enhance your experience.

Natural Bamboo Scrub from £49

Treatment time - 25 minutes

Using sustainably sourced bamboo, with mineralised sea-water to gently exfoliate and hydrate the skin.

Mediterranean Candle Massage from £85

A warming full body massage.

Treatment time - 50 minutes

Choose one of our Mediterranean inspired massage candles; Lavender, Olive or Citrus which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

Hellidon Lakes Signature Aroma Massage from £85 or £105

Treatment time - 50 or 1 hour 25 minutes

A Feng Shui inspired full body massage where East meets West, combines Eastern tradition of encompassing the 5 elements of earth into aromatherapy blends of oils. Each oil works in harmony to treat the needs of your mind, body and soul. In the natural scents of rosehip and vanilla providing a relaxing sense of wellbeing.

Hellidon Lakes Signature Aroma Back Neck and Shoulder Massage from £49

Treatment time - 25 minutes

A Feng Shui inspired back neck and shoulder massage, where East meets West, combines Eastern tradition of encompassing the 5 elements of earth into aromatherapy blends of oils of your choice.

Devine Chocolate Heavenly Wrap from £85

Treatment time - 50 minutes

Utterly delicious and perfect for those who adore chocolate! Deeply hydrating and regenerating, this treatment stimulates the feel good endorphins, whilst working on cellulite, with our extracts of cocoa scrub for a full body exfoliation, followed by envelopment in our self-heating and warm Chocolate Body Wrap. Your treatment concludes with hydrating water spray.

Cancer Wellness Therapy from £85

Calming Scalp, Hand and Foot Therapy

Treatment time - 50 minutes

Intense treatments can often result in dry skin and hair loss. This therapy will nourish your hands, feet and nails using gentle exfoliation and a hydrating mask. It also includes a nourishing Baobab oil scalp massage, which soothes the scalp and stimulates hair growth.

Baobab Pregnancy Ritual from £85

A conditioning body ritual with ethnically sourced baobab oil and specialised techniques created for expectant mothers.

Treatment time - 50 minutes

A sublimely relaxing ritual combining soothing massage movements with prodigious products produced from the oil of the organic African Baobab tree, also known as the Tree Of Life, the beautifully fragrant oils create a smoothing and hydrating experience, ideal for helping prevent and treat stretch marks and increasing skin elasticity. This treatment combines full body exfoliation, pregnancy massage, scalp therapy and concludes with a cooling and anti-inflammatory energizing leg therapy.



Nail Perfection

Hellion Manicure from £40

Treatment time - 50 minutes

A soothing, beautifying manicure with the added benefit of Thermal Heated Mittens to help the oils and creams penetrate deeper into your skin.

File & Polish from £25

Treatment time - 25 minutes

Perfect for those with less time – a simple file and polish giving your hands a refreshing lift.

Hellidon Pedicure from £45

Treatment time - 50 minutes

Treat neglected feet to a pampering pedicure that softens and hydrates your feet and legs, with cuticles and nails tidied and buffed or painted with your choice of Jessica polish.

Hellidon Gel Manicure from £50

Treatment time - 50 minutes

Let our skilled technicians file and shape your nails and tidy your cuticle, before applying your choice of Jessica GELeration polish. Your nails will be beautifully shaped and looking fabulous.

Gel Application from £30

Treatment time - 25 minutes

The beauty of Jessica in a gel. With the health of the natural nail in mind, GELeration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. With this treatment the nails are filed and shaped and a gel colour of your choice applied.

Hellidon Gel Pedicure from £55

Treatment time - 50 minutes

Let our skilled technicians file and shape your nails and tidy your cuticle, before applying your choice of Jessica GELeration polish. Your nails will be beautifully shaped and looking fabulous.

Gel Removal from £15

A gentle soak off treatment that will remove Jessica GELeration polish. Please note that the solution is not acetone and may not remove other Gels or overlays.

Please allow 15 - 20 minutes for this treatment.

Waxing

Lip	from £10
Chin	from £10
Lip & Chin	from £15
Eyebrows	from £10
Half Leg	from £22
Underarm	from £12
Bikini	from £15
Forearm	from £15


Tinting

Eyebrows	from £10
Eyelashes	from £15
Eyebrows & Eyelashes	from £20

(Please note: a patch test is required 24 hours before your tint treatment)







FAQ's

What should I do if I have a medical condition?

If you have had or are suffering from severe allergies, ill health or a particular medical condition, we ask that you inform us upon booking and speak with your GP prior to booking. All treatments are booked subject to medical status. We reserve the right to refuse a treatment if we feel it is not in your best interest.

Can I have a treatment if I'm pregnant?

Firstly, congratulations. Time to relax and unwind is very important, however if you are within your first 12 weeks, to protect you and your baby we are unable to offer any treatments.

At 12+ weeks you will find most of our treatments are suitable for you, and our therapists will ensure you are made comfortable throughout your treatment. Please read T&C's for pregnancy restrictions.

What is your cancellation policy?

We request that all packages, promotions and events are paid in full at the time of booking and are non-refundable.

Should you wish to cancel your booking and your request is made 7 days prior to your arrival, we will provide you with the option to rebook to an alternative date at no extra cost. Please read T&C's.



Is a robe, towel and footwear provided?

For our Spa Day & Spa Stay guests you will each receive a robe, towel and flip flops for the day. These must be returned at the end of your visit to avoid additional charges. If you are attending our Spa on a Day Pass, membership or as a non-spa hotel guest, you are able to hire a towel or robe pack (robe, towel & flip flops) at our Spa reception. For further information on access to the Wellness Suite for non-spa hotel guests, please speak to a member of our reception team.

Can I book a treatment on the day?

We would advise you pre-book your treatment with us in advance by contacting our Spa Team on 01327 265655 or contacting us on spa@hellidonlakeshotel.co.uk.

How old must I be to use the Wellness Suite?

You must be 16 years old to use our Wellness Suite. Identification may be requested on booking or on arrival, so please ensure this is to hand if asked by a member of staff. Hellidon Lakes has the right to refuse entry to The Wellness Suite if the person is believed to be under 16 years old and unable to provide official identification. Please enquire prior to booking.



WELLNESS SUITE:

- * Access to the Wellness Suite is on a pre-booking basis, and subject to availability.
- * There is a charge for access to the Wellness Suite. Please enquire prior to arrival.
- * If you are pregnant, due to health & safety reasons, you will be unable to access the Wellness Suite.
- * If you have booked a Spa Day or Spa Package, access to the Wellness Suite will be included in your booking and you will be advised of your access times.
- * You must be 16 years+ to use our Wellness Suite. We may ask for identification on the day.
- * Groups of more than 6 persons must contact us in advance to ensure availability for the whole group.
- * You must use a towel to sit on when using the Saunas and not sit directly on the bench seats.
- * A minimum of a swimming costume must be worn at all times whilst using the Wellness Suite.
- * Mobile phones are allowed in the Wellness Suite but must be on 'silent' at all times. Please note we do not accept any liabilities for any damage.
- * No photography is allowed within the Wellness Suite at any time, including on mobile devices.
- * Glass bottles, food and drink are not permitted on pool side.
- * For Health & Safety, we operate CCTV on pool side and throughout public areas.

BOOKING GUIDANCE:

- * Spa Days and Treatments can be booked online at www.hellidonlakeshotel.co.uk/wellness
- * Overnight Spa Packages can be booked by calling our Spa Team on 01327 265655 or contacting us on spa@hellidonlakeshotel.co.uk

BOOKINGS:

- * Access to the Spa facilities, including Wellness Suite, is not included within your hotel reservation, unless you have booked an overnight Spa Package.
- * All Spa Packages and Spa Day bookings must be made in advance.
- * You must be over 16 years old to make a Spa booking. Hellidon Lakes has the right to refuse access to The Salon, The Spa & The Wellness Suite if official identification is not provided if asked on booking or on arrival. It is important this is provided if a member of staff requests I.D. You will be unable to receive any refunds if a person is refused access on these terms.
- * If you have any health concerns, or if you are pregnant, please advise us when making your booking, so we can advise on the best treatments available and use of the Spa facilities.
- * Spa Packages and Spa Days must be paid in full at time of booking and are non-transferable and non-refundable.
- * If you wish to cancel your Spa Package or Spa Day more than 7 days prior to arrival, we will offer you the option to rebook to an alternative date, within 3 months, at no extra cost. However, all payments are non-refundable.
- * If we have to cancel your booking for any reason, we will offer you an alternative date to re-book or a full refund.
- * We recommend you do not bring valuables, including mobile phones, into the Spa, as we cannot be responsible, nor liable, for loss or damage to personal property.

TREATMENTS:

- * Treatments are subject to availability and we advise booking in advance to avoid disappointment.
- * Treatment times are subject to availability and if you have booked a Spa Day or Spa Stay package, you will be advised of the times for your treatments on check in at the Spa reception.
- * All treatments are available to persons aged over 18 years.
- * Some treatments may be available for children under the age of 18 years old, if accompanied at all times by a consenting adult. Please enquire prior to booking.
- * We employ both male and female therapists. If you have a preference, please advise us prior to booking.
- * Please arrive 15 minutes prior to your confirmed treatment time to allow you to complete or update your wellness questionnaire.
- * You must advise us prior to making a booking if you have previously suffered, or currently suffer, from severe allergies, ill health or a particular medical condition.
- * We are unable to offer treatments to you if you are within the first 12 weeks of pregnancy.
- * Underwear must be worn at all times during treatments.
- * All jewellery must be removed prior to the commencement of any treatment.





01327 265655
spa@hellidonlakeshotel.co.uk

HELLIDON LAKES, HELLIDON, DAVENTRY,
NORTHAMPTONSHIRE, NN11 6GG

www.HELLIDONLAKESHOTEL.co.uk