

With our Day Spa packages, you can choose the total duration of your experience and the proportion of private treatments within it. These range from the 2 hour 'Discover' package through to the 'Full Day Luxury Experience' for the ultimate in pampering.

Spa Experience Packages

Our Spa Experience packages include access to the Health Club and Thermal Suite, with the majority including private treatments. You can choose any of the treatments that have the same time allocation as those included in the Spa Experience package.

Fire and Ice Experience	Half Day	£45 weekdays/£55 weekends*
	Full Day	£65 weekdays/£75 weekends*
	Midweek Special (2hrs)	£25 per person (Mon-Fri daytime only.)*
	Twilight Special (2hrs)	£20 per person (Mon-Fri between 5pm - 8.30pm)*

Our Fire and Ice Experience is a great way to enjoy the Thermal Suite, Swimming Pool and Health Club. Choose from a full or half day option, both of which include the benefit of a delicious one course light lunch and a locally sourced natural fruit drink or fruit tea. (excludes the Midweek & Twilight Special).

N.B. Individual treatments are not included, but can be purchased in addition.

Gift Vouchers are available all year round for experiences and personal treatments.

Two hour Discover Experience £39.95 weekdays/£49.95 weekends*

A great way for spa novices to trial 2 hours in the spa and includes any 30 minute treatment.

Half Day Experience £60 weekdays/£70 weekends*

Enjoy a morning or afternoon in the Thermal Suite with any 30 minute treatment and a complimentary soft drink.

Half Day Luxury Experience £85 weekdays/£95 weekends*

Enjoy a morning or afternoon in the Thermal Suite with any 1 hour or 2 x 30 minute treatments and a complimentary glass of Prosecco.

Full Day Experience £99.95 weekdays/£109.95 weekends*

Enjoy a day in the Thermal Suite with any 1 hour or 2 x 30 minute treatments, a complimentary soft drink and a delicious one course light lunch.

Full Day Luxury Experience £135 weekdays/£145 weekends*

Enjoy a day in the Thermal Suite with any 2 hour treatment, or combination totalling 2 hours. A complimentary glass of Prosecco and a delicious one course light lunch is included.

***Prices are per person.**

You can either add accommodation to one of our Day Spa packages or take advantage of our specific Spa Breaks.

All of our Spa Breaks include dinner, bed and breakfast and unlimited use of the Health Club. Prices are based on double occupancy of a classic room and are subject to availability.

One Night Indulgence Break From £98 per person Sun & Thurs
From £105 per person Mon, Tue, Wed, Fri & Sat*

Including up to 3 hours in the Thermal Suite and one 30 minute treatment.

* Please note that one night Saturday bookings are taken at the discretion of the Reservations Team and are unlikely to be available during peak weekends.

Two Night Relaxation Break From £208 per person

Including access to the Thermal Suite and a choice of 2 x 30 minute treatments, or a 60 minute treatment.

Treatments For Your Face

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Prescriptive Discovery

30 or 60 minute treatment

£35/£60

Using innovative skincare systems that are as individual as your skin, this facial is designed for you to find out more about your skin and how to keep it looking radiant and healthy. After a thorough skin analysis and consultation, a gentle exfoliation precedes the application of a rich vitalising mask* which helps us diagnose your skin condition. You will then enjoy a facial massage* and prescriptive treatment mask, all topped off with eye and face hydration and protection.

(* The rich vitalising mask and facial massage are only included within the 60 minute treatment).

English Rose Radiance

60 minute treatment

£60

With this exquisite facial you will enjoy the luxurious sensation of a Rose Quartz Massage. Harnessing the cell renewing properties of Alpine Stem Cells, Retinol (Vitamin A) and Rock Rose Extract, this facial will visibly regenerate the complexion and give it a fresh, rosy glow. Your skin will feel fantastic.

Collagen Infusion

60 minute treatment

£65

This triple hit is perfect if you have dry, tight, red or sensitive skin. We use the highest quality Collagen Booster fluids to ensure that this facial will intensively hydrate, calm and firm your skin whilst leaving it well toned with reduced fine lines and wrinkles.

Anti-Aging Powerlift

60 minute treatment

£65

Imagine the most effective facial ever; one which is not only the most enjoyable and relaxing you've tried, but also has a truly noticeable effect. Exclusive High Skin Refiner products have instant results you can see and feel; fine lines are noticeably smoothed, giving the skin a more refined appearance. Skin will be left noticeably firmer.

Sensational Eyes

30 minute treatment

£35*

Protect and enhance your delicate eye area with a nourishing, refreshing and firming eye treatment. Active complexes help to drain, brighten and firm while reducing the appearance of fine lines.

Moroccanoil Scalp Treatment

30 minute treatment

£35*

A fantastic scalp treatment for anyone wanting to treat an oily or dry itchy scalp. Moroccanoil products feed the hair throughout this treatment, whilst the specific treatment for your scalp is applied and massaged in. Have this treatment as a stand-alone or an add-on to any facial.

*Both of these treatments can be added onto any of the facials above for just **£30**

Ufford Spa has thoroughly tried and tested a number of body treatments to ensure we offer you the best quality, results and enjoyment. To enhance the effects of our body scrubs, wraps and massages your therapist will help you choose the oil best suited to your desired effect whether it's to feel...

relaxed - chill out with the indulgent and relaxing lavender and mint

revitalised - enjoy the beautiful and energising lime and mandarin

restored - experience the soothing and balancing effects of cashmere and wood.

Ufford's Selection For The Body

Sensory Body Scrub

30 minute treatment

£35

Using an exfoliating body scrub is an easy, natural way to remove dry and flaky skin and leaves the skin feeling smooth and soft. The scrub is infused with the finest seasonal fragrances and an abundance of soothing carrier oils; your skin will be fully quenched so no need for added body moisturising.

Sensory Body Wrap

30 minute treatment

£35

This is an Ufford Spa favourite because it nourishes and soothes the skin, cocoons the body and leaves you looking and feeling fantastic. We use an intensely moisturising body cream which is applied head to toe. As you relax, your therapist will treat you to an indulgent foot or scalp massage, allowing time for the rich ingredients to take effect. Perfect after a body scrub.

Magic of the East

30 minute treatment

£35

A unique massage that incorporates the principles of Chinese acupuncture, but without the needles. Our therapists have been specially trained to stimulate the pressure points used in the traditional forms of Chinese medicine to help you feel rebalanced and re-energised. With this Ufford Park signature massage, you will benefit from the relaxing massage, combined with the healing properties of massage techniques steeped in hundreds of years of Eastern history.

Deep Tissue Massage

30 minute treatment

£35

This is a firm treatment effective in ironing out any tension in the muscles. This is perfect for those who are carrying a lot of stress in the back or shoulder area.

Neck, Shoulders, Face and Scalp Massage

30 minute treatment

£35

Great for detoxifying the body and releasing tension.

Tension Relief Leg and Foot Massage

30 minute treatment

£35

Take the weight off your feet with this invigorating massage that works on tired, achy muscles, helping you to relieve tension and walk out floating on air.

Treatments For The Body (continued)

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We offer a selection of massages, from traditional to contemporary, all of which can be tailored to your individual needs.

Mum to Be Treat

30 or 60 minute treatment

£35/£65

Relax and be pampered with this luxurious treatment which is safe pre and post pregnancy. The unique complexes in the Advanced Biogen Intensive Repair help reduce and minimise stretch marks and leave you feeling wonderful. The 60 minute treatment includes a back, neck and shoulder massage, a foot and leg mask/treatment and a mini facial. (Please note this treatment is for those past their 12th week of pregnancy.) Why not indulge further and book a manicure or pedicure too?

Raindrop Massage

30 or 60 minute treatment

£35/£60

A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall. Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage and applying warm compresses. This massage is particularly appropriate if you suffer from backache.

Sensory Body Massage

30 or 60 minute treatment

£35/£60

A massage tailored to your desired outcome (relaxed, revitalised or restored) through a combination of your chosen silky smooth, nourishing massage oil and the pressure applied with kneading, rolling motions and pressure point massage. This invigorating massage relieves muscular aches bringing physical and psychological equilibrium with highly effective, noticeable effects on the skin, radiance and mental wellbeing.

Mud Serail Treatment

45 minute treatment

£45 (one person)
£80 (two people)

Our 'Chamber of Secrets' includes a whole host of extra indulgence as you sit back, relax and enjoy the 45 minutes' mud serial chamber. A seasonally inspired natural salt scrub will remove dead skin cells all over to reveal brighter, glowing skin. You will lavish yourself in our glorious natural mud, specifically sourced to deep cleanse, exfoliate and revitalise the skin. Finally, a hair mask to deeply nourish and condition from root to tip, as you enjoy the herbal steam, and tropical raindrop shower. Head to toe indulgence!

Sensory Body Massage with Hot Stones

30 or 60 minute treatment

£35/£60

Imagine the warmth of sun kissed pebbles on a beach as heated, smooth hot stones are incorporated into this relaxing massage. After enveloping the body in the chosen warm, therapeutic massage oil, our therapists work their magic on tired muscles to bring a sense of calm and deep down muscle relaxation.

Detoxifying and Clarifying Body Treatment

30 or 60 minute treatment

£35/£65

This treatment creates a visibly refined, clean and even complexion and reduces impurities and redness. We use mineral salts to deep cleanse the back and stimulate the circulation. We then allow a thermo-mineral clay pack to work its magic before finishing the treatment with a soothing massage application of moisturising body cream.

Anti-cellulite Firming Treatment

60 minute treatment

£65

Say goodbye to cellulite and uneven skin tone with this detoxifying and firming treatment. After an invigorating salt exfoliation and stimulating massage, our wraps, whose active ingredients help to promote the microcirculation and create an intense sensation of warmth, are applied to localised areas. Your skin will be left feeling softer, smoother and firmer. Try it and the results will keep you coming back for more!

Nearly all of the treatments offered in our massage and body treatments are suitable for men as well as women, but this selection is particularly recommended for male skin.

Men's Energy Release Facial

30 or 60 minute treatment

£35/£60

This specially designed facial for men gives skin renewed strength and vitality. Often external and internal stress factors can upset the harmony of your skin. This facial will deeply cleanse and soothe your skin improving its resilience. The healing power of plants will restore balance and our special men's pressure point and scalp massage will leave you feeling energised.

Sensory Body Scrub

30 minute treatment

£35

A body scrub is an essential treatment for removing dead skin cells, increasing the circulation and leaving it feeling as soft as silk, revealing a brighter glow to your skin. We use rich grain mineral sea salts mixed with your chosen luxurious, silky smooth oil to exfoliate the skin, stabilise moisture levels and promote skin renewal. Perfect before a massage or wrap!

Magic of the East

30 minute treatment

£35

A unique massage that incorporates the principles of Chinese acupuncture, but without the needles. Our therapists have been specially trained to stimulate the pressure points used in the traditional forms of Chinese medicine to help you feel rebalanced and re-energised. With this Ufford Park signature massage, you will benefit from the relaxing massage, combined with the healing properties of massage techniques steeped in hundreds of years of Eastern history.

Deep Tissue Back Massage

30 minute treatment

£35

This is a firm treatment effective in ironing out any tension in the muscles. This is not for the faint hearted but is for those who are carrying a lot of stress in the back or shoulder area.

Raindrop Massage

30 or 60 minute treatment

£35/£60

A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall! Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage and applying warm compresses. This massage is particularly appropriate if you suffer from backache.

Sensory Body Massage

30 or 60 minute treatment

£35/£60

A massage tailored to your desired outcome (relaxed, revitalised or restored) through a combination of your chosen silky smooth, nourishing massage oil and the pressure applied with kneading, rolling motions and pressure point massage. This invigorating massage relieves muscular aches and pains, bringing physical and psychological equilibrium with highly effective, noticeable effects on the skin, radiance and mental wellbeing.

Manicure for Men

30 minute treatment

£25

Shake hands in confidence. Manicured hands and nails ensure excellent presentation.

Pedicure for Men

30 minute treatment

£25

A treatment for the feet, this specialist pedicure will condition and soften your skin.

Nail Care Treatments

We offer a range of feet and hand nail care treatments to nourish and protect your skin, ensuring those frequently neglected areas look and feel their best.

Manicure

Prescriptive Manicure

60 minute treatment

£30.00

This specialist manicure will strengthen and condition your hands and nails with a refreshing nail paint to finish. This includes a mini varnish to take home with you.

Phenom Manicure

60 minute treatment

£32.50

This is a new way to enjoy a longer lasting manicure, with a fast-drying formula that provides a Gel-like shine without the need for an LED lamp.

Geleration Manicure

60 minute treatment

£39.95

A revolutionary soak-off Gel polish that offers a longer lasting manicure, with added protection for nails. This quick and easy polish is chip resistant, giving women the freedom to literally work hard and play hard, whilst keeping their nails looking their best.

Pedicure

Prescriptive Pedicure

60 minute treatment

£30.00

Sheer bliss for the feet, this conditioning treatment nourishes and softens, leaving the feet feeling silky soft. This includes a mini varnish to take home with you.

Phenom Pedicure

60 minute treatment

£32.50

Phenom is the perfect way for a longer lasting pedicure, with the fast-drying formula that provides a Gel-like shine.

Geleration Pedicure

60 minute treatment

£39.95

A revolutionary soak-off Gel polish that offers a longer lasting pedicure with added protection for nails.

Express Treatments

File and Paint

30 minute treatment

£20.00

A maintenance treatment for both hands or feet to help you keep your nails in tip top condition, this includes a mini varnish to take home with you.

Phenom File and Paint

30 minute treatment

£22.50

A treatment for both hands or feet which provides a Gel like shine without the need for a soak off.

Geleration File and Paint

30 minute treatment

£25.00

An application of Gel applied to hands or feet, which offers a longer lasting look, with chip resistance, perfect for those longer breaks.

Luxury Express

45 minute treatment

£26.50

This treatment can be added on to any of the Express Treatments and will include cuticle work on top of your file and paint with either, Varnish, Phenom or Geleration.

Geleration Removal

Gel removal ensures your Gels are removed correctly. We recommend that you have them soaked off with us to keep your nails in good condition. Your nails will be wrapped in foil and finished with a base coat if you are not having Gels reapplied.

Gel Soak off

30 minute treatment

£10.50

Gel Soak off and Express re-application:

60 minute treatment

£30.00

Finishing Touches

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Waxing

Full Leg	45 minutes	£22
Full Leg and Bikini	45 minutes	£27
1/2 Leg	30 minutes	£18
1/2 Leg and Bikini	30 minutes	£22
1/2 Leg, Bikini & Underarm	45 minutes	£30
Bikini	15 minutes	£12
Extended Bikini Line	30 minutes	£18
Underarm	15 minutes	£14
Forearm	30 minutes	£15
Lip or Chin	15 minutes	£10
Lip and Chin	15 minutes	£12
Chest or Back	30 minutes	£18
Brazilian	60 minutes	£30
Hollywood	60 minutes	£35

Eye Treatments

Eyebrow Wax/Shape	15 minutes	£10	<i>TT Tint test must be carried out 24 hours before treatment.</i>
Eyebrow Tint TT	15 minutes	£10	
Eyelash Tint TT	30 minutes	£12.50	
Eyebrow and Eyelash Tint TT	30 minutes	£18	
Eyebrow Shape and Tint TT	30 minutes	£18	
Eyebrow Shape, Tint & Eyelash Tint TT	30 minutes	£22	

Novolash Extensions

120 minutes £60

NovoLash Extensions are a glamorous new way to extend the length and thickness of natural eyelashes and are a practical, convenient and beautiful alternative to the daily use of mascara. Unlike decades-old, traditional false lashes, lash extensions are the first innovation in lash lengthening that can be worn daily, without nightly removal. Because each tapered, synthetic lash is bonded to a single natural lash, the final result is of effortless glamour and difficult to detect even close up.

Novolash Infills

60 minutes £30

St. Tropez Tanning

Full body Half Body
£27 £20

St. Tropez Full Body and Exfoliation

30 minutes £35

Make Up

Bridal Make Up

120 minutes £65*
Bridesmaids £30 per person on the day

*This includes 2 x 60 minute sessions; a 60 minute trial prior to your big day, as well as your make-up on the day itself.

Make-up Lesson/Application

60 minute treatment £39

Learn about our make-up range and how best to apply it. We'll advise you on what you should use on your skin and why. Alternatively, come and relax while we apply your make-up for you - perfect after one of our luxurious facials.