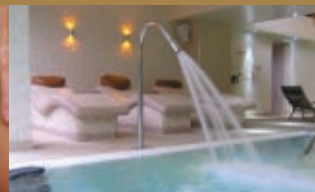


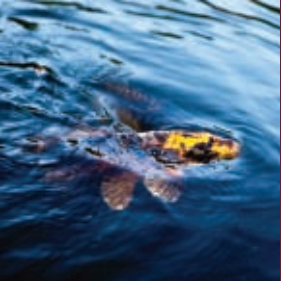
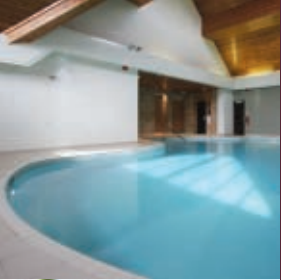


SPA RESTAURANT SUITES  
*Moddershall Oaks*



ONCE EXPERIENCED NEVER FORGOTTEN





# A LUXURY SPA BOUTIQUE IN THE HEART OF THE COUNTRY

In the past 9 years, Moddershall Oaks has been transformed from a beautiful country property into a magnificent setting for an adult friendly boutique spa, restaurant and suites facility. The family run business prides itself upon its service standards, waiting on you hand and foot during your time at Moddershall Oaks, leaving you free to relax; whether you're staying over night, with a group of friends or enjoying a family get-together.



MODDERSHALL OAKS PRIDES ITSELF  
ON THREE KEY PHILOSOPHIES -  
INTIMATE, EXCLUSIVE & LUXURIOUS

# GIFTS & VOUCHERS

Moddershall Oaks has an extensive range of gifts, including gift vouchers and retail gift sets. Our gift vouchers are available in £25 and £50 monetary gift certificates and are redeemable against all goods and services at Moddershall Oaks. Vouchers are also available for every Treatment, Spa Day Package and Spa Break Package that we offer. Purchase Gift Vouchers from Moddershall Oaks & we will send them out first class free of charge either to you, or directly to the recipient with a message of your choice. Please note all Spa Gift Vouchers are valid for 12 months from the date of purchase unless otherwise stated.

For assistance call 01782 399000. Alternatively [www.moddershalloaks.com](http://www.moddershalloaks.com) has now launched its online spa shop, so you can buy products, gifts and vouchers from the comfort of your own home. Make sure you Join Our Journey – our online mailing list to keep up to date with online shop exclusive offers.



THE ULTIMATE LUXURY GIFT





# NEW EVENTS VENUE

## Planning an event?

Summer 2010 sees the grand opening of our NEW function & events suite; so if you are searching for a picturesque setting, a stylish, top notch venue complete with outstanding service and great food; Moddershall Oaks has it all. Whether you are organising a wedding, a conference or special celebration, we pride ourselves on delivering a first class, individually tailored service.

Designed with a contemporary feel, including state of the art Audio Visual facilities, this large function space can be divided in two for smaller events and is complimented by a welcoming lounge/foyer area complete with its own individual bar and luxury toilet facilities.

Reserve your date by calling 01782 399000, or email [events@moddershalloaks.com](mailto:events@moddershalloaks.com)



DESTINED TO BECOME ONE OF THE  
FINEST EVENTS VENUES IN STAFFORDSHIRE





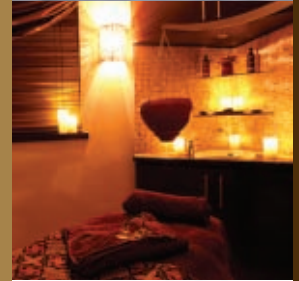
# LUXURIOUS TREATMENTS WITH A PERSONAL TOUCH

Life changing opportunities don't come around very often but when you visit us there is a real chance to start a new, healthier and more productive phase of your life. We provide treatments guaranteed to rejuvenate you in every sense but, we are more than simply hosts. We will be there to positively help you relax and find solutions and approaches to set you well on the road to permanent wellness. All this is offered in the most relaxing and beautiful spa setting where the word 'luxury' like you, is given a new lease of life.

The Moddershall Oaks journey is perfect for both men and women, whether you want to **relax, detox or recharge.**



SPA TREATMENTS ARE AVAILABLE WITH NO  
MEMBERSHIP REQUIRED. SEE PAGES 23-28  
FOR OUR SPA TREATMENT OPTIONS





# AN INTIMATE & CREATIVE EXPERIENCE

The Salon at Moddershall Oaks has created a very individual experience for its clientele. You will get the undivided attention of one of our award winning stylists throughout your appointment.

Using the Bumble and bumble hair care products and Wella as the leader in professional hair colour, the Salon at Moddershall Oaks continues the exclusive feel that we pride ourselves on.

Enjoy the contemporary chic of our air conditioned salon, with the option of bar service, free and secure parking, and covered decked area that overlooks our private woodland helping you to completely unwind.



YOU DON'T NEED TO BE A MEMBER TO INDULGE  
IN THE SALON EXPERIENCE. SEE PAGE 29 FOR  
THE APPOINTMENTS AVAILABLE





# WE HAVE THE PERFECT PLACE TO LET THE TENSION WASH AWAY

Our Spa philosophy is to provide you with a brand new approach to wellness. The very latest in hydrotherapy technology means that during your stay you can enjoy the ultimate in luxurious spa experiences. Reflexology foot baths, experience shower, tiled heated loungers, heated indoor swimming pool, sauna and steam room combine to leave you completely relaxed.

For further relaxation, experience ultimate serenity in our relaxation area. 'The Lounge' is zoned purely to help you unwind with soothing music and soft lighting. Relax on one of our loungers, snuggle up with a soft blanket and gently succumb into a haven of peace and tranquility.



WE HAVE BEEN AWARDED THE  
PRESTIGIOUS ACCOLADE OF 5 OUT OF  
5 BUBBLES BY THE GOOD SPA GUIDE





# PERSONALISE YOUR WORK OUT

Our state-of-the-art fitness studio has everything needed to help you feel more energised, stronger and fitter - ensuring that your physical wellbeing is paramount. Experts guide your programme but we have installed the very latest smart technology to allow you to drive and monitor your own progress. With your individual microchip key, your details will automatically activate each piece of equipment to you and make adjustments as you progress.

Membership at Moddershall Oaks not only allows access to our gym, but all our facilities including our spa & relaxation area. Fantastic welcome offers & ongoing discounts across the whole business also comes with being a Moddershall Oaks member. Be quick – we are limited to just 500 members!



SPEAK TO ONE OF OUR INSTRUCTORS TO  
ARRANGE A TOUR AND TRIAL OF OUR FACILITIES



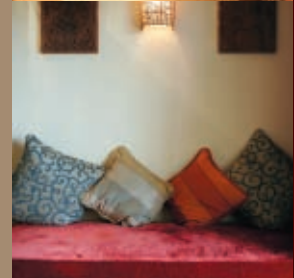


# BEDROOMS YOU'LL NEVER WANT TO LEAVE

Prepare to be spoiled in your own private sanctuary, with under floor heating, high quality in-room entertainment with LCD wall-mounted TV, DVD/CD player and luxury ensuite bathrooms with complimentary use of Elemis products. Your luxurious lounge area has soft seating and patio doors leading out to your intimate private deck and an outdoor hot tub for the exclusive use of our spa break guests.



WHEN YOU WANT TO STAY IN STYLE  
NOWHERE WILL BEAT MODDERSHALL





# A REAL TREAT FOR YOUR TASTE BUDS

What better setting for an evening or lunch time eating experience than our award winning lakeside restaurant. We'll wait on you hand and foot leaving you free to relax and enjoy one another's company; whether staying with us, dining with a group of friends, having a work celebration or a family get-together, you'll enjoy the freshest locally sourced produce - there is surely no better place to be.

**RESTAURANT OF THE YEAR 2009** awarded by



1st Place 'Best Restaurant' European Influence in Staffordshire



NO NEED FOR MEMBERSHIP, SIMPLY  
CALL OR BOOK A TABLE ON-LINE



# SPA DAYS

## A day experience at Moddershall Oaks includes:

- Check in time between 9-9.30am (unless otherwise stated), with welcome tour and complimentary drink on arrival.
- Treatments will be scheduled between 10.00am-6.00pm on the day of your visit.
- Unlimited use of Spa area including swimming pool, sauna, steam room, hydrotherapy pool, heated tiled loungers, experience shower and reflexology footbaths.
- Gymnasium including Technogym Wellness system.
- Luxurious relaxation area.
- Over 70 acres of woodland & parkland, including woodside tennis court & use of tennis equipment.
- Complimentary use of bicycles and cycling equipment.
- Delicious two course lunch in our lakeside restaurant (starter and main course inclusive; desserts are chargeable). Certain dishes may incur a small supplement.
- Lockers and changing rooms with complimentary use of Elemis products.
- Complimentary use of robe and towels during your visit.
- Check out up until 6.00pm (unless otherwise stated).

## HOW TO BOOK

Once you have chosen a package and dates please call our reservations team on 01782 399000 option 1 – between 9.00am and 8.00pm weekdays and 9.00am and 5.30pm weekends.

Please make all your requirements known when you book your spa day, for example any medical conditions, dietary requirements, any additional spa treatments, or if you are not able to make the arrival time, or need to leave earlier than the departure time.

## PAYMENT & CONFIRMATION

All spa days and additional spa treatments need to be secured with full payment at time of booking; see Terms and Conditions on page 30 & 31 for cancellation policy, under 'Spa Day Cancellation'. All reservations are accepted in accordance with these terms and conditions. Your confirmation will be sent by post (e-mail if requested) including additional information.

## TREATMENTS

Spa treatment times are allocated on arrival therefore cannot be confirmed before your spa day. They will be scheduled between 10.00am and 6.00pm on the day of your visit. Requests can be made for specific times however they cannot be guaranteed. We cannot guarantee availability for extra spa treatments if they are not booked at the same time as your spa day.



Spa Day packages include the benefits described on the previous page, and the treatments stated below.

### SPA DAY

£59 Weekday £69 Weekend

Excludes treatments

### TASTER SPA

£79 Weekday £89 Weekend

Treatment choice:

25 minute Elemis customised facial

OR 25 minute back massage

### PAMPER SPA

£99 Weekday £109 Weekend

Treatment choice:

55 minute Elemis customised facial

OR 55 minute full body massage

### ULTIMATE PAMPER SPA

£139 Weekday £149 Weekend

Inclusive treatments:

55 minute Elemis Customised Facial

AND

55 minute full body massage

### TWILIGHT SPA

£59 Weekday £69 Weekend

Twilight Spa guests can arrive from 4.30pm and have a 2 course evening meal included (starter & main course, desserts are chargeable & supplements may apply).

The Twilight Spa package is available Sunday-Friday only including 25 minute Elemis customised facial or 25 minute back massage.

### MEN'S SPA

£89 Weekday £99 Weekend

Treatment choice:

40 minute Indian Head Massage

OR

40 minute Men's Facial including Scalp Massage, Face & Shoulder Massage

### MOTHER-TO-BE SPA

£99 Weekday £109 Weekend

Inclusive treatment:

70 minute Elemis Nurturing Massage for Mother-to-be

### ELEMIS TIME TO SPA

£175 Any day

Purchase 2 and a half hours of customised exclusive Elemis Time (see page 22 of the brochure) and receive the Spa Day (use of facilities & lunch as described on the previous page) **free of charge**.

Groups please enquire; discounts are given for groups of 5 or more, dependent on requirements.



# SPA BREAKS

Why not escape for a short break to Moddershall Oaks?

When you retreat to your suite at Moddershall you will enjoy a world of absolute luxury – where your peace, comfort and relaxation are not empty promises but a total commitment to help you escape the pressures of the outside world.

Inspired by the Orient, all our suites are designed to give you the best of both worlds - a boutique spa where you can relax at any time and a base from which to enjoy all the benefits of the Moddershall experience.

## EACH SUITE HAS:

- Under floor heating throughout.
- Luxury en-suite bathrooms with heated towel radiators and complimentary use of Elemis products.
- The bedroom area includes a lounge area with soft seating and patio doors leading to a private deck with covered seating.
- Outdoor hot tub for exclusive use of our short break guests.
- LCD flat panel TV and a DVD/CD player, complimentary selection of DVDs available from reception.
- Tea and coffee making facilities.
- Iron and ironing board.
- Safe.



NORMAL TARIFF	1 Night		2 Nights		3 Nights		4 Nights	
	Twin	Single	Twin	Single	Twin	Single	Twin	Single
Studio Suite	£175	£200	£325	£375	£449	£524	£549	£649
Deluxe Suite	£185	£210	£345	£395	£479	£554	£589	£689
Master Suite	£195	£220	£365	£415	£509	£584	£629	£729

Prices shown are per person unless otherwise stated. Prices are inclusive of VAT

Additional nights after 4 nights: £125 per person, per night

Third person sharing: £125 per night

NB: £20.00 per person per night supplement for Fridays and Saturdays.

# USEFUL INFORMATION

## HOW TO BOOK

Choose a package and dates then call our reservations team on 01782 399000 option 1 – between 9.00am and 8.00pm weekdays and 9.00am and 5.30pm weekends. Make all your needs known when you book your spa break, eg. medical conditions, dietary requirements, any additional spa treatments, or if you are not able to make the arrival time, or need to leave earlier than the departure time.

## UPGRADES

Upgrades to our Deluxe or Master Suites are available.

\*\*Our Deluxe Suite is a larger room, with a spa bath.

\*\*Our Master Suite is our largest room, with a double patio, spa bath, larger lounge with desk area and a four poster bed.

## DEPOSIT & CONFIRMATION

Spa breaks and spa treatments need to be secured with payment. Full payment is required when booking if arrival is within 30 days or if arrival date is more than 30 days away, £100 deposit per person is required with the balance being taken 30 days before arrival; see Terms and Conditions on page 30 & 31 'Spa Break Cancellation'. All reservations are accepted in accordance with these terms and

conditions. Your confirmation will be sent by post (e-mail if requested) including additional information.

## ARRIVAL

For residential stays arrival time is 3.00pm to 3.30pm. Allow sufficient time to settle into your room as treatments may commence from 4.00pm.

## TREATMENTS

Spa treatment times are allocated on arrival therefore cannot be confirmed before your spa break. They will be scheduled between 4.00pm on the day of arrival and 4.00pm on the day of departure. Requests can be made for specific times however they cannot be guaranteed.

We cannot guarantee availability for extra spa treatments if they are not booked at the same time as your spa break.

## DEPARTURE

Room to be vacated by 11.00am so it may be prepared for arriving guests. Please note changing room and locker facilities are available until your departure at 5.00pm (we are happy to store your luggage). Late check outs are sometimes available during off-peak times, and are subject to availability and may incur a charge.

## WHATS INCLUDED;

Your stay begins with a tour of the property and a welcome drink. Our Guest Services Team or Duty Manager will go over the details of your stay and answer any questions you may have.

**Our NORMAL TARIFF includes the following for each night of your stay:**

**One inclusive 25-minute treatment from the following list:**

- Elemis Customised Mini-Facial
- Back, Neck & Shoulder Massage
- Mini-Manicure
- Mini-Pedicure
- \*Elemis Time (£10 supplement applies)

**Sumptuous Evening Meal:** Served in our full service lakeside restaurant. Includes a starter and main course from our a la carte menu. Desserts are chargeable. Certain dishes may incur a small supplement.

**Continental buffet breakfast.**

**Delicious Lunch:** Again served in our lakeside restaurant. Includes a starter and main course, desserts are chargeable. Certain dishes may incur a small supplement.

Full use of all the facilities described in this brochure for the duration of your stay.

Use of Luxury Bathrobes and towels during your stay.

**IMPORTANT:** Package content will differ where special offers or promotional packages are selected. The above represents the content of our Normal Tariff.

\*\*Triple rooms are available; the third person's bed is a double pull-out sofa bed. \*Page 22 explains Elemis Time

## EXCLUSIVE TIME

### YOUR OWN PRIVATE SPA SANCTUARY IN YOUR SUITE FOR SINGLE OR DOUBLE TREATMENTS

At Moddershall Oaks our 10 suites have been designed to a luxuriously high standard. Each suite has the ability to have subtle lighting and play mood music throughout the suite for the ultimate in relaxation.

Guests wishing to experience the ultimate in luxury can do so in the privacy of your own room, as your suite transforms into your own private spa sanctuary.

Upgrade a treatment to be performed in your suite, for a supplement of £25 per session. This covers the extra preparation time before and after your treatment/s.

Certain treatments will be excluded, and management reserves the right to refuse this professional, exclusive offer.

Your room can be converted into a double treatment suite where two treatments can be performed at the same time.

### EXCLUSIVE TIME TREATMENT OPTIONS:

- Inclusive Spa Break package body massage (25 or 55 minutes).
- Elemis Deep Tissue Muscle Massage (full body or back massage).
- Swedish Body Massage.
- Aromatherapy Massage.
- Indian Head Massage.
- Reflexology.

## ELEMIS TIME

### RESERVE YOUR TIME – CHOOSE WITH YOUR THERAPIST

At Moddershall Oaks, our therapists are all specially trained in Elemis therapies and products. We understand that you don't always know exactly what Elemis treatments you would like, whether just coming for spa treatments on their own, or as an addition to a spa day or spa break. You want to make the most of your visit, but are not sure on what treatments to book.

To try to help solve this problem, we are offering the exclusive option of 'Elemis Time'. This can be booked at £17.50 for every 15 minutes, a minimum of 15 minutes can be booked and it would need to be paid for at time of booking. Please bear in mind that 15 minute Elemis appointments can be taken on their own as 'booster' treatments, or would be ideal as an 'add-on' to a treatment you have already booked.

Initially you would have an in-depth consultation with your therapist (wherever possible you would have the same therapist for your Elemis Time, dependent on the duration), and they would put together a customised treatment plan to fill your booked time, to suit your needs.

**This means you have the discussion and advice before you have any treatments, ensuring the treatments you take are perfect for you.**



# TREATMENTS

Each treatment description includes whether it is suitable for women, men or pregnancy (including breast feeding). Please note this is a guide only, and it is your responsibility to ensure you are having a treatment that is suitable for you as an individual. Please inform us at time of booking if you have any medical conditions, and ensure you refer to the terms and conditions at the back of the brochure before you make your booking.

Each treatment is categorised in one of the following categories:

FACE

RELAX

DETOX

RECHARGE

GROOMING

HAIR SALON

## FACE

### ELEMIS SKIN SPECIFIC FACIAL (WOMEN/MEN/PREGNANCY)

£30 (25 mins) or £50 (55 mins)

These prescription facials combine specialised deep cleansing and Eastern massage techniques to help bring radiance and youthful vitality back to a dull, lack lustre skin.

Your therapist will customise your facial with one of the following:

- \*Fruit Active Glow revives and rejuvenates a tired, dull and lifeless skin.
- \*Exotic Moisture Glow saturating the skin with moisture, ideal for a dry devitalised skin.
- \*Herbal Lavender Repair helps to heal and repair oily, problem and congested skins.

### ELEMIS SKIN INTELLIGENCE FOR MEN (MEN)

£75 (70 mins)

These facials are tailored to meet the demands of a hectic lifestyle, combating harsh, ageing effects of the modern environment, giving men the ultimate skin overhaul with maximum results.

Your therapist will customise your facial with one of the following:

- \*Urban Cleanse Facial for decongested skin, blocked pores and sensitive skin.
- \*Skin IQ Facial for an anti-ageing facial that protects against environmental damage.

### ELEMIS SKIN SOLUTIONS FACIAL (WOMEN/PREGNANCY)

£75 (70 mins)

These advanced prescription facials incorporate a specialised lifting massage to help reduce puffiness, tiredness and dark circles from around the eyes as well as a pro-collagen booster serum to reduce the appearance of crows feet and wrinkles and are further enhanced by a luxurious hand and arm massage and de-stress scalp treatment to produce immediate results beyond belief.

Your therapist will customise your facial with one of the following:

- \*Elemis Oxygen Skincalm Facial for restructuring tired, fragile and sensitive skins.
- \*Elemis SOS Purifying Facial for oily, problem, congested skin, to heal and repair scarring.

### ELEMIS ADVANCED ANTI-AGEING FACIALS (WOMEN/PREGNANCY)

£40 (25 mins) or £75 (70 mins)

These focused treatments provide immediate results in the fight against time. Visible results can be seen after just one treatment, slowing down premature ageing and leaving a more youthful appearance.

Your therapist will customise your facial with one of the following:

- \*Pro-Collagen Quartz Lift Facial for reducing fine lines and wrinkles.
- \*Visible Brilliance Facial for the face and eyes to rejuvenate, firm and plump the skin and eye contours.

**ELEMIS TRI-ENZYME FACIAL (WOMEN/MEN/PREGNANCY)****£40 (25 mins) or £60 (55 mins)**

The treatment pioneers the precision layering of 3 targeted enzyme serums to resurface the skin by up to 75% thus stimulating biological cell renewal. In addition skin is smoothed by up to 32% and the appearance of acne scarring, pigmentation and lines are visibly reduced.

**SIGNATURE DRAINAGE FACIAL MASSAGE WITH EAR CANDLES****(WOMEN/MEN/PREGNANCY\*)****£60 (55 mins)**

Using specially designed drainage massage movements on the face, neck, scalp and ear area, this facial treatment is perfect to aid congestion, stress and headaches. Accompanied with ear candles, this natural alternative to syringing is a relaxing, rebalancing, painless treatment that aids a wide range of ear, nose and throat ailments.

\*Pregnancy after 12 weeks

*Elemis Cooling Hot Stone Body-Facial*



# RELAX

**DRY FLOAT WRAP (WOMEN/MEN/PREGNANCY)****£25 (25 mins)**

This totally relaxing treatment will make all your troubles float away. A unique blend of essential oils will be applied to your body before you are enveloped in the warm dry blanket of the bed, before a scalp massage is performed whilst you float.

**HOT STONES BACK MASSAGE (WOMEN/MEN)****£30 (25 mins)**

Advanced techniques are used in this deep tissue back, neck and shoulder massage with hot stones, soothing muscles and making it possible to relieve tension from the deeper layers of tissue.

**AROMATHERAPY MASSAGE (WOMEN/MEN)****£50 (55 mins)**

A lighter full body massage, Aromatherapy massage uses a personalised blend of warm essential oils to activate your sense of smell and increase your sense of well-being, creating the ultimate in relaxation and stress relief.

**GERARD'S KERALA AYURVEDIC FACE & HEAD MASSAGE****(WOMEN/MEN)****£55 (55 mins)**

Kerala eliminates the sense of stress and tiredness with an incomparable relaxation technique based on the Ayurvedic philosophy. Delicate herb filled bundles are used to work on marma points to help ease contractions of the facial muscles thereby relieving tension headaches, relax wrinkles and stimulate chakras. A facial treatment combining the most advanced cranial scalp massage techniques to leave you glowing from within.

**ELEMIS EXOTIC COCONUT RUB & MILK RITUAL (WOMEN/MEN)**  
**£65 (wrap 55 mins or float 55 mins)**

A traditional Balinese recipe of Coconut, Mungbean, Spices and Lavender is combined with Exotic Frangipani Monoi Moisture Melt to polish the skin and stimulate the senses. Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting wrap or unique dry float. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

**ELEMIS EXOTIC FRANGIPANI BODY NOURISH WRAP (WOMEN/MEN/PREGNANCY)**

**£55 (wrap 55 mins or float 55 mins)**

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing wrap or unique dry float. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

**ELEMIS MUSCLEASE AROMA SPA OCEAN WRAP (WOMEN/MEN)**  
**£70 (wrap 70 mins or float 70 mins)**

A powerful seaweed wrap for complete muscle relaxation. Drift away while you are cocooned in a comforting wrap or unique dry float, and treated to a pressure point facial massage and de-stress scalp treatment. Using a warm blend of essential oils, this specialised treatment helps ease aching, tense muscles.

**ELEMIS PRO-COLLAGEN HAND & NAIL TREATMENT (WOMEN/MEN/PREGNANCY)**

**£30 (hand treatment 25 mins) or £50 (with mini-manicure 55 mins)**

Redefine the hands of time. Cuticles and nails are conditioned and strengthened, whilst the indulgent Elemis Skin Nourishing Milk Bath

combined with the anti-ageing Pro-Collagen Hand and Nail Cream intensely hydrates for irresistibly smooth, youthful looking hands.

**ELEMIS SOLE DELIGHT GROOMING FOR FEET (WOMEN/MEN/PREGNANCY)**

**£30 (foot treatment 25 mins) or £50 (with mini-pedicure 55 mins)**

Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin.

**ELEMIS NURTURING MASSAGE FOR MOTHER-TO-BE (PREGNANCY)**

**£65 (70 mins)**

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit. This treatment is adapted depending on whether you are in your 1st, 2nd or 3rd trimester.



# DETOX

## REFLEXOLOGY (WOMEN/MEN)

£50 (55 mins)

An ancient treatment working on the key pressure points of the feet, Reflexology can help to energise, relax and restore the body's balance as well as being proven to improve general health.

## ELEMIS EXOTIC LIME AND GINGER SALT GLOW (WOMEN/MEN)

£40 (25 mins) or £65 (with Elemis Deep Tissue Back Massage 55 mins)

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless. Optional Elemis Deep Tissue Back Massage can be added on.

## ELEMIS BODY SCULPTING CELLULITE & COLON THERAPY (WOMEN)

£65 (wrap 55 mins)

Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

**Elemis**  
DEFINED BY NATURE LED BY SCIENCE

## ELEMIS CELLUTOX AROMA SPA OCEAN WRAP (WOMEN/MEN) £70 (wrap 70 mins or float 70 mins)

A deeply detoxifying blend to decongest and stimulate the system. Let thoughts drift away, whilst being cocooned in a comforting foil wrap or unique dry float and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

## ELEMIS DEEP TISSUE MUSCLE MASSAGE (WOMEN/MEN)

£30 (back, neck & shoulders 25 mins) or £50 (full body 55 mins)

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension. Available full body or specifically targeted for the back, neck and shoulders.

## GERARD'S OLOIL DEEP ANTI-CELLULITE MASSAGE & WRAP (WOMEN)

£65 (70 mins)

The Mediterranean's secret; a holistic treatment using essential oils and the power of pure olive oil to fight the appearance of cellulite and loss of skin tone. This treatment incorporates a variety of eastern massage techniques resulting in a deep sensation of relaxation and your skin tingling with vitality. Your skin will be noticeably toned and glowing.

## GERARD'S GREEN TEA ABDOMEN TREATMENT (WOMEN/MEN)

£65 (40 mins)

Experience this non-invasive colonic treatment with a dual action that treats the internal digestive system and firms the skin on the outside. You are left looking firm and feeling relieved of tension and bloating. This natural peel off mask contains Green Tea, Seaweed and Alginate which has extraordinary capacity to reduce excess liquids combined with a unique massage. Perfect before a big event, holiday or for those suffering with common abdominal problems.

# RECHARGE

## INDIAN HEAD MASSAGE (WOMEN/MEN)

£40 (40 mins)

A relaxing and invigorating massage of the upper back, shoulders, neck, scalp and face. Ideal for relieving stress and tension headaches, sinus congestion, sleep problems and many other complaints.

## SWEDISH BODY MASSAGE (WOMEN/MEN)

£30 (back, neck & shoulders 25 mins) or £50 (full body 55 mins)

This western massage uses classic techniques and improves circulation, soothes muscles, eliminates fluid deposits and makes you feel more relaxed. A full body massage with a pressure tailored to you.

## GERARD'S ORIENTAL REVIVER WITH BAMBOO (WOMEN/MEN)

£60 (55 mins)

Created exclusively for us, Moddershall Oaks' signature treatment is based on Oriental wisdom and incorporates innovative muscle stretching, invigorating massage movements and joint mobilisation techniques. Gerard's Oriental Reviver uses real bamboo canes to glide over the body. The result is a feeling of having been stretched out, relieved of tension and invigorated giving you an immediate spring in your step.

## GERARD'S SHIRODHARA HEAD MASSAGE

(WOMEN/MEN/PREGNANCY)

£55 (40 mins)

A constant flow of warm oil flows onto the third eye followed by a delicate head massage. Based on the Indian Ayurvedic philosophy, Shirodhara is an extraordinary wellness treatment that alleviates accumulated stress, promotes deep relaxation, improves the perceptiveness of the senses and helps to lift anxiety, stress, concentration difficulties and insomnia; it helps to improve sight, memory and circulation.

## GERARD'S CHAKRA STONE FULL BODY MASSAGE (WOMEN/MEN)

£60 (70 mins)

A path of warm Basalt Lava Stones are laid on the chakra points to irradiate vibrations of warm energy, dissolving stress in the body and mind using 'energetic therapy'. When the warmed stones are placed onto specific points of our body, they cancel stress, remove blocks, neutralise negative energy, remove energy from excessively stimulated parts and re-energise the exhausted ones, infusing a feeling of wellness and harmony. This 'Stone Massage' does not simply alleviate physical disorders but faces their causes respecting the philosophies founded by thousands of years of oriental wisdom.

## ELEMIS FACE AND BODY SENSATION (WOMEN/MEN)

£65 (55 mins)

Pure body indulgence with exceptional anti-ageing facial results. Experience the luxurious hot and cold sensations of this massage to target your specific problem areas, alleviate stress and ease aching muscles, followed by one of Elemis' Advanced Anti-Ageing Facials, designed to smooth out wrinkles and restore youthful radiance.

## LUXURY HOT STONES FOR HANDS (WOMEN/MEN/PREGNANCY)

£30 (hand treatment 25 mins) or £50 (with mini-manicure 55 mins)

A holistic hand and arm treatment including gentle exfoliation and a therapeutic massage with hot volcanic stones and aromatherapy oil. The hands will feel intensively softened, nourished and conditioned.

## LUXURY HOT STONES FOR FEET (WOMEN/MEN/PREGNANCY)

£30 (foot treatment 25 mins) or £50 (with mini-pedicure 55 mins)

A holistic foot and leg treatment including gentle exfoliation and a beautifully relaxing massage with aromatherapy oil and hot volcanic stones. The feet feel softened, nourished and conditioned.

# GROOMING

## MODDERSHALL OAKS DELUXE MANICURE

(WOMEN/MEN/PREGNANCY)

£35 (40 mins)

A deeply nourishing, luxury treatment for your tired hands, using rich coconut oil that smells edible and exfoliants to renew and improve the skin's texture. During this treatment your hands will be thoroughly cleansed, groomed and the condition of your hands will be restored. This manicure treatment includes nail shaping, cuticle care, moisturising cream and will finish with a polish should you desire.

## MODDERSHALL OAKS DELUXE PEDICURE

(WOMEN/MEN/PREGNANCY)

£35 (40 mins)

A pampering, luxury treatment for your achy feet, using rich coconut oil that smells edible as well exfoliants for those particularly rough areas to smooth and condition the skin's texture. Your feet will be thoroughly purified, groomed and the condition of your feet will be restored. This pedicure treatment includes nail shaping, cuticle care, moisturising cream and will finish with a polish should you desire.



## ST TROPEZ ULTIMATE AIR SPRAY TAN (WOMEN/MEN/PREGNANCY)

£25

This specially formulated UV free treatment features a tan using a spray application in just 10 mins, leaving you with a perfect natural looking tan. Perfect for a busy schedule or a great way to finish off your experience with us.

## ST TROPEZ BODY POLISH (WOMEN/MEN/PREGNANCY)

£25 (25 mins)

An all over body exfoliation to remove dead skin cells to get the maximum out of your spray tanning treatment.

**Combine the St Tropez Body Polish & Ultimate Air Spray Tan 40 mins (£45)**

## MAKE UP APPLICATION & LESSON (WOMEN/PREGNANCY)

£40 (40 mins)

Prior to a special occasion or a great way to end your time with us, have your face made-up professionally with our 100% pure bare minerals make-up. Try a new look, and receive professional advice to learn how to apply make-up properly, discuss colours and leave the lesson feeling more confident.

## EYEBROW SHAPE (WOMEN/MEN/PREGNANCY)

£10 (10 mins)

Reshape of the eyebrows. Can give your eyes new depth; excellent for eyebrows that need tidying up.

## EYEBROW AND/OR EYELASH TINT (WOMEN/MEN/PREGNANCY)

£15 (eyebrows or eyelashes 10 mins)

£25 (eyebrows & eyelashes 25 mins)

Various colour tint treatments. \*Please note: if you haven't had a tint with us before, please call in for a patch test 48 hours before, or you may be required to sign a disclaimer



# the salon

at Moddershall Oaks...inspired hairdressing

The Salon at Moddershall Oaks has been selected as a Bumble & bumble network salon; recognised as some of the best in the world.

This bears testimony to the superb cutting, styling, and creative talent of our team, and their passion and love of their craft.

Only the top 2% of UK salons boast membership of this exclusive network.

### Why choose The Salon at Moddershall Oaks?

Because your stylist will be really talented, and will have the technical and inspirational training, passion and vision to be the best hairdresser you'll ever have.

We value all our clients, and offer loyalty rewards.

Please ask your stylist for details.

Please enquire about bridal styling.

Our price structure reflects both the educational level of our salon team and practical salon experience, therefore prices may differ depending on the staff member. Please see our price list for more details.

Please note these prices are a guide, and they may differ depending on the specific requirements of our clients.

Please be aware that there is a cancellation policy in place, and if you do not provide at least 24 hours notice to amend/cancel your appointment then a charge will be made. Please ask staff for more details.

Skin tests are required, if you have never had a Wella Technical Service before, at least 48 hours prior to your appointment, otherwise you may be required to sign a disclaimer.

Appointments available in our salon are as follows:



### CUTTING & STYLING

	Salon Manager	Stylist
Shampoo & Finish	£25	£20
Shampoo, Cut & Finish	£35	£30
Bumble & bumble Hair Repair Treatment	£10	£10
Shampoo & Finish with Blow Dry Lesson	£35	£30
with Straightening Irons Lesson	£35	£30
Shampoo, Cut & Finish with Blow Dry Lesson	£45	£40
with Straightening Irons Lesson	£45	£40

### BARBERS SERVICES

	Salon Manager	Stylist
Dry Cut	£12.50	£10
Shampoo, Cut & Finish	£25	£20
Wet Shave including Mini-Facial	£40	-
Wet Shave including Mini-Facial with Shampoo, Cut & Finish	£60	-

### COLOURING

	Salon Manager	Stylist
Full Head Colour	£45	£40
Semi-Permanent Colour	£35	£30
Root Application Colour	£35	£30
Foils Full Head	£55	£50
Foils Half Head	£35	£30
Foils T Section	£30	£25

### EXPRESS SERVICES

	Salon Manager	Stylist
Fringe Trim	£4	£4
Straightening Irons	£5	£5
Blow Dry (from wet) & Style	£10	£10
Style with products	£5	£5
Neck Hair Trim	£4	£4
Side Burns Trim	£4	£4
Run Thinning Scissors through Hair	£5	£5

# TERMS AND CONDITIONS

## Spa Breaks

Our staff are pleased to advise you of the availability and prices of rooms on the dates that you require and will be glad to give you any other information.

**Spa Break Tariffs:** No spa break reservation can be accepted as binding on the Company unless accompanied by a £100 deposit per person or full payment, subject to payment terms. In exceptional/necessary circumstances the Company reserves the right to offer an alternative date for the short break or cancel the short break reservation(s) with full refund to the payee. No refund will be given for early departure unless caused by significant acts of negligence on the part of the Company and/or its staff.

The spa break tariffs are inclusive of residence breakfast, lunch and evening meal, spa treatments as listed (unless otherwise stated) and VAT. Extra spa treatments will be charged at the rates shown by the Company at its premises. Pre-booked additional spa treatments must be paid for at time of booking the short break and will be charged at the rate current on the date of booking.

Please note inclusive spa therapies within spa breaks are non-transferable and non-refundable. To avoid disappointment, additional spa therapies should be booked at the time of making your short break reservation.

Moddershall Oaks reserves the right at all times to cancel or terminate a short break reservation without notice or reason.

## Spa Break Payment

**Spa Break Special Offers:** For any spa break offer or package that is different to the short break prices stated in the brochure, full payment is required at time of booking. **Spa Break Standard Tariffs:** Spa break bookings made less than 30 days prior to date of arrival require full payment at time of booking. Spa break bookings made more than 30 days prior to date of arrival require £100 deposit per person to secure the booking. Full payment is required 30 days prior to arrival.

**NB:** No reminders are sent. In the event of non-payment for whatever reason, the Company may refuse admission and the deposit will be forfeited. Cheques and most major credit cards are accepted. The period for which the booking is accepted and confirmation has been given must be paid in full 30 days prior to arrival. The Company will require a credit card imprint on arrival to guarantee any monies due on departure. Accounts will only be forwarded if arrangements are made in writing before arrival.

## Spa Break Cancellation

All spa break cancellations must be made in writing by post/fax/e-mail. Date of arrival at the Company will be the accepted date. The Company will apply the following charges per person for cancellation/amendments to spa breaks:

- Cancellation within 7 days of arrival date: Full Payment of the first night tariff.
- Cancellation within 30 days prior to arrival date: £100.
- Cancellation more than 30 days prior to arrival: £25.
- Alteration to spa break bookings: £10 administration fee\*.

- \*Please note to change your reservation to another date we require a minimum of 7 days notice.
- Non arrival without notice: Full payment for the first night plus 50% of tariff for subsequent nights.
- Cancellation of additional spa treatments within 48 hours: Full cost of spa treatment/s.

## Spa Days

**Spa Day Tariffs:** Full payment is required at time of booking. Payment for additional spa treatments must also be made at time of booking the spa day/s.

Cheques and most major credit cards are accepted. Payment for additional purchases must be made on departure. The Company requires a credit card imprint on arrival as a guarantee of any payment due on departure. Please note that we limit the number of day guests we can accommodate per day.

Please note inclusive spa therapies within day spa packages are non-transferable and non-refundable. To avoid disappointment, additional spa therapies should be booked at the time of making your spa day reservation.

Moddershall Oaks reserves the right at all times to cancel or terminate a spa day reservation without notice or reason.

## Spa Day Cancellation

All spa day cancellations must be made in writing by post/fax/e-mail. Date of arrival at the Company will be the accepted date. The Company will apply the following charges per person for cancellations/amendments:

- Cancellation within 7 days of arrival date: Full payment.
- Cancellation between 7 and 30 days of arrival date: 50% payment.
- Cancellation more than 30 days before arrival date: £25.
- Alterations to spa day bookings: £10 administration fee\*.
- \*Please note to change your reservation to another date we require a minimum of 7 days notice.
- Non arrival without notice: Full payment.
- Cancellation of additional spa treatments within 48 hours: Full cost of spa treatment/s.

## Spa Treatments (individual\*)

\*bookings not relating to a day or stay package  
All individual spa treatment bookings\* must be guaranteed by a valid credit card to confirm the booking. Those who do not give 24 hours notice to cancel or do not arrive at the allotted time for their spa treatment appointment will be charged the full spa treatment value. Less than 48 hours notice of cancellation will result in a £10 charge. This amount will be debited from the securing credit card. We ask that you arrive 10-15 minutes prior to your allotted appointment time in order to relax and fill in your pre-treatment consultation card.

## Spa Treatments (general)

Each therapist is qualified in a number of different spa treatments; therefore we cannot guarantee that all spa treatments will be available at all times, particularly in the case of our more specialised spa treatments.

All spa treatment durations are provided as a guide only, and take into account preparation, consultation and relaxation. A guide as to whether or not the spa treatment is suitable for women/men/pregnancy/breast feeding, has been provided also as a guide, and it is the individual's responsibility to ensure the spa treatment is suitable for them.

The Company shall not be held responsible for spa treatments that are either missed or shortened as a result of clients/guests arriving late for their appointment / package. In these circumstances no

refund or other form of compensation shall be available or offered. Spa therapies are subject to revision without prior notice.

#### Medical

The Company is not a medical centre, and does not have a resident doctor. Guests are advised to consult with their family doctor about the need to limit or avoid our full range of spa treatments and spa facilities, for example inclusive spa treatments, steam room, sauna, gym etc. The Company pursues a policy of continuous development of fitness, health and beauty treatments and techniques. We therefore reserve the right to make changes that will be beneficial to our guests. Notification of specific changes will be given where relevant. Should a guest choose not to proceed with an alternative spa treatment that may have been substituted for a specific choice, no spa treatment cancellation charge will be made.

Certain medical conditions may preclude you from having some of the spa treatments, or taking part in some of the facilities available here at Moddershall Oaks. If you wish to have a spa treatment and have any of the following, please consult with us and if necessary your doctor prior to booking (we may need written evidence of your fitness to participate in spa treatments):

- You are currently receiving radiotherapy or chemotherapy for the treatment of cancer;
- You have had surgery within the last three months;
- You suffer from heart or circulatory disorders, high or low blood pressure, epilepsy or asthma;
- You have had a deep vein thrombosis.
- You are pregnant/breast feeding.

We regret we are unable to provide spa treatments if you are suffering from an infectious disease or open sores or wounds.

It is important to disclose any medical conditions or medication at time of booking. If you fail to reveal any such condition that may impede your participation in spa treatments/spa facilities, refunds will not be given.

#### Spa Gift Vouchers

When making a booking over the phone using your vouchers, you must quote your voucher number & expiry date. Please ensure that you bring your redeemable Spa Gift Voucher to the property to present on arrival. Non presentation of your gift voucher will necessitate a full charge being made until the gift voucher is presented.

If full or part payment for your visit is by a Spa Gift Voucher this will become void if you fail to arrive. All other cancellation charges are shown under 'Cancellation', except that a cash refund cannot be made against a Gift Voucher.

Moddershall Oaks gift vouchers should be redeemed against goods/services to the equivalent/greater value than the face value of the voucher. Change and credit on account cannot be given.

Gift Vouchers can only be used as payment for goods and services on the property. Gift Vouchers are valid for 12 months from date of purchase, and cannot be extended in any circumstances.

#### Mechanical & Electrical Breakdowns

Any mechanical or electrical breakdowns, which occur on the premises, are usually beyond our control, although we will try to repair any such fault as soon as possible. No refunds will be given unless any such breakdown is due to the negligence of the Company or its employees or agents.

#### Valuables

No responsibility can be accepted by the Company for the safety of money or valuables of any kind brought to the property whether placed in a safe or not. If you do bring valuable items it is essential they be covered by your own insurance for the period of your stay.

The Company will not be liable, under any circumstances whatsoever, for damage, injury or consequential loss, however caused, to our residents, their property and belongings unless it is solely due to negligence of the Company, its employees or agents. Mobile phones are not permitted in any of the public areas.

#### Children & Pets

The Company regrets that we do not have the spa facilities or spa accommodation for children under the age of 16. We cannot allow guests to bring pets either (except guide dogs), but good boarding kennels are available locally.

#### Smoking

Smoking is not permitted in any of the buildings, designated external spaces are provided.

#### Alcohol

No alcohol is to be brought onto the premises - we reserve the right to remove alcohol found in the property and shall return it to guests on departure.

#### Members' Discounts

Members' discounts apply throughout the property on various goods and services. Exclusions apply (for example retail products) so please ask for more information.

#### Service Charge

A discretionary service charge of 2.5% will be applied to the final accounts of day spa packages and spa break packages. This gratuity is fully distributed fairly between all the staff here at Moddershall Oaks. No further individual tips are expected. This system encourages and rewards the excellent personal service that is offered throughout all of the departments. Should you wish to increase, decrease or entirely remove the service charge you are able to do so, just inform your cashier on check out.

#### Your Details

In providing your details to Moddershall Oaks, we can assure you that we do not share your information with any third parties. Your information will automatically be used for our own marketing purposes, for example our Email Newsletter, keeping you up to date with news, competitions and offers which you can unsubscribe from at any time.



SATELLITE NAVIGATION CO-ORDINATES  
 Latitude 52° 56' 37" N  
 Longitude 02° 06' 08" W  
 Altitude 790 ft

#### HOW TO FIND US

Nearest stations: Stafford (11 miles/17 minutes) and Stoke-on-Trent (9 miles/15 minutes).

From Stoke on Trent: From the A500 take the A50 to Derby/Uttoxeter. Leave the A50 before the tunnel at the Meir junction signed for Stone A520. At the roundabout take the A520 and then follow directions from Meir roundabout.

From Uttoxeter: Take the A50 from Uttoxeter until you reach the Meir junction. From the slip road to the roundabout follow directions as from Meir Roundabout.

From Meir Roundabout: Take the A520 to Stone, along Sandon Road, for approximately 1.3 miles. At Meir Heath go straight across the first mini roundabout and left at the second mini roundabout signed Sandon B5066. Head along this road for 1 mile then right at the Black Lake Inn. Moddershall Oaks is 350 yards on the left-hand side.

From Stone: Take the A520 out of Stone for 4.2 miles in the direction of Leek. At the Windmill Hill junction at Rough Close take the right fork in the road for Meir Heath. At the mini roundabout take the B5066 towards Sandon. Head along this road for 1 mile then right at the Black Lake Inn. Moddershall Oaks is 350 yards on the left-hand side.



Moddershall Stone Staffordshire ST15 8TG  
 F: 01782 399 662 E: enquiries@moddershalloaks.com

**Reservations: 01782 399 000 [www.moddershalloaks.com](http://www.moddershalloaks.com)**