

WELL-BEING

at

Summer Lodge

EVERSHOT | DORSET | ENGLAND

SWEDISH MASSAGE

Swedish Massage therapy aims to create a calming and balancing effect on your well-being, alleviating muscle pains, improves flexibility, lessens tensions in the muscles, decreases the feeling of stress and anxiety.

Full Body and Head Massage	
70 minutes	£120.00
Full Body Massage	
55 minutes	£110.00
Back, Neck, Shoulder and Head	
45 minutes	£80.00
Back, Neck and Shoulder	
25 minutes	£70.00

DEEP TISSUE MASSAGE

A vigorous workout of deep rhythmic pressure focused on relieving specific stress and muscle tone.

Full Body Massage	
50 minutes	£115.00
Back, Neck and Shoulder	
25 minutes	£75.00

AROMATHERAPY MASSAGE

Using a blend of essential oils, aromatherapy massage is designed to treat the whole person, assist the body to balance, heal and to experience peace, calm and harmony.

Full Body and Head Massage	
70 minutes	£120.00
Full Body Massage	
55 minutes	£110.00
Back, Neck, Shoulder and Head	
45 minutes	£80.00
Back, Neck and Shoulder	
25 minutes	£70.00

HEAD MESSAGE

A wonderful complimentary holistic treatment, working on relieving stress and tension in the head and shoulders. Leaving you feeling uplifted and deeply relaxed.

25 minutes £60.00

STONE THERAPY MASSAGE

Warm volcanic stones are used to massage and melt away muscle tension, ease stress and stimulate the circulation.

Full Body Massage	
55 minutes	£115.00
Back, Neck and Shoulder	
25 minutes	£75.00

PEACEFUL PREGNANCY MASSAGE

This heavenly full body massage designed to soothe, calm and relieve the strains of pregnancy. For mothers to be who are experiencing disturbed sleep, aches, pains and puffiness, this relaxing massage will give you time to rest and restore. Using Certified Organic oils, which are highly effective for dry reactive skin.

Full Body and Head Massage	
70 minutes	£120.00
Full Body Massage	
55 minutes	£110.00
Back, Neck and Shoulder	
25 minutes	£70.00
Legs and Feet	
25 minutes	£55.00

Courses of treatments can be tailored throughout your pregnancy and beyond.

SPECIFIC HOLISTIC TREATMENTS

HOPI EAR CANDLING

Hopi meaning "Peaceful People" is a gentle and soothing therapy and is well known for it's calming and relaxing effects. It is also known to be helpful for a variety of conditions, such as Sinusitis, Tinnitus, Hay Fever, Headaches, Irritability and Stress. Followed by a deeply relaxing lymphatic draining massage to the face, leaving you feeling soothed and balanced.

45 minutes £80.00

REFLEXOLOGY

This deeply relaxing original foot treatment focuses on points of the feet which relate to specific parts of the body to heal and rebalance energy levels.

45 minutes £80.00

REIKI

In a world where the pressure of modern life often leads to stress, Reiki can help bring you back to yourself. The main purpose of Reiki is not only to clear your energy but also promotes self-awareness which you then carry into your everyday life.

45 minutes £80.00

SUMMER LODGE SPA RITUAL

This totally Holistic treatment encompasses the whole body, focusing on much neglected feet, hands and head. For those seeking reconnection, stillness and perspective. This deeply relaxing ritual is a grounding balm for the restlessness of our modern day pace of life.

90 minutes	£150.00
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OPI TREATMENTS

EXPRESS MANICURE

In a rush, but still in a need of a quick way to destress.
The OPI ProSpa express manicure is perfect for those short on time and want their nails to be perfectly shaped and painted using one of our beautiful OPI colours for optimum shine.

25 minutes	
Nail Lacquer	£30.00
OPI Gel	£35.00

SIGNATURE MANICURE

Known as the “can’t live without” OPI Signature Manicure service
You will experience the quintessential OPI ProSpa products, including cuticle care and a relaxing massage followed by your chosen OPI shade.

45 minutes	
Nail Lacquer	£50.00
OPI Gel	£60.00

PAMPER MANICURE

Soothe, relax and indulge with the Ultimate OPI ProSpa Pamper Manicure
You will benefit from unparalleled exfoliation, moisture and protection, while revelling in a combination of massage techniques and acupressure designed to reduce stress and tension. Complete with you favourite OPI shade.

55 minutes	
Nail Lacquer	£60.00
OPI Gel	£70.00

EXPRESS PEDICURE

Quick, effective and oh so relaxing
The OPI prosa express pedicure features essential OPI products to provide a spa pedicure experience without increasing service time.

25 minutes	
Nail Lacquer	£30.00
OPI Gel	£35.00

SIGNATURE PEDICURE

Experience a new standard in Pedicure services
The OPI Signature Pedicure includes OPI ProSpa products to soak, exfoliate and smooth callused feet. The service is completed with a regime of massage, acupressure techniques to reduce stress and relieve tension.

45 minutes	
Nail Lacquer	£50.00
OPI Gel	£60.00

PAMPER PEDICURE

Soothe, relax and pamper with the ultimate pedicure experience
The OPI pamper pedicure includes unparalleled callus softening, exfoliation, moisture, and protection. An extended massage combined with acupressure to reduce stress will leave you feeling relaxed and renewed.

55 minutes	
Nail Lacquer	£60.00
OPI Gel	£70.00

Or you can choose from our Nailberry Colour range, which are 99% natural, vegan and cruelty free.

FOOT TREATMENTS

LEG REVIVAL

A targeted massage designed to soothe and relax sore tired legs. Lower legs and feet are exfoliated, bathed, and massaged to leave feet feeling conditioned and comfortable.

30 minutes	£45.00
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JUNIOR SPA TREATMENTS

8 – 14 YEARS

Guardians must accompany juniors under 16 years of age to the Spa and sign a medical consultation form before any treatment commences.

JUNIOR MANICURE OR PEDICURE

25 minutes	£25.00
File and paint inc	

JUNIOR TOUCH FACIAL

25 minutes	£40.00
Tailored to suit young skin using 100% natural products.	

JUNIOR TAILORED MASSAGE

25 minutes	£40.00
Using 100% natural oils.	

SPA DAY PACKAGES

HALF DAY PACKAGE

Monday – Thursday £135.00 per person

Friday – Sunday £145.00 per person

The perfect pick me up, to feel revived and refreshed.

A 25 minute Touch Facial

A Back Neck and Shoulder Massage.

Full use of spa facilities for half a day including indoor heated swimming pool, jacuzzi, sauna, small gymnasium and tennis court.

Choose from either an appetising morning pastry basket, with fresh fruit salad, yogurt, tea or coffee of your choice. Or a delicious Dorset Cream Tea, two scones, clotted cream, jam and tea or coffee of your choice.

Monday – Saturday and Sunday
9.00am – 1.00pm and 1.30pm – 5.30pm

NEW BESPOKE SPA PACKAGE

The Spa with our exceptional chefs have created the perfect Bespoke Spa Break. Enjoy a delicious three course lunch, your choice of three hours of relaxing Spa Time and your choice of any 25 minute Spa Treatment.

Monday – Saturday £135.00 per person

SPA RETREAT DAY

Monday – Thursday £160.00 per person

Friday – Sunday £170.00 per person

Leave the outside world for a whole day of rest and relaxation and enjoy either:

Relaxing Full Body Massage or a Phytomer 55 minute Touch Facial.

Full use of spa facilities for the day including indoor heated swimming pool, jacuzzi, sauna, small gymnasium and tennis court.

Tea or coffee on arrival.

Spa Lunch.

From 10.00am – 5.00pm

ULTIMATE SPA PACKAGE

Monday – Thursday £175.00 per person

Friday – Sunday £185.00 per person

45 minute Phytomer Hydrating Facial

25 minute Back Neck and Shoulder Massage.

15 minute Holistic Head or Foot Massage.

Full use of spa facilities for the day including indoor heated swimming pool, jacuzzi, sauna, small gymnasium and tennis court.

Tea or coffee on arrival.

Spa Lunch.

From 10.00am – 5.00pm

LAZY SUNDAY HALF DAY

Sunday Only £85.00 per person

What better way to finish the week and start afresh. An Aromatherapy Back, Neck and Shoulder Massage, Full use of spa facilities for half a day including indoor heated swimming pool, jacuzzi, sauna, small gymnasium and tennis court.

Choose from either an appetising Morning Pastry Basket, with fresh fruit salad, yogurt, tea or coffee of your choice or delicious Dorset Cream Tea, two scones, clotted cream, jam and tea or coffee of your choice.

From 9.00am – 1.00pm or 1.30pm – 5.30pm

TWILIGHT SPA PACKAGE

(Minimum 2 people)

Monday – Thursday £85.00 per person

This is the perfect way to finish your busy working day. Relax by our heated indoor swimming pool whilst enjoying a glass of bubbly with your friends. A spa evening experience is a great way to celebrate an occasion.

Choose from one of the following:

Back Neck and Shoulder Massage or 25 minute Touch Facial or Holistic Head Massage

Full use of spa facilities including indoor heated swimming pool, jacuzzi, sauna and small gymnasium.

From 5.00pm – 8.00pm

SPECIAL SPA EXPERIENCES

If you are looking to celebrate a Hen Party, Baby Shower, Anniversary, Birthday or just a catch up with friends, we can offer tailor made packages to accommodate your specific requirements. Just ask.

THE SPA SHOP

A full range of products to maintain the benefits of your treatments are available. Please ask your therapist for more information.

GIFT VOUCHERS

We offer gift vouchers for all occasions. Gift vouchers can be purchased to cover any value, treatment or package and make an ideal gift.

SPA ETIQUETTE ATTIRE

Clients on Spa Days (both men and women) will feel most comfortable going into treatments with their robe over their swimwear. For those clients just having treatments, we respectfully request that underwear is worn for all treatments. Our Therapists are trained to observe client modesty at all times. Swimwear is requested at all times in areas of the Spa.

ARRIVALS

Guests are requested to arrive at least five minutes before your treatment is due to start in order to change, if desired, and to fill out a medical questionnaire. Late arrival will mean that your treatment time is reduced or unable to be honoured.

All treatment times indicated include an allowance of five minutes for consultation, dressing and undressing.

MOBILE PHONES

Please ensure that mobile phones and pagers are switched off during your visit to the Spa.

SMOKING

For the comfort and consideration of all our guests, a no smoking policy is operated throughout the Spa and surrounding areas.

TERMS AND CONDITIONS

RESERVATIONS

For reservations or more information please call 01935 482045,
email: spa@summerlodgehotel.co.uk or
visit: www.summerlodgehotel.com

We can offer treatments that have not been pre-booked, however, to avoid disappointment we do recommend that you book your treatment in advance. If you are not sure which treatment to have then it is advisable to book a time out with one of our therapists and then decide on a specific treatment upon arrival.

BOOKING POLICY

Payment is required in full when booking all day packages or groups, which can be made via our secure online payment link.

CANCELLATION POLICY

We accept cancellations up to 14 days prior to your Spa day Package and amendments up to 7 days prior. Bookings cancelled within 24 hours of treatment time will be charged at 50% of the treatment cost. Bookings cancelled on the day or non arrival will be charged at full price of the treatment cost.

OPENING HOURS

SPA TREATMENTS

Monday to Sunday: 10.00am – 6.00pm

SPA FACILITIES

Monday to Sunday: 7.00am – 10.00pm

The Spa at Summer Lodge has been created to be a luxurious and relaxing retreat for adults and therefore access to children under 12 is limited to the following times:
Monday to Sunday mornings: 7.00am – 10.30am
Monday to Sunday afternoons: 4.30pm – 6pm

RESERVATIONS AND ENQUIRIES

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