

A photograph of a Moët & Chandon champagne bottle and a flute glass filled with champagne. The bottle is green with a gold foil neck and a red wax seal. The label on the bottle reads "CHAMPAGNE MOËT & CHANDON BRUT IMPÉRIAL". The glass is a traditional flute glass, partially filled with bubbly champagne. The scene is set on a table overlooking a swimming pool with a view of a building and palm trees under a cloudy sky. The text "THE SPA AT THE WHITE HORSE HOTEL" is overlaid in white, bold, sans-serif font, centered over the image.

THE SPA
AT THE
WHITE HORSE HOTEL

CHAMPAGNE
MOËT & CHANDON
BRUT IMPÉRIAL



Welcome to The Spa at The White Horse Hotel.

Our team of experienced therapists are here to ensure you leave feeling rested, refreshed and recharged.

Explore our extensive menu of treatments and spa day packages, bask in our new private outdoor hot tub hideaway, and treat your skin - and senses - to a personalised facial or massage using luxurious DECLÉOR Paris essential oils and skincare.

After your treatment, you'll sink into a newly installed waterbed in our deep relaxation room for a moment of total harmony.

We look forward to meeting you.

DECLÉOR
AROMÉSSENCE

EXCLUSIVE DAY SPA PACKAGES

ROBES, SLIPPERS AND TOWELS ARE PROVIDED FOR DAY SPA GUESTS, LOCKERS AVAILABLE IN CHANGING FACILITIES ALSO.

WHEN BOOKING PLEASE INFORM OUR THERAPISTS OF ANY FOOD ALLERGIES SO WE CAN LET THE RESTAURANT KNOW PRIOR TO YOUR ARRIVAL. WE ALSO RECOMMEND THAT YOU USE OUR HOT TUB/ LEISURE FACILITIES PRIOR TO YOUR SPA TREATMENTS

■ Me time Package £75pp

Choice of a Back/Neck/Shoulder massage OR Discovery Facial, Sorbet after your treatment in our relaxation room with newly fitted waterbeds. Full use of our leisure facilities (pool, whirlpool spa, steam room and sauna). Finish your day with a 2-course lunch in our newly refurbished restaurant.

[30 minutes Treatment time, 60 minutes Leisure facilities]

■ Treat yourself Package £99pp

Back/Neck/Shoulder massage and Discovery Facial, Sorbet after your treatment in our relaxation room with newly fitted waterbeds. Full use of our leisure facilities (pool, whirlpool spa, steam room and sauna). Finish your day with a 2-course lunch in our newly refurbished restaurant.

[60 minutes Treatment time, 60 minutes Leisure facilities]

■ Total Bliss Package £139pp

Full body Lava Shell massage followed by a Discovery Facial, Sorbet after your treatment in our relaxation room with newly fitted waterbeds. 30 minutes use of our Outdoor Hot tub Suite followed by 1-hour full use of our leisure facilities (pool, whirlpool spa, steam room and sauna). Finish your day with a 2-course lunch and a glass of bubbly in our newly refurbished restaurant.

[90 minutes treatment time, 30 minutes Hot tub Suite, 60 minutes Leisure facilities]

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■ Deluxe Mani/Pedi Package £99pp

Refreshing pedicure begins with a foot soak, nails filed, buffed cuticles pushed back and removed. Foot/leg exfoliation, Foot/leg massage and masque, wrapped in heated booties. Finished with a hot towel cleanse and choice of liqueur nail polish. For the hands a Gel polish manicure, it starts with prepping the nails by filing, cuticle work and buffing. Followed by applying your desiring Gel Polish colour, finished with cuticle oil applied. After your treatment you will have a Sorbet in our relaxation room with newly fitted waterbeds. Full use of our leisure facilities (pool, whirlpool spa, steam room and sauna). Finish your day with a 2-course lunch in our newly refurbished restaurant.

[75 minute treatment time, 60 minute Leisure facilities]

■ Ultimate Package £110pp

Our ultimate package begins with a refreshing Full Body Brush and Scrub, followed by use of our infinity waterfall shower using DECLEOR shower oils. Then returning to the treatment room for a full body moisturise. Once finished your treatments you can relax with a Sorbet in our relaxation room with newly fitted waterbeds. 30 minutes use of our Outdoor Hot tub Suite followed by 1-hour full use of our leisure facilities (pool, whirlpool spa, steam room and sauna). Finish your day with a 2-course lunch and a glass of bubbly in our newly refurbished restaurant.

[60 minutes treatment time, 30 minutes Hot tub Suite, 60 minutes Leisure facilities]

EXCLUSIVE DAY SPA PACKAGES

ROBES, SLIPPERS AND TOWELS ARE PROVIDED FOR DAY SPA GUESTS, LOCKERS AVAILABLE IN CHANGING FACILITIES ALSO. WHEN BOOKING PLEASE INFORM OUR THERAPISTS OF ANY FOOD ALLERGIES SO WE CAN LET THE RESTAURANT KNOW PRIOR TO YOUR ARRIVAL. WE ALSO RECOMMEND THAT YOU USE OUR HOT TUB/ LEISURE FACILITIES PRIOR TO YOUR SPA TREATMENTS

■ Afternoon Tea Pamper Package £55pp

This luxury package includes a 30-minute treatment choice of Back/Neck/Shoulder massage OR a Discovery DECLEOR Facial. Followed by use of our deep relaxation area with newly fitted waterbeds, 1-hour full use of our leisure facilities, (pool, whirlpool spa, steam room and sauna). Finished with Afternoon Tea served in our newly refurbished restaurant. Why not add on our private outdoor Hot-tub suite for only £30pp for 1-hour.

[30 minutes treatment time, 60 minutes leisure facilities]

■ Maternity Bliss £89pp

Start your spa journey with a Discovery DECLEOR Facial and a lower leg and foot massage. Followed by use of our deep relaxation area with newly fitted waterbeds, 1-hour full use of our leisure facilities, (pool, whirlpool spa, steam room and sauna). Finished with a two-course lunch in our newly refurbished restaurant.

[50 minutes treatment time, 60 minutes leisure facilities]

OUTDOOR HOT TUB SUITE

The Spa at The White Horse Hotel also boasts our new outdoor hot tub area. Our Spa holds two Hot tubs so it is perfect for hen parties/ larger groups. A little bit of added luxury to your spa break. The outdoor area is a private hide away, with no interruptions.

■ Hot tub Experience £15pp

Indulge in a little pampering in our Outdoor Hot tub. The Private Area is in a secluded corner of our Leisure centre. [30 Minutes | Maximum of 6 Per Group in one Hot tub] Why not add a glass of bubbly for only £5.95.

■ Serenity Experience £40pp

Start your day by indulging in a little pampering in our Outdoor Hot tub for 30 minutes. The Private Area is in a secluded corner of our Leisure centre. This is followed by full use of our leisure facilities (pool, whirlpool spa, steam room, sauna) for 1 hour. Finish your day with a 2 course lunch provided in our newly refurbished restaurant. Robes, slippers and towels are provided for Day Spa guests, lockers available in changing facilities also. Why not add a glass of bubbly for only £5.95.

[90 minutes | Maximum of 6 per group in one Hot tub]

We also recommend if adding on treatments that you use our Hot tub/ Leisure facilities prior to your Spa appointment

THE WHITE HORSE HOTELS SIGNATURE TREATMENTS

■ Hot Oil Back, Neck & Shoulder Massage £42pp

The Perfect Relaxation Treat. Through the power of touch our hot oil back massage will help relieve stress and tensions in the back shoulders and neck.

[30 Minutes]

■ Swedish Full Body £75pp

A technique of manipulating muscles with aromatherapy oils is both relaxing and invigorating. Overall this treatment helps to improve the function of the circulatory, lymphatic, muscular and nervous system.

[60 Minutes]

■ Indian Head & Hopi Ear £65pp

This is the perfect combination to ease aching muscles in the neck shoulders and scalp, creating a sense of balance to the mind and body. Followed by Hopi ear candling to induce a feeling of warmth and balance pressure in the ears, forehead and sinuses.

[60 Minutes]

■ Outdoor Hot tub Experience £15pp

Indulge in a little pampering in our Outdoor Hot tub. The Private Area is in a secluded corner of our Leisure centre. [30 Minutes | Maximum of 6 Per Group in 1 Hot tub]

HOLISTIC TREATMENTS

■ Indian Head Massage £42pp

Ultimate relaxation with DECLÉOR Aromatherapy Oils this is the perfect combination to ease aching muscles in the neck shoulders and scalp, creating a sense of balance to the mind and body.

[30 minutes]

■ Full Body Lava Shell Massage £79pp

Massage techniques using Lava Shells and soothing DECLÉOR oils for a divine treat. Working your muscles with aromatherapy oils is both relaxing and invigorating. Overall this treatment helps to improve the function of the circulatory, lymphatic, muscular and nervous system.

[60 minutes]

■ Lava Shell Back Massage £49pp

Combination of massage techniques, using DECLÉOR warming oils worked into the muscles with luxury Lava Shells, the Perfect Relaxation Treat. Through the power of touch our hot oil back massage will help relieve stress and tensions in the back shoulders and neck

[30 minutes]

■ Reflexology £30pp

Natural, healing art using pressure points to balance and relax your body through your feet

[30 minutes]

HOLISTIC TREATMENTS

■ **Couple's Massage £129**

Share the Spa relaxation experience with our signature couples massage, 1 hour of total bliss. Following your treatment to the relaxation room to indulge in our new waterbeds

[60 minutes]

■ **Hopi Ear Candling £30pp**

This ancient therapy is excellent for anyone who suffers from tension headaches, sinus problems or frequent ear problems caused by a build up of wax. It is a soothing and calming treatment which involves a hollow candle being inserted into the ear canal to remove toxins and blockages from the ears.

[40 minutes]

■ **Neck, Shoulder and Facial Massage £30pp**

A blend of relaxation, soothing techniques to relieve stress and tension while also helping you unwind and melt into a deep sleep (scalp is optional)

[30 minutes]

A person is lying down in a spa, receiving a facial treatment. Their face is partially covered by a white towel, and a hand is visible near their head. The background is softly blurred, showing a spa environment with white linens and some greenery.

HOLISTIC TREATMENTS

- **Discovery DECLÉOR Facial £30pp**

The Spa's bespoke facial using the range of DECLÉOR products and hot steamed towels. Our facial begins with a double cleanse, exfoliation, masque, followed by a neck/shoulder massage, finished with serum, eye/lip products and moisturiser

[35minutes]

- **Ultimate DECLÉOR Facial £60pp**

The Spas luxury 60 minute facial using the range of DECLÉOR products and hot steamed towels. Our facial begins with a double cleanse, exfoliation, masque, followed by a scalp/neck/shoulder/arm/hand massage, finished with serum, eye/lip products and moisturiser

[60 minutes]

MANICURE TREATMENTS

■ **Luxury Manicure £20**

Our Luxury manicure begins with a soak, nails are filed, buffed, cuticles pushed back and removed. Followed by a hand scrub, hand/arm massage, masque with heated mittens. Add on lacquer nail polish for £5 or Gel polish for £20 (please allow 10 minutes for lacquer polish and 30 minutes for Gel polish to be extended to your treatment time)

[35 minutes]

■ **Gel Polish £25**

Our Gel polish application starts with prepping the nails by filing, cuticle work and buffing. Followed by applying your desiring Gel Polish colour, finished with cuticle oil applied

[40 minutes]

■ **File and Paint £12**

This includes nails filed,/buffed, cuticle work, choice of lacquer nail polish

[30 minutes]

■ **Gel Removal £10**

[20 minutes]

PEDICURE TREATMENTS

■ **Luxury Pedicure £30**

Our Luxury pedicure begins with a foot soak, nails are filed, buffed, cuticles pushed back and removed. This is followed by a foot & leg scrub, foot & leg massage, masque with heated booties. Add on lacquer nail polish for £5 or Gel polish for £20 (please allow 10 minutes for lacquer polish and 30 minutes for Gel polish to be extended to your treatment time)

[45 minutes]

■ **Gel Polish £25**

Our Gel polish application starts with prepping the nails by filing, cuticle work and buffing. This is followed by applying your desiring Gel Polish colour, finished with cuticle oil applied

[40 minutes]

■ **File and Paint £12**

This includes nails filed,/buffed, cuticle work and a choice of lacquer nail polish

[30 minutes]

■ **Gel Removal £10**

[20 minutes]

WAXING TREATMENTS

- Full leg £20 [60 minutes]
- ¾ leg wax £14 [45 minutes]
- Half leg £12 [30 minutes]
- Back/Chest £20 [30 minutes]
- Underarm £7 [15 minutes]
- Bikini line A £10 [20 minutes]
- Bikini line B £15 [30minutes]
- Californian £20 [30 minutes]
- Brazilian £25 [40 minutes]
- Abdomen £5 [10 minutes]
- Chin £5 [10 minutes]
- Eyebrow £5 [10 minutes]
- Lip £5 [10 minutes]
- Sides of face £5 [10 minutes]



SPA ENHANCEMENTS

Why not add on some extra luxury to your Spa experience. Choose from our selected treatment delights for 15 more minutes of bliss for £20

- Hot oil scalp massage
- Luxury hand and arm massage
- Lower leg and foot massage
- Unwinding neck and shoulder massage

Or add on an indulging treat for your taste buds

- Glass of bubbly £5.95
- Bottle of prosecco £25
- Special occasion plate £10
- Afternoon tea £20pp (served in our newly refurbished restaurant)

Why not add on our popular Hot-tub Suite Experience £15pp

- Indulge in a little pampering in our Outdoor Hot tub. The Private Area is in a secluded corner of our Leisure centre.

[30 Minutes | Maximum of 6 Per Group in one Hot tub]

SPA INFORMATION

■ **Appointments and Reservations**

We recommend that you should schedule your Spa treatments prior to your arrival if you are staying in the hotel. Reservations are subject to availability and must be secured with a 50% deposit for all treatments/packages.

■ **Cancellation Policy**

Cancellations are free outside of 72 hours prior to 12noon on the day of arrival. Bookings cancelled within 72 hours of arrival or non-arrivals will be charged the entire booking amount.

■ **Arrival Time**

Guests are requested to arrive 15 minutes prior to treatments. Upon arrival, all guests will be required to complete a temperature check. Guests with a temperature of over 38 will be denied entry to the Spa. Guests are also required to fill out a consultation form prior to treatments. Arriving late will deprive you of precious minutes of your treatment.

■ **Late Show**

As a courtesy to the following guests, late arrivals will only receive the remaining treatment time and will be charged in full.

SPA INFORMATION

■ Spa Attire & Etiquette

Please ensure that swimwear is worn at all times if using the Leisure Centre or Hot Tubs. We respectfully request that underwear is worn for all other treatments. Guests staying at the hotel must change into their robe and slippers in their guest room as changing facilities will only be provided for day guests. Day guests will be provided a robe and slippers on arrival. Along with a locker for your comfort in the changing areas. Out of consideration for others, we request that visitors keep noise to a minimum. Mobile phones and electronic devices must be switched off before entering The Spa. For treatments, it is essential that all guests wear a face mask.

■ Special Considerations

If you have high blood pressure, diabetes, heart conditions, allergies or any other medical complications we advise that you consult your doctor before booking spa treatments. If you have a medical condition and would like to know what treatments you can avail of, please ask our spa therapists who will be happy to assist you. Please notify us if you are pregnant when booking your spa treatments. We have designed treatments with products and techniques that are safe for pregnancy after the first trimester. If you have any allergies, let us know when booking your treatment. For health and safety reasons, there may be an instance where we request medical consent prior to treatment. We ask that any customers experiencing flu-like symptoms or sickness to please postpone their visit to a later date. We would also ask that any customers that may have visited countries affected by Covid-19 or have been in contact with a confirmed case, please postpone their visit.

SPA INFORMATION

■ Shaving

Shaving is not recommended prior to any body exfoliation treatments or hair removal services; we do however recommend that men shave 2 hours prior to their scheduled facial treatments.

■ Payment

Guests can pay by credit / debit card and cash. All card terminals will be sanitised regularly. Alternatively, guests can pre-pay by telephone prior to arrival or departure.

■ Policies and Procedures

The management accepts no responsibility for the loss of valuables brought into the Spa.

Please bring open toe shoes if you are having pedicure treatments.

No children allowed in the Spa area.

■ Pregnancy

Please advise us if you are pregnant or nursing as some treatments during this special time are not recommended. We have a range of treatments that have been carefully selected to help with all your needs during this time and will be happy to recommend these treatments. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time. Unfortunately we do not offer all spa treatments during the first 12 weeks of pregnancy but have a selected recommendation.