

PARK LODGE SPA GUIDANCE

ARRIVAL TIME

Prior to your treatment please allow time to complete your spa consultation form. We recommend you arrive 20 minutes before your scheduled treatment time/spa package. Please be advised that late arrivals will result in a reduction of treatment time and no refund will be given. All treatment times will include consultation, aftercare advise and relaxation time.

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquility. Please respect all of the guest's rights to privacy and serenity. The use of all personal electronic equipment should be used appropriately and all devices must be on silent mode. We may bring your attention to any behaviour which we feel is inappropriate and detrimental to the enjoyment of the spa by other guests.

SPA ATTIRE

If you are using the facilities please remember to bring the appropriate footwear and swimwear. Spa packages will be provided with towels and robes in wet area facilities.

Please be aware that chlorine is present in our hot tub which may cause some swimwear discolouration which is at the client's own risk. All jewellery, false tan, make up and oils must be removed before entering the wet area of the spa. This is paramount to the facilities and will not be acceptable.

MEDICAL CONDITIONS

Park Lodge Spa is not a medical centre and our staff are not medically trained practitioners. If you have had or are suffering from severe allergies, ill health or a practical medical condition we advise you to speak to your GP prior to arrival to ensure you can use the full facilities, services and treatments. In some instance we may require written confirmation from your Doctor.

The set of guidelines below is not an exhaustive list and only serves to highlight some of the main medical indicators where the use of the facilities, services or treatments may be not be advised:

- Mobility Problems
- Thyroid
- Verruca/Warts
- Heart Problems
- Epilepsy
- Skin disease/disorders
- Diabetes
- Metal Plates/Pins
- Ear Infections
- Cancer
- Surgery in the last 3 months to visit
- Allergies e.g. Nuts, Wheat, seafood, shellfish or any other.
- Surgery in the last 3 months to visit

All treatments booked are subject to medical status. We reserve the right to refuse treatments if we feel it is not in the best interest of the client. Please be aware that not all treatments are available at all times, and that minimum numbers apply to group guests.

CANCELLATION POLICY

Group bookings for spa packages must be paid in full at the time of reservation, and are NON REFUNDABLE to any group member booking or individual. Individual treatments (excluding spa packages) must give 48 hours cancellation notice; if notice is not given we reserve the right to charge a cancellation fee of £15.00

SMOKING

The Spa/Club is entirely non-smoking.

PRICES

All our prices are quoted in the G.B.P and are subject to change at any time. Gratuities are not included.

PREGNANCY

Please advise the Spa on booking if you think you could be pregnant as certain treatments may not be suitable. We have specially designed treatments for expectant Mums or Nursing Mothers. Please allow our trained beauty therapist to select the best treatment for you at this special time. We advise all heat experiences including the hot tub are to be avoided during your visit.

ALCOHOL CONSUMPTION

On safety grounds alcohol consumption affects an individual's safe use of the facilities and the receiving of treatments with the possible consequence of dangerous side effects. We aim at all times to preserve peace and tranquillity of all guests within the spa. However, alcohol maybe consumed in moderation and at Park Lodges discretion within designated areas of the spa. Only alcohol purchased on the premises can be consumed.

VALUABLES

Park Lodge Spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises. We advise that any precious or sentimental items be left at home as small items are easily misplaced when in a state of relaxation. Lockers will be provided.

LOST PROPERTY

All lost property found on the premises should be handed in to the spa reception. Items will be stored for 3 months. If they are not collected in this time they will be donated to local charities. Liquids, swimwear, under garments and hairbrushes are kept for 24 hours only.

GIFT VOUCHERS

We have a wide range of Spa vouchers which make an ideal gift for someone special. All our vouchers are Valid for 6 months only, and only redeemable at Park Lodge Spa.

HOMECARE

To continue your Spa experience at home most products used in our treatments are available at Spa reception. Speak to one of our knowledgeable spa team to ensure you take home the correct treatments for you.

WAXING, TINTING AND LASHES

Prior to waxing please abstain from heat for 2 hours before waxing. Heat experiences and chlorinated water should be avoided for 24hours following a waxing treatment. A patch test is required 24 hours prior to any tinting or lash application.

CHILDREN

Due to the relaxing nature of the spa no under 16's will be permitted, unless included within a private booking.



PARK LODGE

SPA

Park Lodge Spa is a luxury day Spa
in the heart of the Yorkshire countryside.
We are set in the grounds of
Park Lodge Shooting School.



Park Lodge Spa offers a wide range of products and treatments in either individual relaxation packages or larger parties including Hen Parties Baby Showers or for that perfect treat.

The treatments include spa days but we are open 5 days for Facials, Massage, Waxing, Nails, Eyelash Extensions and much more. The luxury products we offer include Decleor, Nimue and Spa Find Shellac and much more. These are available to continue your treatments at home or just as a perfect gift. Your individual prescription will be given with to you by your trained therapist. The facilities here at Park Lodge include a Hot Tub, Sauna and relaxation pod for you to sit back relax. Let us create your perfect spa experience.

DECLEOR

Decleor holistic face and body treatments are famous worldwide for their heavenly feel and simply stunning results. Every treatment begins with the unique back diagnostic massage, utterly relaxing for you and a wonderful insight to your therapist into your overall state of your health and therefore your precise needs. The use of expert massage techniques and 100% pure, preservative free essential oils address the demands of every single skin type to leave all complexions and skin balanced, comforted and glowing with help.

FACE RITUALS

- Ultimate Vitamin Glow
- Prescriptive Performance Facials
- Decleor Advanced Anti-Ageing Inc. Facial Yoga and Pilates
- Aromatherapy Discovery Facial
- Jasmin glow power boost Facial

BODY RITUALS

- Aromatherapy Massage
- Deep Tissue Muscle Energy Massage
- Full Body Fruit Seed Scrub
- Sunset Face and Body Repair

NIMUE

Nimue Skin Technology is a derma-cosmeceutical brand. Renowned for an expert understanding of the skin, innovative formulations,

cutting edge technology and effective combination, concentration and strength of active ingredients. Nimue facial treatments are great for any one with problem areas on their skin, these unique products can help correct these from pigmentation, scarring, acne and wrinkles.

FACE

- Active Rejuvenation
- Hyaluronic Acid Booster
- Therapeutic
- Deep Cleanse

PARK LODGE SPA SIGNATURE TREATMENTS

Park Lodge Spa's Signature Treatments are unique for each individual client using Spa Find products. Spa Finds are pioneers of 'dead sea' and 'healing earth' spa therapies. They are mud and salt experts. It combines the traditional therapeutic benefits of mud, salt and water treatments of Europe, with the intensely pampering massage rituals of Asia.

- Park Lodge Spa Platinum Pamper scrub, facial and massage
- Park Lodge Spa Face and Body Discovery Facial and Massage
- Park Lodge Spa Bespoke Facial
- Park Lodge Spa Perfect Massage
- Park Lodge Spa Himalayan Hot Rock Massage
- Park Lodge Spa Salt Scrub and Nourish
- Park Lodge Nourishing Scalp Treatment
- Park Lodge Sinus Soother

SPA PACKAGES

Why not treat your self to one of our luxury spa days? We can accommodate for each individual or why not have the ultimate experience and use of the whole spa. Sit back and relax whilst you and your friends indulge in our fabulous facilities, tranquil treatments and the chance to be wined and dined. (minimum of 8 per package)

LASH EXTENSIONS

From Natural to Full Russian Volume, we have the perfect lashes for you. Using Lash Emporiums newest technology to bring you comfortable and long-lasting lashes. Perfect for long term where or that perfect party look.

WAXING, TINTING AND THREADING

A wide range of waxing is available at Park Lodge Spa from Eyebrow Shaping to Female intimate waxing using the well renowned hot and warm wax from Peron Riggot.

The ancient art of threading will also be incorporated into our hair removal rituals, along with a full range of tinting.

HANDS AND FEET

Sit back and enjoy a full range of manicure and pedicure treatments. We offer a file and polish treatment to a full luxury pedicure with hard skin removal salt scrub and massage.

CND is used throughout all our Manicure and Pedicure treatments to treat your tired hands and feet.

Why not add the world renowned famous Shellac Polish to your Nails?



OPENING TIMES

Monday- CLOSED

Tuesday- CLOSED

Wednesday- 9-5

Thursday - 9-8

Friday - 9-5

Saturday - 9-5

Sunday- 9-5



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