



AMARNA SPA

AT LYTHE HILL HOTEL

DECLÉOR
PARIS

THALGO
LA BEAUTÉ MARINE



WELCOME TO THE SPA AT LYTHE HILL

The Amarna Spa is an oasis of tranquillity that blends health and wellness. Whether you desire a therapeutic treatment or just wish to indulge in bliss, we're inviting you to relax and rejuvenate in the comfort of our spa with our highly trained team.

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DECLÉOR FACIALS

DISCOVERY FACIAL

25mins - £35

Discover what makes Decléor facials world famous with this divine 'taster'. When you're short of time but want to bring back an irresistibly healthy complexion, this is the perfect rescue remedy. For rapid results, your expert therapist uses a combination of massage, Essential Oils and a gentle polish to smooth and revitalise tired skin leaving it fresh and radiant.

AURABSOLU GLOW POWER BOOST

30mins - £45

Discover the power of Jasmine Absolute with Decléor's 30-minute Glow Power Boost, the ideal treatment for revealing a fresh and healthy glow, which combines deep cleansing, bespoke pressure-point massage with the power of the Aurabsolu collection. For even more effective results, Decléor introduces their first in treatment innovation: a hydrogel mask infused with essential oils and Jasmine Absolute, a deeply intense solution for tired, over-worked skin. Using the hydrogel structure to drive the precious ingredient deep into the epidermis, skin looks refreshed and renewed after use, as if woken from a deep and peaceful sleep.



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AROMA FACIAL

55mins - £55

This Decléor facial ticks all the boxes to bring on a wonderfully radiant complexion, perfect for any skin type. With a deep cleanse and gentle exfoliation perfectly preparing your skin, an active mask is applied to treat your skin concerns. This facial will leave you feeling rested and renewed.

ULTIMATE VITAMIN GLOW

70mins - £70

This internationally renowned, multi-award winning facial is power-packed with vitamins and anti-oxidants. Stress simply melts away thanks to five deeply relaxing massage techniques and the ideal rebalancing aromatic elixir for your complexion. Our deliciously warm and decongesting mask softly cocoons skin, providing the perfect environment for it to flourish. Skin is left deep cleansed, perfectly replenished and glowing with vitality.

DECLÉOR FACIALS

AROMA EXPERT FACIAL

70mins - £75

After a consultation with your therapist, one of following facials will be advised:

- **Harmonie Calm** - This intensely soothing treatment instantly relieves irritated complexions. Acting like a calming comfort blanket, Blueberry Extract soothes angry, sore skin; a cooling Algae plasticizing mask peels away to reveal a calmer, smoother surface. Skin becomes soothed and more resilient to environmental aggressions.

- **Divine Nutrition** - The end of dry, flaky skin with our ultra-nourishing facial which deeply soothes, repairs and renews. Chestnut Extract boosts crucial lipid production and micro-circulation while nourishing Geranium and Rose feed skin with vital nutrients. By locking-in moisture, complexions are also strengthened against wind, rain and cold making it ideal for anyone who spends a lot of time outdoors. Even the driest complexions are left supremely supple, comfortable and satin smooth.

DECLÉOR
PARIS

- **Oxygenating Pure and Matt** - This mattifying facial targets spots, blemishes, open pores and excessive shine. Includes a balancing and deeply oxygenating power mask to bring instant clarity to dull, devitalised skin; a three-stage massage ritual also intensively detoxifies, relaxes and refines uneven texture. Brings previously oily, combination and dull skin back to life leaving it luminous, crystal clear and beautifully matte.

- **Moisture Quench** - Super-hydrating and able to quench even the thirstiest of skins. This deeply moisturising treatment includes a gently effective exfoliation to leave skin smooth, velvety and perfectly prepped for our hydrating AROMESSENCE™ Neroli Concentrate. A nutrient-rich mask drenches skin with soothing, moisture-loving ingredients for a complexion that's rehydrated, supple and cashmere soft.



DECLÉOR FACIALS

ADVANCED ANTI-AGEING FACIALS

70mins - £80

After a consultation with your therapist, one of following facials will be advised:

- **Hyaluronic Acid Wrinkle Resist** - Using Hyaluronic Acid – one of the most effective anti-ageing ingredients – plus powerful youth-boosting botanicals, this pampering facial intensively targets lines and wrinkles. The AROMA LISSE Pro Mask, a potent wrinkle-smoothing mask, is packed with antioxidants and Galanga Extract to lift, plump and firm while gentle exfoliation refines skin texture. Offering dramatic and immediate results, fine lines and wrinkles are smoothed to ensure skin looks luminous.

- **Collagen Plump and Lift** - Luxurious as well as highly targeted to fragile zones, this facial includes our ultimately effective 'lifting' massage to recharge skin tissues. Youth activating formulas then infuse the skin with naturally energising ingredients to help kick-start its natural renewal process; an indulgent and collagen-rich mask ensures skin feels plumped and tightened too.

- **Orexcellence Facial Pilates** - Triple performance to eliminate wrinkles and loss of tone. Designed to visibly lift, remodel and re-densify the facial contours. Strengthening from within, skin becomes less sensitive and satin-smooth, with a new freshness and luminosity.

VITAL EYES

40mins - £45

Delicately nurturing the most sensitive and delicate part of the face, this specialised treatment is fatigue-fighting, moisture quenching and wrinkle erasing. Decléor's unique toning eye technique stimulates micro-circulation and encourages cell renewal while an intensively repairing, anti-ageing eye mask also decongests and de-puffs.



DECLÉOR BODY TREATMENTS AND RITUALS

DECLÉOR
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AROMA WRAP

55mins - £65

Each envelopment comprises three key elements – exfoliation, massage and mask. Offering total pleasure and comfort, use of a heated blanket maximises penetration of the active ingredients for top-to-toe benefits. Expertly tailored to your specific needs.

- **Pepper and Grapefruit Slim Effect** (Detoxifies and firms) - Naturally invigorating and detoxifying Essential Oils are used to ultimate effect in this fat-fighting and firming body envelopment. Combined with highly effective draining massage techniques, the potent wrap drains toxins and cleanses away impurities to smooth the appearance of cellulite and refine overall shape. Fabulous for anyone wanting to lose weight and improve lumpy skin texture making it brilliant pre-holiday... or post over indulgence!

- **Lemon and Mango Firm and Tone** (Tightening, sculpting and smoothing) - This collagen-boosting body wrap tones slackened skin, repairs sun damage and helps improve the look of stretch marks. Potent radiance enhancers Immortelle, Lemon and Frankincense Essential Oils work to erase imperfections and strengthen skin. Deliciously nourishing, this sculpting envelopment hydrates and moisturises too.

- **Vanilla and Ylang Ylang Relaxing Hydration** (Intensely calming and nourishing) Developed to improve wellbeing by relieving stress and unloading busy minds, indulgent self-heating ingredients actively help reduce tension and stress. The perfect treatment for anyone with a hectic, demanding lifestyle who finds it hard to switch off, this sublimely relaxing envelopment includes deliciously soothing Vanilla as well as brightening Papaya Extract to leave skin satin smooth.

RADIANT MOTHER TO BE

70mins - £70

Pregnancy can take its toll on your body so relax and let a highly trained therapist safely and gently treat you to a truly nurturing experience. This blissful face and body treatment includes a comforting tummy mask that actively helps reduce the risk of stretch marks plus draining massage to reduce water retention thus lightening 'heavy' legs. A skin-brightening facial ensures you look as glowing as you feel (suitable for pregnancies over 12 weeks).

RED ISLAND EXFOLIATING RITUAL

55mins - £55

Inspired by the magical island of Madagascar, powdered Fruit Seeds of Orange and Apricot plus Essential Oils and Spices are used to polish and perfect skin, leaving it in supreme condition. A delightfully relaxing massage with warm aromatherapy oils then allows your therapist to focus on any areas of tension and stress, re-energising and restoring vitality for skin that's beautifully nourished and exceptionally soft all over.

AROMA BODY SILK GLISTENER

40mins - £40

Radiant, bright and petal soft, your skin will glisten with health and vitality after this natural exfoliation. A relaxing aromassage is performed with an application of hydrating body milk leaving your skin perfectly prepared for any occasion; this is the ultimate skin enhancer.

DECLÉOR MASSAGE

TRANQUILLITY SCALP MASSAGE

25mins - £35

Drift into a deep relaxation with this sublimely calming massage. All traces of tension are gently eased from scalp, neck and shoulders, and soothing essential oils enhance the calming experience.

AROMA BACK MASSAGE

25mins - £40

A back massage to relax and balance. Releasing tension with the use of deep effleurage movements along with kneading techniques to ease away aches and pains.

AROMA BODY MASSAGE

55mins - £55

From the tips of the toes, the specific Decléor art of massage provides a genuine sensation of well-being. 55 minutes of pure massage to work out tension while balancing the energies of the body. Harmonious effleurage strokes, acupressure points, kneading and gliding pressure follow each other in smooth succession, releasing the very essence of the essential oils.

HOT STONE BODY MASSAGE

70mins - £75

The most blissful way to soothe body and mind, stress doesn't stand a chance against this divine warm stone massage. Your personalised sensorial journey relies on the therapist's intuitive touch in harmony with smooth, heat-releasing stones. Individually shaped, these magical stones help release tension, soothe aches and rebalance energy levels; the use of luxuriously melting Aromatic Balms ensure skin emerges soft as silk too.



DECLÉOR FOR MEN

MEN'S EXPRESS ENERGISING FACE TREATMENT

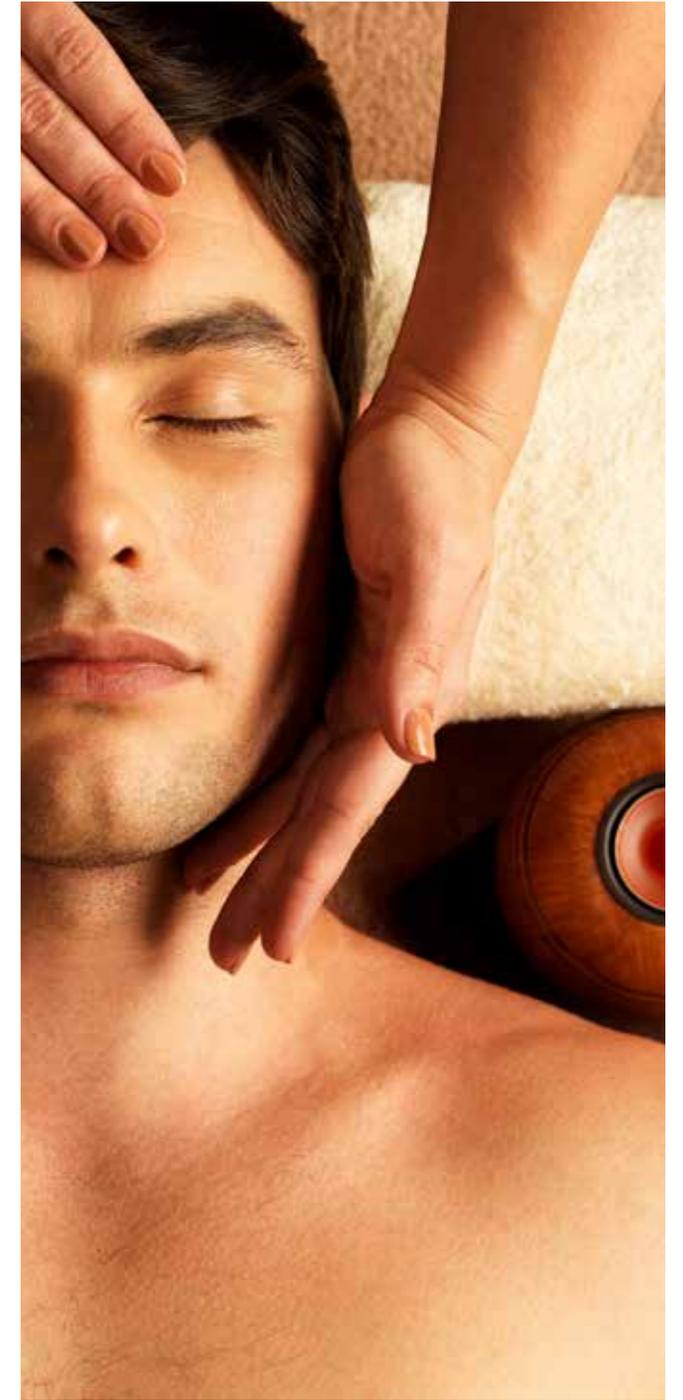
25mins - £35

Developed to re-charge and revive skin instantly, it includes thorough exfoliation and revitalising massage to give tired skin a new lease of life. Leaves every skin type clear, fresh and with reduced beard growth thanks to highly potent Clove Oil. Every busy man's key to better looking skin.

CLEANSING AND PURIFYING BACK

40mins - £40

The back is often a neglected area of our bodies, but with this treatment you are sure never to leave it forgotten again. A unique diagnostic massage will begin your treatment followed by a soothing aromassage and deep cleansing mask. Purifying Essential Oils will decongest and hydrate your skin leaving it clearer, brighter and in a healthier condition.



THALGO BODY TREATMENTS

3 ALGAE WRAP

55mins - £65

The original marine algae wrap, harnessing all the incredible benefits of seaweed. After a relaxing welcome massage to relieve tensions, the body is exfoliated before Thalgo's patented seaweed body wrap is applied, infusing its minerals, vitamins and micro-nutrients to the body. This treatment activates circulation, increases metabolism, relieves aches and pains and can improve certain dry skin conditions. Excellent for detox and general well-being.

AROMACEANE BODY WRAP

70mins - £70

This ultra-relaxing treatment combines Aromatherapy with a marine body wrap to improve health and well-being. After a welcome massage to soothe tensions, the Natural Marine Mud body wrap is customised with essential oils, chosen to suit your specific concerns (relaxation, slimming or detox) and applied to the body to infuse the skin. Once the wrap is removed, a light massage is carried out with the chosen blend of essential oils.

MARINE PRELUDE

55mins - £65

For the ultimate full body exfoliation designed to give super-soft skin, this treatment combines Natural Marine Mud taken from the Dead Sea and natural sea salts. The body is treated to a marine salt exfoliation to eliminate dead skin and alleviate dry and rough skin and invigorate the whole body. This is then followed by an application of marine mud to naturally remineralise and revitalise. While this is taking effect a deeply relaxing scalp massage promotes relaxation and eases tension. To finish, the whole body is treated to a light massage using an ultra-nourishing body cream.

THALGO
LA BEAUTE MARINE

FRIGI-THALGO BODY WRAP

55mins - £65

Discover Thalgo's famous cold marine wrap. After a stimulating exfoliation, your therapist will apply a bandage wrap to the body, infused with a lotion containing Thalgo patented seaweed extract, Menthol and active ingredients to improve blood flow and regulate fluid balance. Frigi-Thalgo is able to significantly boost circulation, making it highly effective at eliminating excess fluid and toxins from the hip and thigh area. It is very popular as an anti-cellulite treatment or for a slimming quick fix.

SILHOUETTE HIGH PRECISION SHAPING

55mins - £65

This high performance innovative treatment tackles cellulite and stubborn unwanted curves for amazing results! It features a unique Thalgo-exclusive Body Wrap which infuses pure oxygen into the deep skin cells to detoxify the skin and encourage the release and elimination of stored fats. Corrective concentrates packed with active ingredients are applied to target zones to refine and re-sculpt cellulite-prone areas and address lack of firmness. The Perfect Sculpt Massage is then carried out for 25 minutes, using techniques specifically designed to correct problems related to cellulite and deep fat deposits. The treatment finishes with the application of Intensive Correcting Cream or High Performance Firming Cream.

THALGO BODY RITUALS

POLYNESIA SPA RITUAL

90mins - £110

For the space of a ritual, escape to the paradise islands of the Pacific and discover the inestimable riches of Polynesia from one stopover to the next: Exceptional wild atolls with idyllic landscapes, age-old rituals, protected marine fauna. You are filled with a feeling of relaxation and escape.

Lagoon Water Bath

Stopover in Manihi, the Lagoon island

Exotic Island Body Scrub

Stopover in Taha'a, the Vanilla island

Mahana Massage

Stopover in Bora Bora, the White Sand island

INDOCÉANE SPA RITUAL

90mins - £110

Close your eyes and let yourself be swept away in a dream of serenity on a Far Eastern journey. At each stopover, divine perfumes and colours blend with marine riches, allowing body and mind to relax in complete harmony.

Precious Milk Bath

Egyptian Stopover, relaxation on the Nile

Sweet and Savoury Body Scrub

Mediterranean Stopover, a prelude with citrus notes

Indian Massage

Indian Stopover, tranquillity on the sacred Ganges

Silky Smooth Body Wrap

Chinese Stopover, temple of beauty

THALGO
LA BEAUTE MARINE



NAIL TREATMENTS

OPI EXPRESS MANICURE OR PEDICURE

25mins - £25

This treatment consists of a file and shape, soak, cuticle work and application of OPI nail lacquer.

OPI FOOT RITUAL

25mins - £25

Hard skin removal, exfoliation, soak, massage and application of cuticle oil.

OPI HAND RITUAL

25mins - £25

Exfoliation, soak, mask with hot mitts, massage and application of cuticle oil.

OPI MANICURE

45mins - £40

File and shape, exfoliation, soak, cuticle work, massage and application of OPI nail lacquer.

OPI PEDICURE

55mins - £45

File and shape, hard skin removal, exfoliation, soak, cuticle work, massage and application of OPI nail lacquer.

OPI LUXURY PEDICURE

70mins - £60

File and shape, hard skin removal, exfoliation, soak, cuticle work, mask with hot booties, massage and application of OPI nail lacquer.

OPI LUXURY MANICURE

55mins - £55

File and shape, exfoliation, soak, cuticle work, mask with hot mitts, massage and application of OPI nail lacquer.

GEL POLISH - COLOUR

45mins - £30

File, cuticle work and application of gel polish.

GEL POLISH - FRENCH

55mins - £32

File, cuticle work and application of gel polish in the style of a French manicure.

GEL POLISH MANICURE

70mins - £50

File and shape, exfoliation, soak, cuticle work, massage and application of gel polish.

GEL POLISH PEDICURE

70mins - £50

File and shape, hard skin removal, exfoliation, soak, cuticle work, massage and application of gel polish.

GEL POLISH REMOVAL

25mins - £10

Soak off of gel polish.

HAIR REMOVAL

EYEBROW WAX OR SHAPE - £10

Shaping eyebrows by waxing, tweezing and trimming.

LIP & CHIN WAX - £10

Removal of hair from lip or chin.

UNDERARM WAX - £15

Removal of hair from underarms.

BIKINI WAX - £15

Removal of the hair outside the knicker line.

BRAZILIAN WAXING - £15

Removal of all hair from the bikini area leaving a small strip or triangle at the front.

HOLLYWOOD WAX - £30

Removal of all hair from the bikini area.

HALF LEG WAX - £22

Removal of hair from upper OR lower leg.

FULL LEG WAX - £30

Removal of hair from full leg.

BACK OR CHEST WAX - £24

Removal of hair from back or upper torso.



SPECIAL FINISHING TOUCHES

SIENNA X PRE TAN EXFOLIATION

25mins - £30

Pre tan exfoliation to help achieve a long lasting, even tan.

SIENNA X SPRAY TAN – FULL BODY

25mins - £25

Head to toe natural looking sunless tan.

SIENNA X SPRAY TAN – HALF BODY

15min - £15

Full leg or upper body sunless tan to achieve a natural glow.

EYEBROW TINT* - £10

Tinting of eyebrow hairs.

EYELASH TINT* - £15

Tinting of upper and lower lashes.

EYELASH AND EYEBROW TINT* - £20

Tinting of lashes and eyebrows.

EYEBROW WAX AND TINT* - £15

Tinting of eyebrows followed by shaping using waxing, tweezing and trimming.

EYELASH EXTENSIONS* – FULL SET - £60

Individual eyelash extensions to volumise and lengthen natural lashes.

EYELASH EXTENSION* – 2 WEEK INFILLS - £30

Replacing any lost lashes to renew a full look.

EYEBROW ENHANCEMENT* (WOW BROWS)

45mins - £40

One of the most popular treatments. Clients with thin and sparse brows can now have the eyebrows seen on celebrities. This is a seven step procedure which includes face shape analysis to ascertain perfect brow shape, tinting of the brows, waxing, trimming, plucking and threading of the brows, and finally applying brow powder to give the perfect brow shape.

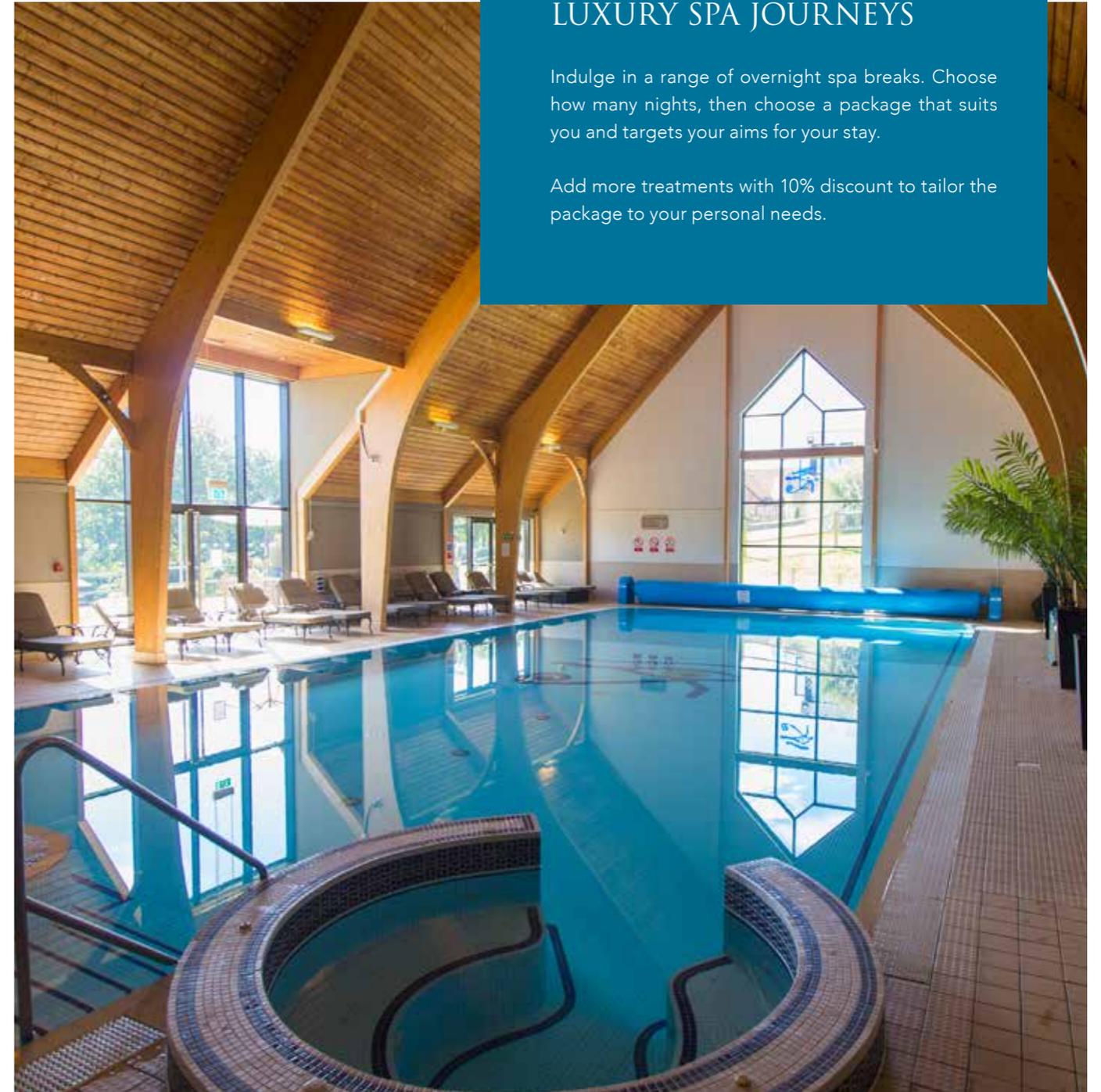
** Patch test required 48 hours prior to treatment.*



LUXURY SPA JOURNEYS

Indulge in a range of overnight spa breaks. Choose how many nights, then choose a package that suits you and targets your aims for your stay.

Add more treatments with 10% discount to tailor the package to your personal needs.



SPA DAYS

CLASSIC SPA DAY

Monday – Thursday £80.00 per person

Friday – Sunday £100.00 per person

A great way to share a relaxing day out with friends, family or someone you love.

A choice of one of the following 25 minute treatments:

- Decléor Full Body Exfoliation
- Decléor Tranquillity Scalp Massage
- Decléor Discovery Facial
- Express OPI Manicure (file, cuticle work and polish)
- Express OPI Pedicure (file, cuticle work and polish)

Accompanied with a one course lunch and soft drink.

INDULGENCE SPA DAY

Monday – Thursday £130.00 per person

Friday – Sunday £145.00 per person

Indulge in a tranquil day of essential pampering with time to escape.

A choice of one of the following 75 minute treatments:

- Decléor Ultimate Vitamin Glow Facial
- Thalgo Aromaceane Body Wrap
- Hot Stone Body Massage
- Decléor Radiant Mother-To-Be

Accompanied with a one course lunch and soft drink.

LUXURY SPA DAY

Monday – Thursday £145.00 per person

Friday – Sunday £160.00 per person

Treating yourself to all of the following treatments:

- Decléor Discovery Facial
- Decléor Aroma Body Massage
- Express OPI Manicure or Express OPI Pedicure (file, cuticle work and polish)

Accompanied with a one course lunch and soft drink.

THALGO OCEANS SPA RITUAL DAY

Monday – Thursday £170.00 per person

Friday – Sunday £185.00 per person

The Art of Relaxation, by combining some of the best of the oceans with the world's ancient traditions and techniques, to achieve unparalleled physical and mental well-being.

A choice of one of the following 90 minute treatments:

- Polynesia Spa Ritual
- Indocéane Spa Ritual

Accompanied with a one course lunch and soft drink.

**10% discount on any extra treatments booked when on a Spa Day package*

**Upgrade your one course lunch to afternoon tea for £5pp,*

(Subject to availability)

**Sunday lunch is a carvery lunch.*

**Dressing for lunch is required on Saturdays and Sundays.*

OVERNIGHT BREAKS

SPA RETREAT

Sunday – Thursday £109 per person

Friday – Saturday £159 per person

One night's dinner, bed and breakfast in a twin or double classic room and a choice of one of the following 25 minute treatments:

- Full Body Exfoliation
- Decléor Aroma Back Massage
- Decléor Discovery Facial
- Decléor Tranquillity Scalp Massage
- Express OPI Manicure (file, cuticle work and polish)
- Express OPI Pedicure (file, cuticle work and polish)

GIRLS NIGHT IN

Sunday – Thursday £119 per person

Friday – Saturday £169 per person

One night's dinner, bed and breakfast in a twin or double classic room, express OPI manicure or express OPI pedicure (file, cuticle work and polish) and one of the following 25 minute treatments:

- Full Body Exfoliation
- Decléor Discovery Facial
- Decléor Aroma Back Massage
- Sienna X Spray Tan
- Decléor Tranquillity Scalp Massage

**Single occupancy rooms are subject to a £35 charge per night.*

**10% discount on any extra treatments booked when on a Spa package.*

**For all one night stays staying on a Sunday night, inclusive treatments are to be taken on the Monday.*

TRANQUIL SPA BREAK

Sunday – Thursday £129 per person

Friday – Saturday £179 per person

One night's dinner, bed and breakfast in a twin or double classic room and a choice of one of the following 55 minute treatments:

- Decléor Aroma Body Massage
- Decléor Aroma Facial
- Decléor Aroma Body Wrap
- OPI Manicure
- OPI Pedicure



BEAUTIFUL BRIDE AND HENS (2 NIGHTS STAY)

Sunday – Thursday £269 per person

Friday – Saturday £343 per person

Treatments:

Here's the ideal way to prepare for the big day. With the lead up to your wedding you want to be as pampered and energized as possible. This stay is designed to help combat stress and melt those worries away.

Discover the power of Jasmine Absolute with Decléor's 30-minute Glow Power Boost, the ideal treatment for revealing a fresh and healthy glow, which combines deep cleansing, bespoke pressure-point massage with the power of the Aurabsolu collection. For even more effective results, Decléor introduces their first in treatment innovation: a hydrogel mask infused with essential oils and Jasmine Absolute, a deeply intense solution for tired, over-worked skin. Using the hydrogel structure to drive the precious ingredient deep into the epidermis, the skin looks refreshed and renewed after use, as if woken from a deep and peaceful sleep.

For the ultimate full body exfoliation designed to give super-soft skin, this treatment combines Natural Marine Mud taken from the Dead Sea and natural sea salts. You will also receive a deeply relaxing scalp massage which promotes relaxation and eases tension. To finish, the whole body is treated to a light massage using an ultra-nourishing body cream.

Treatments included:

Thalgo Marine Prelude - 55mins

Decléor Aurabsolu Glow Power Boost - 30mins

Gel Polish – Colour - 45mins (hands **or** feet)

Treatment time to be scheduled at the time of booking,
10% discount on any extra treatments booked.
Sundays lunch is a carvery lunch.

DAY 1

Arrive from 10am, come straight to the Spa and check in to collect your robes and slippers. Your room will be available for check in at 3pm, feel free to use our lockers to store your luggage. You will then enjoy a one course lunch in our restaurant, followed by a relaxing treatment in the Spa, ending the day with a two course dinner.

DAY 2

Breakfast is followed by a full day of relaxation and your second treatment. Then, enjoy an afternoon tea and laze around the pool to completely unwind. Finish the day with a two course dinner.

DAY 3

Enjoy breakfast, then check out of your room by 11am. Feel free to make use of the spa for the day until 2pm.

**Single occupancy rooms are subject to a £35 charge per night.*

**10% discount on any extra treatments booked when on a Spa package.*

**For all midweek check-ins staying over a Friday or Saturday night, a weekend supplement will be applied. Please enquire for more details.*

MOTHER TO BE (2 NIGHTS STAY) *(Suitable for pregnancies over 12 weeks)*

Sunday – Thursday £284 per person

Friday – Saturday £357 per person

Treatments:

Pregnancy can take its toll on your body, so relax and let a highly trained therapist safely and gently treat you to a truly nurturing experience. The radiant 'Mother to be' package is a blissful face and body treatment including a comforting tummy mask that actively helps reduce the risk of stretch marks plus draining massage to reduce water retention thus lightening 'heavy' legs. A skin-brightening facial ensures you look as glowing as you feel.

Treatments included:

OPI Pedicure - 45mins

Decléor Radiant Mother to Be - 70mins

OPI Manicure - 55mins

DAY 1

Arrive from 10am, come straight to the Spa and check in to collect your robes and slippers. Your room will be available for check in at 3pm, feel free to use our lockers to store your luggage. You will then enjoy a one course lunch in our restaurant, followed by a relaxing treatment in the Spa, ending the day with a two course dinner.

DAY 2

Breakfast is followed by a full day of relaxation and your second treatment. Then, enjoy an afternoon tea and laze around the pool to completely unwind. Finish the day with a two course dinner.

DAY 3

Enjoy breakfast, then check out of your room by 11am. Feel free to make use of the spa for the day until 2pm.

Treatment time to be scheduled at the time of booking,
10% discount on any extra treatments booked.
Sundays lunch is a carvery lunch.



ABSOLUTE DETOX (3 NIGHT STAY)

Sunday – Thursday £359 per person

Friday – Saturday £470 per person

Treatments:

Experience a totally renewed and refreshed self with an original marine algae wrap, harnessing all the incredible benefits of seaweed. After a relaxing welcome massage to relieve tension, the body is exfoliated before Thalgo's patented seaweed body wrap is applied, infusing its minerals, vitamins and micro-nutrients to the body. This treatment activates circulation, increases metabolism, relieves aches and pains and can improve certain dry skin conditions. Excellent for a detox and general well-being. You will also experience the Decléor art of massage. Providing a genuine sensation of well-being, 55 minutes of pure massage to work out tension while balancing the energies of the body. Harmonious effleurage strokes, acupressure points, kneading and gliding pressure follow each other in smooth succession, releasing the very essence of the essential oils.

Treatments included:

Thalgo 3 Algae Wrap - 55mins

Foot Ritual - 25mins

Free access to all classes throughout your stay (pre booking advised)

Decléor Aroma Body Massage - 55mins

Treatment time to be scheduled at the time of booking, 10% discount on any extra treatments booked. Sundays lunch is a carvery lunch.

**Single occupancy rooms are subject to a £35 charge per night.*

**10% discount on any extra treatments booked when on a Spa package.*

**For all midweek check-ins staying over a Friday or Saturday night, a weekend supplement will be applied. Please enquire for more details.*

DAY 1

Arrive from 10am, come straight to the Spa and check in to collect your robes and slippers. Your room will be available for check in at 3pm, feel free to use our lockers to store your luggage. You will then enjoy a light lunch in our restaurant, followed by a relaxing treatment in the Spa and then a two course dinner.

DAY 2

Breakfast is then followed with a full day of relaxation. Book your second treatment at a time that suits you, then enjoy an afternoon tea. Laze around the pool and completely unwind or take part in one of our many exercise classes. Finish the day with a two course dinner.

DAY 3

Breakfast, now you will be fully relaxed. Enjoy a light lunch, your third treatment and any classes you wish to attend. With another day in the Spa followed by a two course dinner.

DAY 4

Enjoy breakfast, then check out of your room by 11am. Feel free to make use of the spa for the day until 2pm.



RELAX AND REJUVENATE (3 NIGHTS STAY)

Sunday – Thursday £386 per person

Friday – Saturday £497 per person

Treatments:

Discover sublime relief from tension and stress. This stay will leave you totally rejuvenated and revitalized with muscles relaxed and flexibility improved, with Decléor's multi-award winning facial, power-packed with vitamins and antioxidants. Stress simply melts away thanks to five deeply relaxing massage techniques combined with an ultra-relaxing Aromaceane Body Wrap, helping to improve health and well-being. All topped off with an Aroma body massage to leave you with that floating feeling.

Treatments included:

Decléor Ultimate Vitamin Glow - 70mins

Decléor Aroma Body Massage - 55mins

Thalgo Aromaceane Body Wrap - 70mins

Treatment time to be scheduled at the time of booking, 10% discount on any extra treatments booked.

Sundays lunch is a carvery lunch.

**Single occupancy rooms are subject to a £35 charge per night.*

**10% discount on any extra treatments booked when on a Spa package.*

**For all midweek check-ins staying over a Friday or Saturday night, a weekend supplement will be applied. Please enquire for more details.*



DAY 1

Arrive from 10am, come straight to the Spa and check in to collect your robes and slippers. Your room will be available for check in at 3pm, feel free to use our lockers to store your luggage. You will then enjoy a one course lunch in our restaurant, followed by a relaxing treatment in the Spa, ending the day with a two course dinner.

DAY 2

Breakfast is followed by a full day of relaxation and your second treatment. Then, enjoy an afternoon tea and laze around the pool to completely unwind. Finish the day with a two course dinner.

DAY 3

Breakfast, now you will be fully relaxed. Enjoy a light lunch and your third treatment. With another day in the Spa followed by a two course dinner.

DAY 4

Enjoy breakfast, then check out of your room by 11am. Feel free to make use of the spa for the day until 2pm.



LYTHE HILL FAVOURITE UPGRADES

Personalise your spa break for any occasion with some of our favourite upgrades.

AFTERNOON TEA

At Lythe Hill, we invite you to take tea with us as we promise to provide an ambience filled with charm and grace. Treat yourself to this luxurious experience and indulge in a traditional English delicacy like no other.



CHAMPAGNE ON ARRIVAL

Why not treat yourselves to a bottle of champagne with lunch or in your room on arrival.



**All upgrades subject to availability and T&C. Please enquire for prices.*

TERMS & CONDITIONS

CANCELLATION T&C

TREATMENT ONLY

A 50% deposit is required at time of booking. If treatments are cancelled within 24 hours of the appointment time or fail to arrive, the deposit will be lost. If cancelled before the 24 hour period, deposit is refunded. Robes, slippers and use of facilities are not included in treatment only bookings.

SPA DAY PACKAGES

A 50% deposit is required at time of booking. If package is cancelled within 24 hours of the arrival time (10.00am) or fail to arrive, the deposit will be lost. If cancelled before the 24 hour period, deposit is refunded

OVERNIGHT SPA PACKAGES

A non-refundable deposit of £35.00 per person per night is required at time of booking with full payment four weeks prior to arrival date. Any deposits or prepayments taken at the time of booking are completely non-refundable and should you cancel your reservation within 48 hours or fail to arrive, we will charge you for the first night only at the full rate. The reservation may be rescheduled if at least 48 hours' notice is given (rescheduling is subject to availability). If the reservation is rescheduled, full payment is required at time of rescheduling and will become non-refundable. A new reservation date must be given at the time of rescheduling or it will be considered a cancellation and deposit/prepayment is lost.

SPA DAYS / SPA RESIDENTIALS T&C'S

All of our spa days and residentials include a one course Lunch (Excluding upgrade to Afternoon Tea Spa Package), use of the spa and health club facilities including, swimming pool, Sauna, Steam room, gym plus use of the spa terrace and relaxation suite, with loan of a robe, towel and slippers. Bank holiday weekends (Sunday-Monday) are charged at the weekend rate. Please arrive 15 minutes prior to your treatment to allow time to fill in a consultation form. Appointment length includes collection, consultation and changing. Guests with any infectious conditions may be refused treatment without reimbursement. Treatment time cannot be extended due to late arrival or toilet breaks during your scheduled treatment. Amarna Spa has a strict over 16's policy. Overnight spa packages are based on two people sharing. 10% discount available on any additional treatments booked. Pre-booking advised.

LYTHE HILL

HOTEL, RESTAURANT & SPA

OPENING TIMES

SPA

09:30 - 17:30 Everyday

HEALTH CLUB

07:00 - 22:00 Mon - Fri (Last entry 21:00)

08:00 - 20:00 Sat - Sun (Last entry 19:00)

LYTHE HILL | PETWORTH ROAD | HASLEMERE | SURREY | GU27 3BQ

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