

A photograph of a lush garden. The foreground is filled with a dense field of white daisies with yellow centers, growing on green grass. In the background, there are large, leafy green trees, some of which are out of focus, creating a bokeh effect. The lighting is soft and warm, suggesting late afternoon or early morning. The overall mood is peaceful and natural.

The Garden Spa

OLD SWAN & MINSTER MILL



THE GARDEN SPA is a **TRANQUIL** haven in the heart of our beautiful **OXFORDSHIRE** gardens. The indoor heated plunge pool is **BEAUTIFUL** and **INTIMATE** and a poolside rock sauna, aroma steam room, **ICE FOUNTAIN** and **TROPICAL RAIN FOREST SHOWERS** complete the picture.

INDULGE in simply blissful spa treatments by **ESPA** to **RELAX** and **UNWIND**. Using only the very **PUREST** extracts, **ESPA** biochemists distil active ingredients into products that keep their promises, for instant, **LASTING RESULTS**, every day. Each one is an expression of their belief in the remarkable power of nature to **CALM**, **REFRESH** and **RENEW**.

The three treatment suites provide a **TRANQUIL** and **CALM ENVIRONMENT** in which you can **TOTALLY RELAX**. The dual treatment suite, complete with a walk-in double shower, is perfect for **COUPLES** or **FRIENDS**. For those who want to try an alternative treatment experience we have a beautiful **RASUL MUD RITUAL** area which can be a unique treatment in its own right or complemented with one of our **TRADITIONAL SPA THERAPIES**.

ESPA



Our facials begin with a detailed consultation and in-depth skin analysis using SKINVISION technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

AGE DEFYING & SKIN SOLUTIONS

THE ULTIMATE AGE-DEFYER FACIAL

55 minutes

MON - THURS	FRI - SUN
£80	£90

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing. This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

OPTIMAL SKIN PROFACIAL

55 minutes

MON - THURS	FRI - SUN
£75	£85

Rebalance, hydrate and revitalise with this targeted facial that unites the pioneering formulas of our Optimal Skin collection with expertly tailored facial techniques. Tri-Phase cleansing technology is enhanced with Clarisonic brushing for a deep cleanse, while new Optimal Skin Pro Moisturiser targets the delivery of nutrient-rich, hydrating actives to where your skin requires them most. Instantly reviving and brightening the complexion, this facial ultimately helps to protect against environmental damage and delay the early stages of skin ageing.

SKIN RADIANCE FACIAL

55 minutes

MON - THURS	FRI - SUN
£75	£85

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

RE-HYDRATOR FACIAL

55 minutes

MON - THURS	FRI - SUN
£75	£85

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

ESPA FACIALS

AGE DEFYING & SKIN SOLUTIONS

DE-SENSITISER FACIAL

55 minutes

MON - THURS FRI - SUN
£75 £85

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished. De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

SKIN PURIFYING FACIAL

55 minutes

MON - THURS FRI - SUN
£75 £85

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.



SIGNATURE TREATMENT

THE ULTIMATE HERO - BACK, FACE & SCALP TREATMENT

85 minutes

MON - THURS FRI - SUN
£109 £119

ESPA advanced back, face and scalp treatment with or without hot stones is a total body experience which will relax and unwind. All of our aromatic oils and skin care will be personalised to your own needs. You will enjoy a back exfoliation continuing with a deeply soothing massage incorporating the use of hot stones followed by a tailor made facial with scalp massage.

HOT STONE MASSAGE

55 minutes

MON - THURS FRI - SUN
£80 £90

A therapeutic full body massage using aromatherapy oils chosen for your specific needs combined with warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated. This includes a hot stone aromatherapy massage to back, legs, arms, abdomen, neck and shoulders.

AROMATHERAPY MASSAGE

55 minutes

MON - THURS FRI - SUN
£75 £85

ESPA aromatherapy massage uses a blend of individually chosen oils and a personal consultation will ensure that you receive a unique treatment to suit your specific needs. This includes an aromatherapy massage to back, legs, arms, abdomen, neck and shoulders.

Choose from the following:
Detoxifier, De-Stresser, Muscle Relaxer, Immune Booster, Energiser, Body Toner, Jet-Lag Reviver.

ESPA BODY WRAP

55 minutes

MON - THURS FRI - SUN
£75 £85

This is a personalised body wrap tailor-made for your own experience, designed to deliver just what you need. Firstly, we will skin brush and exfoliate your body then wrap you in a warm cocoon of algae or marine mud combined with essential oils needed to meet your specific requests. Your body temperature will be comfortably raised to increase the effects and absorption of the wrap. A soothing scalp massage during your wrap will ensure you'll be left totally relaxed while your skin will feel nourished and hydrated.



ESPA FOR MEN

SIGNATURE TREATMENT

THE ULTIMATE HERO - BACK, FACE & SCALP TREATMENT

85 minutes

MON - THURS

£109

FRI - SUN

£119

ESPA advanced back, face and scalp treatment with or without hot stones is a total body experience which will relax and unwind. All of our aromatic oils and skin care will be personalised to your own needs. You will enjoy a back exfoliation continuing with a deeply soothing massage incorporating the use of hot stones followed by a tailor made facial with scalp massage.

THE ULTIMATE AGE-REBEL FACIAL

55 minutes

MON - THURS

£80

FRI - SUN

£90

The age rebel from ESPA will make you feel incredible; steam and soft brush cleansing combined with an enzyme peel and amazing facial massage will give you immediate visible results so you look younger and fresher.

HOT STONE MASSAGE

55 minutes

MON - THURS

£80

FRI - SUN

£90

A therapeutic full body massage using aromatherapy oils chosen for your specific needs combined with warm volcanic stones to relieve deep muscle tension. This includes a hot stone aromatherapy massage to back, legs, arms, abdomen, neck and shoulders.

MENS SHOULDER, NECK & FACE MASSAGE

55 minutes

MON - THURS

£75

FRI - SUN

£85

This is a specific deep muscle massage especially designed to concentrate on areas of tension accumulated during everyday activities like driving, computer work and lifting. The therapist focuses on the neck, lower back and shoulders to leave you feeling more agile.

AROMATHERAPY MASSAGE

55 minutes

MON - THURS

£75

FRI - SUN

£85

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. This includes an aromatherapy massage to back, legs, arms, abdomen, neck and shoulders.

Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Immune Booster, Energiser, Body Toner, Jet-Lag Reviver.



MUD THERAPY

THE UNIQUE RASUL MUD THERAPY TREATMENT

30 minutes

MON - THURS

£40*

FRI - SUN

£45*

A traditional, ancient, Middle Eastern ritual where mineral rich mud, heat and steam will leave your skin beautifully soft; this indulgent treatment really will awaken your senses. Mineral muds are presented to smooth onto the body and face, steam infused with relaxing aromas is then gently introduced to the room to help soothe tense muscles and open the pores allowing the enriched muds to condition your entire body. After approximately 20 minutes enjoy the introduction of a warm mist as it descends within your rasul to gently soften and help wash away the remaining mud, leaving your skin feeling conditioned and your mind clear.

Add a RASUL treatment experience to any 1 hour spa treatments booked and you will receive a 20% discount off this treatment.

*Two person treatment, price is per person.



ESPA MATERNITY

We offer a great range of solution-led ESPA body treatments and massages, each one designed and tailored specifically to ensure that you experience the best physical and emotional feeling and a sense of wellbeing depending on your current needs.

PRE & POST NATAL TREATMENT

55 minutes

MON - THURS

£75

FRI - SUN

£85

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, your choice if you would like it, is followed by a soothing body massage to suit your individual concerns and then a relaxing scalp massage. We will focus on requested areas to help alleviate muscular aches as well as helping you to relax, restore and revitalise. A course of six treatments is recommended following the first trimester of pregnancy.



ESPA MINI TREATMENTS

ESPA mini treatments are designed for you to enjoy when you are limited on time or simply want to complement your existing spa experience. Why not combine two mini treatments for that ultimate treat?

ESPA FACIAL TREATMENTS

PERSONALISED FACIAL

25 minutes

MON - THURS	FRI - SUN
£45	£50

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, Skin Vision analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

LIFT & FIRM EYE TREATMENT

25 minutes

MON - THURS	FRI - SUN
£45	£50

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

ESPA BODY TREATMENTS

SHOULDER, NECK & SCALP MASSAGE

25 minutes

MON - THURS	FRI - SUN
£45	£50

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs. Where needed, hot stones are also used to penetrate warmth and help ease aches and pains.

BACK, NECK & SHOULDER MASSAGE

25 minutes

MON - THURS	FRI - SUN
£45	£50

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs. Where needed, hot stones are also used to penetrate warmth and help ease aches and pains.

SALT & OIL SCRUB

25 minutes

MON - THURS	FRI - SUN
£45	£50

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

INVIGORATING FOOT TREATMENT

25 minutes

MON - THURS	FRI - SUN
£45	£50

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

MANICURES & PEDICURES

DELUXE MANICURE

55 minutes

MON - THURS	FRI - SUN
£50	£60

This luxury manicure includes exfoliation, mask, massage, cuticle care and thermal heated mittens for deeper penetration of oils and creams. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect polish.

DELUXE PEDICURE

55 minutes

MON - THURS	FRI - SUN
£50	£60

This luxury pedicure includes exfoliation, mask, removal of hard skin, foot and leg massage and thermal heated booties for deeper penetration of oils and creams. Your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished.

MINI MANICURE

25 minutes

MON - THURS	FRI - SUN
£30	£35

Hands and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat, then completed with a perfect polish.

MINI PEDICURE

25 minutes

MON - THURS	FRI - SUN
£30	£35

Feet and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat, then completed with a perfect polish.



Available Monday - Thursday.

WAXING

LIP OR CHIN	£15
UNDER ARM	£15
BIKINI	£15
HALF LEG	£20
FULL LEG	£30
FULL LEG & BIKINI	£45

TINTING & SHAPING

EYELASHES	£20
EYEBROWS	£20
EYELASH & EYEBROW	£30
EYEBROW SHAPING	£15
EYEBROW THREADING	£18

Please note: A patch test will need to be applied 24 hours before tinting.



THE GARDEN SPA GREAT ESCAPE

Available Monday – Thursday

FROM £310*

PER ROOM, PER NIGHT

Indulge in a luxurious 60 minute treatment of your choice and enjoy time by the pool, in the poolside rock sauna, aroma steam room or ice fountain. Finish your stay with a delicious three-course dinner in the Old Swan restaurant and then curl up in a comfortable bed for a relaxing night's sleep, followed by a full English breakfast the next day.

PACKAGE INCLUDES:

This indulgent spa break includes one 60 minute treatment of your choice:

- Re-hydrator Facial
- Skin Purifying Facial
- Aromatherapy Massage
- Hot Stone Massage
- Deluxe Manicure
- Deluxe Pedicure
- Full use of our luxurious spa facilities including robes, slippers and towels
- A three-course dinner in the Old Swan restaurant
- One night of luxury accommodation
- Full English or continental breakfast in the morning
- 20% discount on any further treatments booked on the day

THE INDULGENT SPA GETAWAY

Available on Sunday only

FROM £240†

PER ROOM, PER NIGHT

Indulge in a luxurious 30 minute treatment of your choice and enjoy time by the pool, in the poolside rock sauna, aroma steam room or ice fountain. Enjoy a three-course dinner in the Old Swan restaurant and then curl up in a comfortable bed for a relaxing night's sleep, followed by a full English breakfast the next day.

PACKAGE INCLUDES:

This indulgent spa break includes one 30 minute treatment of your choice:

- Back, Neck and Shoulder Massage
- Personalised Express Facial
- Salt and Oil Scrub
- Mini Manicure
- Mini Pedicure
- RASUL mud therapy treatment (min of 2 people)
- Full use of our luxurious spa facilities including robes, slippers and towels
- A three-course dinner in the Old Swan restaurant
- One night of luxury accommodation
- Full English or continental breakfast in the morning
- 20% discount on any further treatments booked on the day



GARDEN SPA RETREAT

Available Monday - Thursday; arrival at 9.30am

Escape to The Garden Spa for a day dedicated to relaxation; enjoy a one hour treatment of your choice followed by a tempting two-course lunch in the Old Swan restaurant and then simply while away the remainder of your day by the pool, in the poolside rock sauna, aroma steam room or ice fountain.

PACKAGE INCLUDES:

This indulgent spa day includes one 60 minute treatment of your choice:

- Re-hydrator Facial
- Skin Purifying Facial
- Aromatherapy Massage
- Hot Stone Massage
- Deluxe Manicure
- Deluxe Pedicure
- A delicious two-course lunch in the Old Swan restaurant
- Full use of our luxurious spa facilities including robes, slippers and towels.
- A 20% discount on any additional treatments booked on the day

£110

INDULGENT GARDEN SPA RETREAT

Available Monday – Thursday; arrival at 9:30am or 1.00pm

Escape to the Garden Spa for a day dedicated to relaxation; indulge yourself with a 60 minute treatment plus a unique 30 minute RASUL mud therapy treatment, then simply while away the rest of the day in the pool, rock sauna, aroma steam room or ice fountain. This treatment package also includes a two course lunch or afternoon tea served with a glass of champagne in the Old Swan Restaurant.

PACKAGE INCLUDES:

This indulgent spa day includes one 60 minute treatment of your choice:

- Aromatherapy Massage
- Hot Stone Massage
- Re-Hydrator Facial
- Skin Purifying Facial
- Deluxe manicure / Deluxe pedicure
- A unique 30 minute RASUL Mud Therapy treatment
- A delicious two course lunch or afternoon tea with a glass of Champagne
- Full use of our luxurious spa facilities including robes, slippers and towels
- A 20% discount on any other treatments booked on the day

£130

SPA DAYS

GARDEN SPA TWILIGHT RETREAT

Available Monday – Thursday; arrival at 4.30pm

£80

Escape to The Garden Spa for an evening dedicated to relaxation; enjoy a 30 minute treatment of your choice followed by a tempting three-course dinner in the Old Swan restaurant and then relax and unwind by the pool, in the poolside rock sauna, aroma steam room or ice fountain.

PACKAGE INCLUDES:

This indulgent spa day includes 30 minute treatment of your choice:

- A 30 Minute treatment of back, neck, shoulder massage, RASUL treatment or personalised facial
- A delicious three-course lunch in the Old Swan restaurant
- Full use of our luxurious spa facilities including robes, slippers and towels
- A 20% discount on any additional treatments booked on the day

RASUL SPA DAY

Available Monday – Thursday; arrival at 9:30am or 1.00pm

£110

Escape to The Garden Spa for an evening dedicated to relaxation; enjoy two 30 minute treatments; one 30 minute rasul treatment and a 30 minute spa treatment of your choice followed a three course dinner in the Old Swan restaurant, relax and unwind by the pool, in the poolside rock sauna, aroma steam room or ice fountain for the rest of the afternoon.

PACKAGE INCLUDES:

This indulgent spa day includes two 30 minute treatments; one 30 minute RASUL treatment and a 30 minute spa treatment:

- 30 minute RASUL Mud therapy treatment
- 30 minute spa treatment; choice of back neck and shoulder massage or personalised facial
- A delicious three-course lunch in the Old Swan restaurant
- Full use of our luxurious spa facilities including robes, slippers and towels
- A 20% discount on any additional treatments booked on the day

TERMS & CONDITIONS

ARRIVAL TIME

Please allow sufficient time prior to your spa experience to complete a spa consultation form and health questionnaire. We recommend that you arrive up to 30 minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that any late arrival will result in a reduction of treatment time. The spa will provide towels, robes and slippers.

CANCELLATION POLICY

Please provide at least 48 hours notice for cancellation to avoid being charged for your treatments.

MEDICAL CONDITIONS

Some of the treatments that are offered are not suitable for guests with certain medical conditions. We request that you draw to our attention any of the following conditions at the time of booking: cardio or respiratory conditions, high or low blood pressure, epilepsy, diabetes, pregnancy, skin conditions, cancer diagnosis, thyroid problems or recent operations. We have specially designed treatments for expectant women so please allow our spa team to guide you in selecting which treatments are most suitable for you.

SPA TECHNOLOGY POLICY

The Garden Spa environment is one of relaxation and tranquillity, we would therefore be grateful if you would please note that the spa is a mobile phone, iPad, camera and smoke free area.

CHILDREN POLICY

We are unable to accommodate children under the age of 16 in The Garden Spa.

GIFT VOUCHERS

An ideal gift for someone special, please contact Spa reception for further details.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your hotel room safe during your visit or request one of our spa concierge to place it in the Spa safe. For the protection of your clothing we also advise you wear the robe provided.

RETURNS POLICY

You can exchange unopened products within 14 days of purchase if you have a receipt. We cannot exchange any opened products.

SPA DAYS

Day packages are offered subject to availability. Lunch or afternoon tea reservations should be made at time of booking. Day packages cannot be used in conjunction with any other offer. Treatments include consultation time. Prices listed are per person.

TERMS & CONDITIONS

SPA BREAKS

Spa break packages are subject to availability. Dinner reservations should be made at time of booking. This package cannot be used in conjunction with any other offer. Treatments include consultation time. Spa treatments must be taken on Monday morning in the Indulgent Spa Getaway.

†£240 price is per room, for one night, based on two adults sharing a Classic Room. A £30 supplement applies from May to October. Package not available on bank holiday weekends.

*£310 price is per room, for one night, based on two adults sharing a Classic Room mid-week. A £30 supplement applies from May to October.

USE OF GARDEN SPA LEISURE FACILITIES

- £25 charge for hotel guests or complimentary when having a spa treatment.
- £25 charge for external guests when having a spa treatment.
- £25 entry fee is included in the package for spa day guests.



ESPA

Natural Beauty
Inner Calm

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ANDREW BROWNSWORD HOTELS