



MEON VALLEY  
HOTEL & COUNTRY CLUB, SOUTHAMPTON



THE **RETREAT** SPA

  
**ELITE**  
VENUE  
SELECTION



# **WELCOME** TO THE MEON VALLEY RETREAT SPA

## PACKAGES

All our spa day packages include full use of leisure facilities between 10am and 4pm. Towels can be provided with robes and slippers added price of £5 per person to hire for the day.

### **Spa retreat package £130 per person**

Includes 2 hours of treatments. You can choose from; Full body massage, Elemis facial, Manicure or Pedicure.

### **Refresh & revive package £120 per Person**

Includes 1 and half hours of treatment with the choice of Elemis Vitamin facial, back massage, full body massage, scalp massage, Zen Spa manicure or express Pedicure.

### **Time For You Package £75 per person**

Includes 1 hour of treatment per person. Treatment choices of; Full body massage, Elemis Facial , Zen spa manicure or pedicure.

### **Time For Two Packages £110 FOR 2**

For two people to have a 25 minute treatment each, choose from, Massage, Facial, Mini Manicure or a Mini pedicure.

### **Time for Me Package £60 per Person**

Includes 25 minutes of the treatment of your choice. You can choose from a Mini Manicure, Mini Pedicure, Facial or massage and scalp massage.



# FACIALS AND EYE LASH TREATMENTS

All facials are designed to suit your skin tone in a warm and relaxing environment.

## **Kaeso**

**£30 - 25 Mins**

**£55 - 50 Mins**

Kaeso is a skincare that targets key skin concerns and types; hydrating for normal to dry skin, calming for sensitive skin, rebalancing for oily/combo skin, and anti-ageing.

What are the benefits of Kaeso facial?

Kaeso is formulated to reduce excess oil and remove impurities. A purifying creamy non-drying mask that refines and adapts to the needs of combination skin. Extract of natural astringents, Willow Bark and Witch Hazel, help to boost skin tone while moisturising. Helps to revitalise the complexion leaving skin looking brighter.

All facials include Cleanse, toner and moisturiser, designed to suit your skin type.

## **Eye and eyelash treatments**

A Patch test of 24 hours will be required for these treatments.

## **Eyelash lift and tint**

**£38.00**

Lash lift: It mimics the effect of an eyelash curler, making your lashes bend upwards for a longer and more open look.

Lash tint: It involves temporarily dyeing your lashes darker, making them look thicker and fuller.

These procedures work with your natural lashes and create noticeable yet amazing results.

They are often done together for a more natural and low-maintenance lash experience.

## **Eye Brow tint Non Members**

**£10.00**

## **Eyelash tint Non Members**

**£18.00**

## **Eye lash and eyebrow tint with eye brow shape**

**£35**

## **Eyebrow Shape**

**£15**

**ELEMIS**  
LONDON

# ELEMIS Wins Best Luxury Skincare Brand

We're thrilled to share that we have won Best Luxury Skincare Brand at The Sunday Times Style Beauty Awards 2023.



## **ELEMIS EXPERT COLLAGEN EYE BOOST**

**Brighten, Hydrate & Revitalise**  
**£15**

Elevate your facial experience with our targeted eye treatment add on, specially designed to brighten, hydrate, and revitalise.

## **ELEMIS EXPERT RESTORATIVE HEAD MASSAGE**

**Rebalance, Restore & Relieve**  
**20 mins - £25**

Combined with your main treatment our restorative head massage performed without the use of oil, helps to alleviate tension in the neck and scalp leaving you feeling completely balanced.

## **ELEMIS EXPERT™ DEEP TISSUE TENSION-EASE MASSAGE**

**Renewed, Grounded & Focused**  
**25min - £45 | 50min - £78**

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation. It is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

## **ELEMIS EXPERT™ TRANSFORMATIVE HOT STONE MASSAGE**

**Soothe, Relax & Relieve 50min - £85**

This deeply transformative treatment incorporates heated volcanic stones which are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

## **ELEMIS EXPERT™ ABSOLUTE FACE + BODY RITUAL**

**Restored, Rejuvenated & Renewed**  
**50min - £60**  
**80min - £85**  
**100min - £120**

Immerse yourself in luxury with this tailored treatment. Choose your own combination of facial and body treatment, or let your therapist prescribe the perfect treatment to leave you feeling restored from head to toe.

## **BESPOKE FACE & Body Treatments**

### **ELEMIS EXPERT TOUCH Or ELEMIS EXPERT TECH Facial**

**25min - £45**  
**50min - £65**

## **BESPOKE FACE & Body Treatments**

### **DEEP TISSUE TENSION EASE BACK MASSAGE**

**25min - £50**

### **CLEANSING SALT SCRUB**

**25min - £45**

### **CLEANSING SALT SCRUB & FRANGIPANI BODY WRAP**

**50min - £75**

### **CLEANSING SALT SCRUB & TENSION EASE BACK MASSAGE**

**50min - £78**

### **DEEP TISSUE TENSION EASE BODY MASSAGE**

**50min - £80**

# MASSAGE AND RELAXATION

## **Swedish Massage**

50 minute - £70

25 minute - £45

Let the therapist help by using techniques to relieve tension to tired and overworked muscles.

## **Foot and Scalp massage**

40 minute - £50

## **Aromatherapy Massage**

50 Minute - £70

25 minute - £45

This is a gentle massage using specially blended oils to help relax or uplift your bodies needs .

## **Infrared Massage**

25 Minute -£45.00

Using a heated lamp to penetrate deep into the muscles to relieve and restore all your aches and pains.

## **Scalp massage**

20 Minute - £25

20 minutes of pure relaxation to ease tension and headaches.

## **Foot Massage**

20 Minute - £35

This foot massage can improve your circulation, stimulate muscles, reduce tension, and often ease pain, whilst using essential oils to relax the mind and body for full relaxation.

## **Hot Stone Massage**

50 minute - £70.00

25 minute - £48.00

A hot stone massage is a type of massage therapy using heated basalt stones. It's used to help you relax and ease tense muscles whilst soothing damaged soft tissues throughout your body.



# NAILS

## **Pedicure**

50 minute pedicure to include; a wash, exfoliation, cutting, filing and massage. Offer excludes Varnish.

£30

Normal Varnish - £35.00

With Gel - £38.00

To add a deluxe Pedicure using heated Booties add an extra £5 onto these prices.

## **Manicure**

25 Minute Hands or Toes cut and file

Offer excludes Varnish £15.00

With Normal Polish - £25

With Gel Polish - £28.00

Gel Removal - £16

Biab Manicure - £38

Please note you will be charged for removal of gel if you didn't have them painted by the retreat spa. This can take up to 20 minutes, so please allow extra time when booking in or the therapist may refuse to remove the old gel.

## **Zen Spa Pedicure**

**Normal Jessica Polish £40 or add Gel Polish £45**

Using Jessica products your feet will feel fresh and revived by removing the dead skin, cutting the toe nails and grooming the feet. This will also include a deep conditioning massage, ending with a choice of many nail varnish colours.

## **Jessica Prescriptive Manicure Normal Jessica Polish £35 or add Gel Polish £40**

This treatment is excellent for increasing circulation and relieving aching joints due to the massage and exfoliation you will receive. This is followed by a full tidy up of your nails and the polish of your choice.

## **Express Manicure or Pedicure 25 minute Normal Polish £25 Or Gel express £30**

This is a quick and simple way of getting beautiful nails. The therapist will file and shape the nail, finishing with the Jessica colour of your choice.

## **Removal of Gel £16**

Using heated Booties or Mitts, ending with a treatment to help straighten the nails to keep them healthy and strong.



# MEN'S TREATMENTS

## **Men's foot wash especially designed for men.**

**£30 for 25 mins**

Using the highest quality foot products we soak the feet in warm water, cut and file the toe nails, remove the dead skin, then end with a relaxing foot massage which will leave those tired feet feeling refreshed.

## **Men's Hot Towel Facial**

**£30 for 25 mins**

This facial has been especially designed for Men using Decléor products. With hot towels to open the pores and warming massage techniques to help muscles relax and restore to the natural glow, ending with a relaxing scalp massage.

## **Men's anti stress infrared Massage**

**£45 for 25 Mins**

This massage is using heat directed to the skin, this will release body muscle tension to provide a more quality massage. The heated muscles allow the body to relax. This will increase blood circulation, reduces stress and fatigue.

## **Mens Swedish Massage**

**£40 for 25 mins**

**£65 for 50 mins**

Using a unique technique in pressure and movements this is the perfect treatment for tired and aching muscles.

## **Mens Scalp Massage**

**20mins for £30**

massaging the scalp to help relieve stress and tension headaches.

## **Waxing**

**Back £35 Chest £28**

## **Mens Nail Care**

**25 minutes - £20.00**

Men's hand and nail care includes cut and cuticle work for tired working hands.

# EXTRA TREATMENTS

## **Bridal Package**

Bridal Gel Manicure and Pedicure,  
Eyebrow wax and tint, Eyelash tint,  
20 minute back massage, and a  
15minute Scalp massage. These  
treatments will be on and before the  
big day **£145**

## **Waxing & Tints**

Full Leg **£30**

Half Leg (to the knee) **£20**

Eyebrow Shape **£15**

Lip or Chin **£8** both **£15**

Eyelash Tint **£18**

Eyebrow Tint **£10**

Eyelash and Eyebrow Tint with  
Eyebrow Shape **£35**

PLEASE NOTE Patch test for tint  
will be required 24 hours prior  
treatment.



# LEISURE INFORMATION

## **Useful Information for Hotel Guests using the Leisure and Spa:**

NOTICE: All hotel guests wanting to use the leisure club will have to pay a £5.00 per person entry fee. This fee will give you one slot within the pool/gym facilities. This payment will be paid directly at the golf and leisure desk. Bookings for the leisure club are required and is subject to availability.

Meon Valley Hotel Gym & Spa offers guests and members an array of excellent facilities. Whether you have a daily gym routine or are looking for somewhere to unwind, there is something here for you to enjoy. With a fully equipped gym, you can use our cardio equipment to improve your stamina and cardiovascular endurance. Additionally, there is a spread of strength and resistance kits, allowing you to improve your muscle and toning. The gym is full of exceptional equipment, perfect for keeping you on track with your fitness journey. This gym also offers fitness classes for a range of abilities.

Meon Valley Hotel is furnished with an amazing heated indoor pool, a luxurious sauna and steam room. The Jacuzzi, sauna and steam room, are perfect for adults (over 16 years).

## **Our Gym & Spa Facilities Include:**

- Cardiovascular equipment
- Weights
- Fitness classes
- Personal training
- Indoor pool
- Jacuzzi
- Sauna
- Steam Room



## BOOKINGS

Please book spa appointments in advance on 01329 836 830

Unfortunately we do not carry out treatments on anyone under the age of 18

All appointments will need a consultation on arrival, so please arrive 15 minutes before your allocated time.

## CANCELLATION POLICY

Please give us 24 hours for any cancellations or a 50% charge will be applied.

## GIFT VOUCHERS

Gift Vouchers Available to purchase at the Spa for that special occasion.

## OPENING HOURS

Open Times are

Monday:	9am - 5pm
Tuesday:	9am - 5pm
Wednesday:	9am - 5pm
Thursday:	9am - 5pm
Friday:	9am - 5pm
Saturday:	9am - 5pm
Sunday:	9am - 5pm

Sunday openings \* Subject to special request for parties for over 6 people \* Booking needs to be 4 weeks in advance. Subject to limited availability.

## LEISURE OPENING TIMES

### Adult Swim Times

Monday - Sunday : 07:00am - 21:00pm

### Children Swim Times

Monday - Friday : 08:00am - 19:00pm

Saturday : 8:00am - 12:00pm  
and again at 16:00pm - 19:00pm

Sunday: 8:00am - 9:00am  
and again at 12:00pm - 19:00pm

Additional pool closures are in place. Please see pool timetable for availability. Bookings for the club are required in advance and subject to availability.



### Meon Valley Hotel, Golf & Country Club

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