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THE  
HOUSE  
SPA

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AT DORMY HOUSE

# House Spa: Come to your Senses

Our spa is a light and uplifting space, bringing the outdoors in and creating a heavenly sanctuary for you to truly relax and feel fabulous.

Our luxurious treatments use Temple Spa and Proverb treatment ranges. Temple spa is a British brand of science-led skincare bathed in Mediterranean sunshine whilst Proverb exists to inspire a 360 degree approach to wellness and stress relief, which integrates lifestyle, skincare and results driven treatments. Whichever you choose, you are in the hands of our highly experienced therapists, who will ensure you have a relaxing and enjoyable spa visit.

## OPENING TIMES

Spa Facilities are open 7am – 7pm

Treatments available from 9am – 6.30pm

So everyone can get the most out of their spa experience, we may limit access every now and then to the pool area during peak times to avoid over-crowding.

This includes specific daily children's pool times. Children are welcome to use the spa main pool between 9am – 10am & 3pm – 4pm (8am – 10am & 3pm – 5pm during school holidays), but must be accompanied by an adult at all times.



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# *A Swift tour of the Spa*

## **THE GREENHOUSE**

The heart of House Spa is The Greenhouse, a light-filled lounge that offers tranquility, comfort and delicious food. We serve a healthy and delicious menu alongside all sorts of treats for a calorie-neutral day out! At House Spa, we encourage you to be both naughty and nice. When evenings and winters draw in, the welcoming fireside transforms The Greenhouse into a cosy retreat.

## **THE BATHING ROOM**

Bathe in style at House Spa. Stretch your limbs in the spectacular candlelit indoor Infinity Pool - a 16m heated swimming pool for lengths and lazing. Curl up poolside in comfort with a good book and lots of natural daylight. Or take a dip in our outdoor hydrotherapy pool with warm water jets to relax you even on a frosty winter days. To ensure guests' relaxation, we operate a 60-minute pool and thermal facility booking system.

## **THE THERMAL SUITE**

Get back to nature and experience a true, fire and ice experience in The Thermal Suite. By mixing hot and cold experiences the body receives an internal and external 'workout', improving skin tone and appearance whilst delivering immense therapeutic benefits. Choose from our aromatic steam room, our experience shower with choice of forest mist, tropical rain or arctic blast or try out our beautiful Himalayan Salt Sauna. The salt particles help to ease asthma or any breathing difficulties, decreasing inflammation and aiding good breathing, whilst building up the bodies natural immunity to coughs, colds and illness. Finally our incredible snow shower. Thickly falling snowflakes caress the skin as every part of the body reacts to the cold yet natural stimulus. The slow snowfall calms and relaxes all the senses: a true moment of contentment.

## **THE FLOAT TANK**

Over 500kg of Epsom salts are added to the i-sopod floatation tank and mixed with 1,000 litres of water. This creates a highly buoyant environment in which people will naturally float to the surface without any effort. Floating in this way allows the user to escape the forces of gravity, relaxing the muscles and releasing tension.

## **THE GYM**

Our hotel gym has state of the art cardio and weight equipment.

## **THE SUITE OF TREATS**

We have six lovely treatment rooms and a menu of treatments to soothe every bone and warm your heart. Read on – you won't be able to resist...



# Spa Day Packages

Additional treatments can be added to any of the packages subject to availability and regular pricing. Please note that spa days guests will need to pre-book their 60 minute pool and hydro-pool slots in advance, along with gym slots also.



## MORNING MEANDER

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Includes the following:

- Food allocation to use in The Greenhouse for lunch
- Two 60-minute slots for the pool and The Thermal Suite
- Complimentary glass of prosecco or a smoothie

Available Monday - Friday, 10.30am - 1pm.

*Booking in advance is essential.*

## AFTERNOON BLISS

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Includes the following:

- Food allocation to use in The Greenhouse for lunch
- Two 60-minute slots for the pool and The Thermal Suite
- Complimentary glass of prosecco or a smoothie

Available Monday - Thursday, 11:45am - 3.30pm.

*Booking in advance is essential.*

## DAY DREAMER

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Includes the following:

- Food allocation to use in The Greenhouse for lunch
- Two 60-minute slots for the pool and The Thermal Suite
- One of the following 60-minute treatments:
  - Glorious Mud
  - My Kinda Skin
  - Go Guy Facial
  - The Totally Quenched & Drenched Facial

Available Monday - Thursday, to be taken between the hours of 9am - 5:30pm.

Total treatment time: 60 minutes.

*Booking in advance is essential.*

## DRIFT & DREAM

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Includes the following:

- Two 60-minute slots for the pool and The Thermal Suite
- 60-minute x Float Tank experience
- Relax in our Greenhouse Spa Lounge and enjoy a warm drink or juice and a slice of our delicious cake of the day

Available Monday - Thursday, to be taken between the hours of 9am - 5:30pm.

Total treatment time: 60 minutes.

*Subject to availability.*

## SWEET SERENITY

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Includes the following:

- 120 minute x Spa Facility use
- One Wave Touch Massage
- Relax in our Greenhouse Spa Lounge and enjoy a warm drink or juice and a slice of our delicious cake of the day

Available Monday - Friday.

Total treatment time: 25 minutes.

*Subject to availability.*



# Spa Day Packages

## IN YOUR ELEMENT

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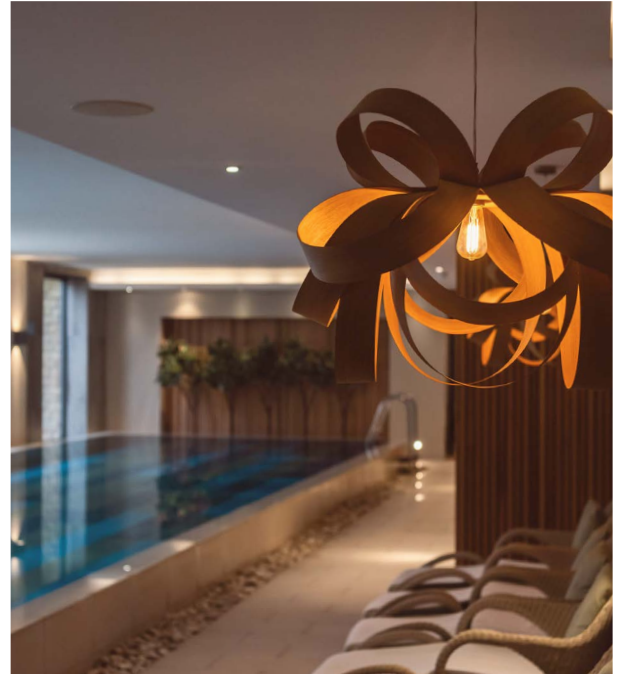
Includes the following:

- Food allocation to use in The Greenhouse for lunch
- One 60-minute slot for the pool and The Thermal Suite
- Complimentary glass of prosecco or a smoothie
- One of the following 60-minute treatments:
  - My Kinda Skin
  - Body Cure Massage

Available Monday - Friday.

Total treatment time: 60 minutes.

*Booking in advance is essential.*



## PROVERB 360 SPA DAY

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Includes the following:

- Food allocation to use in The Greenhouse for lunch
- Two 60 minute slots for the pool and The Thermal Suite
- Our 90 minute Proverb treatment experience: Upper Body Recovery & Natural Facelift  
*A targeted back, neck and shoulder massage followed by our natural facelift workout with powerful techniques to iron away stress in the entire upper body. Revive tired and tight muscles, mobilise joints and increase your range of movement while leaving your face energised, contoured and lifted.*

Available Monday -Thursday 9am -5.30pm.

Total treatment time: 90 minutes. *Booking in advance is essential.*





# Really rejuvenating facials by Temple Spa

## MY KINDA SKIN

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60 minutes

This personalised, skin-reviving facial is your ultimate bespoke treatment. Tailored precisely to your unique skin type, My Kinda Skin is a 60-minute experience designed to deeply cleanse, restore, and nourish. Using expert massage techniques this restorative facial replenishes moisture levels while addressing your skin's specific needs. The journey doesn't end there; you'll leave with a detailed skin prescription and professional observations to preserve your skin's natural radiance.

## ALL ABOUT THE GLOW

### *Vitamin C radiance facial*

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60 minutes

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and our glycolic acid complexes and our unique skin-lifting massage techniques ensure the results mean even better skin.

We like to call it the facial gym power hour!

## GO GUY FACIAL

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60 minutes

This high-performance men's facial is perfect to revive, refresh and invigorate. Your skin will be revitalised and energised with a deep brush cleanse, followed by a targeted face and shoulder massage. Skin is then treated to a deep exfoliation and an application of a bespoke face mask. Finally enjoy a hot stone neck and shoulder massage to melt away the final traces of tension and stress. Skin is left smoother, softer, hydrated and ready to face the world.

## LIGHT RELIEF

### *CBD Skin booster facial*

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75 minutes

Feeling and looking stressed out? Our light relief CBD skin booster facial is the remedy. This anti-inflammatory treatment brings comfort to fragile and dehydrated skin whilst soothing mind, body and soul. Starting with a calming face massage and eye treatment and followed with a hot oil scalp massage, plus a hand & arm massage using warmed White Jade Wave Stones, rest assured you'll leave radiant, glowing and feeling totally chilled out.



### THE TOTALLY QUENCHED & DRENCHED

*Rehydrating facial for thirsty skin*

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60 minutes

This facial is the ultimate in anti-ageing. This lavish experience is a must for a dehydrated, dull or devitalised skin, leaving your skin looking radiant & fresh. We combine powerful ingredients and techniques to help fight the ageing process and loss of elasticity in the skin. This divine facial includes a signature face and décolleté massage including a specialised eye massage to stimulate circulation and muscle tone. Skin is then exfoliated and treated to an application of the award-winning Temple Spa Quench Hydrating Mask. The results are outstanding; skin looks plumper, firmer, hydrated, visibly smoother and wonderfully soft. You could call it a facial iron.

### CHAMPAGNE AND TRUFFLES

*Anti-aging, lift and radiance facial*

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90 minutes

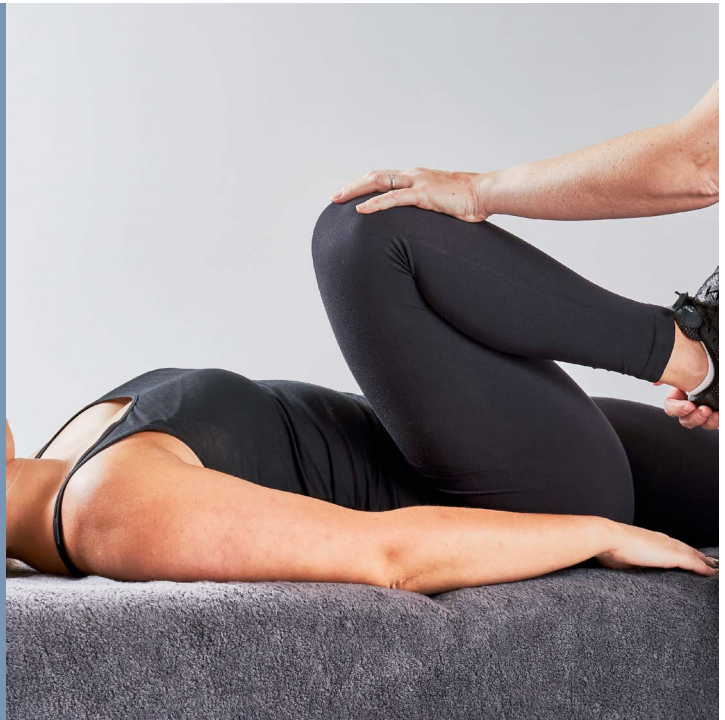
This super luxurious facial starts with a hot stone shoulder massage and brightening hand exfoliation. Followed by a specialist lifting massage to help strengthen and tone the skin, resurfacing peel, a hydrating and brightening mask to help iron out any lines and wrinkles, cold stone therapy to reduce any puffiness and finish with Skin Truffle products. With action packed ingredients such as Champagne, Silk, Diamonds, Gold and Black Truffle you will have a visibly lifted and plumped complexion. To add that extra touch of decadence, we've included a glass of Champagne and a hand-made artisan chocolate truffle for you to enjoy at the end of your experience.

# Proverb Treatments

Proverb is for people who take their health, performance and the environment seriously. The range takes the knowledge used in pro sports and elite nutrition and applies it to the skin. Using ingredients which you would typically find on the nutrition sheet of a top athlete, such as: tomato, pomegranate, papaya, olives, coconut, avocado, basil, thyme and spirulina. The products focus on delivering results without the use of the toxic chemicals or additives whilst drawing a clear link between sport, clean eating and what your skin absorbs. Proverb skincare uses only natural, organic, vegan and cruelty-free ingredients to deliver lab proven results. Products are formulated in England and have multiple uses, with many being re-fillable to support the brands ethos of sustainability.

## PROVERB TREATMENTS

We are delighted to bring our guests something brand new for 2024, with the introduction of Proverb. We are kicking off with three very exciting treatments, which we are sure our guests are going to love! Proverb exists to inspire a 360 degree approach to wellness and stress relief which integrates lifestyle, skincare and results driven treatments. Engineered to improve longevity, movement, stretching, stress relief, recovery and performance in life's journey.





## For the Body

### STRETCH & ALIGN MASSAGE

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60 minutes

Our combination of massage and stretch techniques will revive tired and tight muscles, mobilise joints and increase your range of movement. Focused on removing tension and ironing away stress in the entire body.

### REST & RECOVERY MASSAGE

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60 minutes

A sleep inducing massage to calm the nervous system and soothe your muscles, leaving you rested and relaxed.

## For the Face

### PROVERB NATURAL FACELIFT

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60 minutes

An intensive, high performance facial treatment that helps to reduce signs of stress, fatigue and tension headaches whilst acting as a natural facelift. The treatment combines cardio HIIT with targeted massage techniques to lift, contour and tone the skin, giving you an instant boost of radiance and energy. Enjoy the benefits of improved circulation, increased elasticity and a youthful complexion with this powerful HIIT workout.

### FEEL GOOD. DO GOOD.

*Booking this Proverb treatment rescues 20 ocean-bound plastic bottles. That is an impactful spa treatment for both your body and the planet. Every year 8 million tonnes of plastic waste ends up in waterways and if it continues by 2050 there could be more plastic in our ocean than fish.*

*For every Proverb Natural Facelift Facial booked we donate £1 (equivalent of 20 plastic bottles) which will help remove ocean bound plastic. The plastic is sorted, weighed, and exchanged for digital tokens that can be redeemed for necessities such as groceries, cooking fuel, school tuition, and health insurance. In partnership with Proverb, we are the first spa to pioneer this initiative to remove ocean-bound plastic while our guests enjoy a spa treatment.*

# Body Beautiful

## AAAHHH!

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30 minutes

Instant relief for tired, over worked feet and legs. The treatment begins with skin brushing to help eliminate excess fluids and continues with the Mediterranean sugar buff scrub and warm oil massage that will leave you tingling with a final application of the Aaahhh. Your feet and lower legs will feel cool, soothed and lighter.

## HEAD START

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30 minutes

This relaxing and tension relieving head massage will fight fatigue and nourish the hair.

## I'LL BE BACK

*A facial for the back*

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45 minutes

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm, purifying mud followed by a stimulating massage. Leaving you with a back to be proud of.

## THE OUTER GLOW

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45 minutes

A gentle exfoliating treatment to polish your body, leaving your skin feeling soft from top to toe, revitalised and hydrated.

## GLORIOUS MUD

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60 minutes

Using the finest blends of ingredients to detox and purify the body, this treatment starts with top-to-toe body brushing to encourage lymphatic flow. Your skin is then smoothed with warm vitamin and mineral rich mud to nourish and purify. Once cocooned in a cosy wrap, you will find your relaxation is taken to another level with a glorious scalp massage. Wallowing in mud is simply wonderful...

## A BRUSH WITH HEAVEN

*Totally unique face & body treatment using only brushes*

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90 minutes

A top-to-toe body treatment to stimulate, drain toxins and smooth the face and body. Once lavished in rich warm drift away body oil, you will be cocooned, then treated to the exclusive Temple Spa facial treatment. Carried out entirely with brushes, while you doze. Heaven!

## GOLDEN TRUFFLE EXPERIENCE

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120 minutes

The ultimate in total luxury. This treatment delivers all over radiance-boosting results starting with a leg energiser and an invigorating full body scrub followed by a relaxing back massage using our unique advanced anti-ageing body techniques, both tightening and toning. Add to this our Champagne & Truffles deluxe facial and skin is left glowing, brighter and revived beyond expectation. To add that extra touch of decadence, we've included a glass of Champagne and a hand-made artisan chocolate truffle for you to enjoy at the end of your experience.

# Body Beautiful continued...

## YOUR BEST YOU *Mood Boosting Treatment*

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90 minutes

This unique top-to-toe treatment is tailored to you. This gentle nurturing experience uses a combination of expert therapist hands and Himalayan Salt stones (used hot or cool, according to guest preference). These healing stones produce negative ions to support stress relief, increase energy, and positively boost your mood.

Rhythmic stretches, and gentle joint rotation rescue achy limbs and tension and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful. Nutritious oils and our deeply hydrating & comforting body cream, gives your body the hug it deserves. You'll step off the bed feeling fresh, calm & content knowing that you have done something good for you. Your best you once again.

Perfect for ladies navigating peri-menopause, menopause or anyone who needs a gentle, nurturing treatment.

# Hands-free massage



## WAVE TOUCH MASSAGE

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25 minutes

Experience a truly holistic treatment encompassing the senses. Warm water jets massage the body from head to toe, whilst you float almost weightlessly on a dry water surface. The soothing warmth and gentle power of the water activates deep into the tissues, loosening muscles and relieving tension. A canopy with LED light therapy encourages an increase in collagen production and with regular use can tighten the skin, improve texture and reduce the formation of lines and wrinkles. During your treatment a sound system, built into the bed, will deliver your choice of relaxing music and meditative sounds resulting in complete relaxation.

# Beata Aleksandrowicz Massages

All Dormy House Spa therapists have undergone intensive training with Beata Aleksandrowicz, an international expert on massage, healing and wellbeing and creator of Beata Aleksandrowicz Spa Training Method®, which provides spas worldwide with advanced training in a modern concept of massage.

The massage style of Beata Aleksandrowicz combines deep tissue and trigger-point techniques with energy work, Thai stretches and touch therapy. Beata's method is both thorough and ground-breaking. Voted by Tatler as a "superstar who designed one of the best massages in the world" Beata's concept brings modern and effective approach to massage based on her three decades of experience, travels and explorations.

## BEATA BACK MASSAGE

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45 minutes

Beata developed the 'Trunk and Branch' method, focusing our priority in understanding and addressing the tension in the back. Focusing on the back allows us to pinpoint the root cause, ensuring effective relief. This treatment is indispensable for maintaining overall relaxation, fitness and strength in your entire body.

## BEATA BODY MASSAGE

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60/75 minutes

Deep-tissue and customised pressure, addresses muscular tensions, aches and pains, alternatively our gentler version can help you relax and reconnect. A 60-minute treatment that gradually increases the ability of your body to relax and releases the tension so often accumulated over time.





## FACE MASSAGE

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60 minutes

Lifting, firming, and toning, this treatment aims to destress, define and rejuvenate the skin by stimulating collagen, as your therapist uses different techniques to work on all areas of the neck, face and scalp.

A workout for the face while you lay back and relax.

## THERAPEUTIC TOUCH

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60 minutes

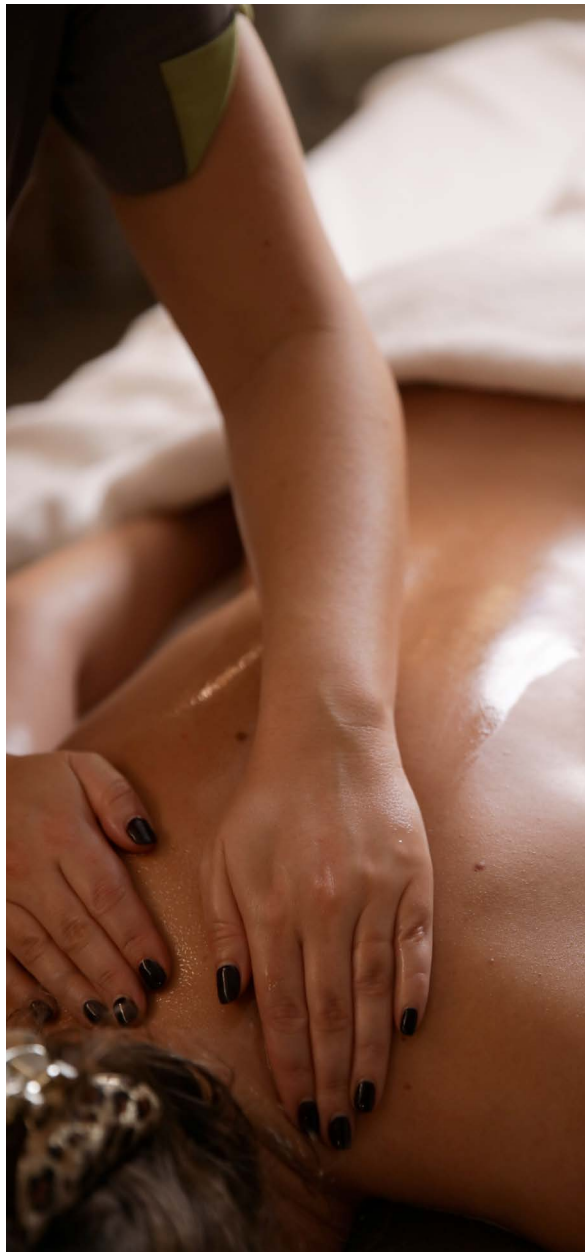
This massage was designed to support those who have to manage their experiences with cancer. This specialist massage can help improve the quality of life, relaxation, sleep and immune function. It can ease the anxiety, pain and fatigue bringing comfort, nurture and support. Every massage is tailored on a physical and emotional level according to each individual.

## PREGNANCY MASSAGE

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60 minutes

Massage can be an extremely important tool during pregnancy. Our massage is based at different stages of the pregnancy as each stage requires different attention and techniques. You will feel a sense of harmony as tensions have been released. This massage is suitable for clients over 12 weeks pregnant. Please advise stage of pregnancy at the time of booking to avoid disappointment.



# The Float Tank

60 minutes

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Over 500kg of Epsom salts are added to the i-sopod floatation tank and mixed with 1,000 litres of water. This creates a highly buoyant environment in which people will naturally float to the surface without any effort. Floating in this way allows the user to escape the forces of gravity, relaxing the muscles and releasing tension.

With the light switched off and an absence of any sound there is no external stimulus for the brain to focus on. It is then quite natural to slip into a deeply relaxed mental state.

As well as being pleasant and enjoyable, it is where we are able to rest and regenerate our physical and mental functions. A session of floatation in the i-sopod will typically lead to an enhanced sense of well-being and improved physiological functioning as the combination of both deep mental and physical relaxation provides a host of benefits for the user.

After each session the pod initiates its cleaning cycle. The total contents of the pod are displaced 3.75 times by the industrial strength pump through the 1 micron filter, ensuring that the environment is totally free from any detritus. The titanium-encased heater keeps the water at a constant skin temperature and the automatic disinfecting makes sure that no bacteria or pathogens can survive.



# House Rules...

## HOW TO BOOK

For bookings and enquiries, please call us on 01386 859910 or e-mail us at [spa@dormyhouse.co.uk](mailto:spa@dormyhouse.co.uk). Please book well in advance to avoid disappointment. You will need to book treatments in advance. The double treatment room can be requested at the time of booking and is subject to availability. For non-resident bookings, we will require your full address, telephone number and debit or credit card details.

## CANCELLATION

Cancellation is required at least 72 hours in advance of your treatment/s or Spa Day. If we are unable to resell your booking, a 100% charge will be made if cancelled within 72 hours. If you or your party have a treatment cancelled due to medical grounds, the other person in the party who also has a treatment booked, must still attend their treatment. If not, our 72-hour cancellation policy will apply.

## HEALTH ADVICE

You will be sent a medical questionnaire to complete if you have booked a treatment. It is important for us to know if you are pregnant (especially if you are under 12 weeks as you will be unable to have a treatment) or have undergone recent surgery. We also need to know about any medical issues such as high blood pressure, heart problems, cancer, varicose veins, allergies or other serious conditions.

Please let us know at the time of booking so we can ensure that your treatment is suitable for you. All treatments are booked subject to medical status. Suitability of treatments will be reconfirmed on arrival at the Spa. If you fail to notify us prior to your visit of pregnancy or a medical condition, we reserve the right to refuse offering treatments and charge for the treatment time reserved. Please don't drink alcohol before using The Thermal Suite, hydro pool or infinity pool. Thermal bathing and the hydro pool is not suitable for pregnant guests.

## TIMING

We advise you to arrive for your first appointment 15 minutes ahead of time to allow you to complete your health questionnaire and relax. If you are late, your treatment time may be shortened and the same treatment price will apply. To make the most of your treatment, you are welcome to take time to unwind in the relaxation areas before or after.

## AGE RESTRICTIONS

The Thermal Suite and all Spa treatments are only available to guests over 16 years of age. Children are welcome to use the spa main pool between 9am – 10am & 3pm – 4pm (8am – 10am & 3pm – 5pm during school holidays), but must be accompanied by an adult at all times.

## WHAT TO BRING

Swimsuits are required for all bathing and thermal experiences, so please bring your own. Swimming costumes are also available to purchase from our Spa Reception. Robes, slippers, towels and lockers are provided for your visit. If you are having a treatment without bathing, you would normally keep some underwear on - your therapist can provide you with disposable briefs if you prefer. Our therapists are professionally trained in draping techniques to ensure your privacy and comfort at all times. Shampoo, conditioner and shower gel are available to use in our changing rooms. It is advisable to leave jewellery and valuables in your room or at home.

**HOTEL GUESTS** – for your comfort and convenience, you will find a robe and slippers in your wardrobe. Please change into them if possible before coming to the Spa. You can access the Spa from the first floor bedrooms without having to pass Reception. If you are inappropriate with a therapist, your treatment will be stopped, and you will be asked to leave. We won't have any staff member shouted at/spoken to aggressively.

## MOBILE TELEPHONES

Out of courtesy to all our Spa guests, we appreciate you leaving your mobile phone switched off in your locker or in your room.

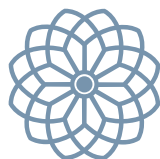
## GIFT VOUCHERS

Gift Vouchers are available for our spa days. We can send them directly to you or the recipient, or deliver them to your room for your arrival. Please visit the website [www.dormyhouse.co.uk](http://www.dormyhouse.co.uk) or call us on 01386 859910

## MAKE YOUR HOME A HOUSE SPA

All products used in your treatments are available to buy. To order your favourite products, or to discuss your individual needs with a therapist, simply call 01386 859910 or email [spa@dormyhouse.co.uk](mailto:spa@dormyhouse.co.uk).

We will happily post products to you, or deliver them to your room. All details in this brochure are subject to change and availability at time of booking.



— T H E —  
H O U S E  
S P A  
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A T D O R M Y H O U S E

For bookings and enquiries, please call us on 01386 859910  
or e-mail us at [spa@dormyhouse.co.uk](mailto:spa@dormyhouse.co.uk)  
**[dormyhouse.co.uk](http://dormyhouse.co.uk)**

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**Dormy House Hotel**  
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