

THE
HOUSE
SPA

AT DORMY HOUSE

House Spa: Come to your Senses

Our spa is a light, uplifting space, that brings the outdoors in, creating a heavenly sanctuary where you can truly relax and feel revitalised.

We offer luxurious treatments using premium products from Temple Spa and Proverb. Temple Spa is a British brand of science-led skincare, bathed in Mediterranean sunshine.

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 will be 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 main spa pool between 9am – 10am & 3pm – 4pm (8am – 10am & 3pm – 5pm during school holidays) but must be always accompanied by an adult.



Contents

Tour of the Spa	04
<hr/>	
Spa Days	06/07/08
<hr/>	
Really rejuvenating facials by Temple Spa	10/11
<hr/>	
Proverb Treatments	12/13
<hr/>	
Body Beautiful by Temple Spa	14/15/16
<hr/>	
Hands-free Massage	17
<hr/>	
Beata Aleksandrowicz Massages	18
<hr/>	
The Float Tank	20
<hr/>	
House Rules	21



A Swift tour of the Spa

THE GREENHOUSE

The Greenhouse, the heart of House Spa, is a light-filled lounge offering tranquillity, comfort and delicious food. Enjoy a healthy menu, scrumptious delights and soothing drinks. With a sun terrace to unwind on and a cosy fireside for colder evenings, it's the perfect spot to relax before returning to everyday life.

THE BATHING ROOM

Experience refined relaxation at House Spa. Unwind in the elegant indoor Infinity Pool, a 16-metre heated swimming pool designed for both refreshing swims and peaceful relaxation. Alternatively, dip into the warmth of our outdoor hydrotherapy pool, where therapeutic water jets provide soothing relief, even on the coldest winter days. To maintain a calm atmosphere for all guests, we operate a 60-minute booking system for pool and thermal facilities.

THE THERMAL SUITE

Get back to nature and experience a true fire and ice journey in The Thermal Suite. By combining hot and cold experiences, the body receives both 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 a choice of forest mist, tropical rain or arctic blast, or try our beautiful Himalayan Salt Sauna. The salt particles help ease asthma and breathing difficulties, reducing inflammation and aiding healthy breathing, while also boosting the body's natural immunity to coughs, colds and illness. Enjoy the snow shower, where cool snowflakes gently fall, refreshing your skin and awakening your senses. The chill offers a relaxing contrast, leaving you feeling refreshed and revitalised. This exhilarating cold experience stimulates circulation, tightens the skin and enhances overall vitality. Often used after a sauna or steam room, the sudden contrast helps to strengthen the immune system, reduce muscle inflammation and aid post-exercise recovery.

THE FLOAT TANK

Over 500kg of Epsom salts are added to the i-sopod flotation tank and mixed with 1,000 litres of water. This creates a highly buoyant environment in which people 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 offers a well-equipped fitness centre as part of its comprehensive wellness facilities. The gym features state-of-the-art cardio and weight equipment, providing guests with modern amenities for their fitness routines.

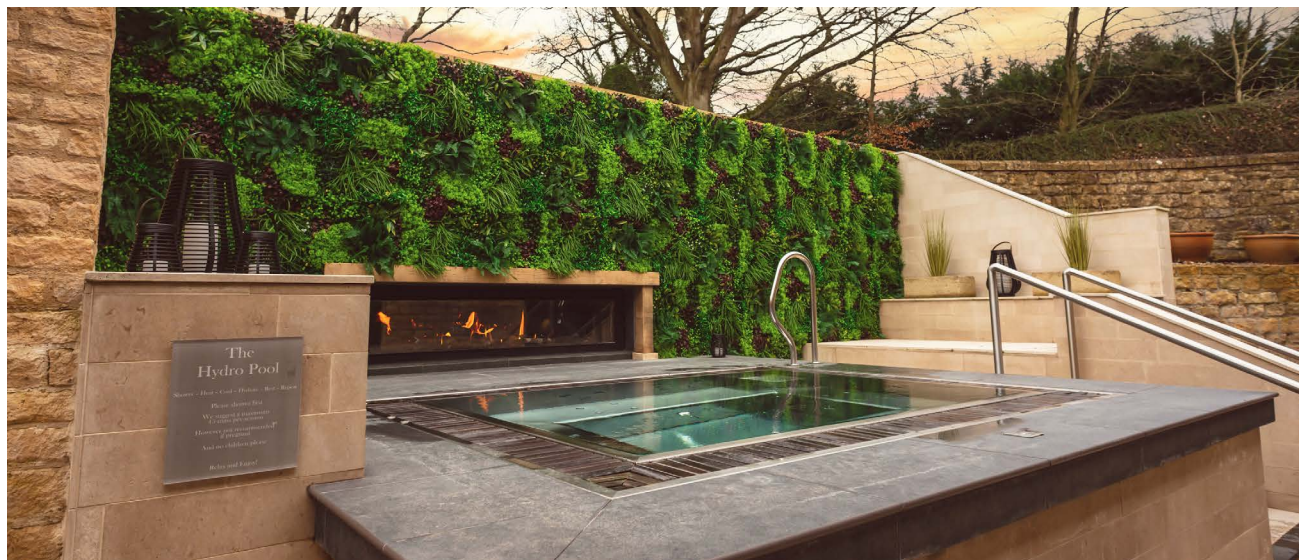
THE SUITE OF TREATS

With six beautiful treatment rooms and a range of soothing therapies, we're here to help you relax and feel your best. Take a look, you won't want to miss out.



Spa Day Packages

Additional treatments can be added to any package, subject to availability and standard pricing. Please note that spa day guests must pre-book their 60-minute pool and hydro-pool slots in advance, as well as any gym sessions.



MORNING MEANDER

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

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

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.

IN YOUR ELEMENT

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 Facial
 - Beeta Body Massage
 - Proverb Natural Facelift

Available Monday - Friday.

Total treatment time: 60 minutes.

Booking in advance is essential.

SWEET SERENITY

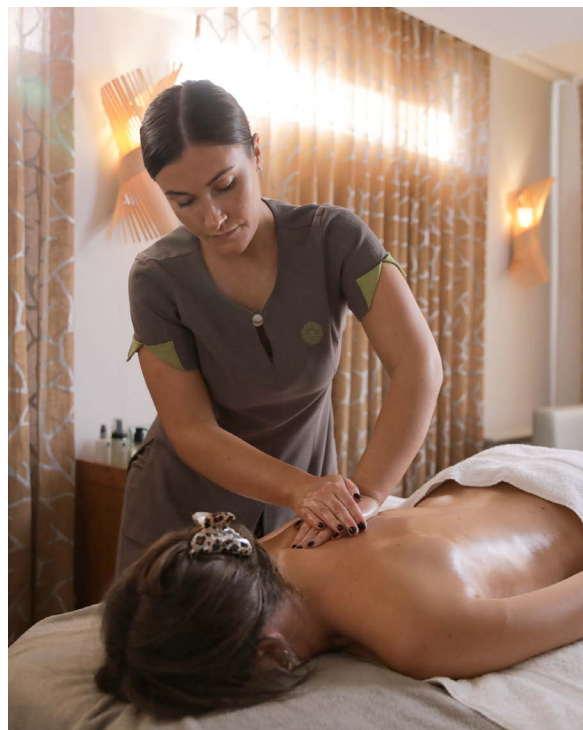
Includes the following:

- 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

HEAD TO HARMONY

Includes the following:

- 90-minute Dormy Head Spa treatment
- Two 60-minute slots for the pool and thermal suite
- £30 towards food and non-alcoholic refreshments

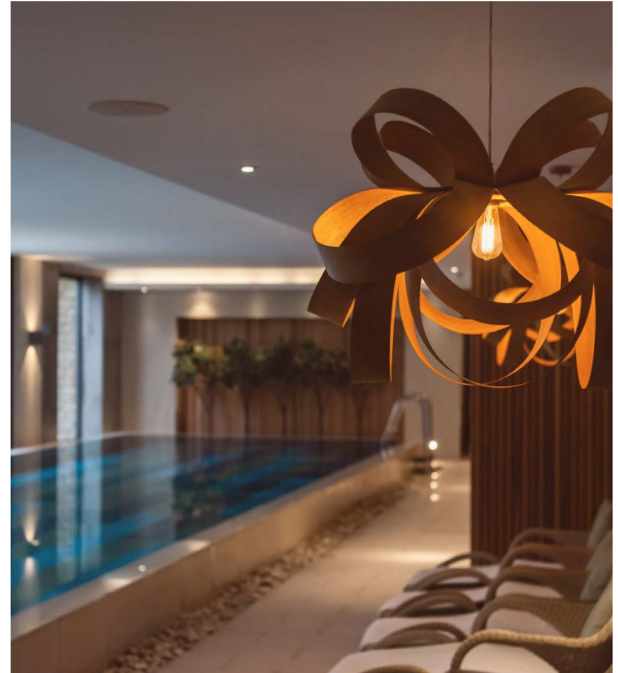
Available Monday - Friday 9am - 5.30pm.

Not suitable for pregnant guests.

Not suitable for anyone with hair extensions.

If you are unsure if your hair type will be suitable, please contact the spa reception team.

Booking in advance is essential.



PROVERB 360 SPA DAY

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

60 minutes

This personalised, skin-reviving facial is the 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 recommendations to preserve your skin's natural radiance.

ALL ABOUT THE GLOW

Vitamin C radiance facial

60 minutes

This advanced, skin-transforming facial enhances your glow with instant, visible results - for firmer-feeling, brighter and healthier-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.

GO GUY FACIAL

60 minutes

This high-performance men's facial is perfect for reviving, refreshing and invigorating. 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 and hydrated.

LIGHT RELIEF

CBD Skin booster facial

75 minutes

Feeling stressed and run down? Our Light Relief CBD Skin Booster Facial is the perfect remedy. This anti-inflammatory treatment provides comfort to fragile, dehydrated skin while soothing the mind, body and soul. The treatment begins with a calming face massage and eye treatment, followed by a hot oil scalp massage and a hand and arm massage using warmed White Jade Wave Stones. Rest assured, you'll leave with radiant, glowing skin.



THE TOTALLY QUENCHED & DRENCHED

Rehydrating facial for thirsty skin

60 minutes

This facial is the ultimate anti-ageing treatment. This lavish experience is a must for dehydrated, dull or devitalised skin, leaving your skin looking radiant and 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 as well as a specialised eye massage to stimulate circulation and muscle tone. The 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.

CHAMPAGNE AND TRUFFLES

Anti-aging, lift and radiance facial

90 minutes

This premium facial begins with a hot stone shoulder massage and brightening hand exfoliation, followed by a specialist lifting massage to help strengthen and tone the skin, a resurfacing peel, and a hydrating, brightening mask to smooth out lines and wrinkles. Cold stone therapy is then used to reduce puffiness, before finishing 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 handmade artisan chocolate truffle for you to enjoy at the end of your experience.

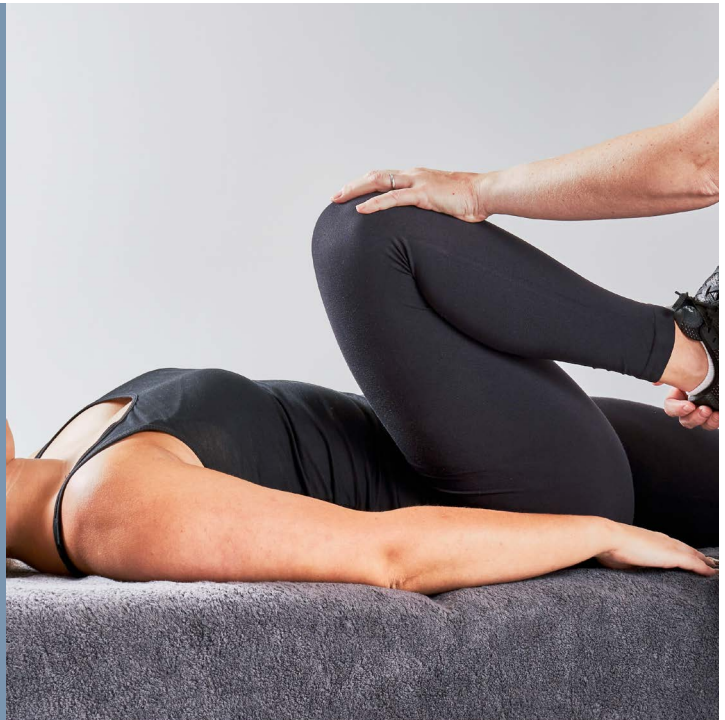
Proverb Treatments

Proverb is for those who take their health and performance seriously. The range takes the knowledge used in professional sports and elite nutrition and applies it to skincare. 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, while also 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 refillable to support the brand's ethos of sustainability.

PROVERB TREATMENTS

Proverb exists to inspire a 360-degree approach to wellness and stress relief, integrating lifestyle, skincare and results - driven treatments. It is engineered to improve longevity, movement, stretching, stress relief, recovery and performance on life's journey.





For the Body

STRETCH & ALIGN MASSAGE

60 minutes

Our combination of massage and stretch techniques will revive tired and tight muscles, mobilise joints and increase your range of movement. This treatment focuses on removing tension and reducing stress throughout the entire body.

REST & RECOVERY MASSAGE

60 minutes

This gentle, sleep-inducing massage is designed to calm the nervous system, relax the body and ease the mind into a restful state. Using Proverbs Recovery oil - known for its nourishing, skin-soothing properties and ability to counteract the effects of daily stress, it promotes deep relaxation and prepares you for restorative sleep.

For the Face

PROVERB NATURAL FACELIFT

60 minutes

An intensive, high-performance facial treatment that helps reduce signs of stress, fatigue and tension headaches, while 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. It's 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 this continues, by 2050 there could be more plastic in our oceans than fish. For every Proverb Natural Facelift Facial booked, we donate £1 (equivalent to 20 plastic bottles), which helps 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 by Temple Spa

AAAHHH!

30 minutes

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

I'LL BE BACK

A facial for the back

45 minutes

A 45-minute facial for the back. This invigorating treat includes an exfoliation scrub, a deep cleanse with warm, purifying mud, followed by a stimulating massage, leaving your back feeling refreshed and revitalised.

THE OUTER GLOW

45 minutes

This revitalising full-body treatment begins with a reviving dry body brush to stimulate the lymphatic system and awaken the skin. A luxurious sugar buff exfoliator is then massaged in to gently polish and smooth, followed by an application of rich Duvet body cream to deeply hydrate and nourish, resulting in beautifully soft, supple skin and a lasting sense of freshness.

GLORIOUS MUD

60 minutes

Using the finest blends of ingredients to detoxify and purify the body; this treatment begins 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, your relaxation is taken to another level with a glorious scalp massage.

A BRUSH WITH HEAVEN

Totally unique face & body treatment using only brushes

90 minutes

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

GOLDEN TRUFFLE EXPERIENCE

120 minutes

This treatment delivers all-over radiance-boosting results, beginning with a leg energiser and an invigorating full-body scrub followed by a relaxing back massage using our unique advanced anti-ageing body techniques, which both tighten and tone. Add to this our Champagne & Truffles deluxe facial and your skin will be 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.



HEAD START

30 minutes

This calming shoulder, neck and scalp massage is designed to release built-up tension and melt away daily stress. Warm, nourishing oil is gently worked through the lengths of the hair, soothing both body and mind while deeply conditioning the scalp and strands, leaving you feeling restored, relaxed and revitalised.

DORMY HOUSE HEAD SPA

90 minutes

Our Japanese Head Spa is a luxurious and deeply therapeutic experience that refreshes both the scalp and the mind. This holistic hair care treatment focuses on deep cleansing, improved blood circulation and full-body relaxation. It not only detoxifies the scalp and promotes healthier hair growth but also leaves your hair feeling soft, shiny and revitalised. Beyond hair care, the treatment provides a profound sense of calm and stress relief, contributing to overall well-being.

If you have very long hair (reaching to the lower of your back), your treatment will need an additional 15 minutes (at the additional cost of £20). Please inform the Spa of this when booking.

Not suitable for pregnant guests.

Not suitable for anyone with hair extensions.

If you are unsure if your hair type will be suitable, please contact the spa reception team.

Body Beautiful by Temple Spa

YOUR BEST YOU

Mood Boosting Treatment

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 rotations rescue achy limbs and tension, while a gentle

lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful. Nutritious oils and our deeply hydrating and comforting body cream give 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 perimenopause, menopause, or anyone who needs a gentle, nurturing treatment.



Hands-free massage



WAVE TOUCH MASSAGE

25 minutes

Experience a truly holistic treatment that engages 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 penetrate deep into the tissues, loosening muscles and relieving tension. A canopy with LED light therapy encourages an increase collagen production and with regular use can tighten the skin, improve texture and reduce the appearance 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 in massage, healing and wellbeing and creator of Beata Aleksandrowicz Spa Training Method®, which provides spas worldwide with advanced training in a modern approach to massage. Beata Aleksandrowicz's massage style 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 a modern and effective approach to massage drawing on her three decades of experience, travels and explorations.

BEATA BACK MASSAGE

45 minutes

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

BEATA BODY MASSAGE

60/75 minutes

Deep-tissue and customised pressure address muscular tension, aches and pains. Alternatively, our gentler version helps you relax and reconnect. Over 60 minutes, this treatment gradually enhances your body's ability to relax and releases built-up tension.



PREGNANCY MASSAGE

60 minutes

Massage can be an extremely important tool during pregnancy. Our massage is adapted to different stages of pregnancy, as each stage requires specific attention and techniques. You will feel a sense of harmony as tension is released. This massage is suitable for clients who are over 12 weeks pregnant. Please inform us of your stage of pregnancy at the time of booking to avoid disappointment.

THERAPEUTIC TOUCH

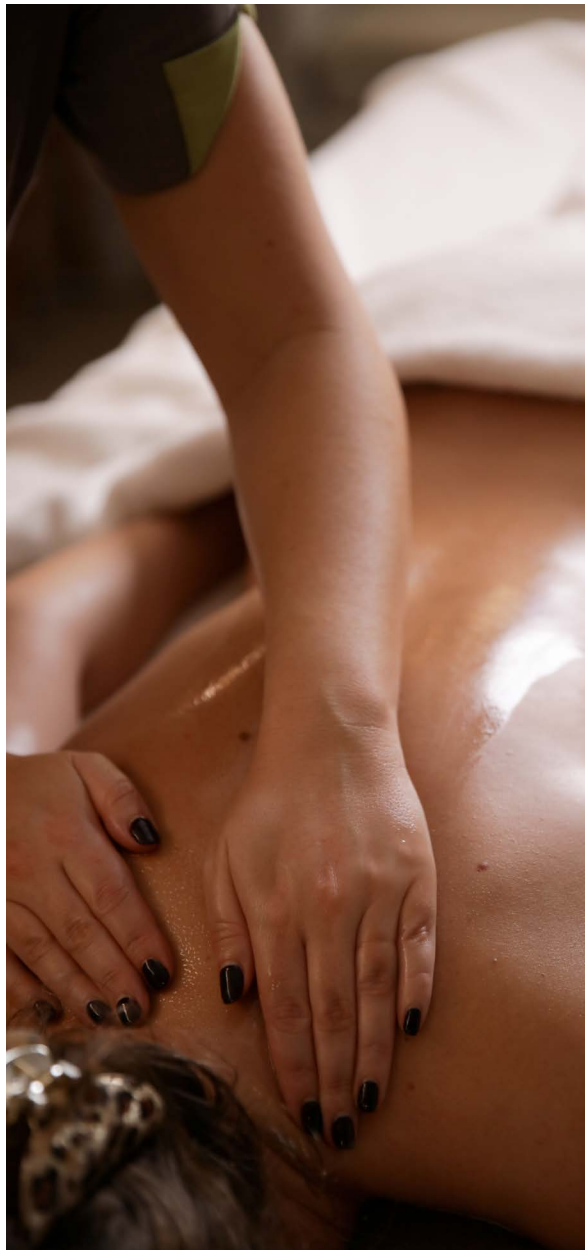
60 minutes

This massage is designed to support those managing their experience with cancer. It can help improve quality of life, relaxation, sleep and immune function. This specialist treatment may also ease anxiety, pain, and fatigue - bringing comfort, nurture and support. Each massage is tailored to the individual's physical and emotional needs.

FACE MASSAGE

60 minutes

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



The Float Tank

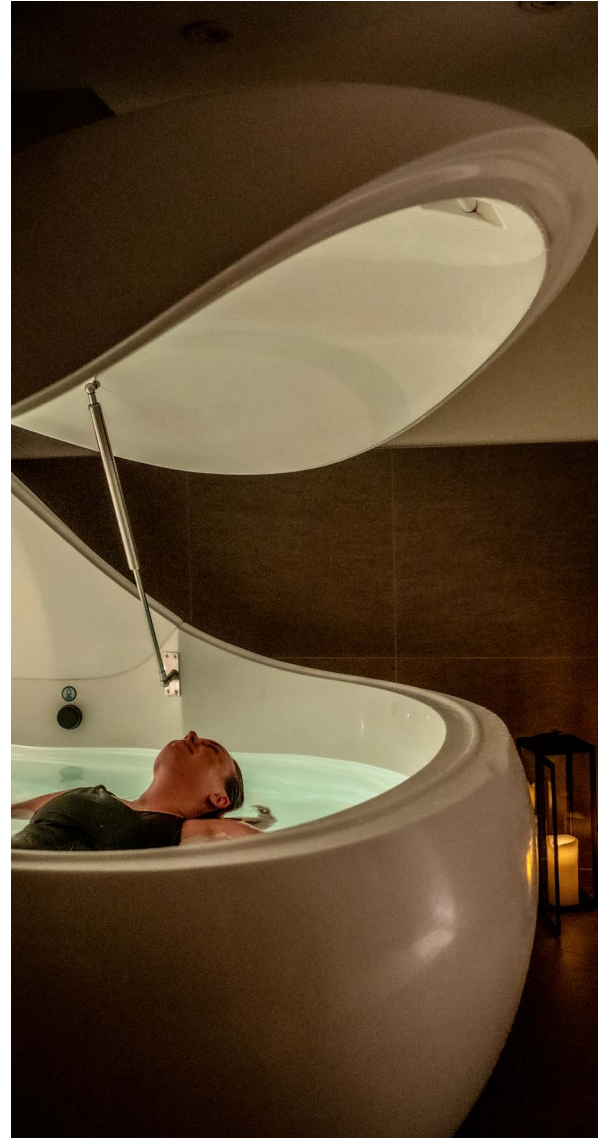
60 minutes

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 naturally float to the surface without any effort. Floating in this way allows users to escape the forces of gravity, relax their muscles and release tension.

With the light switched off and the 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, this state allows us to rest and regenerate both physically and mentally.

A session in the i-sopod will typically lead to an enhanced sense of well-being and improved physiological functioning, as the combination of deep mental and physical relaxation provides a host of benefits.

After each session, the pod initiates its cleaning cycle. The entire contents of the pod are displaced 3.75 times by an industrial-strength pump through a 1-micron filter, ensuring that the environment remains completely free from any detritus. The titanium-encased heater maintains the water at a constant skin temperature, while automatic disinfection ensures that no bacteria or pathogens can survive.



House Rules...

HOW TO BOOK

For bookings and enquiries, please call us on 01386 859910 or email us at spa@dormyhouse.co.uk. We recommend booking well in advance to avoid disappointment. 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

Cancellations must be made at least 72 hours before your treatment(s) or Spa Day. If we are unable to resell your booking, a 100% charge will apply for cancellations made within 72 hours. If a treatment is cancelled due to medical reasons, any other guest in your party with a scheduled treatment must still attend. Otherwise, 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 if you have recently undergone surgery. We also need to be informed of any medical conditions, 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 will be reconfirmed upon arrival at the Spa. If you fail to notify of pregnancy or a medical condition before your visit, we reserve the right to refuse offering treatment and charge for the reserved treatment time. Please avoid consuming alcohol before using The Thermal Suite, hydro pool or infinity pool. Thermal bathing and the hydro pool are not suitable for pregnant guests.

TIMING

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

AGE RESTRICTIONS

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

WHAT TO BRING

Swimsuits are required for all bathing and thermal experiences, so please bring your own. Swimming costumes are also available for 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 usually keep some underwear on - your therapist can provide disposable briefs if you prefer. Our therapists are professionally trained in draping techniques to always ensure your privacy and comfort. Shampoo, conditioner and shower gel are available to use in our changing rooms. We recommend leaving jewellery and valuables in your room or at home.

HOTEL GUESTS

For your comfort and convenience, a robe and slippers are provided. Please change into them if possible before coming to the Spa. Guests staying in first-floor bedrooms can access the Spa without having to pass Reception. If you behave inappropriately towards a therapist, your treatment will be stopped, and you will be asked to leave. We do not tolerate staff being shouted at or spoken to aggressively.

MOBILE TELEPHONES

Out of courtesy to all our Spa guests, we kindly ask that you switch off your mobile phone and leave it 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 have them delivered to your room for your arrival. Please visit the website 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 purchase. To order your favourite products, or to discuss your individual needs with a therapist, simply call 01386 859910 or email spa@dormyhouse.co.uk. We will be happy to post products to you or deliver them to your room. All details in this brochure are subject to change and availability at the 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

dormyhouse.co.uk

Dormy House Hotel

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