



'take a moment
and escape time...'

The Lime Tree Spa is open seven days a week. We are delighted that you are coming to join us, and hope the following information will help you plan your visit.

TREATMENT BOOKINGS

Please book your treatments in advance to avoid disappointment. Credit card details are required to secure every booking.

PERSONALISED GROUP BOOKINGS

We know that some of the most memorable spa experiences are with friends and we welcome group bookings. If you need any extras to make the day special – from champagne to birthday cakes – please call us in advance and we can arrange them. Payment in full is required for every group booking/spa day.

TREATMENT TIMES

All treatment times include a thorough consultation; this will ensure that we provide the highest standard of personal treatment, suited to your every need.

ARRIVAL and SPA ATTIRE

Please arrive at least 15 minutes before your treatment time or spa day start time; you will be welcomed by one of the team. When using the boutique spa facilities, you will be provided with towel, robe and footwear*. For these visits, please bring your own swimwear – dry swimwear/underclothes will be necessary for treatments. The fitness suite requires suitable exercise wear and trainers/sports shoes. If visiting us for a treatment only, please wear anything that is comfortable for you.

*Footwear may be purchased and taken home for an additional cost of £2.50

HEALTH CONCERNS

We want you to enjoy your experience at Lime Tree Spa; we therefore ask you to raise any health concerns when you make your appointment. This will enable us to recommend treatments that are most suitable for you. On arrival, we will ask you to complete a short medical questionnaire to ensure that treatments and spa use are safe and appropriate.

SPA ETIQUETTE and MOBILE PHONES

We would very much appreciate it, if you could help us to maintain a certain level of quietness; therefore, please avoid using mobile telephones. Smoking is not permitted in the spa.

SPA DAYS CANCELLATION POLICY

At the time of booking full payment is required to secure your reservation, this payment is non refundable, however should you wish to cancel and provided you have given 72 hours notice, the payment will be kept for 6 months to allow you to re-book at a later date. Should cancellation be made, less than 72 hours prior to your arrival date, no re-booking will be permitted. Multiple amendments to existing booking may be subject to an administration charge.

INTRODUCTION

Welcome to The Lime Tree Spa, our luxurious boutique spa set in the grounds of the Milford Hall Hotel. Whether you're spending a whole day with us or escaping for an hour, it will be time well spent...

Our spa has created a perfect blend of holistic wellness treatments for the face and body. Our team of highly qualified therapists combine their expertise with the leading international skincare brand Caudalie, creating a menu of the most luxurious treatments and spa rituals from around the world.

When booking a spa package, you have access to all our spa facilities including a thermal lounge with sauna, aroma steam and outdoor vitality spa pool. For the more vigorous, we have a well-equipped state of the art fitness suite to tone your mind, body and soul.

So allow yourself to be pampered by the expert hands of our Vinotherapists, who will lavish upon you exceptional treatments with Caudalie products, applauded by doctors and surgeons across the world for their exceptional anti-oxidant properties.

We look forward to welcoming you

THE LIME TREE SPA OPENING TIMES

Monday – Friday	9.00am to 8.00pm (last entry at 7.00pm)
Saturday	9.00am to 7.00pm (last entry at 6.00pm)
Sunday	10.00am to 6.00pm (last entry at 5.00pm)

MEMBERSHIPS AVAILABLE, PLEASE SEE SPA STAFF FOR INFORMATION: PLEASE CALL THE SPA FOR PRICES AND DETAILS.

Lime Tree Spa
Milford Hall Hotel
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reception@limetreespa.co.uk

LIME TREE SPA DAYS - FOR HER OR FOR HIM

Come and switch off from everyday life, and enjoy the unique surroundings of The Lime Tree Spa. Spend one day with us; and you will leave feeling relaxed, rejuvenated and restored in mind, body and spirit.

Full Day Spa [available between 10am - 5pm] £150

This all day spa experience includes freshly squeezed orange juice, herbal tea, tea or coffee with fresh fruit and pastries on arrival. You will have use of all the facilities, two hours of treatments and a two course lunch in the restaurant. You can choose a combination of two treatments from:

- Any 60 minute massage (Excluding lava shell)
- Any 60 minute facial
- Caudalie body balm wrap
- Luxury manicure
- Luxury pedicure

Half Day Spa [available between 10am - 2pm or 1pm - 5pm] £90

This half day spa treat includes spending either the morning or the afternoon in the spa, with full use of the facilities, herbal tea, tea or coffee on arrival, one hour of treatment and a two course lunch in the restaurant. You can choose a combination of two treatments from:

- Back, neck and shoulder massage
- Caudalie express facial
- Express manicure
- Express pedicure
- Hand and foot revival treatment

Twilight Spa [5.00pm - 8pm Monday - Friday] £75

This evening luxury spa experience includes full use of the facilities, a champagne cocktail and nibbles served in the spa. One hour of indulgence will soothe away your busy day's stresses; choose a combination of two treatments from:

- Back, neck and shoulder massage
- Caudalie express facial
- Express manicure
- Express pedicure
- Hand and foot revival treatment

Be a Spa Day VIP additional £30pp

Take your celebration into the evening
This includes a three course evening meal in the restaurant, a cocktail at the bar and a complimentary VIP pass to the Chapel Night Club, Salisbury.

MUM'S TO BE

Ultimate Pregnancy Massage* 60 mins £75

This gentle and nurturing massage with grape seed oil soothes tension brought on with pregnancy. Safely enjoy an hour of absolute relaxation and calm and connect with your unborn baby.

Hand and Foot Revival Treatment* 30 mins £40

A simple yet deeply nourishing hand and foot treatment; which will gently soften and restore the joints, muscles and skin. The hands and feet will be washed in aromatic water, scrubbed, soothed and massaged; reflexology points will be considered and you will feel completely balanced and indulged.

**Only suitable during trimesters 2 & 3*



CAUDALIE SIGNATURE FACIALS - FOR HER OR FOR HIM

Premier Cru Facial - Ultimate anti-aging **75mins** **£95**
This exceptional advanced anti-ageing facial will lift, moisturise, smooth & plump the skin with cutting edge innovative techniques and products from the Premier Cru Range. The facial includes a technique carried out using a roller with a micro-point system, stimulating the natural production of collagen and elastin.

Resveratrol Lift Facial - Firming and lifting **70mins** **£70**
This tightening facial has been specially created for skin lacking in tone & firmness and looking to regain that youthful appearance. A thermal mask rich in unique anti-ageing active ingredients, gives immediate lifting and re-sculpting effects.

VineActiv Treatment - Anti-oxidant, anti-wrinkle **60mins** **£60**
This detoxifying facial treatment hydrates, renews and energizes the skin cells in the epidermis, whilst deeply cleansing the skin and draining toxins. The facial incorporates the use of jade rollers to reduce the appearance of fine lines & wrinkles. It is perfect for those wishing to maintain and protect their skin from the environment and free radical damage.

Vinoperfect Radiance Facial - Complexion correcting / anti-dark spot **60mins** **£60**
A unique facial treatment specifically designed to correct the complexion, restoring radiance and vitality to the skin. Created for tired, dull & uneven skin types, this treatment includes massage techniques using hot and cold basalt stones to awaken the luminosity of the complexion.

Vinosource Hydrating Facial - Hydrating / balancing **60mins** **£60**
This signature Caudalie facial incorporates the use of fresh grapes for their amazing anti-oxidant and hydrating powers. The skin will be deep cleansed hydrated and refreshed. Ideal for all skin types including even the most sensitive.

Instant D-Vine Facial - Instant glow **30mins** **£40**
This express treatment is tailor made to meet the needs of every skin type. This facial includes: eye and skin cleansing, deep exfoliation, the application of a customized mask, and a hand massage completes this moment of well-being. The experience is completed with serums and moisturisers to meet your individual requirements.

Premier Cru Eye Treatment* - Lifting & Firming **30mins** **£35**
This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. It starts with a delicate massage followed by the application of a hydrogel patch concentrated in red vine, horse chestnut and ivy leaf that smooth features, substantially diminishing dark circles and instantly reducing puffiness. The eye contour is lifted and the eyes enhanced.

*Incorporate the Premier Cru eye treatment to any Caudalie facial for £20

Purchase a course of any Caudalie facial treatments and receive: 10% discount on a series of four 20% discount on a series of six.

BODY MASSAGE - FOR HER OR FOR HIM

Indian Head Massage **30mins** **£35**
The benefits of Indian head massage can be both physical and psychological. Not only can it help you to relax, it can have the added benefit of reducing stress and tension headaches. This massage incorporates the upper back, shoulders, neck, face and scalp with added pressure points to melt away the stress of daily life.

De-stress Back Neck and Shoulder Massage **30mins** **£40**
An incredible half-hour treatment that will melt away your tensions and restore balance. Your therapist will select essential oils to suit your mood and dissolve the stresses you've been facing, leaving you relaxed yet refreshed both in body and mind.

Lime Tree 'Back to Life' Massage **45mins** **£50**
This wonderfully relaxing treatment combines all the elements for a de-stressing back massage, along with the deeply calming and healing benefits of an Indian head massage. Starting with a massage on the back, the therapist's hands then flow seamlessly onto the upper arms, upper chest, neck, face and scalp. You will leave feeling totally enveloped in peace and calm.

Relaxing Full Body Massage **60mins** **£65**
This is a fantastically relaxing treatment which incorporates the back, arms, front and back of the legs and feet. As well as removing muscular aches and pains it will help cure tension and de stress your entire body. As no two people are the same each massage will vary catering to your body's specific needs.

Lava Shell Massage **60mins** **£70**
Hot shells are glided smoothly over the body. You will drift off into a blanket of warmth, falling into a state of serenity. The shells are worked endlessly, with the focus of the massage to completely relax you. Specific massage techniques on the back, abdomen and shoulders will ease away muscle tension; creating a sense of release and relaxation.

Caudalie Fleur de Vigne Warm Oil Massage **60mins** **£70**
This massage is one of Caudalie's most fragrant and special signature treatments. Using the warmed balm from a Fleur de Vigne candle, your body is nourished from top to toe. This moisturising massage activates blood circulation and muscle tone. You will leave feeling warmed, soothed and revitalised.

Caudalie Wine Maker's Massage **60mins** **£75**
This sculpting massage is Caudalie's signature and recreates the ritualistic steps of the wine-making process on the body. This treatment alternates techniques using bare hands and pressure on the energy paths and a heated wine maker's stick to deeply relieve muscular tensions and energise. No area of the skin is overlooked; your entire body is stimulated, from the tips of your fingers to the bottoms of your feet. This sculpting massage activates blood circulation and muscle tone. You will leave bursting with energy!!

Lime Tree Ultimate Signature Massage **75mins** **£80**
Every part of your mind, body and soul will feel deeply relaxed and recharged, following this personalised treatment designed to soothe you physically and emotionally. After consultation with your therapist, carefully applied pressures will stimulate the nervous system, whilst Swedish and aromatherapy techniques completely relieves tension. This treatment also includes the face and scalp.

BODY SCRUBS & WRAPS - FOR HER

Divine Body Treatment 50mins £55
Exfoliating becomes a pleasure with our Caudalie divine body polish. It combines naturally exfoliating grains to remove dead skin cells, before applying a tranquil body oil to leave you feeling hydrated and silky smooth. A great pre-holiday treat.

Crushed Cabernet Scrub and Detox 50mins £55
The most popular scrub from the Vinotherapie spas. It is an ideal 'starter' for your treatments. A blend of grape-seed, honey, brown sugar and the essential oils of the Contouring Concentrate will regain your skin's natural radiance and softness, leaving it feeling clean, refined and perfectly smooth. This is an ideal treatment for a slimming program or to simply detox.

Caudalie Body Balm Wrap 60mins £65
A deeply nourishing treatment for the body, that starts with a Crushed Cabernet or Divine body scrub to exfoliate away the dead skin cells; followed by a Vine body butter, you are then wrapped into a cocoon of warmth and moisture, whilst enjoying a heavenly scalp massage. An ideal post-holiday treatment.

HANDS - FOR HER

Express Manicure £20
Hands and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with custom basecoat, completed by the perfect polish.

Shellac Manicure £25
Hands and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with custom basecoat, completed by Shellac polish.

Luxury Manicure Including - Normal Polish £30
- Shellac Polish £35
Nails are assessed and treated for their specific type. Luxury manicure includes exfoliation, massage and cuticle care. Nails are shaped and treated with custom base coat, completed by the polish of your choice.

Removal and Mini Manicure/Tidy £10

FEET - FOR HER

Express Pedicure £20
Toe nails are carefully shaped and treated with a custom basecoat, completed by the perfect polish.

Shellac Pedicure £25
Toe nails are carefully shaped and treated with a custom basecoat, completed by Shellac polish.

Luxury Pedicure including - Normal Polish £30
- Shellac Polish £35
Nails are assessed and treated for their specific type. Luxury pedicure includes exfoliation, massage and cuticle care. Nails are shaped and treated with custom base coat, completed by the polish of your choice.

Book Now
01722 424117



MAKE UP - FOR HER

Make-Up

60mins £45

Whether you're looking to refresh your style or need expert tips for a special occasion, a touch of colour or full on glamour, a makeover with our beauty experts will help you discover the best ways to complement your natural features. You will not only leave us looking fabulous, but will even learn some tricks of the trade along the way!

Bridal Make-Up*

£85

Every bride wants to look her best on her special day, so our makeover ensures you will turn every head.

As part of the bridal package we provide:

- Full colour consultation and trial make-up prior to your wedding
- The wedding day make-up (in your room, if staying at Milford Hall)

*Bridal Party

We can also look after your bridal party on your special day, with an extra charge of £30 per person for a speedy make-up. £10 per 'little maid' - 12 years and under.

ESSENTIALS - FOR HER

Waxing

Full leg wax	£25	Underarm wax	£10
Full leg and bikini wax	£30	Fore-arm wax	£20
Basic bikini	£12	Half leg wax	£18
High leg bikini	£18	Lip or chin wax	£8
Lip and chin wax	£15		

Eyes

Eyebrow Wax Shape	£10	Eyeshadow tint*	£15
Eyeshadow and Eyebrow Tint*	£20	Eyebrow tint*	£10

**For all tinting, a patch test is required at least 24 hours prior to appointment.*

ESSENTIALS - FOR HIM

Full Back & Shoulder Wax	£25	Stomach & Chest Wax	£30
Chest Wax	£20	Upper Back & Shoulders	£20
Eyebrow	£10		

Master manicure

30mins £25

Hands and cuticles are conditioned and moisturised, and your nails filed to your requirements. This treatment is completed with a wonderful hand massage and your nails are buffed to a healthy shine – a treat for any gentleman.





lime tree spa

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