



CAMBRIDGE
COUNTRY CLUB

The SPA

A warm welcome from our Spa Manager, Beverley

My name is Beverley, and I have the privilege of serving as your Spa Manager. With a background deeply rooted in luxury spa management and a passion that knows no bounds, I am truly dedicated to ensuring that your time with us is nothing short of exceptional.

Having worked in esteemed spas across the globe, from the serene landscapes of Japan to the idyllic shores of the Maldives, I bring a wealth of experience and a commitment to excellence that permeates every aspect of our spa's operation.

As a mother of two little girls, I understand the importance of self-care and the transformative power of a spa experience.

It is my sincere hope that your time with us serves as a sanctuary from the demands of the outside world, allowing you to reconnect with yourself and emerge feeling restored and rejuvenated.

**Warmest regards,
Beverley**





Our Signature Ritual

RITUAL

2 hours 30 mins

210

Experience our exquisite journey to pamper the senses, rejuvenate the body and nourish the soul. The ritual will be fully tailored to your needs.

A Frangipani scrub

60 mins full body massage

60 mins tailored facial

Signature smoothie upon arrival

RITUAL TOGETHER

1 hour 30 mins

160pp

Unwind together with someone special in our double treatment room.

Allow our expert therapists to indulge and personalise your ritual.

60 mins full body massage

Choose hot stone therapy, bamboo, Swedish or of course aromatherapy.

60 mins tailored facial

Pot of herbal tea upon arrival.

Spa Days

All our spa packages include full use of our stunning facilities, Swimming Pool, Sauna, Steam, Whirlpool, Himalayan Salt Room, Relaxation Room and Spa Lounge. Fluffy robe and towel hire is also included. Arrival is anytime from 9am and departure is by 5pm.

Lunch can also be added if not included in your package, please inform us on booking if you would like to add this on, any dietary requirements or allergies must be given at least 48 hours in advance.

Upgrades available:

Add a 30 minute upgrade to any of our packages to extend the treatment time, turn a back massage into a full body, and a 30 minute facial to make a 60 minute facial, or simply add a back massage or a facial, speedy manicure or speedy pedicure - the options are endless!

30 mins upgrade 30

Please speak to the team when booking and it would be our pleasure to help you with this.

Spa Days

Midweek Refresh

Monday to Friday 90
Choose between a 30 minute Back Massage, Elemis Facial or Frangipani Body Scrub.

Blissful

Monday to Friday 110
30 minute Elemis Touch Facial and a one course lunch in our spa lounge.

Mindful

Monday to Friday 160
Saturday or Sunday 170
Includes a 60 minute Treatment, Back Massage and Elemis Facial followed by a two-course lunch in our spa lounge.

Tranquillity

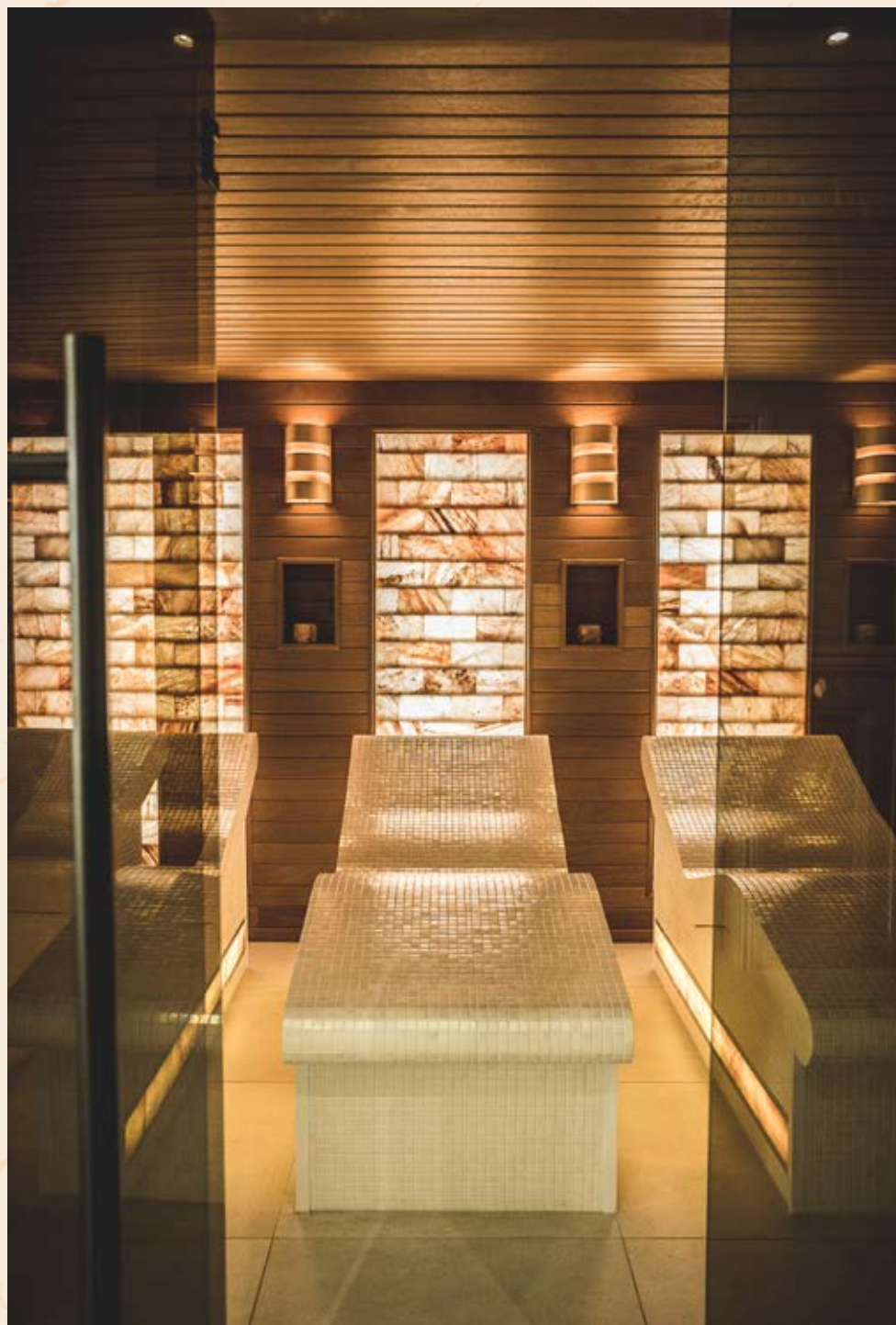
Monday to Friday 220
Saturday or Sunday 230
80 minutes of Treatments including a Back Massage, Frangipani Body Scrub and Elemis Touch Facial followed by our afternoon tea.

Serenity

Monday to Friday 250
Saturday or Sunday 260
120 minutes of Treatments including a 60 minute Full Body Massage, 60-minute Elemis Touch Facial finished with your choice of a manicure or pedicure, gels or normal polish followed by afternoon tea.

Mother to Be

Monday to Friday 145
Saturday or Sunday 155
60 minutes of Treatment, choose between a full body pregnancy massage or an Elemis Touch Facial followed by a two-course lunch.



Welcome to

Twilight

Arrival from 6pm until 9pm

Twilight Spa

Monday to Friday

60

Saturday or Sunday

70

At our Twilight Spa, we offer a truly enchanting escape from the hustle and bustle of everyday life. As the evening approaches our spa transforms into a haven of relaxation and indulgence. Perfect for unwinding.

Including a 30 minute Treatment

Choose from a Back Massage or Elemis Facial followed by an informal grazing board.



Facials

Elemis Expert Touch Facials

30 mins / 60 mins

55 / 85

Nourish Facial Boost

Skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

Reveal Facial

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smooth and glowing.

Renew Facial

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

Define Facial

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.



BIOTEC Facials

60 mins

90

Radiance + Revive Facial

Revive tired skin with our advanced Ultrasonic Peel, teamed with Oxygen Infusion to plump and Galvanic technology to nourish, leaving your skin rebalanced, nourished and radiant. BIOTEC Technology: Ultrasonic Peel for glowing skin, Oxygen Infusion to plump the skin and Galvanic technology to restore the skin.

Smooth + Polish Facial

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic technology to nourish, revealing bright, polished and smooth skin, BIOTEC Technology: Ultrasonic Peel for glowing skin LED Light Mask to re-energise the skin and Galvanic technology to restore the skin.

Lift + Rejuvenate Facial

Restore your skins vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen Infusion to plump. Skin will appear renewed, toned and lifted. BIOTEC Technology: Ultrasonic Peel for glowing skin, Microcurrent to lift the skin and Oxygen Infusion to plump the skin.

Sculpt + Firm Facial

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other. Your complexion will be left revitalised, strengthened and defined. For the ultimate facial experience. BIOTEC Technology: Cryotherapy for skin sculpting, Ultrasonic Peel for glowing skin, Microcurrent to lift the skin, Oxygen Infusion to plump the skin, LED Light Mask to re-energise the skin and Galvanic technology to restore the skin.



Massage

Swedish Massage

30 mins back/60 mins full body **50/90**

Massage technique that incorporates long, flowing moves to relax muscles, improve circulation, and improve overall well-being.

Deep Tissue Massage

30 mins back/60 mins full body **55/100**

Slow deep pressure strokes to relieve tension, focuses on the deeper layers of muscle tissue and fascia (connective tissue). It aims to release chronic tension and knots (also known as adhesions) in the muscles, improve blood circulation, and alleviate pain and discomfort.

Hot Stone Massage

30 mins back/60 mins full body **55/100**

Small flat stones are heated and used to place on the body and massage with, promotes a sense of deep relaxation and comfort.

Bamboo Stick Massage

30 mins back/60 mins full body **55/100**

The therapist uses different sizes of Bamboo sticks to massage, offering a deep massage to relieve tension more effectively.

Aromatherapy Massage

30 mins back/60 mins full body **55/100**

A luxurious and therapeutic massage experience that combines the benefits of massage therapy with the use of essential oils extracted from aromatic plants. These are chosen for their therapeutic properties such as relaxation, stress relief or invigoration.

Specialist Massage

Pregnancy Massage

30 mins back/60 mins full body **50/100**

Offers a nurturing and supportive experience for expectant mothers, providing relief from the physical discomforts of pregnancy while fostering relaxation, stress reduction and a deeper connection with the body and baby. It is an essential part of prenatal care that promotes all over health and wellbeing throughout pregnancy and beyond.

Oncology Massage

60 mins **100**

Specialist form of massage by Jennifer Young to meet the unique needs of individuals who are undergoing cancer treatment, in recovery or are living with cancer.

Frangipani Body Scrub

30 mins **45**

Frangipani salt gently removes dead skin cells encouraging the regeneration of new cells. Warm Frangipani oil is applied leaving the skin nourished and smooth.



Mii Manicures & Pedicures

Luxury Manicure

90 mins-Polish/Gel Polish

50/55

The manicure starts with nail shaping, filing, cuticle care, exfoliation to the hand and arm followed with a hydrating mask and heated mittens to nourish.

Luxury Pedicure

90 mins-Polish/Gel Polish

50/55

Pampering and rejuvenating experience for your feet, leaving them feeling soft, smooth, and perfectly polished. Starting with a foot soak, nail grooming, exfoliation, hydration with a nourishing foot mask and heated booties finished with a massage and your choice of polish.

Manicure/Pedicure

60 mins-Polish/Gel Polish

35/40

Restorative experience for your hands or feet, leaving them feeling soft, smooth, and perfectly polished. Starting with a foot soak, nail grooming, exfoliation, finished with a massage and your choice of polish.

Speedy Manicure or Pedicure

30 mins-Polish

30

Time saving option for those who are short on time but still want to keep their nails looking neat and polished. File and polish only.

Gel Removal

30 mins

20

Time saving option for those who are short on time but still want to keep their nails looking neat and polished. File and polish only.

***If you are a regular client, this service is included. Having them removed and reapplied. Please remember to book your removal as well as your Manicure or Pedicure at time of booking**

Princess Parties

8 Princesses

400

Each additional Princess

30

Treat your Princess and 7 other Princesses to a magical spa experience to celebrate a birthday. Within the party package you get full exclusive use of the spa area upstairs, a bubbly foot spa and so much more. Each Princess will be given a fluffy robe and headband to use on arrival and you can select any two treatments from the selection below: Face Mask, Foot Mask, Foot Massage, Toes Painted, Hand Massage, Hand Soak/Nails Painted. Please note all princesses will receive the same two chosen treatments.

Mocktails On Arrival

Spa Robe Hire

Party Food

Drinks - Juice/Water

Party Games (prizes included)

Selfie Station



Waxing

Effective method of hair removal that can leave your skin feeling smooth and silky for weeks at a time.

Lip	12
Chin	12
Lip and Chin	25
Full Face	35
Half Leg	35
3/4 Leg	38
Full Leg	42
Underarms	25
Hollywood/Brazilian	60
Bikini	38

Mens Waxing

Chest	22
Back and Shoulders	35
Stomach	20
Eyebrows	18

Lashes & Brows

Lash Tint & Lift

75 mins **65**

A powerful alternative to false lashes, our lash lift and tint will define, darken, lengthen and lift lashes, creating more visible, naturally fuller lashes for up to 8 weeks.

Lash & Brow Tint

45 mins **32**

Darken and intensify the colour of your lashes and brows with a semi-permanent vegetable based dye. Tinting can last between 3-6 weeks.

Lash Tint

30 mins **15**

Darken and intensify the colour of your lashes with a semi-permanent vegetable based dye. Eyelash tint can last between 3-6 weeks.

Brow Tint

30 mins **18**

Darken and enhance your natural brows with a semi-permanent dye. Brow tints can last between 3-5 weeks.

Eyebrow Shape

30 mins **18**

Reshaping of the brows using hot wax and tweezing. This treatment follows the golden ratio for facial proportions to help achieve symmetry and sculpt the most flattering shape for your brows.

*The above treatments require a patch test minimum of 48 hours before your appointment

Classic Lash Extensions

You can have fuller, thicker, longer lashes with a full set of semi-permanent extensions. Lashes can last up to 2 months but require maintenance every 2 to 3 weeks. A patch test is required at least 24 hours before treatment to ensure there is no sensitivity to the products.

Full set of classic lashes

..... 65

60 mins top up (recommended every 2-3 weeks) 50

30 mins top up (recommended every 1-2 weeks) 40

Lash removal

..... 15

Eyebrow Lamination

60 mins 55

Brow lamination is a two-step eyebrow perming treatment that involves correcting the brow shape by setting the hairs in place using a chemical solution. In the first step, a cream breaks down bonds in the eyebrow hairs so they can be manipulated into a new position. In the second step, another cream is applied to rebuild these bonds and set the brows in their new uniform position.

If you have unruly, flat or downward growing hairs, eyebrow lamination can change the direction of growth to create a more uniform look with a higher arch and a more desirable brow shape. Brow lamination generally lasts 4 to 6 weeks, with proper care allowing the brow treatment to last as long as 8 weeks.

Lashes

LVL Lash Lift

60 mins

55

By straightening your natural lashes at the root and then tinting them, the LVL Lash Lift gives you the appearance of longer, thicker lashes. No mascara. No messing. Just perfect lashes from the moment you wake up. You're then set for up to 6-8 weeks. Includes tint and hair removal.





Tanning

Sienna X Spray Tan

20 mins.....**30**

The Sienna X spray tan is a professional tanning solution designed to provide a natural-looking, even tan without the harmful effects of UV exposure. Sienna X offers a range of shades to suit different skin tones and preferences, from light to dark, allowing for a customisable tanning experience. Please note we advise you to exfoliate before this appointment.



Spa Guidelines

Spa packages are suitable for persons of 16 years of age and above, we do offer some services for under 16 years, please call the spa for further details.

We recommend arriving up to one hour before your treatment to allow sufficient time to complete our health questionnaire, lunch menu and tour the facilities.

Late arrival may result in shortened treatment time.

Personal health conditions, injuries and allergies affecting choice of treatment must be clearly noted on the confidential health questionnaire prior to treatment commencing.

Specialised maternity massage is suitable for expectant mothers only after the first 12 weeks of pregnancy. If in doubt, please seek advice from your medical specialist prior to booking.

Swimwear must be worn when in the pools, sauna, steam rooms.

Cancellation policy: A 100% cancellation charge is applicable if cancellation notice is less than 24 hours prior to the appointment time.

All prices are quoted in GBP, are subject to change at any time and inclusive of 20% VAT.

Smoking of cigarettes, e-cigarettes and vapes are strictly prohibited on the spa premises.

Dedicated family swimming times for our members and their children are from 15:30– 17:30 Monday to Friday and 08:30-10:30 Saturday and Sunday.

Children under the age of 16 years of age must be accompanied by an adult.

Aqua-tone Classes for our members occur in the pool every morning from 9am until 10:15am and 9am until 10:45am on a Monday.



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