

**A U R A**

Make Time For Yourself...

# AURA

We invite you to make time for yourself with our wide range of holistic and beauty therapies.

We are extremely proud to work closely with world leading brands such as ESPA.

The AURA Spa team will be delighted to offer you advice and guidance on the best treatments to meet your individual needs.

And relax....

**We look after our team,  
because they look after you:**

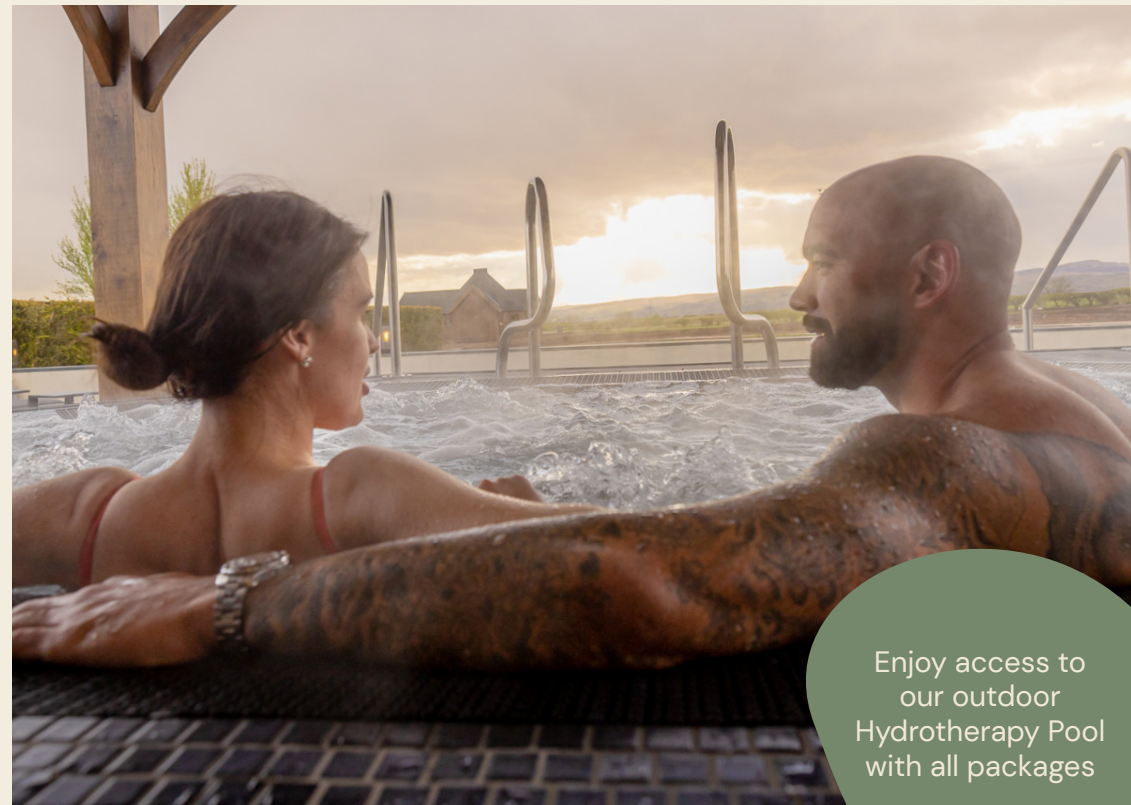


- We're a Real Living Wage Employer, meaning our hourly rates are more than the required national minimum wage, and reflect the true cost of living.
  - 10% of our net profits are shared with every employee who's been with us 12+ months. The amount is based on hours worked, not salary, to make it fair.
  - Should you choose to leave a tip, through card, cash or TiPJAR, 100% of it will be allocated to the team in this venue, and is shared out through a system controlled by a team representative.

## Our Outdoor Hydrotherapy Pool will change your view...

A true highlight of the AURA Spa Experience, our outdoor hydrotherapy pool offers total tranquility in a unique setting.

Soak up the view as you sit back and relax.



Enjoy access to  
our outdoor  
Hydrotherapy Pool  
with all packages

# SPA PACKAGES

## All of our packages include the following:

Use of all Spa & Leisure facilities for 1.5 hours  
Complimentary use of fluffy robe, slippers & towel  
Complimentary post treatment refreshment  
Use of our private relaxation room and lounge  
Afternoon Tea and a glass of prosecco

*(Upgrade to a 2-course lunch with prosecco  
for £9.50 per person supplement)*

## AURA Restore

### Package includes:

ESPA Inner Calm Massage (60 mins) | ESPA Inner Beauty Facial (60 mins)  
Use of facilities for 1.5 Hours | Afternoon Tea with tea or coffee & a glass of prosecco

## AURA Nurture & Support

Especially created for those who are undergoing (or have recently had) treatment for cancer.

### Package includes:

One 60 minute ESPA nurture & support treatment (choose from massage or facial)  
Use of facilities for 1.5 Hours | Afternoon Tea with tea or coffee & a glass of prosecco.

# SPA PACKAGES

## Yummy Mummy Package

Perfect for that post-natal relaxation & recuperation.

### Package includes:

Full body exfoliation | Back, neck & shoulder massage | ESPA Inner Beauty Facial  
Use of facilities for 1.5 Hours | Afternoon Tea with tea & coffee & a glass of prosecco

## AURA Replenish

### Package Includes:

1.5 hour use of our facilities | Afternoon Tea with tea or coffee and a glass of Prosecco.

### Choose one 55-minute treatment: OR Choose two express treatments:

Traditional Full Body Massage  
ESPA Inner Beauty Facial

ESPA Back, Neck & Shoulder Massage,  
ESPA Express Facial, Head &  
Scalp Massage or an  
Invigorating Foot massage

## AURA Rejuvenate

### Package includes:

Salt and oil body polish (25 mins) | Back, neck & shoulder massage (25 mins) |  
ESPA Express Facial (25 mins) | Use of facilities for 1.5 Hours | Afternoon Tea with  
tea or coffee & a glass of prosecco

Please note that the Hot Stone massage is not available as part of a package.

## COUPLES SPA PACKAGE

Experience AURA Spa together! Our brand-new couples room means you can enjoy a wonderful ESPA treatment in the same space.

**The couples package includes:**

90 Minute ESPA Hero Treatment each, which includes foot ritual, back exfoliation, back massage, facial & scalp massage.

1.5 hours use of all AURA Spa facilities.

Afternoon Tea for 2 with a glass of prosecco.

Complimentary use of fluffy robe, towel & slippers.

## AURA SPA EXPERIENCE

Experience total rest and relaxation with our AURA Spa experience, which includes:

1.5 Hours use of all Spa and Leisure facilities:  
Outdoor Hydrotherapy Pool, Spa Sauna, Swimming Pool  
Sauna and Steam Room, Indoor Hot Tub  
& Plunge Bucket Shower.

Access to our Relaxation Rooms & Lounge.

Complimentary use of fluffy robe, towel & slippers.

The AURA Spa experience is included in all of our spa packages. Guests who have booked a spa treatment outwith a package have the option to add our spa experience onto their visit for £20 per person. Please note the experience is not available to book on its own.



# SPA TREATMENTS

Indulge in an ESPA treatment when you visit AURA.

From deeply relaxing massages to glow inducing facials, we have a variety of treatments to aid rest and rejuvenation.

These treatments can be booked individually or enjoyed as part of a spa day package.

## ESPA MASSAGE

### ESPA Inner Calm Massage

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

**Includes:** Breathwork | Full Body Aromatherapy Massage | Scalp Massage with Rose Quartz Crystals

### ESPA Back, Neck & Shoulder Massage

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

**Includes:** Massage to the Back, Neck and Shoulders

### ESPA Hot Stone Massage

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

**Includes:** Full Body Aromatherapy Massage with Hot Stones | Scalp Massage

### ESPA Swedish Massage

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

### ESPA Deep Muscle Massage

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

**Includes:** Targeted Massage focussing on areas of concern

### ESPA Muscle Reviver

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored.

**Includes:** Back Massage | Facial Massage | Scalp Massage



## ESPA MASSAGE

### Invigorating Foot Treatment

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothes aches and pains.

**Includes:** A Refreshing Exfoliation | Deeply Therapeutic Foot & Lower Leg Massage

### Traditional Full Body Massage

A full body massage using individually chosen essential oils to improve circulation, release tension and help soothe your muscles. This massage is completely tailored to suit each individual, including the type of pressure that you prefer.

**Includes:** Scalp Massage.

### Reflexology

A specific pressure technique applied to the feet where all of the internal organs are mapped or mirrored in miniature. On the feet are reflex points which correspond to different organs of the body. Working over these areas can help balance the nervous system and reduce stress.

## AURA ADD ON TREATMENTS

Head & Scalp Massage  
Invigorating Foot Treatment  
Back, Neck & Shoulder Massage  
(Add Hot Stones for a supplement per person)  
Salt & Oil Scrub

All 25 Mins

## ESPA FACIALS

### ESPA Express Facial

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

**Includes:** Skin Analysis with Skin Vision™ Lamp | Double Cleanse | Exfoliation | Personalised Mask | Scalp Massage

### Active Nutrients Glow From Within Facial

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha Massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

**Includes:** Skin Analysis With Skin Vision™ Lamp | Cleanse & Exfoliation (Including Foreo) | Gua Sha Facial Massage | Double Mask | Hand & Arm Gua Sha Massage

### Aura Advanced Facial

Reveal exceptional results whatever your skin concern with this entirely bespoke expert facial from ESPA, naturally advanced spa skincare products rich in plant and marine extracts are selected according to your individual needs, and used alongside tailored massage to deeply cleanse, exfoliate, purify and boost your complexion. This customised treatment is then completed with a divinely relaxing scalp massage.

**Includes:** Triple Cleanse | Facial Massage with Jade Crystals | Personalised Mask | Head & Scalp Massage | Skin Analysis with Skin Vision™ Lamp

## ESPA FACIALS

### ESPA Inner Beauty Facial

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

**Includes:** Skin Analysis with Skin Vision™ Lamp | Triple Cleanse | Exfoliation | Facial Massage | Personalised Mask | Scalp Massage

### ESPA Cryo Facial

Mood boosting and uplifting. Alleviate stress and restore natural beauty within this bespoke treatment. Natural active formulas cleanse, rebalance and hydrate to reveal a clear, refreshed, naturally beautiful complexion which is enhanced with a cooling, awakening Cryo Globe Massage.

**Includes:** Double Cleanse with Exfoliation | Skin Analysis with Skin Vision Lamp Mask | Scalp Massage with Positivity Aromatherapy Oil | Cryo Globe Massage

### LED Tri-Active Facial

A complete approach to skin health with our innovative Tri-Active™ LED facial treatment.

Designed to enhance your skin's own natural rejuvenation process and complement ESPA's naturally powerful formulations, the LED light treatment produces clinically proven results for a profound improvement in the skin's appearance and texture. Dull, lethargic complexions are brightened and refreshed with the advanced Nano-dermabrasion and LED smooth the skin's surface and renew the skin from a cellular level. Concentrating on your face, neck, décolleté and scalp to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

### ESPA Natural Face Lift Facial

This facial uses Japanese Kobido-inspired massage techniques to instantly lift, firm, and brighten your skin. With four stages to detox, invigorate and sculpt, finishing with an ESPA Lifting and Soothing Mask that is applied to the face, neck and décolleté to cool and calm the skin. For strong, resilient, and healthy-looking skin that's nurtured and balanced throughout.

**Includes:** Double Cleanse and Gentle Exfoliation | Kobido Massage | Deep Massage to Tighten and Tone | ESPA Lifting and Soothing Mask | Scalp Massage

## ESPA NURTURE & SUPPORT

The following rituals have been carefully designed to soothe the guest and nourish their body, using specially selected products.

These rituals are designed for guests who are undergoing or have recently undergone treatment for cancer.

All experiences begin with breath-work and visualisation to commence relaxation, with the emphasis on a holistic approach to each guest's wellbeing.

### Be Nurtured Facial

Leave skin nourished and radiant with this relaxing facial. Beginning with a detailed consultation and entirely tailored to your individual concerns, this facial expertly combines the most suitable selection of cleansing, massage, mask, serum and moisturiser according to your needs.

**Includes:** Cleanse | Massage | Mask | Serum & Moisturiser

### Be Nurtured Massage

Soothe, relax and rebalance the body with this personalised massage. Focussing on areas of concern and using a gentle but rich oil, this unique experience will deeply nourish and hydrate skin while calming the mind.

**Includes:** Full Body Aromatherapy Massage | Scalp Massage with Rose Quartz Crystals

### Be Nurtured Back, Face & Scalp

Soothe mind and body with this renowned experience. This relaxing and deeply effective ritual addresses the main areas of tension – the back, the face and the scalp. A soothing back massage addresses areas of tension before a personalised facial completes this totally indulgent experience.

**Includes:** Foot Ritual | Soothing Back Massage | Personalised Facial | Scalp Massage

## ESPA BODY TREATMENTS

### ESPA Back, Face & Scalp Treatment – Hero Treatment

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

**Includes:** Foot Ritual | Back Exfoliation | Back Massage with or without Hot Stones | Inner Beauty Facial | Scalp Massage

### ESPA Pre-Natal Relax & Restore

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

**Includes:** Focussed Body Massage | Scalp Massage

### Lighter Legs

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. Cleanse and smooth hard-working feet and lower legs, then treat them to a rejuvenating and intensely reviving massage – restoring cool comfort and leaving you ready for another active day. (suitable for pre-natal)

**Includes:** Foot Ritual | Lower Leg and Foot Exfoliation and Massage

## ESPA BODY TREATMENTS

### ESPA Body Wrap

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying algae or nourishing marine mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

**Includes:** Skin Brush | Body Exfoliation | Algae or Mud Wrap | Scalp Massage

### ESPA Salt & Oil Scrub

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

**Includes:** Skin Brush | Salt & Oil Full Body Exfoliation





# AURA

## GIFT VOUCHERS

Why not treat a loved one with a gift voucher for our spa?

If you are not sure what to purchase please contact a member of our team who will be happy to help you choose.

All our vouchers come in the form of a gift card or e-voucher, which you can personalise as you wish.

01505 890030  
[bowfieldhotel.co.uk/spa](http://bowfieldhotel.co.uk/spa)



## RETAIL PRODUCT BOUTIQUE

To continue your spa experience at home all spa products used can be purchased from our spa boutique on departure.

Our knowledgeable team of therapists & spa professionals will be able to assist you in your home care selection to ensure you get the very best results from your skincare.



# ESPA

Natural Beauty  
Inner Calm

## INFORMATION

### **Arrival at the Spa**

We invite you to arrive at our spa reception a minimum of 30 minutes prior to your scheduled appointment time. This will allow you to fill out relevant pre-treatment paperwork and change into your bathrobe & slippers. Kindly note that additional time beyond the scheduled treatment period will not be granted in case of late arrivals. Treatment times are inclusive of consultation and home care advice. Bathrobes & slippers will be provided for you during your time at the health & wellbeing suite.

### **Spa Dining & Refreshments**

Enjoy dining and refreshments in our restaurant. You can also indulge in a glass of prosecco or champagne, or simply relax with our selection of teas, coffees or soft drinks.

### **Health Conditions**

Your wellbeing is our priority, so please advise us of any health conditions, recent operations, allergies or injuries when making your spa reservation, as a doctor's note may be required.

### **Pregnancy**

We have specially designed treatments for expectant mothers in their second & third trimesters. Please contact the health & wellbeing reception team for further information and to help you make the correct treatment choice.

### **Spa Experience**

Our spa experience, which includes 1.5 Hours use of the sauna, relaxation rooms, outdoor hydrotherapy pool and all leisure facilities, plus complimentary fluffy robe, towel and slippers, is included within our spa packages. Guests who have booked a spa treatment outwith a package are entitled to upgrade and include the spa experience for £20 per person. Please note the AURA Spa Experience can't be booked on its own.

## INFORMATION

### **Children**

Our spa is for individuals aged 16+, children are not permitted to use our facilities.

### **Loss or Damage**

Please keep all valuables locked in the locker provided during your visit. We regret we cannot be held responsible for any loss or damage of personal items.

### **Cancellation Policy**

Free cancellation up to 48 hours before treatment. Within 48 hours of treatment, cancellations will be charged at 50% of total cost. If you do not show up for the booked appointment, we will charge 100% of the total cost.

### **Advance Bookings**

We strongly recommend booking your treatments in advance to guarantee your preferred time and service. Please contact our spa team to help you with your treatment selection.

### **Enhance Your Experience**

If you wish to enhance your spa experience by adding on an overnight stay please let us know. We have some excellent packages available, including dinner, bed & breakfast in addition to spa treatments.

## PRICE LIST

	Duration Minutes	Current price
<b>SPA PACKAGES</b>		
Yummy Mummy Package	120	£189
AURA Replenish	55	£109
AURA Rejuvenate	75	£149
AURA Restore	120	£199
AURA Nurture and Support	60	£109
Couples Spa Package	90	£299

### Spa Packages

Prices shown Monday – Thursday, **£20 per person** supplement applies Friday – Sunday. The AURA Spa Experience is included in all of our spa packages. Guests who have booked a spa treatment outwith a package have the option to add our spa experience onto their visit for **£20 per person**. Please note the experience is not available to book on its own.

Afternoon Tea in a package can be upgraded to  
A 2-course lunch with glass of prosecco for £9.50 per person

	Duration Minutes	Current price
<b>SPA TREATMENTS</b>		
<b>ESPA massage</b>		
ESPA Inner Calm Massage	60	£100
ESPA Back, Neck & Shoulder Massage	25	£55
ESPA Hot Stone Massage	55	£95
ESPA Swedish Massage	55	£90
ESPA Deep Muscle Massage	55	£95
ESPA Muscle Reviver	45	£80
Invigorating Foot Treatment	25	£55
Traditional Full Body Massage	55	£90
Reflexology	50	£90

<b>AURA Add On Treatments</b>	25	£55
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- Head & Scalp Massage
- Invigorating Foot Treatment
- Back, Neck & Shoulder Massage (Add Hot Stones £5)
- Salt & Oil Scrub

## PRICE LIST

	Duration Minutes	Current price
<b>SPA TREATMENTS</b>		
<b>ESPA Facials</b>		
ESPA Express Facial	30	£55
Active Nutrients Glow From Within Facial	60	£100
Aura Advanced Facial	60	£100
ESPA Inner Beauty Facial	60	£95
ESPA Cryo Facial	60	£100

LED Tri Acive Facial	30	£65
	55	£120

ESPA Natural Face Lift Facial	75	£110
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### ESPA Nurture & Support

Be Nurtured Facial	60	£95
Be Nurtured Massage	60	£95
Be Nurtured Back, Face & Scalp	90	£129

### ESPA Body Treatments

ESPA Back, Face & Scalp Treatment – Hero Treatment	90	£129
Lighter Legs	40	£65
ESPA Body Wrap	60	£100
ESPA Salt & Oil Scrub	25	£55

ESPA Pre-Natal Relax & Restore	25	£55
	55	£95



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