spa

St George's Hill Lawn Tennis Club

TREATMENT MENU

Spa at St George's Hill Lawn Tennis Club

We would like to welcome you to our exclusive boutique Spa and invite you into a tranquil setting in your very own Club.

The Spa offers a calming environment in which to relax offering an extensive range of beauty, holistic and sports rehabilitation treatments, whether you are looking to enjoy a variety of massages, a place to recover from sports injuries, or just time out in a busy schedule to be pampered.

Our Beauty Therapists and Wellness professionals are highly qualified in skin care and remedial treatments, enabling them to offer advice and tailoring each treatment to your individual needs.

The Spa offers a wide range of luxurious, high performance products, such as Germaine De Capuccini, HydraFacial, MEDIK8 and NEOM ensuring only the very best quality and care for our members.

Our Spa menu offers treatments for everyone in the family, including treatments for men and teenagers.

We invite members to experience our discreet, yet luxurious bespoke service, ensuring an overall feeling of balance and wellbeing.

We look forward to welcoming you into the Spa soon.

The Spa Team

SPA POLICIES

*We strongly advise you not to have any heat treatment or exercise, swim or sunbathe 4 hours before or 48 hours after waxing. Please ensure skin is freshly cleansed prior to treatment.
**A test to safeguard against allergic reaction is required 48 hours prior to your first tint or LVL with us.
*** Please note these treatments require skin preparation prior to booking in the treatment, for more information on this please contact the Spa.

CANCELLATION POLICY

Clients who wish to change or cancel an appointment are requested to provide a minimum of 24 hours' notice or the full cost of the treatment will be charged unless the full appointment time appointment can be filled.

ARRIVAL TIME

Please arrive promptly for your appointment as it may not be possible to accommodate late arrivals. Late-comers will incur the full fee for shortened treatments.

COURSE BOOKINGS

All our treatments are available to purchase in a course form at a reduced cost. To reinforce the beneficial effects we recommend that all courses are completed within six months.

REFUNDS

All products, treatments and courses purchased from the Spa are non–refundable except in exceptional circumstances including but not limited to ill health, cancellation of membership or adverse reaction.

HEALTH & SAFETY

On your first visit to the Spa you will be asked to fill out a medical questionnaire so we are able to tailor-make the treatment for you. It is vitally important that you inform your therapist if you believe you may be pregnant, are undergoing treatment or taking prescribed medication. Re-hydration is an important part of the Spa therapy, we therefore recommend that you drink plenty of water after your treatment.

Hydrafacial®

FACIAL THERAPIES

Hydrafacial Express
Cleanse – deeply cleanses and exfoliates with a gentle peel to uncover a new layer of skin.
Extract – removes impurities from pores with painless vacuum suction.
Hydrate – saturation of the skin surface with intense moisturisers ad nourishing personalised ingredients.
25 minutes | £104.00

Hydrafacial Deluxe
As per the Hydrafacial Express plus LED light therapy.
LED light therapy – deeply enhances your treatment by promoting healing within the skin. The LED device treats full face wrinkles and mild to moderate acne whilst calming redness and reducing inflammation.
45 minutes | £162.00

Hydrafacial Platinum
As per the HydraFacial Deluxe plus Lymphatic Drainage and includes a hand, arm and scalp massage. Lymphatic Drainage – known for lifting and contouring for an instantly sculpted look. Reduces puffiness and redness, working to detoxify and optimize skin health.
60 minutes | £194.00

GERMAINE DE CAPUCCINI

FACIAL THERAPIES

Royal Jelly Elixir De-Stress Facial
Packed with anti-oxidants and essential nutrients, our Royal Elixir facial is ideal for tired and stressed skin. The skin regains its strength and natural immunity against daily aggressions.
97% of clients claim their skin is left more smooth, radiant and with a healthy appearance*
55 minutes | £69.00

Dermatech Smart Pro – Microneedling

Dermatech Smart Pro – commonly known as microneedling is a cosmetic skin treatment that uses tiny, sterile needles to create controlled micro-injuries in the skin. The tiny punctures stimulate your body's natural healing process, boosting collagen and elastin production — the proteins that keep skin firm, smooth, and youthful. Microneedling can be used to treat; fine lines & wrinkles, acne scarring, large pores, uneven skin texture, sun damage, stretch marks, hyperpigmentation, and mild skin laxity. Following a consultation, your therapist will create a tailored treatment based on your skin type and concern and over several week your skin becomes smoother, firmer, and more even toned with an improved surface texture.*

*Contraindications apply. Please contact the Spa for further details.

Initial treatment £195 which includes recommended aftercare | Follow up appointment £149

Timexpert Hydraluronic Moisturising & Plumping Facial

A new dimension of hydration is delivered to the skin through exclusive ingredient and formulations which plump and add volume. Hyaluronic Acid (HA) is released to the deepest layers of the skin, allowing recovery, and preserving of naturally occurring HA in the skin. Whilst the slow-release technology delivers and retains moisture reserves for longer lasting effects. This therapy is elevated with a unique facial massage tool that works as a cooling method across the facial contours to actively plump lines. A cosmetic alternative to aesthetic injections with elevated improvement in the appearance of lines, wrinkles, and hydration levels of the skin*. Leaving your treatment with a mask applied to deeply hydrate and smooth the skin as your day continues .*Self-assessment test on 43 individuals after 1 session. Suitable for those undergoing oncology treatments.

55 minutes | £89.00

Timexpert Wrink less

Exclusive technological innovation designed to fight all types of wrinkles, improving the elasticity and general appearance of the skin. Bio-fermented ingredients and peptide fragments stimulate collagen production from skin cells to reduce wrinkles and restore "elasticity", making the skin more elastic from within. Four marine and plant ingredients work in synergy to defend our skin against the main problem of ageing: wrinkles. Collagen and elastin boosters have a "Botox-like" action and an immediate and long-lasting plumping effect.

Visible results in 1 hour.

97% 'plumping' effect. Wrinkles are smoothed.

100% skin looks and feels more elastic.

*Effectiveness test, opinion of 30 volunteers (aged 34-69) after a single professional treatment.

55 minutes | £89.00

Timexpert Lift_in

Lift and revitalise your skin, facial contours and neck with this exquisite treatment providing the results your skin deserves. With the exclusive ingredients of Brittany Red Microalgae. naturally derived ceramides and HLG (Patented Nanopolymer) this facial will strengthen the skin's structure and correct signs of ageing. The Y-shape lifting massage tool expertly remodels and stimulates the skin, providing a unique lifting effect along with redefined cheekbones and jawline with visibly reduced flaccidity along the chin and neck line. Redensify and reposition the skins structure to restore the skin's vitality and radiance.

60 minutes | £110.00

Timexpert Skin Reset

A bioenergetic reset that works at the heart of skin rejuvenation through patented **MITOCORE NAD+™ Technology. Timexpert Skinreset** reactivates cellular energy, strengthens the skin's protective barrier, and optimises mitochondrial function to reveal skin that is more resilient, revitalised, and visibly younger-looking. Perfect for stressed, tired, and dull skin in need of a recharge, Skinreset helps your complexion breathe again, recover its energy, and regain a healthy, radiant glow.

60 minutes | £95

Expertjet (18yrs +)

Dermafusion Rejuvenating System, a technological revolution that transforms your skin in 60minutes. More effective, faster, and longer-lasting visible results. Transforms every skin type with a unique and personalised approach.

- Deep cleanses and renews the skin's surface.
- Provides elasticity, firmness, and intense hydration.
- Balances oily skin for an even and fresh finish.
- Instant glow for a luminous face.
- Smoothes wrinkles and expression lines and redefines contours.
- Rejuvenates the skin and visibly improves texture and pores.
- Tightening effect on the upper eyelid and plumping effect on lips and cheekbones.
- Suitable for all skin types and needs.

60 minutes | £168.00

Mesoboost Facial

Expert Lab Mesoboost is a new non-invasive transcutaneous penetration system that represents of the way active ingredients are administrated into the skin. A double strategy that combines transcutaneous meso-chip penetration technology with release of active ingredients and electroporation technology, with the aim of optimising the skins absorption rate of active ingredients. Mesoboost is non-invasive, no needle, painless treatment. A course of 3 treatments is recommended with each treatment taken every 7 - 14 days. Maintenance treatments are advised monthly.

The results:

- Diminished expression lines
- Wrinkles are softer and less noticeable
- Wrinkles are shallower and blurred
- Overall younger- looking complexion
- Firmer and suppler skin
- Face shape is more defined

75 minutes | £150.00

GERMAINE DE CAPUCCINI

FACIAL WELLNESS THERAPIES

St George's Signature Facial
Our signature facial is designed to revitalise the skin, using highly sensory massage techniques. A soothing massage using Obsidian and Onyx ritual stones, known for their natural healing properties. Taken from the volcanic lands of Mexico, Obsidian stones create negative ions which help to rebalance the positive ions caused by pollution, poor diet, and stress. Negative ions are an essential element to health. They increase oxygen flow to the brain giving increased mental and physical energy. White Onyx is a naturally dense stone which is cooling on the body and has an anti-inflammatory effect. This massage combines warm pindas and the ritual stones to soothe and relax the mind, body and soul, whilst boosting the blood flow and improving oxygenation to the skin issues.
55 minutes | £105.00

Medik8

FACIAL THERAPIES

Medik8 Prescriptive Facial
A bespoke results driven professional treatment that combines advanced skincare actives with luxury signature massage techniques.
Whether you are looking to target uneven skin tome, dryness, redness or a combination of concerns, your therapist will provide exactly what's needed to visibly improve your skin.
60 minutes | £109

Crystal Retinal Age-Defying Facial
Powered by a supercharged Crystal Retinal Concentrate and invigorating and transformative Crystal Retinal Signature Massage, this no-downtime treatment leaves skin looking lifted, glowing and glass-like. Personalised to your skins needs to visibly reduce wrinkles, boost radiance and enhance skin firmness in just one treatment.
60 minutes | £109

Medik8 Precision Peel
Reveal brighter skin in 45 minutes with the Medik8 Precision Peel.
A peel suitable for all skin types and concerns. It visibly brightens, smooths, decongests and revitalises the skin. Ideal for a first-time peel or to prolong the results of previous peels.
45 minutes | £89

DERMAPLANING

Dermaplaning Basic
Dermaplaning is a gentle, non-invasive exfoliation treatment that uses a specialised sterile blade to remove dead skin cells and fine facial hair (peach fuzz). It leaves the skin feeling smoother, looking brighter and creates a flawless base for makeup. Suitable for most skin types, dermaplaning helps improve skin texture and allows skincare products to be applied more evenly, leaving your complexion soft, fresh, and radiant.
30 minutes | £45

Dermaplaning Advanced
Take your results to the next level with our advanced dermaplaning treatment, combined with a professional facial peel for enhanced exfoliation and skin renewal. Dermaplaning removes dead skin cells and fine facial hair, while the peel helps to improve skin texture, brighten the complexion and promote a smoother, more radiant appearance. Ideal for dull, uneven, or congested-looking skin, this treatment is tailored to your skin's needs following a consultation to ensure suitability.
45 minutes | £59

GERMAINE DE CAPUCCINI

BODY TREATMENTS

Mediterranean Candle Massage

Choose one of our Mediterranean inspired massage candles; Lavender, Olive or Citrus which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

30 minutes | £55.00 **55 minutes | £80.00**

Harmony Massage

INSPIRED BY SOUTHERN EUROPE AND ITS WIDE VARIETY OF MEDICINAL PLANTS.

Sperience Harmony massage is specifically catered for you by matching one of our 4 active preblended aromatherapy oils, choosing your oil from our unique ritual to help target the needs of your mind, body and soul;

PURE ESSENCE **ACTIMOOD FRESH**	ESSENCE BALANCE **ACTIMOOD WELL-BEING**	ZEN ESSENSE **ACTIMOOD RELAX**	ESSENCE POWER **ACTIMOOD ENERGY**
A combination of essential oils carefully selected for their short and long term moisturising and illuminating properties. Its floral and citrus scent brings freshness and its slightly woody base evokes the freshness of an exotic forest.	A combination of essential oils carefully selected for their venotonic and draining properties. Its woody, powdery scent brings a sense of well- being, transporting us to a warm, exotic and spicy place that makes us feel good and at peace with ourselves.	Combination of essential oils carefully selected for their soothing and relaxing properties. Its fruity and sweet scent brings relaxation and calm, an enveloping and addictive sensation.	Combination of essential oils carefully selected for their firming and lipolytic properties. Its fruity, citrus scent brings extra energy and vitality, a cascade of positive sensations.

30 minutes | £55.00 **55 minutes | £80.00**

Sculptzone Treatments

Using vacuum push pull therapy, a non-invasive treatment.

- Lipo Reduction
- Localised Fat Reduction
- Remodelling
- Lymphatic Draining
- Holistic Back Therapy

45 minutes | £65.00

Deep Tissue Body	**55 minutes**	**£82.00**
Deep Tissue Back	**25 minutes**	**£55.00**

GERMAINE DE CAPUCCINI

HOLISTIC THERAPIES & RITUALS

Vivid Awakening Facial
Designed to revitalise, nourish and illuminate the skin, this express facial provides a moment of relaxation while leaving your complexion feeling refreshed, hydrated and beautifully radiant.
30 minutes | £45.00

Vitality Renewal Body Exfoliation
A body exfoliation enriched with passion fruit, annatto and avocado oils, alongside cupuaçu butter and tagua particles. Its rich texture helps renew and prepare the skin, leaving it soft and radiant.
30 minutes | £45.00

Bloom Sensation
A body massage enriched with passion fruit, annatto and pataua oils. Inspired by the holistic and energetic lomi lomi massage, its gel-based texture is ideal for working with hands and forearms, offering an unmatched sensory experience that leaves the skin soft, hydrated and nourished.
60 minutes | £80.00

Vibrant Rebirth
A body treatment that begins with an exfoliant to renew and prepare the skin, followed by a rejuvenating massage to bring the body and mind into a state of holistic relaxation.
90 minutes | £99.00

Rainforest Harmony
The perfect combination of are vitalising facial and an energising body massage for a complete experience. This treatment revitalises the skin of both the face and body, leaving it luminous, soft and refreshed.
90 minutes | £99.00

Exotic Paradise
A comprehensive treatment that includes a facial to revitalise the skin, followed by a body exfoliant to renew and soften, and concluding with an energising body massage that brings the body to a state of complete balance.
120 minutes | £125.00

MANICURE & PEDICURE

HANDS		
Manicure	40-minutes	£39.00
Express Manicure (no polish application)	30-minutes	£32.50
Re-Varnish Hands	20-minutes	£21.00
Gel Manicure	55-minutes	£49.00
Gel Manicure Application	25-minutes	£36.00
Gel Removal followed by re-application	20-minutes	£7.50
Gel Removal without re-application	20-minutes	£13.00
FEET		
Pedicure	60-minutes	£47.00
Express Pedicure (no polish application)	30-minutes	£39.00
Re-Varnish Feet	20-minutes	£21.00
Gel Pedicure	55-minutes	£60.00
Gel Pedicure Application	25-minutes	£43.00
Gel Removal followed by re-application	20-minutes	£7.50
Gel Removal without re-application	20-minutes	£13.00
BIAB Full Set	75-minutes	£52.50
BIAB Infills	75-minutes	£47.00
BIAB Full Set with Gel Colour	90-minutes	£58.00
BIAB Infills with Gel Colour	75-minutes	£52.00
BIAB Removal	30-minutes	£15.00
BIAB Nail Fix	15-minutes	£6.50

Manicure & Pedicure - £10 additional charge for French

footlogix®
PEDICEUTICALS

Footlogix Specialised foot treatment that targets hard or cracked skin on the heels of the feet.	55 minutes	£54.50
Footlogix Plus Paint	70 minutes	£69.00
Footlogix Plus Gels	75 minutes	£82.00

We are unable to remove acylics and other hardening gels.

EYE TREATMENTS

Eyebrow Wax or Tweeze*	£16.50
Eyelash Tint**	£22.00
Eyebrow Tint**	£18.00
Eyelash and Brow Tint**	£35.00
Eyebrow Shape and Tint**	£32.00
LVL Lashes**	£62.00
Brow Lamination**	£45.00
Threading: Lip, Chin or Eyebrows	£12.00 each
Threading two areas	£20.00
Threading three areas	£30.00

HAIR REMOVAL

	HOT WAX	STRIP WAX
Full Leg		£43.00
Half Leg		£28.00
Full Leg and Bikini		£54.00
Top Leg		£32.00
Bikini	£24.00	£20.00
Brazilian	£48.00	£36.00
Hollywood	£52.00	
Underarm	£23.00	£16.50
Full Arm		£28.00
Half Arm		£20.00
Lip or Chin	£19.00	£15.00
Chest Wax	£34.00	
Back Wax	£34.00	

TEENAGE TREATMENTS 13-17 years

Parent / Guardian: permission must be given in writing on our Spa Consultation Form.

Royal Jelly Elixir De-Stress Facial	55 minutes	£69.00
Timexpert Hydraluronic Moisturising & Plumping Facial	55 minutes	£89.00
HydraFacial Express	25 minutes	£99.00
Facial add on:		
Steam and Extraction	20 minutes	£22.00
Milia Extraction Included		
Therapeutic Back Massage	25 minutes	£50.00
Bikini Wax*		£20.00
Full Leg Wax*		£43.00
Half Leg Wax*		£28.00
Lip or Chin Wax*		£15.00
Underarm Wax*		£16.50
Teenage Manicure (no cuticle work)	30 minutes	£31.00
Teenage Pedicure (no cuticle work)	30 minutes	£31.00
Gel Manicure Application	25 minutes	£34.00
Gel Pedicure Application	25 minutes	£41.00
Eyebrow Wax or Tweeze*		£16.50
Eyebrow Tinting**		£18.00
Eye Lash Tinting**		£22.00
Eyebrow Shape and Tint**		£32.00
LVL Lashes** (16 years and above)		£62.00

ALTERNATIVE THERAPIES

Julia Wood Therapies

Reflexology		
Hand | Foot | Lymphatic Drainage Reflexology	60 minutes	£80.00
Facial Reflexology with Indian Head Massage	60 minutes	£85.00
Hot Stone Reflexology	70 minutes	£95.00
Holistic Face Gua Sha Massage		
Zone Face Lift with Facial Reflexology	75 minutes	£99.00
(6 or 12 weekly ZFL sessions are recommended for maximum results)		
Facial Massage with facial tools, rollers, crystals with lymphatic drainage	60 minutes	£85.00
Facial Cupping with lymphatic drainage	60 minutes	£85.00
Massage		
Therapeutic Body	60 minutes	£80.00
Deep Tissue	60 minutes	£85.00
Indian Head	45 minutes	£60.00
Tsuboki Japanese Face	60 minutes	£80.00
Aromatouch Technique	60 minutes	£80.00
Combination Treatments		
Any of the above treatments can be combined for a bespoke experience:	60 minutes	From £85.00
	75 minutes	From £99.00
	90 minutes	From £120.00

Claudia Anna Walker Therapies

Eastern Fusion Massage	50 minutes	£81.00
	35 minutes	£71.00
Glute Stretches	20 minutes	£51.00
Cupping Therapy	20 minutes	£51.00
Pain Relief Acupuncture	50 minutes	£81.00
	35 minutes	£71.00
Wellbeing Acupuncture	50 minutes	£81.00
Facial Acupuncture	50 minutes	£81.00

Tobias Kearns Sports Massage

Sports Massage	90 minutes	£130.00
	60 minutes	£90.00
	45 minutes	£70.00
	30 minutes	£50.00

PRODUCTS

After a relaxing treatment in the Spa, why not continue the therapy at home with our range of premier products from Neom, Image Skincare, Germaine De Cappucini and Jessica.

GIFTS

Our Spa offers a wide selection of gifts for all your family and friends, male or female. Don't worry about not knowing what to buy, our Spa Team are on hand to offer professional advice. From stocking fillers to luxury items we are sure to find you the perfect present.

GIFT VOUCHERS

Gift Vouchers are a delightful gift to suit all occasions and are available for purchase by treatment or monetary amounts. Vouchers can only be redeemed on Spa treatments and products provided by the Spa and are only valid for 12 months from purchase.

OPENING TIMES

Monday -Thursday: 9.30am-8pm
Friday and Saturday: 9am-6pm
Sunday: 10am-6pm

To make a Spa booking please contact Spa Reception on 01932 268979

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The prices in this brochure are correct at the time of going to print but can be subject to change.

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