





# Welcome

Discover complete relaxation and restore your senses at our beautiful spa, situated in the heart of Wiltshire.

Using one of the UK's leading skincare brands Elemis, we offer relaxing massages, hydrating facials, body wraps and luxury hand and foot treatments. Every treatment is specifically designed to offer you a unique experience, combining specialist massaging techniques and organically rich formulas that are scientifically proven to give you results.

Spa facilities include an indoor and outdoor heated swimming pool, relaxing indoor and outdoor hot tubs, fitness studio and a thermal suite including sauna, steam room and a monsoon shower!





## A Bit About Bishopstrow

Nestled in 30 acres of rolling grounds and landscaped gardens on the picturesque River Wylye. Discover the charm and character of this classic English Country House, blending the perfect combination of a relaxed atmosphere and stylish refinement. At Bishopstrow, our dedicated team will ensure that you have our full undivided attention from the moment you arrive.

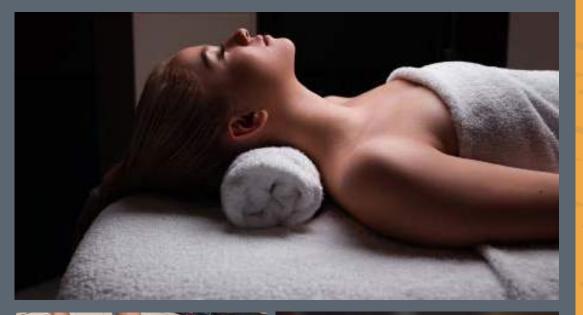
Bishopstrow has it's own unique water supply collected from it's own Borehole. The water is extracted from deep underground from the chalk Limestone formations from beneath Warminster. This limestone filters the water as it slowly soaks through the ground on its way to the Aquifer 60 meters below the surface.

Bishopstrow has been, and always will be, an iconic landmark of the rolling Wiltshire countryside. It has passed through generations of family lineage and through the changes of many hands; it has seen many moments of happiness and an equal measure of tragedy; it has risen from the ashes and yet, through it all, continues to be the beating heart of Warminster and beyond. A home away from home for its guests, as it has been since the early eleventh century, its warmth, vibrance and beauty is to be beheld by all.













## **Spa Day Experiences**

Retreat into our blissful boutique spa and unwind with one of our many Elemis treatments or simply enjoy the thermal experiences (steam, sauna room and monsoon shower), indoor and outdoor heated pools and hot tubs, as well as our fitness studio.

## The Ultimate Spa Day

Mon - Thur 155 | Fri - Sun 175

This ultimate relaxation experience commences with a back cleanse, followed by an exfoliation and to complete this heavenly experience it concludes with an Elemis taster facial and a luxurious scalp massage. This spa day includes use of the spa facilities, fitness studio grounds, signature 85 minute treatment, a two-course set lunch, robes, towels and slippers.

## **Celebration Spa Day**

Mon - Thur 90 | Fri - Sun 110

For the ultimate relaxing experience, a 25-minute treatment and afternoon tea with a glass of Taittinger Champagne.

This spa day includes use of the spa facilities, fitness studio and grounds, 25 minute treatment, full afternoon tea, glass of Taittinger, robes, towels and slippers.

#### **Twilight Spa Day**

Mon - Thur 45 | Fri - Sun 65

Enjoy an evening of serenity in our spa with a glass of Champagne whilst gazing at the night sky from our outdoor hot tub or heated swimming pool. Includes up to three hours in the spa from 6-9pm with full access to the facilities & a glass of Champagne on arrival.

Start your day right (add a pre-booked breakfast to your spa day for 19.50)

## **Elemis Pro-Glow Facials**

## Pro-Glow Brilliance | 50 minutes | 85

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

## Pro-Glow Renewal Facial | 50 minutes | 85

Elemis' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced.

## Pro-Glow Smooth | 50 minutes | 85

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect.

#### Gift vouchers

Treat a friend or a loved one to some much needed time out with a Bishopstrow spa experience; gift vouchers are available for treatments, spa days or a monetary amount and can be purchased online at bishopstrowhotel.com

## Pro-Glow Resurface | 50 minutes | 85

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.



## Take a piece of Bishopstrow away with you

Trying to find the perfect gift for friends, families, or just fancy a treat for yourself? Look no further! Our Elemis products are available to take home today. Please speak to one of our wonderful spa team to assist you further.

# **Elemis Pro-Glow Technology Facial**

#### Pro-Glow Smooth+ | 50 minutes | 90

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity.

#### Pro-Glow Renewal Facial+ | 50 minutes | 90

Elemis' signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow. After just one treatment, skin looks visibly refreshed and rebalanced.

#### Pro-Glow Resurface+ | 50 minutes | 90

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines. Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear.



#### Pro-Glow Brilliance+ | 50 minutes | 90

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a super-charged air massage to breathe life into your skin.

Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed, and glowing.

# Add On - Elemis Biotec Eye Treatment | 25 minutes | 35

Biotec technology is refines enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin

# Add On - Elemis Biotec Neck Treatment | 25 minutes | 35

Micro current reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.

# **Body treatments**

Cleansing mineral salts, oil blends rich in actives and transportive aromatics are combined with an unparalleled level of expertise in massage and conditioning.

For healthy, revitalised skin and deeply eased muscles.



## Elemis Couture Touch | 85 minutes | 130

Condition your skin and muscles with this all embracing experience. Combine any 55 minute Elemis hands-on touch facial and a 25 minute massage. Or combine any 25 minute Elemis hands-on-touch facial and a 55 minute massage.

## Elemis Couture Technology | 110 minutes | 170

Time to switch your skin on. Combine any 55 minute massage and a 55 minute Elemis technology biotec facial.

## Elemis Hot Mineral Body Boost Massage 55 minutes | 95

This powerful massage treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, mineral- charged experience of skin conditioning, metabolic balancing and energising wellness.







## **Body Treatments**

#### **Body Wrap & Scrubs**

Drift away whilst you are cocooned in a comforting foil wrap or resting weightless in the unique dry float. All treatments include a relaxing foot massage or a de-stressing pressure point face and scalp massage.

#### Elemis Body Nectar Nourishing Wrap | 55 minutes | 85

The velvety texture of the Monoi Oil and Frangipani Wrap offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

#### Elemis Intensely Cleansing Salt Scrub | 45 minutes | 75

Choose from a Lime and Ginger or Frangipani Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

## Elemis Thousand Flower Detox Wrap | 55 minutes | 90

This nutrient-rich detox wrap uses deeply nourishing Green Tea Balm and Somerset mud to encourage super skin health. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

# Back, Neck & Shoulder Massage & Elemis Taster Facial 50 minutes | 90

Combining the best of both. Relax with this rejuvinating face and massage treatment.

#### Elemis Intensely Cleansing Salt Scrub | 45 minutes | 75

Choose from a lime and ginger or frangipani fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

#### Herbal Back Cleanse | 45 minutes | 70

A facial for your back, this decongesting treatment helps improve skin texture and tone. The back is cleansed and exfoliated before a soothing and purifying aromatic herb mask is applied. The final touch is a detoxifying back massage using a special blend of balancing essential oils.

#### Body Salt Scrub | 25 minutes | 49

Salt and oils are perfect for scrubbing away those dry flaky patches of dead skin and will leave your skin feeling silky smooth and fresh. Choose from pear & nigella seed, lime & lemongrass or Columbian rush coffee body scrub.



## Rasul Mud Therapy Room | 25 minutes | 53/75

Rasul is an ancient Arabic cleansing bathing ritual that combines the health enhancing properties of mineral-rich mud, heat and steam for a relaxing and skin conditioning treatment.

The first stage of this self-apply treatment involves lathering thick detoxifying mud onto specific areas of your body. Then sit back and relax in the herb-infused steam, allowing the essential minerals from the mud to be absorbed by the skin and the toxins to leave your body.

Wash away the mud in the secluded rasul showers and start to feel the beneficial effects of the treatment of soft and radiant skin that feels revitalised.

The rasul therapy is a self-apply treatment that can accommodate up to two persons. Take some time to yourself to unwind or enjoy the benefits of rasul therapy with another.

# Signature & Holistic

Our range of alternative therapies takes inspiration from ancient wellbeing techniques and healing energies to improve your mind and body balance.



#### The Signature Treatment | 85 minutes | 105

This luxurious treatment targets the face, back and scalp. Beginning with a rejuvenating back cleanse and exfoliation using a sea lavender and Samphire scrub, leaving your skin refreshed and smooth. To release any stress or tension, essential oils are massaged into your back, neck and shoulders. Then finish your treatment with a soothing facial and scalp massage.

#### Back Neck & Shoulder Massage | 25 minutes | 52

Targeting areas where you hold the majority of your tension, this massage relieves stress and aching muscles.

## Swedish Full Body Massage | 55 minutes | 85

Using specially blended oils to relieve muscles from stress and tension.

## Reflexology | 55 minutes | 70

Reflexology is a theraputic method and promotes healing by stimulating predefined pressure points in the feet and hands. By applying pressure to these points it relieves stress and pain.

## Hot Stone Massage | 55 minutes | 105

This treatment uses traditional techniques to relieve muscles from tension. Placing small stones on key energy points along the back, this penetrating deep heat massage eases the muscles and relaxes the mind and body.

#### Elemis Hot Mineral Body Boost | 55 minutes | 95

This powerful massage treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, mineral-charged experience of skin conditioning, metabolic balancing and energising wellness.

## Elemis Garden Of England Rose Restore Massage 55 minutes | 95

The skin is anointed with nourishing oils whilst a urturing Rose balm and bespoke massage comforts the skin and grounds the spirit. Skin is left exquisitely moisturised, intensely supple and delicately scented.

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#### **Just For Men**

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. Elemis responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

Elemis High Performance Skin Enegiser | 50 minutes | 85 The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi- dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

Elemis Technology Biotec Super-Charger | 50 minutes | 95 The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

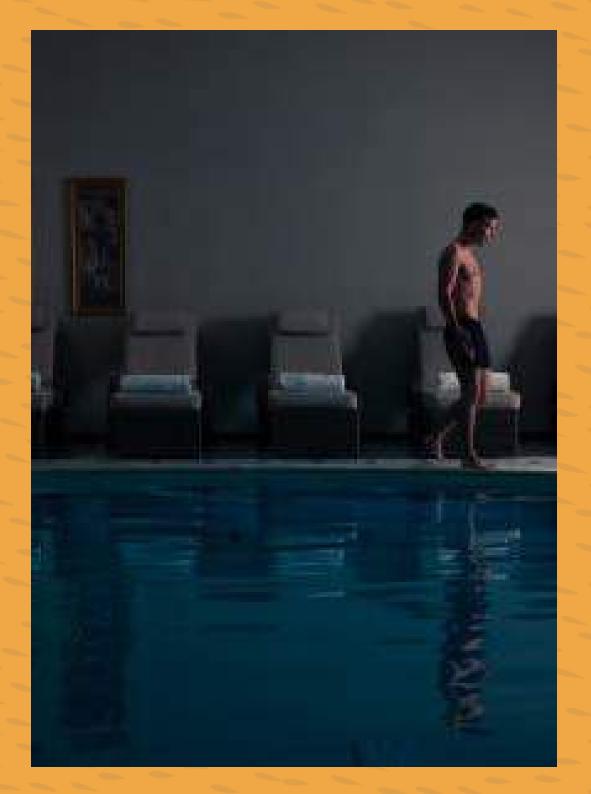
Elemis Booster Facial | 25 minutes | 52 A hydrating, energising treatment for stressed, fatigued skin.

Back Neck & Shoulder Massage | 25 minutes | 52 Targeting areas where you hold the majority of your tension, this massage relieves stress and aching muscles.

Swedish Full Body Massage | 55 minutes | 85 Using specially blended oils to relieve muscles from stress and tension.







#### **Just For Men**

### Men's Total Time Out | 110 minutes | 160

Achieve the ultimate goal for complete skin and body indulgence. Relax with a Elemis High Performance Skin Energiser Facial and a personalised Freestyle Deep Massage relieves stress, tension and aching muscles using specially blended massage oils, to suit your individual needs.

Elemis Intensely Cleansing Salt Scrub | 45 minutes | 75 Choose from a Lime and Ginger or Frangipani Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. Leaving a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

## Best Foot Forward | 25 minutes | 45

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Hot wax softens and smoothes to leave feet supple and fragrant.

#### Hot Mineral Body Boost Massage | 55 minutes | 95

This powerful massage treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, mineral-charged experience of skin conditioning, metabolic balancing and energising wellness.



### Hands & Feet

#### **Heavenly Hands And Foot Treatments**

Nurture your hands and nails with the outstanding products designed to conquer everything from weak nails to painful cuticles to dry skin.

## Garden Of England Rose Restore Hand Treatment 25 minutes | 45

A conditioning, restorative, anti-ageing hand treatment that leaves the whole body feeling relaxed. This treatment targets age spots and dryness resulting in soft, hydrated skin.

#### **Best Foot Forward | 25 minutes | 45**

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Hot wax softens and smoothes to leave feet supple and fragrant.



#### CND Shellac

CND Shellac is the original and only power polish service with chip free colour no matter what life brings you.

#### CND Shellac On Feet | 60

Starting with cuticle care and nail shaping, the nail is prepped for a very thin layer of gel overlay. Once the nails are completely dry, the treatment is finished with Solar Cuticle Oil and Foot Cream.\*

\*Please note Gel Shellac must be removed before your appointment.

## CND Shellac On Hands | 60

Starting with cuticle care and nail shaping, the nail is prepped for a very thin layer of gel overlay. Once the nails are completely dry, the treatment is finished with Solar Cuticle Oil and Hand Cream.\*

Existing gel removal without re-apply | 15 Existing gel removal with gel re-apply | 10





#### Hands & Feet

#### **CND Vinylux**

From the makers of CND Shellac comes a new polish system a self- adhering colour coat (no base coat needed), faster service time, and durability without a UV-lamp cure.

## **CND Vinylux Full Pedicure | 50**

This treatment leaves your feet smoother and refreshed. Including exfoliation, nourishing and conditioning followed by cuticle care and massage. CND vinylux custom colour varnish is applied to finish. Beautifully shaped and polished with CND vinylux custom colour nail varnish.

#### CND Vinylux Full Manicure | 50

This treatment leaves your hands with silkier, smoother and firmer skin. With the added bonus of heated mittens this treatment is by far the most luxurious to both hands and nails. Including hand exfoliation, nourishing and conditioning followed by cuticle care and massage. Beautifully shaped and polished with CND vinylux custom colour nail varnish.

#### CND Vinylux File & Polish | 25

Nails are filed and a choice of CND vinylux is applied.



## Rasul Menu

## Teatox | 60pp | 85 for two people

Green tea body polish application, apply dark and white mud and enter the steam chamber, finish with hydrating green tea body milk. Sit back and relax with green tea in the relax room.

### Coffee Body Shot | 65pp | 90 for two people

Full body buff with Columbian rush coffee polish, apply dark and white muds and enter the steam chamber. Finish with a hydrating body milk. Enjoy a coffee on us in the relax room.

## Coconut Cooler | 60pp | 85 for two people

Slather the skin with coconut & lychee body polish, apply white and dark mud and enter the steam chamber. Finish with a hydrating application of organic raw coconut oil to nourish skin and hair. Enjoy a cooling Spritz.

#### Gold House | 70pp | 95 for two people

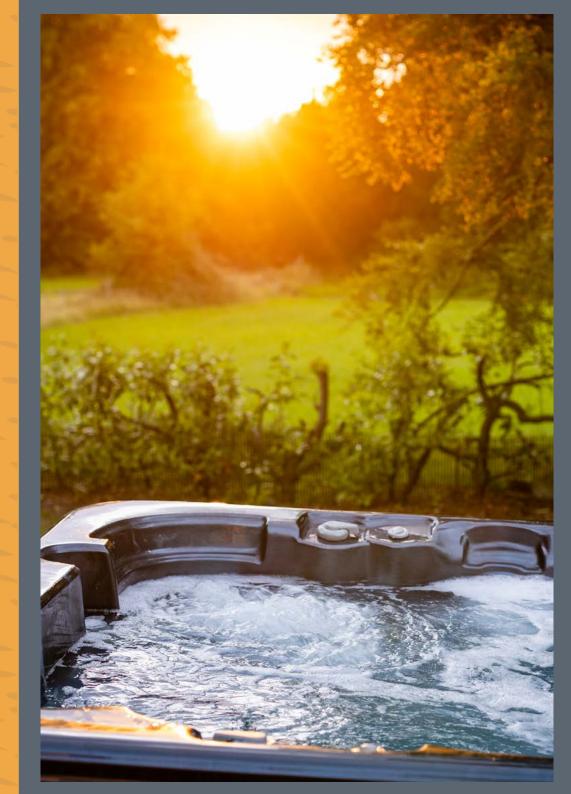
Gold body exfoliation, dark and white mud application, finish with a drizzle of gold dry body oil and a glass of champagne.

#### Body Salt Scrub | 25 minutes | 49

Salt and oils are perfect for scrubbing away those dry flaky patches of dead skin and will leave your skin feeling silky smooth and fresh. Choose from pear & nigella seed, lime & lemongrass or Columbian rush coffee body scrub.

natural Spa factory

—— EST. BATH ENGLAND ——



#### **Our Products**

We proudly offer luxurious products that leave you feeling rejuventated and revived from head to toe. Why not treat yourself or someone you love to our award-winning spa gift sets and products.



#### **Elemis**

Founded in 1989, Elemis is a leading luxury British skincare brand. Favoured by many spa's all over the world, Elemis offers some of the most influential anti- ageing products and a diverse collection of products, so no matter what your skincare issue may be, Elemis will have a product to suit your skins needs. Elemis is dedicated to exploring our ecosystem to source the most powerful biological actives used in their products so that they can combine nature with science to deliver pioneering formulas that sets their skincare apart from others.

#### **Natural Spa Factory**

Now part of the new beauty movement the Natural Spa Factory was started by husband and wife team, Jeremy and Emma in 2009 supplying independent businesses with natural, authentic and considered products that can provide the world's most prestigious spa, boutiques hotels with exquisite ingredients made either here in the uk and France.

#### **Using The Facilities**

On arrival, a full show round of the facilities will be given. You will be asked to sign in before using the facilities. If you have any health issues that may prevent you from using the facilities, please make us aware at this time.

#### **CND Shellac**

A pioneer in research and development of nailcare, CND is committed to advancing the nail care industry and are a global leader in professional nail, hand and foot beauty. Combining the best qualities of polish with those of a gel to create innovative products since 1979, CND Shellac is favoured by nail care professionals for its durability, vibrant colours and ease of application. CND Shellac offers a long lasting solution for your nails.

#### **Having Treatments?**

You will be asked to complete a consultation form prior to your treatment. If you have a treatment booked, please check in at the spa reception at least 15 minutes prior to your treatment to ensure you receive the full allocated time. Please note that if you arrive late for your treatment, this time will be deducted from the therapy time and the full price of the treatment will be required.

#### **Cancellation Policy**

To change or cancel a treatment a notice period of at least 48 hours is required. Non-arrivals and bookings that are cancelled with less than the required notice will incur a full cancelation fee. Note all advertised treatment times include a period of consultation. Subject to availability. To change or cancel a spa day package or residential package, a notice period of at least 48 hours is required. For group bookings of 5 or more spa day guests, we require at least seven days notice to change or cancel a booking. Non-arrivals and bookings that are cancelled with less than the required notice will be charged in full to the credit card provided at time of booking and are non refundable or transferable.





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