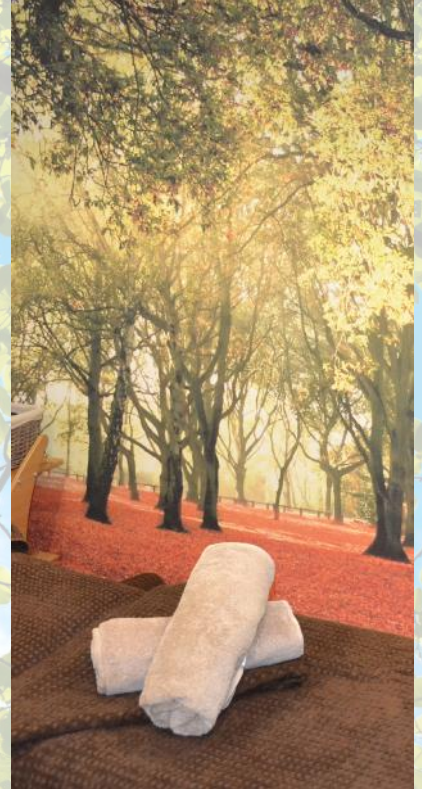
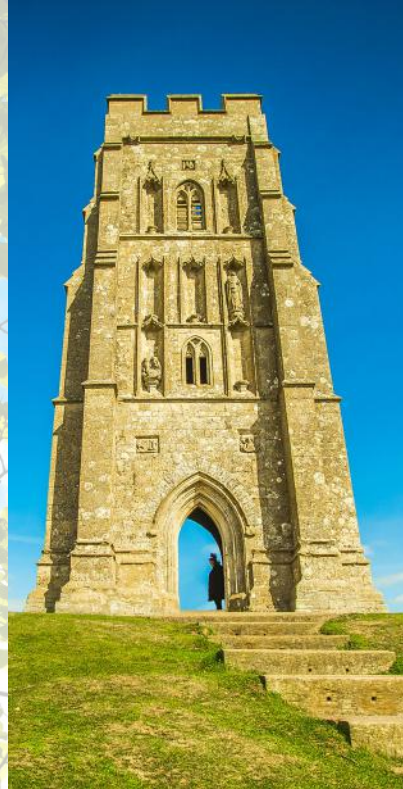


# THE SEDUM SPA

— *The Experience* —



Part of the **WOODLANDS** Collection  
— RETREATS —

For the *ultimate* escape,  
slip away in to the **calming**  
**sanctuary**  
of the *Sedum Spa*.

Take a *dip* in the  
**fully heated**  
indoor *swimming pool* complete with  
**thermodynamic**  
solar panels heating the  
*air & water...*

Or sit back and *admire* the  
**stunning views**  
of majestic *Glastonbury Tor*  
from the *Nordic Outdoor Hot Tub...*



# — WELCOME —

Located within the grounds of Woodlands Farmhouse and Swallow's Orchard, not far from nearby Hunter's Moon and just a ten minute drive from Lower Hedge Farm & Apple Cottage, The Sedum Spa is shared between our properties, bringing the Spa hotel experience to the self-catering sector.

From Swedish Massages to Essie Manicures and Pedicures, Aromatherapy Facials to Eyelash Tinting; we offer a wide range of treatments that will leave you feeling relaxed and rested.

At The Sedum Spa, we understand that what you put on to your skin is just as important as what you put into your body. Our professional suppliers such as Neal's Yard Remedies organic skincare and Essie nail brand provide you with the very best of products, which enable our trained Spa Team to cater for your own individual needs through consultation and discussion.

## Opening Hours & Access

The Sedum Spa  
Bradley Way  
Nr West Pennard  
Glastonbury  
Somerset  
BA6 8LW

*The Spa can be accessed between 6.30am and 8pm every day, including weekends and bank holidays. Please note that the building will not be accessible during the closed periods and an alarm will be set for the building.*

*Instructions on how to access the Spa will be provided on your arrival at the property, along with an access code to the building for the duration of your stay.*



# — Body Treatments —

## **Swedish Full Body Massage**

Manipulation of the superficial and deeper layers of muscle and connective tissue are initiated to aid in the healing process and promote relaxation and well being.

*£60 for 55 minutes*

## **Swedish Back, Neck & Shoulder Massage**

Concentrated on the back, neck and shoulder area, specific oils are used to release tension and helps soothe tight, sore muscles which result from wear and tear or incorrect posture. This massage applies pressure to muscles in order to increase the oxygen flow in the blood and release toxins from stressed areas.

*£35 for 25 minutes*

## **Deep Tissue Full Body Massage**

Deep rhythmic pressure massage. Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

*£65 for 55 minutes*

## **Deep Tissue Back, Neck & Shoulder Massage**

Minimum time, maximum tension relieving results; specifically targeting the back, neck and shoulder area.

*£40 for 25 minutes*

## **Organic Aromatherapy De-stress Swedish Massage**

Feel the tensions and worries of the day fall away with this deeply relaxing massage, infused with skin-nourishing botanical oil and stress-relieving organic aromatherapy essential oils.

*£65 for 55 minutes*

## **Bespoke Organic Aromatherapy Massage**

Feel relaxed, uplifted or detoxified with a therapeutic massage infused with an aromatherapy blend of essential oils, selected specifically to enhance your mood and ease your muscles.

*£65 for 55 minutes*



### Indian Head Massage

Wonderfully effective for easing the symptoms of stress, tension, headaches and fatigue. This revitalising massage focuses on the scalp, neck, upper back and shoulders.

£35 for 25 minutes

### Hopi Ear Candles

A gentle, relaxing treatment using hollow tubes infused with oils. As the candle burns, the heat softens the wax and draws it into the base of the candle. Hopi Ear candles are suitable for treating earwax, earache, tinnitus and sinusitis.

£40 for 25 minutes



### Reflexology

A complementary therapy to restore and maintain the body's equilibrium. Experience deep relaxation through massaging pressure points on the feet.

£60 for 55 minutes

## Spa Packages

### Classic Package

Relax with a 25 minute bespoke facial followed by a 15 minute back, neck & shoulder massage

£60 for 40 minutes

### Essie Manicure & Pedicure Package

Enjoy the combination of our luxury manicure and pedicure for a wonderfully revitalising, replenishing and pampering experience.

£80 for 1 ½ hours



### Treatment Bookings

Treatments must be booked at least one month prior to your stay, with full payment for all Spa treatments required at the time of booking. Treatments are only 'booked' once paid for.



## —Essie Manicures & Pedicures—

The Essie brand was formulated 25 years ago in New York by Essie Weingarten & has become one of the most successful nail care companies in the world. A luxury leader that blends the fashionable with the functional, Essie seeks to redefine the boundaries of colour & creativity. Offering a growing line of nail colours, nail treatments & nail accessories, Essie has become one of the most trusted, iconic names in the beauty industry.

Suitable for men and women.

### Essie Shape & Polish - Manicure or Pedicure

A quick fix for when you are short on time.

£25 for 25 minutes

Extra £3 for French Manicure

### Essie Deluxe Manicure

Intensely nourish and revitalise with this luxurious treatment, including gentle exfoliation, nail shape and cuticle tidy, deeply replenishing masque enhanced with a relaxing hand and arm massage and polish from the Essie range. Hands will look and feel years younger.

£40 for 55 minutes

### Essie Spa Pedicure

Starting with a stimulating foot soak, we polish heels to perfection, attend to cuticles & finish with a wonderful massage & polish from the Essie range.

£45 for 55 minutes

### Spa Etiquette

*At the Sedum Spa, therapists are fully trained to respect clients modesty at all times. Clients must wear suitable attire during treatments, and if using the Spa facilities, we respectfully request appropriate swimwear is worn in the pool area at all times. Our aim at The Sedum Spa is to create a tranquil atmosphere for all our guests. To make this possible, we ask that noise is kept to a minimum whilst in the Spa.*

## —Bespoke Organic Facials—

Revitalise your skin's radiance, tone, firm and defy your age naturally with a bespoke organic facial. Every facial is created specifically for your skin's individual needs, using our award-winning organic skincare in combination with a tailored facial massage, for longer-lasting visible results.

£60 for 55 minutes

£35 for 25 minutes



## — Additional Treatments —

The strip waxing menu includes the following treatments and yields results that can last from 2-4 weeks depending on hair growth rates.

### Waxing For Women

Hollywood	30 min	£30
Brazilian	30 min	£24
Bikini	15 min	£14
High Bikini	15 min	£15
Leg - Full	30 min	£26
Leg - Half	15 min	£16
Underarm	15 min	£12
Forearm	15 min	£12
Eyebrow Shape	15 min	£10
Lip	15 min	£9
Chin	15 min	£9
Lip & Chin	15 min	£12

### Eyebrow & Eyelash Tinting

Semi-Permanent colour for eyelashes and eyebrows. Tinting offers fuller looking lashes without the use of mascara. Eyebrow tinting helps cover grey and adds definition to brows. Pair with an eyebrow shape to give your face an instant lift. (Patch test required up to 48 hours in advance).

Eyelash Tint	25 minutes	£15
Eyebrow Tint	15 minutes	£13
Eyebrow & Eyelash Tint	45 minutes	£22

### Waxing For Men

Chest Wax	25 min	£25
Back Wax	25 min	£23
Back & Chest Wax	55min	£36

The Sedum Spa is available to use throughout your stay with us during Spa opening hours. To avoid overcrowding with big groups, we operate a system whereby groups of more than 4 are asked to select and pre-book a 2 hour time slot for each day of their stay, during which all of their group can use the building and facilities at the same time. At all other times, there must be a maximum of 4 persons from their group in the building at the same time. Spa slots must be booked prior to arrival and will be arranged on a first come, first served basis. Please note that booking Spa slots does not guarantee exclusive use of the Spa, it is purely a guide for other guests.





## Medical Questionnaire

*Should you or your guests/party have any medical conditions, which may prevent you from having treatments, we advise you to speak to your GP before you arrive at The Sedum Spa. A doctor's note may be requested to clear any person with a known condition for treatments. All guests are required to complete a medical questionnaire before having any treatments.*

## Arrival

*Please arrive 15 min before your treatment and ensure that you bring appropriate swimwear as you will need to make your way from the changing rooms to the treatment rooms via the pool area. Please pick up a towel and gown before getting changed.*

## Cancellation Policy

*To avoid being charged 100% of the treatment cost, appointments must be cancelled at least 4 days prior to the treatment time.*

## Permissible Guests

*The spa is a shared facility for guests of Woodlands Retreats. If you are not a guest of Woodlands Retreats staying at one of our properties but have friends or family who are, it may be possible for you to use the facilities with prior consent and advance booking with us, but please contact us before you arrive to avoid disappointment.*

## Treatments

*Treatments will take place in one of our four treatment rooms located in the Sedum Spa by a therapist that is experienced, fully trained and insured. Each room is private and will provide a tranquil environment for your therapy. Before your therapy, please wait in the seating area surrounding the pool and the therapist will come and find you. Please do not go in search of the therapist as you may inadvertently disturb someone else during their treatment. You will then be asked to complete a short questionnaire before the treatment begins.*

## Children At The Spa

*Children are welcome at the Spa during all opening hours. We do however ask that a quiet, tranquil atmosphere is retained at all times apart from the two 'noise allowed' periods each day which are 8-9am and 4.30-5.30pm. These periods allow the kids to splash around and not have to worry about others. If you are part of a larger group of more than 4 people wanting to use the spa at the same time, as noted you will need to book a 2 hr slot for your group each day. Other groups will naturally avoid your booking slot and it is more likely that you will have the pool area to yourselves. If this is the case and you are the only ones in the building, then you can make noise & splash around, if not we do ask that you maintain a quiet atmosphere. These rules are designed with the aim of meeting everyone's expectations when staying with us. You will often find yourselves the only ones in the building and in which case noise is permitted at any time. However, if there are other people present, please adhere to the rules.*



## Towels & Robes

Towels & Robes are made available for guests to use, and these can be found in the changing facilities. Please do not bring the towels that are provided for you in the properties over to the Spa. We respectfully ask that one towel is used per person to ensure availability for all and to ensure that we do our own little bit for the environment.

## Building & Pool Rules

A comprehensive list of the pool area rules can be found at the Spa in the lobby area, and we would ask that all users of the pool read and adhere to them at all times. One of the most important rules that encompasses a lot of the others is the requirement that at all times the tranquillity and peaceful environment of the building is respected and adhered to. This would include no running, shouting, talking overly loudly or disrespectful behaviour. Parents and guardians will be expected to ensure that their children adhere to this policy. Anyone found to be in breach of the above will be politely asked to modify their behaviour, and failing that may be asked to leave the building. The pool is only 1.2m deep and therefore jumping or diving is strictly forbidden at all times for your own safety.

## Arrival

Please arrive 15 min before your treatment and ensure that you bring appropriate swimwear as you will need to make your way from the changing rooms to the treatment rooms via the pool area. Please pick up a towel and gown before getting changed.

## Valuables

We strongly recommend that you leave any valuables at home, and we cannot be held responsible for any loss incurred.

## Drinks

There is a hot drinks machine available and an honesty box for payment so please bring some change. There are also chilled bottles of water available.

## Booking Treatments & Spa Slots

To ensure availability please book as far in advance of your stay with us as possible, but no later than 1 month prior to arrival. Treatments are popular so our Therapists can quickly become fully booked, especially on weekends, so we would strongly recommend booking Spa slots and treatments shortly after booking your accommodation. You can do this by emailing [gemma@woodlandsretreats.co.uk](mailto:gemma@woodlandsretreats.co.uk)

