



The Green
South Winchester Golf Club
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www.southwinchesterlodges.co.uk

If you simply want to take time out to pamper and unwind, our lodges are a perfect tranquil setting to indulge and de-stress. You can book a wide range of treatments from our menu below.

Our friendly, qualified therapist offers a range of wonderful treatments while you relax in the comfort of your own lodge. – the perfect place to chill out. Why not treat yourself to one of our Plus lodges with private hot tub on the balcony and finish off the experience with an ‘at home supper’, a choice of delicious handmade meals and desserts, delivered to your door.

If you would prefer to head out and about to one of our handpicked beauty salons for your treatments please see some recommendations below:

Vita Skin Spa- 23 St Peters St, Winchester- central Winchester location, lovely treatments and the gin spa package is great for small groups! 01962 798555 www.vitaskinspa.co.uk

The Skin Spa- 13 Bell St, Romsey SO51 8GY- located in the pretty market town of Romsey around 15 minutes drive from our lodges. Lovely treatments and great to couple up with a visit to No. 5 Bridge Street café for coffee and cake. 01794 513643 www.skinspa.co.uk

For something a little different....

The Fallen Willow Sauna & Wild Swimming- Cottonworth, sp11 7jx- Located around 20 minutes drive from our lodges, this unique wild swimming and wood fired sauna offers a fantastic relaxing experience for small groups or individuals. They also offer yoga sessions and workshops on the banks of the river before you take the plunge! For a treat afterwards pay a visit to the Leckford estate (5 minutes away from the sauna) for a yummy lunch or afternoon tea!

07775 568596

www.fallenwillowsauna.co.uk

Treatments offered in the comfort of your lodge

A little touch of luxury brought to you in the comfort and privacy of your own lodge, no need to go anywhere, just lie back and enjoy being totally pampered by our fantastic therapist.

How To book-

Please note there is a minimum order value of £50. All treatments must be pre booked directly with our therapist and paid for in full prior to arrival. All therapies are subject to availability of our therapist.

To book your treatment please contact Lisa Knight by email interblendskincare@hotmail.co.uk or text on **07885 469465** with your preferred date and treatment choices and she will contact you directly to organise your pampering experience during your stay with us at South Winchester Lodges. All payments for treatments should be made direct to Lisa and not South Winchester Lodges.

Treatment	Description	Cost
Relax-Aroma Top to Toe	The ultimate in relaxation combining the Relax -Aroma Body Treatment with a Relax-Aroma Facial	£84
Full body massage- 55 mins	Massage techniques specifically aimed at relaxing the muscles. The main purpose is to increase oxygen flow to the muscles and help the body to remove the buildup of toxins	£63
Neck ,Back and Shoulder Massage- 25 mins	Massage techniques specifically aimed to ease tight muscles and aid relaxation.	£36.50

The Natural Manicure -30 mins	Improve the condition of hands, nails and cuticles with this treatment. Nails cut and filed, hands exfoliated, cuticles tidied. Hands nourished	£36.50
The Colour Manicure -45 mins	As the natural manicure finishing with nail polish application	£42
The Natural Pedicure - 45 mins	Improve the general condition of your feet with this treatment. Nail cutting, Exfoliation, cuticles tidied, and feet massaged with Intensive Foot Balm (handmade by Interblend Skincare)	£42
The Colour Pedicure- 55 mins	As the natural pedicure finishing with nail polish	£47
Relax and Glow facial -45 mins	Deep Cleansing, Exfoliation, Massage of neck, shoulders, face and scalp	£52.50
Relax-Aroma Facial-55 mins	Combination of the previous facials described. A complete treatment facial	£63
Relax-Aroma Duo	Begins with a Back Massage, followed with Relax-AromaFacial	£78.50

- *Pamper Parties (MINIMUM OF 4 Pamper Treatments)*

Whether for reunion or simply a girlie get together, ladies here is your chance for a good chat, giggle and relax in the comfort of your luxury lodge with our friendly therapist on tap to pamper you.

Pamper Package - £32.50 per 25 minute treatment to be selected from the pamper menu below:

- Natural treatment facial
- Relax and Glow facial.
- Back, neck and shoulder massage.
- Leg and foot massage.
- Face, neck, and scalp massage
- Manicure or Pedicure- – either cut and file, cuticle tidy and hand massage or cut and file, hand balm and polish.