



Tylney Hall

HOTEL, HAMPSHIRE



HEALTH & BEAUTY SUITE
TREATMENT MENU

Opening Times:

Gym

Mon to Fri: 7.00am – 9.00pm

Sat & Sun: 7.00am – 8.00pm

Indoor pool

Mon to Fri: 7.30am – 8.30pm

Sat & Sun: 7.30am – 8.00pm

Outdoor pool

8.00am – 8.00pm, or dusk,
up to the end of September

Treatments

10.00am – 6.30pm Daily

Tylney Hall offers exclusive treatments from Kerstin Florian with a wide range of facial and body treatments which are both suitable for men and women and only available through Leading Spas and Luxury Hotels.

KERSTIN FLORIAN

Specialises in using natural resources including thermal mineral water, mud, algae, herbal extracts and essential oils which have been inspired by world wide locations to obtain the highest quality treatments available.



tylneyhall



tylneyhallhotel

All the products used in the Health Suite are available to purchase

Our treatments and experiences are available to purchase as gift vouchers from reception or online. Scan the QR code to view our full range.



Terms and conditions

All treatment suitability is subject to a consultation card being completed. If you have health conditions, please contact your GP prior to arrival for a letter of consent or contact our Therapists for advice. For Pamper Days and Treatments, full pre-payment is required at the time of booking and is non-refundable. You can reschedule a Pamper Day up to 7 days prior to arrival, or treatments at least 72 hours in advance. Your new date must be within 3 months of the original booking, and may be subject to additional charges. A discretionary 12.5% service charge will be added to your bill for all Pamper services and will be shared by the entire team. Prices are subject to change without notice; all prices are inclusive of VAT at current rate. All treatments and pamper days will incur a 12.5% optional service charge.

Facials

The classic, organic aromatherapy and sensitive skin treatments can be taken as a course of treatments to gain continued improvement for the skin.

The Tylney Classic Facial by Kerstin Florian*

A purifying treatment for any skin type which includes a gentle exfoliating peel to remove dull surface skin cells, a luxurious massage, deep-cleansing masque and botanical extracts to rejuvenate and nourish the skin. A relaxing hand and scalp massage completes the experience.

50 minutes ~ £80.00 *A Signature Treatment

Organic Aromatherapy Facial by Kerstin Florian

Reconnect with nature, spirit and self with this deluxe facial based on the ancient and influential art of Aromatherapy. Centred around a global bouquet of skin renewing aromatic oils, this facial imparts complete vitality and is a truly relaxing experience, includes a unique facial acupressure. A scalp and hand massage completes the experience. A relaxing hand and scalp massage completes the experience.

50 minutes ~ £80.00

Kerstin Florian Advanced Age Repair Facial

This results-oriented treatment is customised to address premature ageing skin conditions including hyper pigmentation, fine lines, wrinkles and elasticity. Includes an exfoliating multi-acid or enzyme peel on the face, neck, décolleté and hands to renew the skin, a deep-cleansing massage to promote circulation and a masque to balance and nourish the skin. A relaxing hand and scalp massage completes the experience.

80 minutes ~ £110.00

Can be taken as a course of treatments in order to give continued improvement with hyper pigmentation, fine lines, wrinkles and elasticity.

Correcting Detox Facial

A deep cleansing and skin-refining facial specifically designed for congested, oily/problematic skin condition. This targeted treatment focuses on providing immediate lasting results. Includes a professional 30% multi-acid peel followed by a purifying organic masque. Skin is noticeably brighter with a clear complexion.

A relaxing hand and scalp massage completes the experience.

55 minutes ~ £80.00

Can be taken as a course of treatments to help balance and heal an oily/problematic skin condition.

Correcting PRO Peel

Using an exclusive 30% multi-acid peel, this facial provides immediate results to brighten and help even skin tone. An ideal pick me up before an event or for those who have little time.

Skin is deeply cleansed and toned, followed by a 16-point acupressure massage on the face and scalp. Intensive serums are applied as beauty globes cool and tighten the skin. A relaxing scalp massage completes the experience.

45 minutes ~ £65.00



Gua Sha Instant Lift Facial

This exclusive anti-aging treatment which combines specialised massage techniques with genuine jade tools that will improve circulation, release toxins, and enhance natural hydration, with botanical essences to nourish, replenish and fortify skin. Fascia is released, puffiness reduced and clarity enhanced, leaving face, neck and décolleté smoother, tighter and more radiant. A relaxing hand and scalp massage completes the experience.

60 minutes ~ £90.00

Berryplus Antioxidants infusion Facial

Ultra-oxygenating, anti-aging treatment based on vitamin-rich super berries and plant cell cultures fortifies, rejuvenates, and renews. Acupressure and muscle-easing face and neck massage followed by algae-rich masque for increased cellular renewal and a healthy radiance.

60 minutes ~ £80.00



Body Scrubs, Rituals and Wraps

Using natural resources, such as: thermal mineral water, purifying algae, mud, essential oils and herbs - Kerstin Florian Rituals satisfy the body's craving for minerals and nutrients, leaving the body refreshed, relaxed and balanced. The following treatment packages re-mineralise, nourish and balance the body.

Massage treatments are not recommended until after the first trimester of pregnancy.

Turkish Body Scrub*

A lovely exfoliation of the body with Turkish body scrub & eucalyptus followed by an application of body oil. Leaving the skin silky smooth

*25 minutes ~ £50.00 *Can be added to any massage*

Hydrating Body Wrap

Includes an exfoliations with a dry body brush followed by a nourishing crème mixed with essential oils, leaving your skin enriched and glowing. Followed by a therapeutic scalp massage and acupressure points to the face.

45 minutes ~ £70.00

Leg & Foot Treatment

Legs and feet are exfoliated using our Eucalyptus salt body scrub, then warm towels applied to remove salts. The legs are gently massaged and feet are worked on with our unique Acu-flex foot massage.

30 minutes ~ £50.00

Neroli Blossom Sensory Experience

Renew and refresh the body's energy. Awaken the senses and uplift the spirit with the iconic aroma of Neroli essential oil in this deeply relaxing sensorial experience. This comprehensive treatment combines energy balancing, foot cleansing ritual with restorative aromatherapy and meditative massage to renew and revitalize body, mind and spirit. You will be rid of excess skin with our dry body brush and our scalp pressure point massage will clear your channels to ease stiffness, neck pain and headaches.

90 minutes ~ £140.00

Mother-to-be or Post Pregnancy Treatment (over 12 weeks)

The treatment to promote glowing skin; your legs will be massaged to relieve the tired, strained, feeling and a soothing cream and oil will be applied. A mini facial will then complete the indulgent treatment to take care of your body's pregnancy needs. Also perfect for post-pregnancy.

90 minutes ~ £120.00 (Not recommended until after the first trimester of pregnancy)

The Ultimate Garden of Dreams Ritual – Revitalise or Relax

Relax and dream of lavender fields, kissed by the French sun, as they envelop your senses and you drift away to a place of calm. Or uplift with essential oils to rejuvenate both your body and mind.

Includes an invigorating full body exfoliation and a body massage, including hot stones on the back and soles of the feet.

80 minutes ~ £125.00

The Ultimate Unwinder

This wonderful treatment includes a dry body brush to stimulate the circulation and removal of dead skin cells. A body massage with Kerstin Florian aromatherapy oils is then followed by a facial. The ultimate feeling of relaxation!

110 minutes ~ £200.00

Nordic Zen

In this Nordic Zen treatment, we want to provide an inner experience filled with energy and deep relaxation. With the help of heat, stones, repetitive movements, and active plants, you reach a stage of total relaxation.

90 minutes ~ £140.00



Massage

Massage treatments are not recommended until after the first trimester of pregnancy

Back Massage - back, neck and shoulder

30 minutes ~ £60.00

Swedish Massage- excluding face and scalp

Ease and soothe those tired muscles with a massage on the legs, feet, back, chest and arms.

50 minutes ~ £95.00

Full Body Massage- including face and scalp

80 minutes ~ £130.00

**Add in one of our pre-blended Kerstin Florian Aromatherapy oils to any of the above treatments for a £5.00 supplement to enhance your sensory experience.*

Tension Relief Massage (firmer massage)

*55 minutes ~ £130.00 *Subject to availability*

** Add in one of our pre-blended Kerstin Florian Aromatherapy oils to any of the above treatments for a £5.00 supplement to enhance your sensory experience.*

Hot Stone Massage

The original hot stone massage. Warmed volcanic rocks massage away life's tensions and draw you into deep relaxation.

Back, shoulders and scalp 40 minutes ~ £70.00

Therapeutic body 70 minutes ~ £120.00

Kerstin Florian Organic Aromatherapy Massage – Full Body

Full body massage with one of our pre-blended Kerstin Florian Aromatherapy oils to enhance your sensory experience. Completely relax in the soothing aromas or invigorate with the uplifting blend. Body massage including scalp and face.

80 minutes ~ £135.00

Kerstin Florian Organic Aromatherapy Massage

Body massage with one of our pre-blended Kerstin Florian Aromatherapy oils to enhance your sensory experience. Completely relax in the soothing aromas or invigorate with the uplifting blend.

50 minutes - £100.00



Complementary Therapies

Drift Away Scalp Massage

Drift naturally into pure relaxation and ease away tension with a massage to the upper shoulders, neck, scalp and face

30 minutes ~ £60.00

Hopi Ear Candles*

A non-invasive treatment that calms the mind and soothes the head and ears. Very effective treatment for numerous conditions such as – Tinnitus, glue ear, excess wax and sinus problems.

*Allow 30-40 minutes ~ £60.00 * Limited Availability*



Nail Care

Make the most of your nailcare appointment by coming with bare nails and bringing your flip flops. Please ensure any Gel polish is removed before your appointment as we do not offer this service.

Using Jessica products well known for their signature quality.

Tylney Express Manicure

This treatment includes a file, tidy of the cuticles, with a mini hand and arm massage followed by an application of polish.

40 minutes ~ £50.00

Tylney Pedicure (Dry)

Waterless pedicure to focus on hard skin removal, with a leg and foot massage followed by nails tidied with an application of polish.

40 minutes ~ £50.00

Le Remedi manicure

This treatment includes a hand cleanse followed by exfoliation, mask and massage. Cuticles softened, trimmed and followed by nailwork and application of polish.

50 minutes ~ £55.00

Zen Spa Pedicure

This treatment will work wonders on aching feet and is a luxury pedicure which includes foot soak in spa, foot exfoliation, and foot mask in heated booties too soothe tired feet. Finished with nails and cuticles tidied and an application of polish.

60 minutes ~ £55.00

The Tylney Luxury Aroma Manicure

This deluxe manicure incorporates a hand exfoliation treatment followed by a thermal mineral and essential oils soak. Cuticles are then enriched with oil and tidied. Enjoy a relaxing hand and arm massage with organic geranium, grapefruit and lavender essence. Includes polish.

55 minutes ~ £60.00

GELeration Nail Care

This unique GELeration, is applied like a polish. The natural nail is cared for and protected throughout the lifecycle of the GELeration manicure or pedicure and the gel acts as a shield for nails, protecting them and helping them grow.

*GELeration Tylney Manicure ~ £55.00 GELeration Le Remedi Manicure ~ £65.00**

*GELeration Tylney Pedicure ~ £55.00 GELeration Zen Spa Pedicure ~ £65.00**

Luxury Alpine Foot Rescue Treatment

A deluxe pedicure foot therapy for the treatment of dry, rough cracked skin.

Begin with a foot soak in thermal mineral salts.

Rough skin is exfoliated with a creamy salt mixture, then soothed with a massage featuring a natural foot balm in rich menthol, eucalyptus and lavender infused by warm heated booties.

55 minutes ~ £60.00

Add an application of colour for just £25.00

Men's Treatments

Male Manicure (40 minutes) ~ £50.00

Male Pedicure (40 minutes) ~ £50.00

*Kerstin Florian treatments featured
are also suitable for men.*

DeStress Facial

Combines effective products to cleanse and rejuvenate your skin with a unique massage technique to de-stress the shoulder, neck and jaw area.

This treatment suits men of all ages, you get double the benefits of looking and feeling like 'the new man in town'

40 minutes ~ £65.00

DeStress Back Treatment

The back is exfoliated with a sea salt bodyscrub before a warm spirulina masque is applied to purify and detoxify the skin. Back and scalp massage ensures total body and soul relaxation.

40 minutes ~ £70.00



Tylney Hall Pamper Days

All pamper days include:

- Use of the Gymnasium, Swimming Pool, Whirlpool, Tennis Courts, Mountain Bikes and Jogging Trails
- Woodland walks in 66 acres of grounds
- Welcome drink and light lunch with fruit juice
- Use of Towels, Robe and Flipflops
- 10% off any additional treatments booked on the day, for the day, subject to availability

Upgrade options available in certain treatments. Available Monday – Friday (excluding Bank Holidays and School Holidays)

Time Out Pamper Half Day

Take some quality time just for you with a morning or afternoon of pure relaxation. This half day pamper break is ideal when you'd like to relax and reinvigorate!

Morning arrival 8:00am - 9:00am | Afternoon arrival 12:00pm - 1:00pm

Either a Full English Breakfast in the Oak Room Restaurant or Afternoon Tea in the Lounges. Choose from one 30 minute treatment:

- Mini Manicure
- Mini Pedicure
- Express Facial
- Leg & Foot Treatment

£120.00

Relaxing Pamper Day

A day to relax, unwind and ease away the stresses of everyday life.

Includes two 30 minute treatments:

- Back Massage or Leg & Foot Treatment
- Mini Facial, Manicure or Pedicure

£150.00 per person

Mother-to-be-Pamper Day

Enjoy some time to rest, relax and indulge before your new arrival.

Enjoy our Mother-to-be treatment which takes care of your body and facial pregnancy needs followed by a Tylney Manicure or Pedicure.

£250.00 (Not recommended until after the first trimester of pregnancy)

Indulgence Pamper Day

Take some time for yourself and feel completely indulged with treatments from top to toe. Includes three treatments:

- Back Massage or Leg & Foot Treatment

- Prescriptive Facial

- Manicure or Pedicure

To finish your day enjoy Champagne Afternoon Tea in the Lounge

£250.00

The Ultimate Pamper Day

Taking all the elements of the Tylney Hall signature experiences including Body*, hand, foot and facial treatments to create a truly unique and blissful experience. (Not recommended during pregnancy).

£300.00

** Includes three treatments, The Ultimate Garden of Dreams Ritual, the Aromatherapy Facial and the Luxury Aromatherapy Manicure or Alpine Foot Treatment.*

Please note there is limited availability at the weekends, so pre-booking is recommended.

Health Club Etiquette

1. Please arrive 5 minutes before your treatment time. This allows for completion of a medical form and for your treatment to begin on time. Late arrival will limit the time of the treatment and in some cases the appointment may need to be rescheduled. Treatments will end on time so that other guests are not inconvenienced.
2. In order to retain a peaceful atmosphere and for consideration to others, we request that mobile phones be turned off or put on silent and conversations are kept low when within the treatment area.
3. We can provide robe and flip flops if required. During the treatment you will be draped with towels to ensure your privacy.
4. Men will be asked to retain undergarments or swimwear for discretion.
5. Know that you are in a professional environment and do not expect anything other than therapeutic salon services.
6. Communicate your preferences during treatments so that therapists may adjust to your requirements.
7. Do not leave children under 16 unattended. This can be disruptive to other spa visitors and unsafe for your children.

Gift Vouchers are available to
purchase from reception or online.
Scan the QR code to view our full range.



Treatment Notes

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Tylney Hall

HOTEL, HAMPSHIRE

★★★★

Tylney Hall Hotel

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