

# packages

## Sunrise In The Garden

£45pp Mon-Thurs / £55pp Fri-Sun

Arrive from 9 am till 12 pm

3 hours of use of the Garden Spa with a two-course lunch

## Afternoon Retreat

£45pp Mon-Thurs / £55pp Fri-Sun

Arrive from 12.30 pm till 3.30 pm

3 hours of use of the Garden Spa

Traditional Afternoon Tea

## Twilight In The Garden

£50pp Mon-Thurs / £57.50pp Fri-Sun

Arrive from 4 pm till 7.30 pm

3 hours of use of the Garden Spa

A set two-course Dinner

## The Garden Escape

£130pp Mon-Thurs / £150pp Fri-Sun

3 hours use of the Garden Spa

60-minute Aroma Facial Treatment \*

A set two course Lunch or Dinner

## The Spa Escape 1-night Stay

£180pp Mon-Thurs / £200pp Fri-Sun

3 hours of the Garden Spa (each day)

60-minute Aroma Facial Treatment \*

A set two-course Dinner

Standard Bedroom with Full Breakfast

# About us

The Garden Spa is a brand new All Fresco spa facility nestled in the Gardens of Barton Hall.

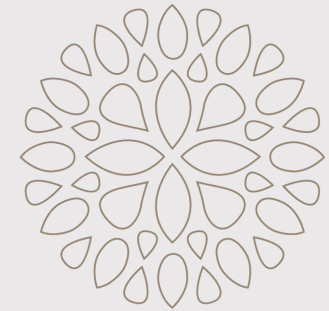
We will take you on a step-by-step journey through the Garden with different elements to maximize your experience with rejuvenating benefits.

The facilities we can offer are a 6-meters by 6-meter Hydrotherapy Pool, Cedar Sauna Cabin, Sensory Steam room, Cold/Ice therapy area, Hayloft Relaxation room & Fire Pit.

We are proud to partner with Elemental Herbology, a natural skincare and wellness brand based on the Five Elements of Traditional Chinese Medicine.

Our unique formulations counteract the skin-damaging effects of aging, lifestyle, and the environment to give instant, long-lasting results. We believe in ethical and sustainable skincare, and we are committed to reducing waste, sourcing responsibly and respecting the world we live in.

Wood, Fire, Earth, Metal, Water. Ancient Chinese philosophy tells us that everything in life is composed of and influenced by these five different elements. They influence who we are, and what we feel, and they can be affected by many different factors, such as our lifestyle, diet, stress levels, routine, and seasons.



THE GARDEN SPA

 01536 515505

 [Spa@bartonhall.com](mailto:Spa@bartonhall.com)

 [www.bartonhall.com](http://www.bartonhall.com)

 Barton Hall Hotel & Spa  
Barton Road, Kettering  
Northamptonshire, NN15 6RS

\*Upgrade to a Full Body Massage for an additional charge of £10

# Treatment Menu

## Signature treatment

**Garden spa Thermal Ritual**  
120 minutes Monday- Thursday £130  
Friday - Sunday £150

This is a combined treatment of our five-element aroma massage and our five-element aroma facial. This treatment combines the use of therapeutic essential oils with warm steam towels, heated stones, and a skillful blend of eastern and western massage techniques to deliver the ultimate massage experience. Our Five Element Face & Body Profile will reveal your dominant element, allowing your therapist to select the most beneficial oil blend for you, ensuring a truly bespoke treatment.

## Facials

**Five Element Aroma Facial**  
60 minutes Monday - Thursday £80 Friday - Sunday £90

Every step of this bespoke facial will be customized to your skin concerns. Our Five Element Face & Body Profile will reveal your dominant element, allowing your therapist to tailor our products to your specific needs. Skin is deeply cleansed and exfoliated, then treated to a luxurious face, neck, and décolleté massage, leaving you with a beautiful, healthy glow.

**Metal Longevity Facial**  
90 minutes Monday - Thursday £125 Friday - Sunday £135

This intensive facial treatment combines the high-tech plant ingredients of our Metal elemental product range with targeted massage and warm rose quartz rollers to address the signs of physiological skin aging such as fine lines, deeper wrinkles, loss of elasticity, and lack of radiance. Facial acupressure will release tension in the facial muscles, while a rich, nourishing mask will leave the skin looking plumped and rejuvenated.

**Five Element Eye Lift**  
10 minutes £10 (An add to any facial)

Revive and awaken the eye area with this hydrating and brightening treatment. Combining a powerful blend of patented actives and botanicals along with targeted lymphatic drainage, cold stones, and acupressure massage to reduce the appearance of fine lines, wrinkles, puffiness, and dark circles. The perfect addition for tired eyes to any Elemental Herbology Facial.

## Body Exfoliation

**Bespoke Five Element Body Scrub**  
45 minutes Monday - Thursday £75 Friday - Sunday £80

Reveal silky soft skin with this aromatherapy exfoliation experience. Himalayan mineral salts are blended with your chosen Five Element Oil to buff away dry skin cells, and an application of aromatic hydrating body cream deeply nourishes the skin

# Treatment Menu

## Wraps

**Detox Booster Body Wrap**  
90 minutes Monday - Thursday £120 Friday - Sunday £130

A detoxifying treatment designed to reduce fluid retention, stimulate circulation, and shift toxins. An invigorating body scrub buffs away dry skin cells before a purifying warm clay is applied to the entire body. An energizing massage using an oil rich in grapefruit and juniper berries will help to flush out toxins, leaving you feeling purified and uplifted.

**Rose Hydrator Wrap**  
60 minutes Monday - Thursday £85 Friday - Sunday £95

Hydrate and soothe parched skin with this warming and soothing treatment for the body. A gentle exfoliation removes dead skin cells before applying a rich rose and neroli cream body mask. Whilst the body is enveloped in the wrap, an aromatherapy scalp massage is performed to help reduce tension in the scalp and clear the mind.

## Massage

**Five element Aroma Massage**  
60 minutes Monday - Thursday £85 Friday - Sunday £95  
90 minutes Monday - Thursday £120 Friday - Sunday £130

This treatment combines the use of therapeutic essential oils with warm steam towels, heated stones, and a skillful blend of eastern and western massage techniques to deliver the ultimate massage experience. Our Five Element Face & Body Profile will reveal your dominant element, allowing your therapist to select the most beneficial oil blend for you, ensuring a truly bespoke treatment.

**Ho-Leaf & Rosemary Muscle Melt**  
60 minutes Monday - Thursday £85 Friday - Sunday £95  
90 minutes Monday - Thursday £120 Friday - Sunday £130

Combining the stimulating essential oils of Ho leaf, lemongrass, nutmeg, and rosemary with deep massage, this targeted treatment will help to unravel tension in sore, tight muscles and will encourage post-workout muscle recovery. Incorporating hot stones and a warm steam towel to the back, this treatment is highly recommended for anyone suffering from chronic stress or deep-seated tension.

**Thai Qi Flow**  
60 minutes Monday - Thursday £85 Friday - Sunday £95  
90 minutes Monday - Thursday £120 Friday - Sunday £130

This therapeutic, warming and invigorating massage integrates Thai herbal compresses along with hands-on massage, stretches, and acupressure techniques to help energize the body's flow of energy, resulting in a more balanced body and mind. Thai-Qi Flow massage will also aid the release of tight muscles, promoting a feeling of optimum well-being.

**Pre-Natal Well-Being Massage**  
60 minutes Monday - Thursday £80 Friday - Sunday £90

A massage developed specifically to address the body's needs during pregnancy, this treatment is the perfect remedy to ease any pregnancy-related aches and pains, help reduce fluid retention and promote a state of calm and relaxation. The Pre-Natal Well-being massage is a must for any mother-to-be after their first trimester.

# Treatment Menu

## Massage

**Five Element Acupressure Scalp Massage**  
30 minutes Monday - Thursday £45 Friday - Sunday £55

Calm and center the mind and release deep-seated tension whilst nourishing the scalp and hair with this targeted scalp treatment. The treatment begins with an acupressure massage using your chosen Five Element Bath & Body Oil and concludes with a hot steam towel hair wrap to lock in moisture and nourish dry ends.

**Five Element Foot Soak and Massage**  
30 minutes Monday - Thursday £40 Friday - Sunday £50

Revive tired aching feet with this luxurious foot soak and acupressure foot massage. Feet are bathed in Himalayan Salts before an application of nourishing balm and a relaxing foot and lower leg massage using a rich body cream to lock in moisture, leaving feet feeling super soft

**Reflexology**  
45 minutes Monday - Thursday £50 Friday - Sunday £60

The therapist gently works over the reflex zones of the feet using pressure on the base of the foot. this helps to reduce feelings of stress, anxiety and nervousness. it can also help with digestive and sleep disorders and help balance hormones.

## Manicures & Pedicures

**Luxury Manicure**  
60 minutes Monday - Thursday £45 Friday - Sunday £50

Enjoy a luxurious exfoliation and massage to nourish and relax hard-working hands. Cuticles are pampered and conditioned. To complete your service, nails are prepared, and nail polish is applied with a top coat for long-lasting shine.

**Luxury Pedicure**  
60 minutes Monday - Thursday £55 Friday - Sunday £60

Enjoy a luxurious soak; feet are soothed, scrubbed, and hydrated. A mask is applied for the ultimate treatment. cuticles and nails are prepared. after a foot massage, we complete your service with your chosen shade of nail polish to finish

**File & Polish**  
30 minutes Monday - Thursday £25 Friday - Sunday £30

The nails are prepared with nail varnish and topcoat to finish for a long-lasting shine.

**\*Can upgrade to gel nails in any of the above, with an additional charge of £5**

**\*\*French paint must be specified at the time of booking.**