



BRIDGEWOOD MANOR

— HOTEL & SPA —

Chatham Kent

Treatment Brochure

in partnership with

ishga

Organic Seaweed Skincare



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Our philosophy

At Bridgewood Manor Hotel, we are dedicated to putting your wellbeing at the heart of everything we do. We have created a space to escape the everyday and find a moment of relaxation, helping you to unwind, de-stress and feel totally refreshed. We treat each member and every guest as individuals. We are passionate about personalising our service at every point, from tailoring our consultations to ensuring that every treatment is unique.

THE NAME *ishga* IS DERIVED FROM THE GAELIC WORD FOR WATER.

The pure, clean waters of the Hebridean Islands off the northwest coast of Scotland is home to *ishga*, and where we sustainably hand harvest the seaweed that's at the heart of our skincare range.

Hebridean seaweed contains natural antioxidants with properties which transform and protect skin. *ishga* has developed a bespoke process to extract its natural goodness, harnessing an abundance of vitamins and minerals to create a remarkable range of products.

It's the secret to radiant, healthier skin – let us share it with you.



Residential Spa Breaks

One Night Spa-cation

from £129 per person

Take time out to relax and unwind together with this truly luxurious.

This package includes:

- » Overnight Bed & Breakfast
- » A £28 evening meal allowance
- » 1 x 50 minute Signature treatment from Page 6

Two Night Spa-cation Plus

from £190 per person

This two-night package will allow you to benefit from the hotel facilities and surrounding areas while at the same time unwinding and rejuvenating in the spa.

This package includes:

- » 2 nights Bed & Breakfast
- » A £28 evening meal allowance both nights
- » 1 x 50 minute Signature treatment per stay from Page 6
- » 1 x 25 minute express treatment per stay from Page 12

Luxurious overnight Spa Break

from £190.00 per person

Look no further and give the gift of relaxation with a luxurious overnight spa break at Bridgewood Manor Hotel & Spa.

Spoil someone special with two treatments, a light lunch accompanied by a delicious glass of bubbly followed by dinner in our Squires Restaurant and an overnight stay. Full details listed below.

This package includes:

- » 1 night stay in standard room - upgrades available from £15.00
- » 2 x 50 minute treatments from the brochure
- » Free ishga gift
- » Spa Light lunch served with a glass of bubbly per person.
- » Early use of spa facilities from 12pm
- » Room check-in from 3pm
- » Late check out of 1pm
- » Dinner credit £28pp
- » Full English breakfast

Spa Day Packages

Enjoy one of our relaxing spa day packages, you'll leave feeling relaxed and refreshed.

Luxury Afternoon Tea & Fizz Spa Day

Mon-Thur £139pp / Fri-Sun £149pp

- » 2 x 50 minute treatments from the brochure
- » Snuggly robe, towel, and slippers
- » A delicious afternoon tea and glass of bubbly
- » Use of leisure facilities
- » £10 Skin care voucher

Indulgent Experience

Mon-Thur £125pp / Fri-Sun £135pp

- » 1 x 50 minute signature treatment from page 6
- » 1 x 25 minute express treatment from page 12
- » A delicious light lunch with glass of bubbly
- » Snuggly robe, towel, and slippers
- » Use of leisure facilities
- » £10 Skin care voucher

The Experience For Two

Mon-Thur £179 / Fri-Sun £199

Relax, unwind, and experience luxury treatments.

The experience for two package includes:

- » 1 x 50-minute signature treatment each from page 6
- » A delicious light lunch for 2
- » A snuggly robe, towel, and slippers
- » Use of leisure facilities
- » £10 skin care voucher each

Mum To Be Spa Day

Mon-Thur - £99pp / Fri-Sun £109pp

Perfect treat for mother and baby during trimester two and three.

- » ishga 60 minute pregnancy treatment
- » A delicious light lunch
- » A snuggly robe, towel, and slippers
- » Use of leisure facilities
- » £10 skin care voucher

Signature Spa Rituals

Revitalising Ritual

Mon-Thur £79 / Fri-Sun £84

A 50 minute refreshing full body exfoliation either combining sea salts with essential oils or body brushing and body polish to leave skin nourished, smooth, and supple. Complete the experience with a therapeutic back massage to soothe tension and leave you relaxed and revived.

Fit For Business Spa Ritual

Mon-Thur £79 / Fri-Sun £84

This 50 minute ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness, or skin conditions and for muscular aches and pains. A massage of the back and back of legs is also included to leave you feeling deeply relaxed.

Relaxing Face and Back Spa Ritual

Mon-Thur £79 / Fri-Sun £84

This 50 minute treatment starts with a medium pressure massage combining a powerful detoxing seaweed body oil with lemongrass, juniper and rose geranium. It is designed to be invigorating but equally relaxing, with a focus on removing tension to re-energise the body. The seaweed body oil regenerates, firms, tones the skin and is particularly useful for eliminating toxins. To conclude, the focus moves to the face for a relaxing facial massage while the products do their work, enjoy a scalp massage to complete the experience.

Rebalancing Spa Ritual

Mon-Thur £79 / Fri-Sun £84

A 50 minute express facial to cleanse, tone, and an exfoliating mask with ishga's finishing products to hydrate, balance, and firm the skin followed by a relaxing scalp massage working on pressure points to ease tension. Complete the experience with a relaxing foot and lower leg massage to bring instant relief to tired feet.

GELeration Manicure Spa Ritual

Mon-Thur £55 / Fri-Sun £59

A 50 minute relaxing hand exfoliation, massage and moisturise including cuticle care and a nail shape. Your fingers will be finished perfectly with Jessica's long lasting GEL polish – the complete treatment to ensure your nails are looking for party perfect!

GELeration Pedicure Spa Ritual

Mon-Thur £55 / Fri-Sun £59

A 50 minute luxury foot and leg treatment including a relaxing massage and moisturise. Your feet are tendered to; any hard skin removed, your cuticles and nails shaped before your toenails experience Jessica's long lasting GEL polish.

Facial Treatments

ishga Facial

Mon-Thur £79 / Fri-Sun £84

A 50 minute rejuvenating facial designed to revitalise and repair. Suitable for all skin types, even sensitive. It is particularly useful for brightening dull, tired skin and balances skin tone and texture, protecting the skin from environmental damage. This treatment will cleanse, tone, exfoliate and moisturise the skin leaving it revitalised and hydrated.

ishga Anti Ageing Facial

Mon-Thur £89 / Fri-Sun £94

A 60 minute facial using our rich Marine Cleansing Balm packed with hydrating fatty acids and a lifting and firming gel face and eye mask to tighten and tone the skin. The high content of seaweed extract in the products used is scientifically proven to preserve the skins natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.





Body Treatments

Detox Body Wrap

Mon-Thur £89 / Fri-Sun £94

A 60 minute powerfully detoxifying Hebridean sea salt and oil scrub with body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy, and improve skin tone and texture, increase circulation and detoxifying congestion from the body.

Nourishing Body Wrap

Mon-Thur £89 / Fri-Sun £94

A 60 minute treatment combining a hydrating salt and oil scrub infused with sweet almond, jojoba and rose geranium to remove dull, tired skin followed by a cocoon of our nourishing gel body mask which soothes, cools, hydrates, and tones even the driest, sensitive skins. A warmed geranium oil scalp massage completes the experience.

Massage Treatments

ishga Body Massage

Mon-Thur £79p / Fri-Sun £84

A 50 minute medium pressure full body massage combining relaxing elements of aromatherapy massage, lymphatic drainage, and traditional Swedish massage techniques to reduce muscle tension and re-energise the body. Choose from:

Invigorating

An uplifting, detoxifying seaweed body oil with lemongrass, juniper, lavender and rose geranium. Particularly useful for improving fatigue and eliminating toxins.

Relaxing

The luxurious scent of nurturing rose geranium to aid stress relief, relax, soothe, and balance a tired mind and body. A silky base of sweet almond and jojoba oil to hydrate and tone skin.

Warming

A comforting, woody oil containing patchouli, bergamot, and sandalwood. Ideal for muscular aches, nervous tension, and insomnia.



Hot Stone Massage

Mon-Thur £89 / Fri-Sun £94

A 60 minute full body massage incorporating heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones work to relax the mind, ease muscle tension, reduce aches and pains and are placed along the chakras to open energy pathways. A seaweed-based oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

Deep Tissue Muscle

Mon-Thur £89 / Fri-Sun £94

A 60 minute treatment created to alleviate stress and release the discomfort of aching muscles, whether through fatigue or stress, essential oils work with your body to release localised areas of tension. Your mind will be left feeling less cluttered, and your muscles intensely relaxed.

ishga Pregnancy Massage

Mon-Thur £89 / Fri-Sun £94

A 60 minute blissful experience for both mum and baby. Slow soothing massage techniques are used to calm and alleviate any aches and stresses associated with pregnancy. For mothers to be of over 12 weeks.

Back, Face & Scalp Treatment

Mon-Thur £109 / Fri-Sun £114

This 90 minute luxurious back, face and scalp treatment starts with a cleansing of the back, followed by exfoliation and a back massage to ease away stress and tension. As your body is relaxed, we treat & hydrate your skin with a ishga facial to suit your wishes, finishing with a Cranial Scalp massage to calm your mind.

Express 25-minute Treatments

Personalised Facial

Mon-Thur £55 / Fri-Sun £60

A cleanse, tone, and exfoliating mask with relaxing scalp massage and ishga's finishing products to hydrate, balance, and firm the skin.

Scalp, Neck, and Shoulder Massage

Mon-Thur £55 / Fri-Sun £60

De-stressing scalp treatment to banish tension and aid restful sleep. Pressure Point massage includes Essential Oils to invigorate and calm, leaving a feeling of pure serenity.

Salt and Oil Scrub

Mon-Thur £55 / Fri-Sun £60

A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing. Perfect as a stand-alone treatment or together with an express facial or massage.

Invigorating Foot Treatment

Mon-Thur £55 / Fri-Sun £60

This revitalising treatment for tired feet and heavy legs helps reduce puffiness whilst soothing aches and pains. It includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

Hand recovery

Mon-Thur £41pp / Fri-Sun £46

Salt and oil hand scrub, relaxing hand massage, cooling, and detoxifying seaweed gel mask.

File and Polish for the Fingers

Mon-Thur £32 / Fri-Sun £35

Revive your nails with a shape and file, followed by an application of Jessica nail colour.

File and Polish for the Toes

Mon-Thur £32 / Fri-Sun £35

Revive your nails with a shape and file, followed by an application of Jessica nail.

Nail Treatments

GEleration Manicure Spa Ritual

Mon-Thur £55 / Fri-Sun £59

A 50 minute relaxing hand exfoliation, massage and moisturise including cuticle care and a nail shape. Your fingers will be finished perfectly with Jessica's long lasting GEL polish – the complete treatment to ensure your nails are looking party perfect!

GEleration Pedicure Spa Ritual

Mon-Thur £55 / Fri-Sun £59

A 50 minute luxury foot and leg treatment including a relaxing massage and moisturise. Your feet are tendered to; any hard skin removed, your cuticles and nails shaped before your toenails experience Jessica's long lasting GEL polish.

File & Polish (fingers or toes) 30 minutes

Mon-Thur £32 / Fri-Sun £35

GEL File & Polish (fingers or toes) 30 minutes

Mon-Thur £42 / Fri-Sun £45

GEL Removal 30 minutes

£15



Jessica Deluxe Manicure

Mon-Thur £50 / Fri-Sun £55

A 50 minute deluxe Manicure includes an exfoliation, thermal Mittens, helping oils and creams to penetrate deep into the skin as well as increasing circulation and relieving stiff, painful joints. Attention to the nail plate and finished to perfection with your choice of colour.

Jessica Deluxe Pedicure

Mon-Thur £50 / Fri-Sun £55

This luxury 50 minute pedicure includes a soak, exfoliation, removal of hard skin, foot and leg massage and thermal heated booties for deeper penetration of oils and creams. Your cuticles will be groomed, and your toenails will be beautifully shaped and perfectly polished.

Terms and Conditions

Spa Medical Consultation

Your health and wellbeing is our primary concern, therefore if you are currently pregnant, have any allergens, have a heart disorder, have a diagnosed medical condition or are taking any prescribed drugs, please let us know in advance to avoid any adverse reactions to any treatments given. A full consultation will be completed with you on arrival, you are required to complete a declaration as part of the consultation that you need to declare any conditions. Please note that we may need to tailor or change your chosen treatment on the information you give.

Pregnancy

Please note that we do not offer massage or body treatments for ladies who are 1-12 weeks pregnant.

From 12 weeks we offer a bespoke luxury pregnancy treatment. If you need any further guidance, please ask any member of the Spa Team.

Pregnant ladies are strongly advised against the use of the sauna and steam room.

Booking A Treatment Or Spa Day

Information on treatments are available via our website <https://www.bridgewoodmanorhotel.com/spa-health-club/day-spa-packages/>

Call the spa on 01634 662 610 to make an appointment.

Spa treatment payment

Card details are required at time of booking for all individual treatments.

All treatment times are subject to availability.

Treatment bookings made via our partner websites are confirmed by email.

Spa day payment

Payment is required on arrival.

Spa day treatment times will be allocated between 10am and 6pm - Monday, Tuesday, Friday, and Saturday. Wednesday-Thursday 10am- 7pm. Sunday 9am – 5pm. Your spa treatment times will be confirmed to you prior to arrival.

All spa days and treatment times are subject to availability.

Spa day bookings made through a third-party company are confirmed by email for your chosen date and the spa will contact you to arrange your treatment times.

Method of payment

Fees are inclusive of VAT on treatments as listed at the prevailing rate.

We accept all major credit cards.

Additional spa treatments will be charged at the applicable rates.

Pre-booked treatments will be charged at the applicable rates. Bookings will require a deposit which is non-refundable.

Gift vouchers can be purchased on our website. Vouchers must be used before expiry date. To book with a gift voucher please call the spa and quote your voucher number.

Cancellation Policy

Please note a 50% cancellation will be incurred for any spa treatments or spa day cancelled within 48 hours prior to appointment. Cancellation of spa treatments or spa days within 24 hours or on the day will incur a 100% charge.

All non-arrivals to be charged 100% of treatment price.

If you have booked your Spa Day or treatments through a third-party company, you must call them directly prior to arrival to change the date to rearrange if you are unable to attend.

Spa Terms & Conditions

We ask that you arrive 15 - 20 minutes before your scheduled treatment time, so you can complete our consultation form and begin your relaxation experience.

Bridgewood manor reserves the right to alter your treatment times if necessary, however you will be made aware of this prior to your arrival via mobile or email.

Spa lunch is served between 12:30pm-3pm. Please let us know of any allergies before arrival.

Please note that all treatment times includes a consultation and aftercare advice.

We request that mobile phones, tablets are kept on silent or switched off in the treatment rooms and not to be used during your treatment and not to be used on pool side.

No photography is permitted in the changing areas and/or on poolside.

You may be required to remove jewellery for treatments; we advise that you choose to leave jewellery at home.

Bridgewood manor hotel will not be liable, under any circumstances for damage, or consequential loss caused, to our customers property.

Residential package

Please note that spa / health club facility is available between your check in and check out time, 3pm - 11am.

We ask that you arrive 15 - 20 minutes before your scheduled treatment time, so you can complete our consultation form and begin your relaxation experience. 25% non-refundable & non-transferable deposit payable at the time of booking, with the balance due on arrival, or in the event of cancellation.

Please note if you have booked an overnight stay with spa treatments included your treatments will be allocated within check in 3pm and check out time 11am, this is subject to availability.

Offers cannot be used in conjunction with one another and are subject to availability.

Please note guests suffering from any heart conditions, high blood pressure or are pregnant are strongly advised against the use any of our heat experiences.

Children

Children under 16 years old are not permitted to receive any spa treatments or allowed to use the sauna and stream room at any time. Children can only swim in children splash times, and always accompanied by an adult in the pool.

Children Swim times:

Monday - Saturday: 8am - 10am and 6pm - 8pm

Sunday: 8am - 9am and 5pm - 7pm



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— HOTEL & SPA —

Chatham Kent

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