



SPA TREATMENT MENU

GERMAINE^{DE}CAPUCCINI
ADVANCED PROFESSIONAL COSMETICS

Step into an experience of pure indulgence and total relaxation...

Welcome	4
Signature Therapies	5
Spa Days	6
For Men	8
Facial Therapies	10
Advanced Anti-ageing	12
Add-On Treatments	13
CACI Treatments	14
Skin Breeze	15
Massage Therapies	16
Exfoliations & Wraps	18
Lava Shells	19
Hand Therapies	20
Foot Therapies	21
Geleration	22
Makeup	23
Tanning	24
Essentials	25
Spa Information	26



WELCOME

The Forest of Wellbeing provides a haven where you can discover the most incredibly unique sensations for mind, body and spirit.

We offer a stunning compliment of therapeutic and rejuvenating treatments, looking after your body from Head to Toe. We provide skin care and products from some of the top therapy houses: Germaine de Capuccini, Shared Beauty Secrets, CACI and for those perfectly finished hands and feet Jessica International.

The premium products and treatments offered by Germaine de Capuccini are found in the most exclusive salons and spas throughout the world and are offered only by the most highly trained beauty therapists in the industry.

Germaine de Capuccini's successful combination of natural active ingredients with cutting edge technology has enabled the company to produce some of the most influential skin care products and professional spa therapies. This knowledge has enabled them to design and deliver treatment protocols which optimize your state of wellbeing.



SIGNATURE THERAPIES

Our Signature Therapies offer the ultimate relaxation experience. The special mix of luxury Germaine de Capuccini Treatments will leave you with a full sense of physical and spiritual wellness.



Woodland Rays

Sunset in the Mediterranean, the intense orange colours of the sky, the captivating aromas and the whisper of the breeze caressing the skin. This treatment captures all of your senses. Commencing with the Vitamin C Body Exfoliation, followed by the Mediterranean Light Candle Back Massage and then finally continue to relax with our Vitamin C Facial Therapy providing a full top to toe experience. **(£85 - 1 hr 45 mins)**

Surrender to the Forest

You are able to choose the correct balancing blend and ideal treatment to heal and address individual needs. Your surrender experience commences with a massage to the back of your body using a customised blend of aromatherapy oils. Then enjoy a Spa Facial Treatment designed specifically for you. Leave with your harmony totally restored. **(£75 - 1 hr 30 mins)**

SPA DAYS

Bicester Experience Day

Relax, enjoy the spa and choose one of the following 30 minute treatments:

- Germaine de Capuccini Taster Facial
- Sperience Exfoliation
- Silk Scalp Therapy
- Jessica Shape and Polish Manicure
- Jessica Shape and Polish Pedicure

(Monday - Thursday: £70 - 30mins)

Change your Treatment to a 30 minute Back, Neck and Shoulder Massage for an additional £10.



Enchanted Energies Day

An exquisite massage medium containing extracts of Diamond, Rhodocrosite and Malachite is combined with a gentle exfoliation powder enriched with Amethyst, Sapphire and Ruby producing a luxurious mousse that renews the skin and energises the body. A collection of semi-precious minerals, whose chromatic tone corresponds with 7 chakra points on the body are used for a highly relaxing holistic massage. Your package is completed with our Black Diamond Facial which illuminates the skin. (£160 - 2 hrs 15 mins)

Maternal Moments

The perfect treatment for the 'Mum to Be'. Take the time to relax, take the weight off your feet as your treatment commences with a gentle warm Pinda Massage around the shoulders and scalp, working down the spine to gently ease away stress and tension before we provide a relaxing massage with soothing effleurage movements and a collagen firming massage cream (£100 - 1 hr)

Upgrade your day: Why not add a 30 minute Facial or Jessica Shape and Polish Manicure or Pedicure with 10% off the Treatment price.



Hen-Spa

Designed for those looking for a perfect escape before the big day. Come and relax with us, choose either a Mini Manicure and Mini Pedicure duo or **two** of the following treatments:

- Taster Facial
- Silk Scalp Therapy
- Full Body Exfoliation
- Jessica Shape and Polish Manicure
- Jessica Shape and Polish Pedicure

(£95pp - 1 hr)

Change your Treatment to a 30 minute Back, Neck and Shoulder Massage for an additional £10.

Essential Spa Day

Simply enjoy lunch, use of our luxury Spa and relaxation areas, robe and slippers. (£50)

Upgrade to a signature therapy or add any additional treatments with a 10% discount on Monday to Thursday. Add a make up application to the end of your day, subject to availability.

FOR MEN

For Men Energy Facial

A treatment designed specifically to meet the needs of men's skin. Infused with a blend of plant extracts and vitamins, this facial therapy is not only relaxing, but also rejuvenates the skin, often irritated by the daily ritual of shaving. (£70 - 60 mins)

Purexpert Back Cleanse

A perfect treatment working with gentle but effective ingredients to deep cleanse and exfoliate the back. The treatment also includes a back massage before completing with a mask to tighten the pores and leave your skin clean and fresh. (£55 - 50 mins)

Deep Tissue Back Massage

Minimum time, maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most. (£35 - 30 mins)

Sperience Elements Massage

A Feng Shui inspired full body massage. Based on traditional Chinese philosophy, our Sperience Elements massage is specifically catered for you by matching one of our 5 active oils to your zodiac sign. During this sensual massage, your therapist will relieve tension and negative energy throughout your body.

Back, Neck & Shoulder (£40 - 30 mins)

Full Body (£60 - 1 hr)

Sports Massage

Works deep in the muscles, realigning the muscle fibres and connective tissue, and flushing away the toxins. Regular sessions will increase joint mobility and flexibility, and reduce the risk of injury during exercise. Subject to availability. (£55 - 1 hr / £35 - 30 mins)

Executive Hand & Nail Treatment for Men

Hands are exfoliated to remove any dryness and massaged with treatment creams. Cuticles are conditioned and nails groomed and shaped. (£27 - 30 mins)

Foot Grooming for Men

Foot file, exfoliate, cuticle work, nail shape and foot massage. (£30 - 45 mins)

Men's Grooming

Back Wax	£24
Back & Shoulder Wax	£28
Chest Wax	£24



FACIAL THERAPIES

All our facial therapies are suitable for men and women.

Bicester Bespoke

Our skilled team of therapists will provide you with a prescriptive treatment designed especially for your skin's needs. Regardless of your skin type, age or concerns, this facial will specifically cater to your skin's needs. Includes a highly relaxing lymphatic drainage facial massage, leaving your skin fresh clear and radiant. (£55 - 1 hr)

Black Diamond

Providing immediate luminosity, this unique facial is one of our most popular. Using the power of crushed diamonds, minerals and trace elements, it nourishes, hydrates and energises the skin to provide a youthful complexion. The perfect pre-party facial. (£60 - 1 hr)

Purexpert Re-Balance

Purifying facial to reduce oiliness and spots. Purexpert commences with an enzyme packed gel to extract blackheads and whiteheads, followed by a red clay mask to deeply cleanse and reduce the size of the pores. The treatment concludes with a Blemish Balm (BB) Cream to leave the skin smooth & hydrated. After just 1 treatment, 98.6% of clients had cleaner skin with a more matt appearance*. (£55 - 1 hr)

*Self-assessment test on 146 individuals after 1 treatment

Upgrade your facial: add on our Glycocure Renewing Peel for enhanced results, Kirei Massage for lifting benefits or Baobab Scalp Massage for total relaxation. See p13 for more info.



ADVANCED ANTI-AGEING

Timexpert Rides Collagen Boost

Advanced facial to reduce expression lines and wrinkles. Our exclusive Micro-Dermoxine Complex® and Pro-Collagistine Fill technology combine to neutralise and inhibit micro-tensions whilst increasing natural collagen and elastin production. 98% of our clients declared their wrinkles were reduced.* Course of 5 treatments recommended. (£75 - 1 hr 15 mins)

Timexpert C+ Anti-Glycation

Illuminating facial to combat the first signs of ageing. An advanced anti-glycation facial utilising the benefits of Ume extract to fight against the damaged elastin and collagen fibres caused by sugar and UV radiation. Additional Vitamin C derivative provides a powerful antioxidant, protector and firmer, offering the skin a fresh, healthy glow. In just one session, 97% of clients declare their skin is smoother, more radiant and healthy**. (£70 - 1 hr)

*Self-assessment test on 41 individuals after 4 treatments

**Self-assessment test on 123 individuals after 1 treatment

ADD-ON TREATMENTS

Enhance your facial with one of our luxurious add-on treatments.

Glycocure Renewing Peel

Exfoliation peel to renew the skin at the deepest level.

This advanced peel eliminates dead skin cells, detoxifies the dermis and reduces congestion. Formulated with Alpha Hydroxy Acids (AHAs), wrinkles and pigmentation are reduced and the skin is left more balanced and hydrated, enhancing the effects of subsequent treatments. (£15 - 15 mins add on)

Baobab Scalp Massage

Stress relieving neck and scalp massage.

A nourishing and moisturising neck and scalp massage utilising the benefits of ethically sourced Baobab seed oil. A highly effective stress relieving experience ideal to add to any face or body treatment.

(£15 - 15 minutes for facials
£30 - 30 minutes for body treatments)

Kirei Facial Massage

A highly specialised 'Kirei' anti-ageing facial massage.

Originating from Japan, this massage provides deep relaxation and wellbeing, with highly beneficial anti-ageing properties. Once reserved for Royalty, this special technique is only available at top Germaine de Capuccini Spas across the world and adds to the 'lifting and firming' effect from the facial itself.

(£30 - 30 mins add on)

CACI TREATMENTS

CACI Jowl Lift

The CACI Jowl Lift has been developed to specifically target muscle laxity around the jawline. Using Quad probes specially designed to lift and firm the muscles and refine facial contours. (£30 - 30 mins)

CACI Non Surgical Facelift

The CACI Non-Surgical Face Lift is an advanced, non-invasive facial, with twenty years medical research behind it. The treatment can deliver visible results without the need for surgery. Tiny electrical impulses will lift and tone the facial muscles, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles. A course of treatments is recommended and this can be tailor made to suit your needs. Please speak to your therapist for more information. (£50 - 1 hr)

CACI Eye Lift

This treatment will work to lift and firm the muscles around the eye area, particularly where eyebrows tend to lose their definition as we age. This treatment will also smooth the appearance of fine lines and wrinkles. (£35 - 30 mins)

CACI treatments can be combined with any Germaine de Capuccini facial to treat tissue and muscle lifting.

Enhance Your Facial

The following 3 Skinbreeze treatments can only be added to CACI Jowl Lift, Eye Lift and Non-surgical Facial to gain the best refreshing, hydrating and firmer skin:
Skinbreeze Eye Lift, Jowl Contouring or Wrinkle Reduction (15 mins - £15 / Course of 6 - £85)

SKIN BREEZE



Anti-Ageing

A bespoke facial designed to combat all signs of ageing. Our unique Orbital Microdermabrasion, LED light therapy and O2 infusion rejuvenate, hydrate and plump out deep lines and wrinkles. O3 Ozone helps to refine and tighten the skin encouraging the elimination of bacteria, toxins and under eye dark circles leaving a plumped and glowing complexion. (90 mins - £90 / Course of 6 - £500)

Acne and Blemishes

Tackles problematic skin head on by stimulating tissue healing with lymphatic drainage and LED light therapy. Featuring Hydro Mask and O2 Infusion with Skinbreeze Blemish Fix serum, this soothing treatment neutralises bacteria and calms inflammation and redness. (30 mins - £30 / Course of 6 - £150)

Under Eye Brightening

An intensive treatment for the eye area designed to soften lines, reduce dark circles, eye bags and under eye puffiness. With Orbital Microdermabrasion and LED light therapy, O3 Ozone to tighten the skin around the eyes and a relaxing lymphatic drainage/massage over a refreshing Hydro Mask, this treatment leaves eyes looking brighter and more alert. (30 min - £30 / Course of 6 - £160)

Skin Breeze Course Options

The Skinbreeze Orbital system incorporates the latest pain free treatment technologies which can be combined and tailored to tackle a variety of skin concerns ranging from acne and blemishes to wrinkles and anti-aging, appealing to both men and women of all ages.
Skin Rejuvenation (45 mins - £45 / Course of 6 - £250)
Skin Hydration & Sun Damage (45 mins - £45 / Course of 6 - £250)
Skin Brightening (45 min - £45 / Course of 6 - £250)

MASSAGE THERAPIES



Sperience Elements Massage

A Feng Shui inspired full body massage.

Based on traditional Chinese philosophy, our Sperience Elements massage is specifically catered for you by matching one of our 5 active oils to your zodiac sign. During this sensual massage, your therapist will relieve tension and negative energy throughout your body.

Back, Neck & Shoulder (£40 - 30 mins)

Full Body (£60 - 1 hr)

Silk Scalp Therapy

For tension in the neck and shoulders. Your treatment commences with neck and shoulder massage to help alleviate tension. Continue to relax whilst a silky mask is applied and massaged into the scalp and hair. Your treatment is complete with a series of stretches to the neck and shoulders leaving you feeling totally relaxed. **(£35 - 30 mins)**

Mediterranean Candle Massage

A warming full body massage.

Choose one of our Mediterranean inspired massage candles; Lavender, Olive or Citrus which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin. **(£70 - 60 mins)**

Deep Tissue Back Massage

Minimum time, maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most. **(£35 - 30 mins)**



Mum to Be

Time to relax, take the weight off your feet as your treatment commences with a gentle warm Pinda massage around the shoulders and scalp, working down the spine to gently ease away stress and tension before we provide a relaxing massage with soothing effleurage movements and a collagen firming massage cream.

Full Body Massage (£60 - 1 hr) / Back Massage (£40 - 30 mins)

Turkish Delights

An exotic massage originating from Turkey with the most valuable Oriental Spice – Saffron. Enjoy its aroma, colour, texture and anti-oxidising power through our exclusive massage method. This commences with our therapist using a large silk foulard to gently stretch the body releasing all tension. A most luxurious therapy before continuing with the most relaxing massage...utterly divine. **(£60 - 1 hr)**

Sports Massage

Works deep in the muscles, realigning the muscle fibres and connective tissue, and flushing away the toxins. Regular sessions will increase joint mobility and flexibility, and reduce the risk of injury during exercise. Subject to availability. **(£55 - 1 hr / £35 - 30 mins)**

EXFOLIATIONS & WRAPS



Germaine de Capuccini Vitamin C Exfoliation

Packed full of Vitamin C, with extraordinary beneficial effects on the skin, this body exfoliation gently polishes the skin, revitalising the tone whilst hydrating, leaving it smooth and clear.

(£35 - 30 mins)

Crystal Harmony

An exquisite massage medium containing extracts of Diamond, Rhodocrosite and Malachite is combined with a gentle exfoliation powder enriched with Amethyst, Sapphire and Ruby producing a luxurious mousse that renews the skin and energises the body. A collection of semi-precious minerals, whose chromatic tone corresponds with 7 chakra points on the body are used for a highly relaxing holistic massage. (€65 - 1 hr)

Sperience Chocolate Sensation

Full body chocolate scrub and wrap

A delicious chocolate therapy with zero calories! This deeply hydrating and nourishing therapy begins with a stimulating chocolate body scrub to buff away dead skin cells before a deeply warming full body chocolate envelopment with a rich, sensual aroma. The treatment concludes with a rich, nourishing massage to reinvigorate the body. (€70 - 1 hr)

Pure C Body Cocoon Wrap

The body is enveloped in a divine pure C+ wrap. Packed full of Vitamin C, with extraordinary beneficial effects which hydrate, revitalise the tone leaving your skin smooth and clear. The ultimate in anti-oxidant skin treats. (€65 - 1 hr)

LAVA SHELLS



Lava Shells® Therma Facial

This intensely hydrating, anti-ageing facial uses Spa Find natural Dead Sea mineral products to renew and revive the complexion. The face, neck and décolleté are deeply cleansed and exfoliated to prepare the skin for a specialised massage. The warm self-heating Lava Shells are used to lift, drain and contour the face leaving skin radiant and glowing. The natural heat from the Lava Shells is instantly relaxing allowing you to drift into a tranquil state of mind whilst aiding the penetration of skincare products increasing their effectiveness. The Lava Shells warmth will improve circulation, ease tension lines and boost your skins natural radiance whilst alleviating sinus blockages, puffiness and aiding the removal of toxins. (€65 - 1 hr)

Lava Shells® Self-Heating Technology

Introducing the all natural, self-heating technology. Our unique system creates a consistent, reliable, and powerful heat, without electricity. For the ultimate, calming massage, the Lava Shells Relax treatment is the soothing solution. As the therapist glides the marine polished sea shells smoothly over the body, you will instantly drift into a blanket of warmth, falling into a state of utter relaxation and calm. The radiating heat from the shells releases tension and leaves you feeling instantly stress free and rejuvenated.

Hot Lava Shell Relax Face & Body (€85 - 1 hr 15 mins)

Hot Lava Shell Relax Massage (€75 - 1 hr)

HAND THERAPIES

Jessica Deluxe Manicure

An indulgent hand treatment with the optional extra of either heated mittens or Le Remedi hand treatment. Followed by cuticle work, nail tidy and varnish application. (£43 - 1 hr 15 mins)

Jessica Spa Manicure

Exfoliation, cuticle work, hand massage and polish. (£35 - 1 hr)

Ensure you leave time to relax after any hand therapy to prevent smudging and to prolong the finished effects of your Manicure. Please advise when booking if you require existing gel removal.

Jessica Shape and Polish Manicure

Jessica Nail Shape and Polish. (£22 - 30 mins)

Executive Hand & Nail Treatment For Men

Hands are exfoliated to remove any dryness and massaged with treatment creams. Cuticles are conditioned and nails groomed and shaped. (£27 - 30 mins)



FOOT THERAPIES

Jessica Deluxe Pedicure

Deluxe foot treatment with all the benefits of the ZenSpa pedicure, with the addition of heated booties for maximum hydration. (£45 - 1 hr 15 mins)

Jessica ZenSpa Pedicure

Hard skin is removed, feet massaged with conditioning creams and cuticles groomed. Toe nails are then shaped and finished with polish. (£38 - 1 hr)

Open toed footwear is advised after a pedicure to prevent smudging and to prolong the finished effects of your pedicure.

Jessica Shape and Polish Pedicure

Jessica Nail Shape and Polish. (£22 - 30 mins)

Foot Grooming For Men

Foot file, exfoliate, cuticle work, nail shape and foot massage. (£30 - 45 mins)

Add French Polish

To any manicures and pedicures. (£5)



GELERATION

GELeration Gel Overlay Manicure

Includes hand exfoliation, massage, cuticle care, nail shape and finish with Jessica's GELeration gel polish. (£41 - 1 hr)

GELeration Refresh Manicure

Cuticle work, hand massage and one coat of existing GELeration gel polish. (£20 - 30 mins)

GELeration Nail Shape and Polish

For hands or feet. Nails are filed shaped and finished with Jessica's GELeration gel polish. (£28 - 45 mins)

Please advise when booking if you require existing gel removal.

ZenSpa Pedicure with GELeration

All the benefits to the Zenspa Pedicure but finished with the GELeration nail polish. (£49 - 1 hr)

Existing Gel Removal

Prior to a GELeration manicure or pedicure. (£15 - 30 mins)

Add GELeration French Polish

To any manicure and pedicure. (£10)



MII MAKEUP

Trust Mii

Bridal or special occasion makeup trial. After consultation with you we will create your ideal look for that perfect day. Whether its a natural flawless finish or a smoky eyed seductive look, Mii has a vast range of shades and colours to enhance your natural beauty. (£60 - 1 hr)

Complete Mii

Wedding or special occasion makeup up on the day. Only recommended following a Trust Mii trial. Your therapist will recreate your perfect look for your special day. (£30 - 45 mins)



Treat Mii

Indulge yourself for a special occasion. Whether it's flawless elegance for an evening out or a perfect natural finish for lunch with friends. We'll create a look for you. (£45 - 45 mins)

Mini Mii

Feel like a Princess for the day or evening. Ideal for prom or birthday celebrations. (£30 - 30 mins)

Mii



TANNING

This revolutionary spray tan from Vita Liberata, a Queens Award Winner, is the purest in the tanning world. Vita Liberata use certified organic and ecocert ingredients that condition and nourish the skin. With MoistureLock™ to hydrate the skin for 72 hours, the tan fades perfectly just like a natural suntan. The inclusion of Odour Remove™ for zero smell and a fast drying formula means you can redress immediately after the treatment.

Instant & Developing

Available in 3 sun kissed shades, this treatment offers you instant colour while the tan develops for a beautifully natural tan result. (£30 - 30 mins)

It is advised that a patch test is carried out 24 hours prior. Please prepare your skin the night before by exfoliating your body. No moisturiser is to be worn on the day of your tan. Loose, dark clothing is to be worn after the treatment.

ESSENTIALS

Waxing

Classic Bikini Line	£18
G-String	£22
½ Leg	£22
½ Leg & Bikini	£36
¾ Leg	£26
Full Leg	£31
Full Leg & Bikini	£40
Underarm	£15
Half Arm	£19
Full Arm	£22

Hopi Ear Candles

A traditional Indian Wellbeing Ritual that has been used for centuries to help aid relaxation, healing, congestion, allergies and wellbeing.

Hopi Ear Candles (30 mins - £30)

Add Head & Shoulder Massage (45 mins - £50)

Add Taster Facial (45 mins - £55)

Facial Grooming

Lip Wax	£10
Chin Wax	£10
Lip & Chin Wax	£18
Eyebrow Wax	£12
Eyebrow Tint	£10
Eyelash Tint	£15
Eyelash & Eyebrow Tint	£18
Eyebrow Wax & Tint	£18

When scheduling an eyelash tint, a skin test is required at least 24 hours prior to an appointment. If you do not wish to have a patch test carried out, a signed consent form will be required.



SPA INFORMATION

Spa Day Booking Information

Our Spa team will be on hand to assist you with your Spa Day booking. For all enquires please contact us **01869 241204** (option 3) or email spa@bicesterhgs.com

All of our Spa Days are available Monday to Sunday, unless otherwise stated and are subject to availability.

A Robe, Towel and Slippers are supplied for your use during the Spa Day. We ask that you return your Towel and Robe at the end of your visit.

The changing room area is equipped with showers, Tropicarium and hairdryers; however, toiletries are not included.

Due to age restrictions spa day treatments are only available to children aged 16 and over. Children aged 14 and over are able to participate on a spa day but are only able to use the pool facilities within the children's swimming times.

Children Swimming Times:

Monday - Friday 09:30-11:30 and 15:30-18:30

Saturday 09:30-12:00 and 16:00-18:00

Sunday 10:00-12:00 and 16:00-18:00

Please inform the spa in advance if you are delayed or intend to arrive after 10am. Refreshments will be served upon your arrival and you will be presented with your full itinerary for the day.

In order to secure your booking, full payment is required in advance.

We encourage all of our Spa Day guests to drink plenty of water throughout the day and to rest in our relaxation room between treatments. Refreshments are provided throughout the day in the relaxation area. Drinks are prohibited around the poolside area.

It is recommended that the Sauna, Stream Room, Hydrosipa and Spa Pool are not used during any stage of Pregnancy.



Booking Information

To ensure you receive your preferred availability, we advise all clients and guests to book well in advance to avoid disappointment.

Failure to cancel an appointment within 48 hours will incur a 50% cancellation fee. Failure to cancel an appointment with in 24 hours will incur a 100% cancellation Fee.

Spa Etiquette

We kindly request that all mobile phones are placed in the silent mode or switched off before entering the spa area or treatment rooms.

Children

Children under the age of 16 are not permitted into the spa area or treatment rooms except for nail painting in our manicure area when accompanied by an adult. Crèche facilities available on site. Children's use of the facilities is restricted please refer to the Spa Day information page for Children's access times.

Arrival Times

Please arrive 15 minutes prior to your treatment time in order to complete a mandatory consultation card. Late arrival may result in your treatment being cancelled.

Gift Vouchers

Vouchers can be purchased from our spa reception and are valid for 12 months.

Thank You

The Spa Team would like to take this opportunity to thank you for choosing The Forest of Wellbeing Spa. We hope that you enjoy your visit and look forward to seeing you again.



BICESTER HOTEL
golf and spa
★★★★

Chesterton, Bicester, Oxfordshire OX26 1TH

Telephone: 01869 241204

Email: spa@bicesterhotelgolfandspa.com

www.bicesterhotelgolfandspa.com