



THE
CLIVEDEN
SPA

TREATMENTS

Our SPA treatments

THE CLIVEDEN BODY COLLECTION

Inspired by two remarkable ladies synonymous with the history of this fabulous house, Anna Maria, the first ‘Mistress of Cliveden’ and Nancy Astor, perhaps its most famous chatelaine, we have created two fabulous fragrances that not only delight the senses but have provided the inspiration for our own bespoke collection of luxurious body products designed by OSKIA, the luxury British skincare brand. These scents reflect the combination of strength, subtlety and femininity of the women who inspired them. All products within the the Cliveden Body Collection retail range are vegan, developed for spa-quality home pampering.

THE ANNA MARIA FRAGRANCE

A rich and restoring blend from the finest antioxidant super seed oils, including: rosehip, raspberry, blueberry, strawberry, evening primrose and calendula, and fragranced with enveloping notes of black rose and cedarwood.

KEY ACTIVES:

Strawberry, blueberry, cranberry and raspberry seed oils: Highly antioxidant and rich in Omegas to deeply nourish.

Rosemary leaf extract: Natural antioxidant that stimulates biomechanical functions of fibroblasts to firm and smooth skin.

Evening primrose and calendula oils: Soothe and soften skin.

THE NANCY FRAGRANCE

A reviving and enlivening blend from the finest antioxidant super seed oils, including rosehip, raspberry, blueberry, strawberry, evening primrose and calendula. Fragranced with its refreshing fruit blossom, jasmine, wild mint and lily.

KEY ACTIVES:

Strawberry, blueberry, cranberry and raspberry seed oils: Highly antioxidant and rich in omegas to nourish and protect.

Rosemary leaf extract: Natural antioxidant that stimulates biomechanical functions of fibroblasts to firm and smooth skin.

Evening primrose and calendula oils: Soothe and soften skin.

Discover more about purchasing The Cliveden Body Collection on page 19, for gift ideas

CLIVEDEN WARM OIL MASSAGE

	MON - THURS	FRI-SUN & BANK HOLIDAYS
45 MINUTES	£125	£145
60 MINUTES	£150	£170
75 MINUTES	£160	£180
90 MINUTES	£195	£215

Choose between the Anna Maria and Nancy fragrances. Drawing on eastern and western massage techniques, your therapist will be guided by knowledge and intuition to administer a bespoke massage treatment, targeting your unique holistic needs; whether that is to ease deep muscular tension, to rebalance and renew emotional or physical energies, to detoxify and stimulate lymphatic drainage, or to support general wellbeing. Warm, nutrient-rich super-seed oils including rosehip, evening primrose, blueberry, raspberry and strawberry ensure mind, body and soul are completely recharged.

CLIVEDEN RECOVERY BODY TREATMENT

	MON - THURS	FRI-SUN & BANK HOLIDAYS
60 MINUTES	£150	£170
75 MINUTES	£160	£180
90 MINUTES	£195	£215
120 MINUTES	£220	£240

Combining ayurvedic and eastern techniques, this treatment has been created to de-toxify, invigorate, yet relax, your body through a variety of beneficial components. Your therapist will determine the best therapies to perform, choosing from a de-toxifying mineral-rich mask, invigorating salt scrub, relaxing warmed lava stones, tension-releasing massage, relaxing reflex-zone massage with an invigorating dry body-brushing.

A discretionary 12.5% service charge will be added to the price of each treatment.

Our SPA partner

The Cliveden Spa enjoys a partnership with OSKIA. This range of treatments has been designed to complement and accentuate OSKIA's multi-award-winning nutritional skincare range. The holistic approach combines bespoke anti-ageing techniques, drawing on traditional knowledge such as acupuncture, specialist massage, reflex and lymph drainage, as well as elements such as gentle enzyme and AHA peeling that will leave the skin, body and mind rejuvenated and glowing.

These treatments instantly boost skin health while improving tone and texture, and deliver an immediate natural glow and lasting benefits. They build on OSKIA's unique approach to boosting skin health and improving the complexion through a combination of topically applied essential cell nutrients and pioneering beauty actives, along with bespoke facial massage techniques and equipment. These highly effective treatments will ensure that even the most tired complexions come alive and skin is left feeling radiant and luminous.

BESPOKE *facials*

Our bespoke facials are designed to encompass luxury, relaxation and are results driven. Our highly skilled team of therapists will combine professional skincare technology, sculpting and toning massage techniques, to ensure optimum lasting benefits.

OSKIA THERAFACE PRO

The Theragun uses percussive therapy to reduce tension and relax facial muscles, micro-current technology to firm and tone, along with LED and infrared light for antibacterial and anti-aging benefits.

DERMALUX - LED LIGHT THERAPY

Offering a non invasive treatment to achieve flawless, youthful and healthy skin, the visible effects are immediate after just one treatment. Three different wavelengths each have specific skin healing properties that are clinically proven to promote hydrated, plump and radiant skin, whilst the light can also increase serotonin levels, relieving stress and tension.

	MON - THURS	FRI-SUN & BANK HOLIDAYS
60 MINUTES	£160	£180
75 MINUTES	£170	£190
90 MINUTES	£205	£225

BESPOKE *facials*

GUA SHA

A Gua Sha is a traditional Chinese technique that aims to move blocked energy, supporting lymphatic drainage and allowing your energy to flow freely, enhancing your health and wellbeing. The Gua Sha is designed to lift, plump, sculpt and reduce the appearance of fine lines and wrinkles.

CRYO GLOBE TOOLS

The Iced Cryo Globe is used to increase micro-circulation, reduce puffiness and boost blood circulation, perfect for tired or dull skin. The results will leave the skin appearing brighter, firmer and luminescent.

	MON - THURS	FRI-SUN & BANK HOLIDAYS
45 MINUTES	£125	£145
60 MINUTES	£150	£170
75 MINUTES	£160	£180
90 MINUTES	£195	£215





SPA *experiences*

Cliveden House is delighted to announce that for a limited time, we will be offering exclusive access to our exquisite spa for spa experience days, 9am to 5pm, Monday to Thursday, available to book throughout September and October 2023.

TAILOR-MADE SPA EXPERIENCE

Including a timed treatment of your choice.

90-MINUTE TREATMENT £335

120-MINUTE TREATMENT* £405

- Full access to the spa facilities for up to 8 hours
- 2-Course lunch in the Spa Kitchen
- Selected complimentary refreshments throughout the day
- Complimentary use of robes, slippers and towels
- Includes a gift to take home*

CLIVEDEN DUSK DELIGHT

Including a timed treatment of your choice

60-MINUTE TREATMENT £220

- Full access to spa facilities from 5pm to 9pm
- Complimentary juice on arrival
- Use of robes, slippers and towels

A discretionary 12.5% service charge will be added to the price of each treatment.

OUR *partnership with* PROVERB

Cliveden Spa hosts a new resident partner each year – this year, we are working in partnership with Proverb, whose residency offers an exciting addition to the evolving treatment menu, with facial and body treatment, as well as a Proverb Spa Day, created exclusively for Cliveden Spa.

Proverb inspires people to feel confident about their skin, body, and mindset, so that they can make the most of every day, whilst reducing their impact on the environment. Proverb's journey towards sustainability began with their Refillable Natural Deodorant and Hand Sanitiser, and as a result, encourage their supporters to be as sustainable as possible, and subscribe to their ethos of clean eating, movement, skincare and healthy life approach.

PROVERB'S PARTNERSHIP WITH GREENSPARK AND PLASTIC BANK

Currently, every year 8 million tonnes of plastic waste ends up in waterways and if we continue to consume and discard single-use plastics at this rate, by 2050 there could be more plastic in our oceans than fish.

In partnership with Proverb, Greenspark and Plastic Bank, Cliveden make a donation with every Proverb booking, which helps fund Plastic Bank local community collectors to remove plastic waste from rivers, estuaries and beaches. Plastic Bank builds ethical recycling ecosystems in coastal communities. The plastic is sorted, weighed and exchanged for digital tokens that can be redeemed for basic necessities such as groceries, cooking fuel, school tuition, and health insurance. Plastic Bank is helping the world stop ocean plastic while improving the lives of those who collect it.

Both Proverb and Cliveden are working hard to bring you products that are sustainable, entirely natural, organic and refillable. Now this will be the first-ever initiative to remove ocean-bound plastic while having a spa treatment.



OUR *residency* TREATMENTS

PROVERB FACIALS

SKIN HIIT FACIAL

SKIN HIIT facial for those short of time or in need of a pick me up. This HIIT workout focuses on the cardio element of the skin workout facial.

	MON - THURS	FRI-SUN & BANK HOLIDAYS
25 MINUTES	£100	£120

SKIN WORKOUT FACIAL

A specially devised high-performance skin workout. Cliveden therapists will warm up and prepare the skin ready for the cardio section of this facial using active natural and organic ingredients, including proteins, antioxidants, and enzymes formulated for lab-proven results. Cross train, running, skipping, and facial push presses are just some of the massage movements used to keep your jowls lifted, face plump, fine lines ironed and muscles strengthened. The treatment will conclude with a stretch and toning cool down. Get out what you put in.

	MON - THURS	FRI-SUN & BANK HOLIDAYS
60 MINUTES	£150	£170

SUPER SET FACIAL & BACK STRETCH

Enjoy the Skin Workout Facial along with a targeted back stretch and massage. The targeted stretches are for those who spend long hours sitting at a desk, travelling or putting repeated pressure on the back.

	MON - THURS	FRI-SUN & BANK HOLIDAYS
90 MINUTES	£195	£215

OUR *residency* TREATMENTS

PROVERB BODY WORKOUT TREATMENT

A bespoke body workout treatment designed to enhance overall wellbeing, incorporating a back exfoliation and a Skin Hiit Facial. Combined with traditional massage techniques, the Proverb Body Workout Treatment will assist with flexibility and mobility, and includes controlled assisted stretches.

	MON - THURS	FRI-SUN & BANK HOLIDAYS
60 MINUTES	£150	£170
90 MINUTES	£195	£215

PROVERB SPA EXPERIENCE

Start your new skin fitness journey at Cliveden House with our exclusive Proverb spa experience, available 9am to 5pm, Monday - Thursday, throughout September and October 2023.

SPA EXPERIENCE INCLUDES:

- Skin Workout Facial 60 minutes
- Full use of the Cliveden Spa facilities
- National Trust fee
- Use of dressing gown and slippers
- Healthy lunch in the Spa Kitchen
- Complimentary soft drinks throughout the day
- Gift to take home

	MON - THURS	
60 MINUTES	£335	Limited Dates Available

The STUDIO

Enter a world of enchantment and discovery as you indulge in one of our signature Cliveden Spa nail treatments inspired by our noble and unique heritage.

MANICURES + PEDICURES BY Mii

Mii's colour and care range was developed by British beauty entrepreneur Susan Gerrard, an expert manicurist with more than 30 years of hands-on experience. A unique collection of prescriptive nail treatments featuring 100+ shades in long-lasting, fast-drying Colour Confidence nail polish and Statement Gel polish and luxurious hand and foot care products that deliver, stand-out manicures and pedicures.

HANDS AND FEET

MON - THURS FRI-SUN
 & BANK HOLIDAYS

FILE AND POLISH 25 MINUTES	£30	£50
ESSENTIAL MANICURE OR PEDICURE 40 MINUTES	£40	£60

File, cuticle care and an application of polish.

MOISTURISING MANICURE 50 MINUTES	£55	£75
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File, cuticle care, hand and nail exfoliation, mask and a moisturising massage, followed by an application of polish.

MOISTURISING PEDICURE 60 MINUTES	£85	£105
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Hard skin removal, file, cuticle care, exfoliation and a moisturising foot massage, followed by an application of polish.

EXISTING GEL REMOVAL 25 MINUTES	£20	£40
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Existing gels need to be removed before any manicure.
A £10 charge occurs for removal of gel prior to treatments.
Please book in addition to your chosen treatment.

Mii GEL

Add Mii Gel to an Essential or Moisturising Manicure or Pedicure with no extra time added for an additional £10.

Should you require a French polish, please ask at the time of booking as an additional supplement of £15 and time will be added to your booking.

Please specify at time of booking to avoid disappointment.

BECOME *a member*

Psst... have you heard?

The Cliveden Club is an exclusive social and country club like no other. For over 350 years Cliveden has been a place of intrigue and glamour, frequented by the politicians, musicians, artists and socialites that shaped our history. To this day Cliveden House remains a popular choice for those seeking exclusivity and luxury, with its relaxing spa facilities, delicious dining and much more it's the perfect quintessential retreat.

SINGLE MEMBERSHIP BENEFITS

- 33% reduction on the published accommodation rates throughout the year for all room categories*
- £250 special room rate for a Club room*
- 25% reduction on food and drink
- 25% reduction on all spa and treatments
- 25% reduction on boat hire
- Complimentary private dining room hire – Sunday-Thursday*
- 25% reduction on the conference day delegate rate
- 12 complimentary spa passes per member worth £1,200

* terms and conditions apply.



For further details, please scan the QR code
or email club@clivedenhouse.co.uk

MEMBERSHIP *Fees*

SINGLE MEMBERSHIP

ONE YEAR (ANNUAL)	£5,000
ONE YEAR (MONTHLY)	£458
THREE YEARS	£12,500
JOINING FEE	, £1000

DOUBLE MEMBERSHIP

ONE YEAR (ANNUAL)	£8,333
ONE YEAR (MONTHLY)	£833
THREE YEAR	£20,833
JOINING FEE	£1,750

JUNIOR MEMBERSHIP (16-18 years old)

ONE YEAR	£2,500
JOINING FEE	£500

GIFT *ideas*

CLIVEDEN GIFT VOUCHERS

Surprise someone special with a Cliveden House gift voucher.
Available to buy online at clivedenhouse.co.uk

THE CLIVEDEN BODY COLLECTION

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BODY BUTTER 50ml	£50
BODY BUTTER 200ml	£82
HIMALAYAN BATH SALTS 200g	£63
EXFOLIATING BODY SCRUB 200g	£63
BODY OIL 100ml	£70

CLIVEDEN ARTISAN CANDLE £47

Created exclusively for The Cliveden Spa by Rachel Vosper, one of the UK's leading artisan candle chandlers, each candle is hand-poured in her Belgravia boutique in the heart of London. The finest sourced ingredients along with an application of using traditional methods ensure the longevity of fragrance and an optimum burn.

THE CLIVEDEN NAIL COLLECTION

These fabulous British-manufactured nail polishes have a luxurious long-lasting gel finish and can be purchased from The Cliveden Spa. The range incorporates 26 beautiful colours along with a base and top coat to enhance the wear of these wonderful polishes.

NAIL POLISH 15ml	£17.50
SET OF 3 NAIL POLISHES	£45
TOP OR BASE COAT 15ml	£15



THE CLIVEDEN SPA
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