



THE  
CLIVEDEN  
SPA

TREATMENTS



## *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 whilst 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.

## THE CLIVEDEN BODY COLLECTION

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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

Black Rose & Cedar wood, Calming & Balancing.  
George Villiers, the second Duke of Buckingham, built Cliveden as a monument to his affair with Anna Maria. Even against the lush and licentious backdrop of the Restoration court, Anna Maria stood out for her ability to cause scandal and her willingness to spill blood in defence of her honour. Hers was a world perfumed with the dark woody smells of cedar wood, spices, earthy patchouli, musky sensuous roses, and enlivened by the tang of oranges - a favourite snack of audiences in London's theatres where so many women of Anna Maria's generation went to find fame, or infamy.

### THE NANCY FRAGRANCE

Fruit Blossom, Jasmine, Wild Mint & Lily. Refreshing & Stimulating.  
Nancy Astor was the American whose energy and vigour would make her the first woman to win and take a seat in the House of Commons almost 100 years ago! On inheriting Cliveden, Nancy banished what she described as the 'splendid gloom' of her predecessor's décor and replaced it with the bright chintzes and fresh-cut flowers inspired by her beloved Virginian childhood. From her piercing blue stare to her acerbic humour, everything about Cliveden's final chatelaine was fresh, bracing and poised...

## CLIVEDEN WARM OIL MASSAGE

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	MON - THURS	FRI - SUN
<b>45 MINUTES</b>	<i>£125</i>	<i>£145</i>
<b>60 MINUTES</b>	<i>£150</i>	<i>£170</i>
<b>75 MINUTES</b>	<i>£160</i>	<i>£180</i>
<b>90 MINUTES</b>	<i>£195</i>	<i>£215</i>

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 well-being. 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

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	MON - THURS	FRI - SUN
<b>60 MINUTES</b>	<i>£150</i>	<i>£170</i>
<b>75 MINUTES</b>	<i>£160</i>	<i>£180</i>
<b>90 MINUTES</b>	<i>£195</i>	<i>£210</i>
<b>120 MINUTES</b>	<i>£220</i>	<i>£240</i>

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 to an invigorating dry body-brushing.

A £20 supplement will be applied on all Spa treatments and retreats on Fridays, Saturdays, Sundays and bank holidays  
A discretionary 12.5% service charge will be added to the price of each treatment







## BESPOKE *facials*

Just go with the 'glow' and experience the incredible benefits of a bespoke facial at The Cliveden Spa.

### OSKIA

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

Our prestigious Spa Partner, OSKIA, offers a variety of benefits to suit all skin types. Whatever your concern, our therapists have the knowledge and expertise to create a unique experience, tailored to meet your needs.

A £20 supplement will be applied on all Spa treatments and retreats on Fridays, Saturdays, Sundays and bank holidays.  
A discretionary 12.5% service charge will be added to the price of each treatment.

*Introducing*  
**PROVERB**  
LIFEFUELLED SKINCARE

*Residency*

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. Our journey towards sustainability began with our Refillable Natural Deodorant and Hand Sanitiser, and we encourage our supporters to help us be as sustainable as possible. Join us in living our ethos with clean eating, movement, skincare and life approach. As they say: get out what you put in.



## 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
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
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
90 MINUTES	£195	£215

A £20 supplement will be applied on all Spa treatments and retreats on Fridays, Saturdays, Sundays and bank holidays.  
A discretionary 12.5% service charge will be added to the price of each treatment.

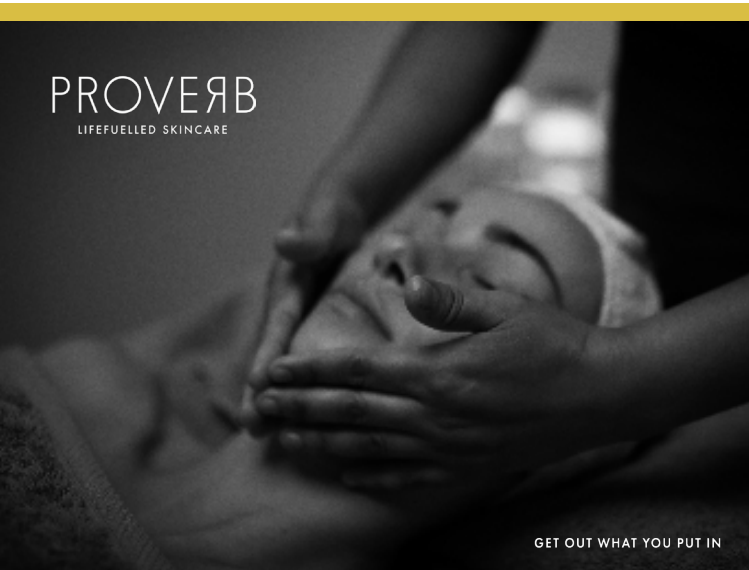
## PROVERB SPA DAY

Start your new skin fitness journey at Cliveden House with our exclusive Proverb spa day.

### SPA DAY 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 - WED
	Limited Dates Available
60 MINUTES	£330



## 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 over 30 years of hands on experience. A unique collection of prescriptive nail treatments with 100+ shades in long lasting, fast-drying Colour Confidence nail polish and Statement Gel polish and luxurious hand and foot care which all deliver stand-out manicures and pedicures.

## HANDS AND FEET

<b>FILE AND POLISH 25 MINUTES</b>	<b>£30</b>
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<b>ESSENTIAL MANICURE AND PEDICURE 40 MINUTES</b>	<b>£40</b>
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File, cuticle care and an application of polish.

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

<b>MOISTURISING PEDICURE 60 MINUTES</b>	<b>£65</b>
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Hard skin removal, file, cuticle care, exfoliation and a moisturising foot massage, followed by an application of polish.

<b>EXISTING GEL REMOVAL 25 MINUTES</b>	<b>£20</b>
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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.*

A £20 supplement will be applied on all Spa treatments and retreats on Fridays, Saturdays, Sundays and bank holidays.  
A discretionary 12.5% service charge will be added to the price of each treatment.



## BECOME *a* MEMBER

We have a range of membership options available to suit everyone.

Please contact our Spa Membership Sales Manager at [club@clivedenhouse.co.uk](mailto:club@clivedenhouse.co.uk) for further details.

*Cliveden Club Members must become a member of the National Trust and renew annually.  
Terms and conditions apply.  
For full details please refer to the Club handbook.*

## *Your* PRIVILEGES

- 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 £1200

\* terms and conditions apply.

## MEMBERSHIP *Fees*

### SINGLE MEMBERSHIP

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

### DOUBLE MEMBERSHIP

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

### JUNIOR MEMBERSHIP (16-18 years old)

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ONE YEAR	£2,500
JOINING FEE	£500

# GIFT Ideas

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## CLIVEDEN GIFT VOUCHERS

Surprise someone special with a Cliveden Spa gift voucher.  
Available to buy online at [clivedenhouse.co.uk](http://clivedenhouse.co.uk)

## THE CLIVEDEN BODY COLLECTION

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

## 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 traditional methods ensures 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.

<b>NAIL POLISH 15ml</b>	<b>£17.50</b>
<b>SET OF 3 NAIL POLISHES</b>	<b>£45</b>
<b>TOP OR BASE COAT 15ml</b>	<b>£15</b>



THE CLIVEDEN SPA  
Taplow, Berkshire  
SL6 0JF

Tel: 01628 607177

[spa@clivedenhouse.co.uk](mailto:spa@clivedenhouse.co.uk)  
[www.clivedenhouse.co.uk](http://www.clivedenhouse.co.uk)