



Spa Days

All our Spa Days include our welcome refreshment ritual on arrival, a reserved sun lounger, complimentary use of robes, towels, flip flops and our poolside facilities which include an indoor pool, sanarium, steam room and Jacuzzi. You can upgrade your Spa Day to an indulgent Spa Break from just an additional £40pp** for a B&B stay in our AA 4-star hotel. If you choose to stay over, perhaps take the opportunity to dine in our fabulous 2-AA Rosette Lakes Restaurant! All of our Spa Days include a delicious Spa Afternoon Tea or one-course lunch, both with a glass of Prosecco or juice.

Relax and Revive £82.00 Includes choice of one of the following: • Any 25 minute treatment • Rasul Mud Therapy Experience (45mins)	Tranquility £109.00 Includes the following: • Any 25 minute treatment • Rasul Mud Therapy Experience (45mins)
Signature £87.00 Includes a seasonally inspired 55 minute treatment See website for current offer.	Ultimate Harmony £156.00 Includes the following: • Rasul Mud Therapy Experience (45mins) • Therapeutic Full Body Massage (55mins) • Manicure or Pedicure (55mins)
Girly Getaway £99.00 Includes the following: • Glass of Prosecco or juice on arrival • File & Polish for fingers or toes (30mins) • Rasul Mud Therapy Experience (45mins)	Sheer Indulgence £190.00 Includes the following: • Ultimate Body Massage (1hr 10mins) • Deluxe Manicure or Pedicure (1hr 10mins) • Decléor Absolute Relaxer Facial (55mins)
Mother-to-be £107.00 Includes the following: • Decléor's Mother-to-be treatment (70mins)	Sunset Spa £39.00 Includes the following: • Access to the Spa facilities from 5pm - 9:30pm A Mediterranean-themed light bite platter with a glass of Prosecco or soft drink.

All treatments include 5 minutes consultation and preparation time.

*Weekend supplements apply for Spa Days. ** Rate based on 2 sharing a room. Seasonal and weekend rates apply.

To book a treatment please call the Peake Spa Team on 01206 265820 or email peake@stokebynayland.com

Peake Spa
AT STOKE BY NAYLAND

Mike Tuck Physio Clinic

MT
PHYSIO
clinic
Chronic Pain | Spinal | Sports



Within Peake Spa we offer a traditional physiotherapy and sports injury clinic with a focus on patient-centred care. With a First Class Honours degree in physiotherapy, Mike Tuck is a skilled and experienced manual therapist with a special interest in spinal conditions and chronic pain.

Mike can treat a variety of conditions including:

- Neck pain
- Lower back and mid back pain
- Sciatica
- Shoulder pain
- Elbow pain
- Wrist pain
- Hip & Groin pain
- Knee pain
- Ankle/foot pain
- Nerve/referred pain

Treatments include:

- Western Medical Acupuncture
- Joint manipulation (with an audible pop)
- Joint mobilisation
- Soft tissue/trigger point release
- High quality home exercises to supplement treatment
- Ultrasound therapy
- Base level through to elite level sports/orthopaedic rehabilitation
- Biomechanical assessment
- Home exercise remedial programme
- Taping

Prices:

Physiotherapy

New patient appointment (45mins) £50.00
 Follow up appointment (30mins) £40.00

Acupuncture & Sports Massage

Acupuncture: New patient appointment (45mins) £50.00
 Acupuncture: Follow up appointment (30mins) £40.00
 Sports Massage appointment (30mins) £40.00

www.stokebynayland.com



To book a Spa Treatment or Physiotherapy Session please call the Peake Spa Team on 01206 265820 or email peake@stokebynayland.com

Peake Spa at Stoke by Nayland Hotel, Golf & Spa, Keepers Lane, Leavenheath, Colchester CO6 4PZ

Peake Spa
AT STOKE BY NAYLAND



Welcome to our world...
SbN

Signature Treatments

The Rasul Mud Therapy Experience RRP Platinum

The Rasul is a traditional Arabian treatment combining mineral muds and a heated chamber – a fun experience for couples or groups of friends! The treatment starts with the self-application of different coloured mineral muds, for all different areas of the body, all with different degrees of exfoliation. You then relax with your friends on heated mosaic 'chairs' in the exotic Rasul Suite while the room gently fills with herbal steam. The treatment closes with a tropical rain shower from the starlit ceiling to wash away the mud, leaving you with the silkiest skin imaginable.

Rasul Mud Therapy Experience (45mins – includes application time) £30.00 £28.00
 Min 2, Max 4 guests (price per person)

The Exotic Hammam RRP Platinum

The tradition of the Hammam incorporates an exclusive range of treatments offered on a heated stone bed in a tranquil mosaic-tiled suite. Within this room a skilful blend of muds, soaps and oils are used to heal and revitalise the body and mind – the ultimate purification. We have carefully selected the very best of these traditions especially for you.

Atlantic Sea Salt, Rose Blossom & Poppy Seed Body Glistener (40mins) £45.00 £39.00
 A combination of Atlantic sea salts and essential oils – the perfect body polish that is finished with a body milk massage.

Traditional Turkish Soap Massage (40mins) £45.00 £39.00
 An authentic exfoliating soap massage complete with a full body moisturising massage.

Baltic Chalk Cleansing Wrap (55mins) £52.00 £45.50
 Combining chalk from the Baltic Islands and essential oils of grapefruit, black pepper and hyssop to draw out toxins concluding with the body milk massage.

Detoxifying Seaweed Body Wrap (55mins) £52.00 £45.50
 Laminaria Digitata seaweed boosts metabolism and a scalp massage and full body moisturising massage further detoxify the body.

Chardonnay Velvet Sensation (1hr 10mins) £61.00 £55.00
 Organic Chardonnay grape extracts exfoliate the skin with a nourishing body milk cream massage to finish.

Cleopatra & Frankincense Serenity Milk Wrap (1hr 10mins) £61.00 £53.00
 A body wrap incorporating milk and essential oils of frankincense. A scalp massage is included. Can be done with heated blanket.

Evening Primrose Infusion Wrap (1hr 10mins) £61.00 £53.00
 A body wrap utilising the healing properties of evening primrose and including a Gel Prolagene body massage. Can be done with heated blanket.

Join our Platinum Beauty Club for a one-off fee and enjoy excellent discounts as shown off all treatments. Please call Peake Spa for more details on 01206 265820. Platinum Beauty Club discounts apply Monday – Thursday only.

Treatments are available from 9:30pm - 5pm and until 8pm on selected days. Open 7 days a week.

Decléor Facials

	RRP	Platinum
Decléor Time Precious (25mins) A divine 'taster' facial with full cleanse, exfoliation and mask with combination of Essential Oils.	£32.00	£28.00
Decléor Re-Vital Eyes (40mins) Decongests and depuffs by stimulating micro-circulation and encourages cell renewal with Decléor's toning eye technique.	£40.00	£35.00
Decléor Absolute Relaxer (55mins) An all-round facial adapted to suit all skin types and including a 10 minute back diagnostic massage and Decléor's unique stress soothing massage technique.	£58.00	£51.00
Decléor Vitamin Glow (55mins) Utilising a combination of a rebalancing Essential Oil elixir plus warm, decongesting mask power-packed with vitamins and antioxidants for glowing skin. Also includes a 10 minute diagnostic massage.	£62.00	£54.00
Decléor Advanced Precision (1hr 10mins) Incorporating the precise combination of Essential Oils to complement your skin and a 10 minute back diagnostic massage.	£64.00	£58.00
Decléor Bio Retinal Wrinkle Resist (1hr 10mins) - designed for age 30 - 40 yrs	£64.00	£58.00
Decléor Collagen Plump & Lift (1hr 10mins) - designed for age 40 - 50 yrs	£68.00	£59.00
Decléor Advanced Sculpt & Lift (1hr 10mins) - designed for age 50+ yrs	£72.00	£63.00
Add Re-Vital Eyes as a supplement to any facial (15mins)	£12.50	£10.75

Massages

	RRP	Platinum
Therapeutic Back, Neck & Shoulder Massage (25mins) A massage combining lavender and camomile oils to work away stress. Add Hot Stones	£32.00	£28.00
Sports Massage (25mins) Targets specific muscle groups before and after exercise and aids in the recovery of sports injuries.	£35.00	£28.00
Therapeutic Back, Face and Scalp Massage (40mins) A massage that covers all the main areas of tension.	£40.00	£35.00
Indian Head Massage (40mins) A stimulating head and shoulder massage beneficial for sufferers of migraines, eye-strain, stress and fatigue. Not suitable in conjunction with any other massage treatment.	£40.00	£35.00
Therapeutic Full Body Massage (55mins) A relaxing massage that aids circulation and reduces stress. Add Hot Stones	£53.00	£46.00
Sports Massage (55mins) Targets specific muscle groups before and after exercise and aids in the recovery of sports injuries.	£55.00	£47.00



Decléor Body Treatments

	RRP	Platinum
Decléor Soothing Scalp Massage (25mins) A soothing scalp massage to target pressure points to release stress, followed by a neck and shoulder massage.	£30.00	£26.00
Decléor Cleansing Back Relief (40mins) A back diagnostic massage followed by a skin brightening exfoliation and mask.	£45.00	£39.00
Decléor Aroma Blend Refine & Firm Massage (55mins) A tailor-made body shaping ritual for lasting skin transformation. A completely new approach to massage and body sculpting. This highly effective massage is completely bespoke to you and your refining and firming needs. Your therapist will blend a fusion of essential oils and plants oils to focus on what you would like to achieve and how you would like to feel. Your body will feel recharged and your emotions balanced.	£65.00	£56.00
Decléor Deep Tissue Massage (55mins) A relaxing massage to penetrate tight muscles. Alleviates stress deep down and release the discomfort of aching muscles.	£57.00	£49.00
Decléor Hot Stones Massage (1hr 10mins) A relaxing massage using heat-releasing stones and your choice of balm to warm and soothe the body and mind.	£61.00	£53.00
Decléor Ultimate Body Massage (1hr 10mins) Warm aromatherapy balms mixed with Essential Oils combine in this full body massage with scalp massage and facial pressure points included.	£61.00	£53.00
Decléor Aroma Sumptuous Mother-to-be Skin Conditioner (1hr 10mins) A blissful face and body treatment including tummy mask to reduce risk of stretch marks and mini facial, scalp and back massage. Not suitable during first trimester.	£69.00	£60.00
Decléor Body Brilliance Prescriptive Wrap (1hr 10mins) Choose from 3 tailor-made cocooning full body envelopments comprising exfoliation, body mask then scalp and back massage. Please choose your desired focus upon booking.	£62.00	£54.00
Decléor Oressence Energy Face & Body (1hr 25mins) The ultimate face and body treatment which works on the body's three vital energy flows. Combines the Vitamin Glow Facial mask and Decléor's unique Ultimate Body Massage techniques for a complete head to toe indulgence.	£87.00	£78.00

Nails

	RRP	Platinum
File & Polish – excludes French Manicure (30mins)	£18.00	£16.00
Gelcolor Removal (30min)	£10.00	£8.00
Nail Process – for hands or feet (45mins)	£23.00	£20.00
Gelcolor Manicure (45mins)	£35.00	£30.00
Manicure (55mins)	£30.00	£26.00
Pedicure (55mins)	£32.00	£28.00
Gelcolor French Finish Manicure or Gel Pedicure (1hr)	£42.00	£37.00
Gelcolor Removal & Reapplication (1hr 10mins)	£45.00	£39.00
Deluxe Manicure or Pedicure (1hr 10mins)	£38.00	£32.50
Paraffin Wax Manicure or Pedicure (1hr 10mins)	£40.00	£33.50

Hair Removal

	RRP	Platinum		RRP	Platinum
Bikini (15mins)	£15.00	£13.00	Brazilian (30mins)	£29.00	£25.00
Lip (15mins)	£8.50	£7.50	Hollywood (30mins)	£34.50	£30.00
Chin (15mins)	£8.50	£7.50	Half Leg (30mins)	£20.00	£17.50
Lip & Chin (15mins)	£10.00	£8.50	Full Leg (45mins)	£28.00	£24.50
Underarm (15mins)	£10.50	£8.75	Half Leg & Bikini (45mins)	£24.00	£21.50
Eyebrow (15mins)	£9.00	£7.50	Full Leg & Bikini (1hr)	£31.00	£26.50



Finishing Touches

Makeup & Tanning

	RRP	Platinum		RRP	Platinum
Eyebrow Tint (15mins)	£9.00	£7.50	Makeup Lessons (30mins)	£25.00	£20.00
Eyebrow Trim (15mins)	£8.00	£7.00	Makeup Application (1hr)	£40.00	£35.00
Eyelash Tint (30mins)	£17.00	£14.50	Bridal Makeup includes trial (2hr)	£80.00	£70.00
Eyelash & Brow Tint (30mins)	£20.00	£17.50	Spray Tan (25mins)	£29.00	£25.00
Eyebrow Re-shape (30mins)	£15.00	£13.00	Decléor Sunrise Self-tanning & Skin Preparing Face & Body Treatment (1hr 10mins)	£54.00	£47.50



Specialist Treatments

CACI Non-surgical Face & Eye Lifting

	RRP	Platinum
Jowl Lift Treatment (25mins)	£30.00	£25.00
CACI Eye Revive Treatment (40mins)	£45.00	£40.00
Non-surgical Facelift (55mins)	£55.00	£49.00
Non-surgical Facelift with Hydrotone Mask (1hr 10mins)	£60.00	£52.00
Ultra Anti-ageing Non-surgical Facelift (1hr 25mins)	£77.00	£71.00
Ultimate Anti-ageing Non-surgical Facelift (1hr 40mins)	£80.00	£72.00
Add Jowl Lift (25mins) as a supplement to any CACI treatment	£10.00	£8.00
CACI Non-surgical Facelift with Hydrotone Mask course of 10	£540.00	£468.00
CACI Ultra Course of 10	£693.00	£639.00
CACI Ultimate course of 10	£720.00	£650.00
CACI Eye Revive course of 10	£405.00	£360.00

For more details please go to: www.stokebynayland.com/spa/spa-beauty-treatments

Crystal Clear Microdermabrasion

Crystal Clear Microdermabrasion takes years off your complexion by gently exfoliating the outer layers of skin. The treatment provides immediate and visible results for ageing skin, lines and wrinkles, open pores, blackheads, pigmentation, blemish scars, acne scars, stretch marks and so much more. You'll see the difference after just one treatment; however for more problematic skin a course of treatments may be required.

	RRP	Platinum
Microdermabrasion (1hr)	£56.00	£50.00
Course of 10 (includes 1 free)	£504.00	£450.00
Course of 5 (includes 10% discount)	£252.00	£225.00
First session (1hr 15mins) to include consultation*		



Treatments for Men

	RRP	Platinum
Chest Wax (25mins)	£22.00	£21.00
Back Wax (25mins)	£25.00	£21.00
Decléor Time Precious Facial (25mins)	£32.00	£28.00
Decléor Absolute Relaxer Facial (55mins)	£54.00	£47.00
Decléor Deeply Energising Facial (1hr 10mins)	£62.00	£54.00
Decléor Ultimate Body Massage (1hr 10mins)	£61.00	£53.00