



Peake Spa

AT STOKE BY NAYLAND

WELCOME TO PEAKE SPA

Step into a blissful world of tranquillity and relaxation at Peake Spa, located at the Stoke by Nayland Hotel, Golf & Spa.

With our luxurious treatment rooms, nail studio, Hammam Suite and an extensive range of treatments available, you can be sure you'll be pampered from top to toe.

Signature Treatments

Rasul Mud Therapy Experience (40mins - includes application time) **£33.00**
 Min 2, max 4 guests (price per person)

Cleopatra & Frankincense Serenity Milk Wrap (70mins) **£70.00**

Evening Primrose Infusion (70mins) **£70.00**

The Exotic Hammam

Amazon Heat Wave (40mins) **£50.00** **Skinny Seaweed Wrap** (55mins) **£65.00**

Atlantic Salt Scrub (40mins) **£50.00** **The Golden Hour** (70mins) **£78.00**

Fire & Ice (55mins) **£65.00**

Spa Days

All of our Spa Day packages (except Sunset Spa) include a welcome refreshment and either a delicious Afternoon Tea or one course lunch – each with a glass of Prosecco.
 Also includes use of robe, towel and flip flops.

Relax and Revive - includes a choice of one of the following: **£85.00** **Ultimate Harmony** - includes the following: **£159.00**

- Any 25 minute treatment* or
- Rasul Mud Therapy Experience (45mins)

- Rasul Mud Therapy Experience (45mins)
- Therapeutic Full Body Massage (55mins)
- Manicure or Pedicure (55mins)

Signature Spa - includes the following: **£95.00**

- Seasonally inspired 55 minute treatment

Sheer Indulgence - includes the following: **£192.00**

See website for current offer

- Any 1hr 10mins treatment*
- Deluxe Manicure or Pedicure (70mins)
- Decl or Absolute Relaxer Facial (55mins)

Girly Getaway - includes the following: **£102.00**

- Glass of Prosecco or juice on arrival
- File & Polish for fingers or toes (25mins)
- Rasul Mud Therapy Experience (45mins)

Sunset Spa - includes the following: **£39.00**

Mother-to-be - includes the following: **£107.00**

- Decl or's Mother-to-be treatment (70mins)

- Access to the Spa facilities from Monday to Friday 5:00pm - 9:30pm
- A Mediterranean-themed light bite platter with a glass of Prosecco or soft drink

Tranquillity - includes the following: **£113.00**

- Any 25 minute treatment*
- Rasul Mud Therapy Experience (45mins)

Please note: All of our Spa Days incur £15.00pp supplement for Saturdays, Sundays & Bank Holidays.

* Note this excludes Neom, Lava Shells & Hot Stone

Massage & Body Treatments

Therapeutic Back, Neck & Shoulder Massage (25mins)	£39.00	Back, Face & Scalp massage (40mins)	£47.00
Sports Massage (25mins)	£40.00	Therapeutic Full Body Massage (55mins)	£60.00
Hot Stone Back Massage (25mins)	£42.00	Sports Massage (55mins)	£60.00
Lava Shell Back Massage (25mins)	£45.00	Hot Stone Full Massage (25mins)	£62.00
Indian Head Massage (40mins)	£47.00	Lava Shell Full Body Massage (55mins)	£65.00

Decléor Body Treatments

Decléor Soothing Scalp Massage (25min)	£45.00	Ultimate Body Massage (70mins)	£70.00
Cleansing Back Relief (40mins)	£70.00	Sumptuous Mother-to-be Treatment (70mins)	£75.00
Decléor Deep Tissue (55mins)	£70.00	Oressence Energy Face/Body (85mins)	£90.00
Decléor Hot Stones (70mins)	£70.00		

NEOM Treatments

	25 mins	55mins	85mins
Neom Happiness Treatment	£40.00	£65.00	£87.00
Neom De-stress Treatment	£40.00	£65.00	£87.00
Neom Sleep Treatment	£40.00	£65.00	£87.00
Neom Energise Treatment	-	£65.00	£87.00

Little Butterfly Treatments

Little Butterfly Prenatal Treatment (85mins)	£80.00	Little Butterfly Postnatal Massage (85mins)	£80.00
--	--------	---	--------

Decléor Facials

	25 mins	55mins	85mins
Time Precious Facial	£39.00	-	-
Bespoke Relaxer Facial	£39.00	£65.00	£87.00
Smooth & Glow Facial	£40.00	£67.00	£89.00
Plump & Lift Facial	£40.00	£69.00	£91.00

Add Vital Eyes as a supplement to any facial (15mins) for an extra £12.50.

Jennifer Young

Jennifer Young is a bespoke wellness brand specialising in cancer care treatments. This enables us to provide safe treatments for people with cancer or post-cancer recovery.

Jennifer Young Time Precious Facial (25mins)	£39.00	Jennifer Young Absolute Relaxer Facial (55mins)	£65.00
Jennifer Young Indulgent Back Massage (25mins)	£39.00	Jennifer Young Top to Toe Body Treatment (1hr 25mins)	£80.00
Jennifer Young Indulgent Full Body Massage (55mins)	£65.00		

Specialist Treatments

CACI Non-surgical Face & Eye Lifting		Crystal Clear	
CACI Jowl Lift Treatment (25mins)	£32.00	Crystal Clear Microdermabrasion (55mins)	£57.00
CACI Eye Revive Treatment (40mins)	£45.00	Oxygen Therapy (55mins)	£65.00
CACI Lift without Hydrotone Mask (55mins)	£55.00	Oxygen Therapy Elite (70mins)	£77.00
CACI Face Lift and Hydrotone Mask (70mins)	£60.00	H2O Glow (55mins)	£80.00
CACI Ultra (85mins)	£77.00	H2O Glow Elite (70mins)	£95.00
CACI Ultimate (100mins)	£80.00	Frozen Facial (55mins)	£100.00
		Frozen Facial Elite (70mins)	£115.00

CACI Courses

CACI Eye Revive (Course of 10)	£405.00
CACI Lift without Hydrotone Mask (Course of 10)	£495.00
CACI Face (Course of 10)	£540.00
CACI Ultra (Course of 10)	£693.00
CACI Ultimate (Course of 10)	£720.00

Crystal Clear Courses

Oxygen Therapy (Course of 6)	£325.00
Oxygen Therapy Elite (Course of 6)	£385.00
H2O Glow (Course of 6)	£480.00
Frozen Facial (Course of 6)	£500.00
Crystal Clear (Course of 10)	£513.00
H2O Glow Elite (Course of 6)	£570.00
Elite Frozen Facial (Course of 6)	£575.00

Add Jowl Lift (15mins) as a supplement to any CACI Ultimate treatment for an extra £12.50.

Finishing Touches

Nails		Hair Removal	
File and Polish Hands or Feet (25mins)	£19.00	Lip Wax (15mins)	£10.00
Manicure (55mins)	£33.00	Chin Wax (15mins)	£10.00
Pedicure (55mins)	£33.00	Lip & Chin Wax (15mins)	£12.00
Gel Manicure (40mins)	£37.00	Eye Brow Wax (15mins)	£10.00
Gel Manicure & Removal (70mins)	£45.00	Underarm Wax (15mins)	£15.00
Gel Colour Soak Off (25mins)	£10.00	Bikini Wax (15mins)	£17.00
Gel Toes Polish (25mins)	£24.00	1/2 Leg Wax (25mins)	£22.00
Gel Pedicure (55mins)	£42.00	Full Leg Wax (40mins)	£28.00
Process (40mins)	£25.00	1/2 Leg & Bikini Wax (40mins)	£29.00
Deluxe Manicure (70mins)	£39.00	Full Leg & Bikini Wax (55mins)	£34.00
Deluxe Pedicure (70mins)	£39.00	Back Wax (25mins)	£30.00
Parafin Deluxe Manicure (70mins)	£41.00	Chest Wax (25mins)	£30.00
Parafin Deluxe Pedicure (70mins)	£41.00	Bikini Wax - Brazilian (20mins)	£32.00
		Bikini Wax - Hollywood (25mins)	£37.00

Makeup & Tanning

Eyebrow Trim (15mins)	£10.00	Lash Perfect Extentions (2hrs)	£70.00
Eyebrow Tint (15mins)	£10.00	Lash Perfect Infills (55mins)	£60.00
Eyelash Tint (25mins)	£17.00	Lash Perfect Lash Lift (40mins)	£45.00
Lash & Brow Tint (25mins)	£22.00	Mii Makeup Lessons (25mins)	£25.00
Eyebrow Reshape (25mins)	£17.00	Mii Makeup Application (55mins)	£40.00
Decléor Sunrise Self Tanning & Skin Preparing (85mins)	£54.00		



Treatments are available from 9:30am - 5:00pm and until 8:00pm on selected days.
Open 7 days a week. To book a treatment please call the Peake Spa Team on
01206 265820, email peake@stokebynayland.com or visit our
website to book online.

www.stokebynayland.com

Stoke by Nayland Hotel, Golf & Spa, Keepers Lane, Leavenheath, Colchester, CO6 4PZ Tel: 01206 262836