



Elan Spa

THE GREENWAY

TREATMENT MENU



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Elan Spa... Putting Spa back into Cheltenham

Creating the ultimate stylish Spa experience. Elan Spa at The Greenway Cheltenham. Representing Parisian chic, Italian glamour and English elegance.

Our Spa Partners at Elan Spa are dedicated to providing you with an experience of a lifetime and together we have arrived at a very special place and have created something truly inspirational.

Each treatment is designed to be results driven, yet holistic... with a touch of Parisian Chic and Italian Glamour.





The fabulous facilities at Elan Spa include a stunning hydrotherapy pool, sauna, steam room, sanarium, alfresco hot tub, experience showers and champagne nail bar. On an Elan Spa day you can enjoy full use of these fabulous facilities plus use of a luxurious bathrobe and slippers to wear during the day. Set the trend this season by choosing a fabulous spa day at Elan.

Glam Day

At Elan spa because we know that you like to set the trend and choose your own style, we think you should be allowed to choose the treatment you want. The Elan Glam day includes treatments of your choice, full use of the fabulous spa facilities, and a delicious two course lunch, then leave at your leisure feeling glamorous.

Choose your day to include:

- £120 (1 hour of treatment time)
- £190 (2 hours of treatment time)
- £300 (4 hours of treatment time)

"How to look good...."

£190 per person

Indulge in a 60 minute glorious skin facial which has been hailed as the non evasive answer to botox! This is followed by a 60 minute anti ageing and firming body cocoon and if that doesn't leave you feeling younger, finish the day relaxing using the spa facilities. This regenerating day spa package is complimented by a delicious light two course lunch or full afternoon tea.

Pregnancy Pamper Day*

£135 per person

Feel Bumplicious with a 60 minute Mama Mio treatment, Elan Spa's signature manicure or pedicure followed by a light lunch.

Yummy Mummy

£120 per person

There is never a time a woman deserves to be pampered more than when her baby has just been born. Our Yummy Mummy spa day includes the choice of either our 60 minute 4th trimester healing hour or one of our 60 minute Bootcamp treatments to help whip your body back into shape. This package also includes a two course lunch.

Radiant Bride to Be Day

£175* per person

The Radiant Bride treatment package includes an Elan Spa express manicure and pedicure, Hydra Express Anne Semonin facial and a 30 minute massage of your choice. Finish the day with a Champagne afternoon tea.

*or book for 5 person for £800

Man Space

£165 per person

Enjoy full use of the gym fitness suite and spa facilities, a two course lunch and use of the spa facilities plus a 75 minute total body performance massage and a pure performance facial.

Lunch with Sparkle*

£60 per person

Enjoy a two course lunch followed by a 25 minute manicure or pedicure accompanied by a glass of bubbly. A stylish way to catch up with friends, have a meeting or just treat yourself.

Sunrise Splendour

£80 per person

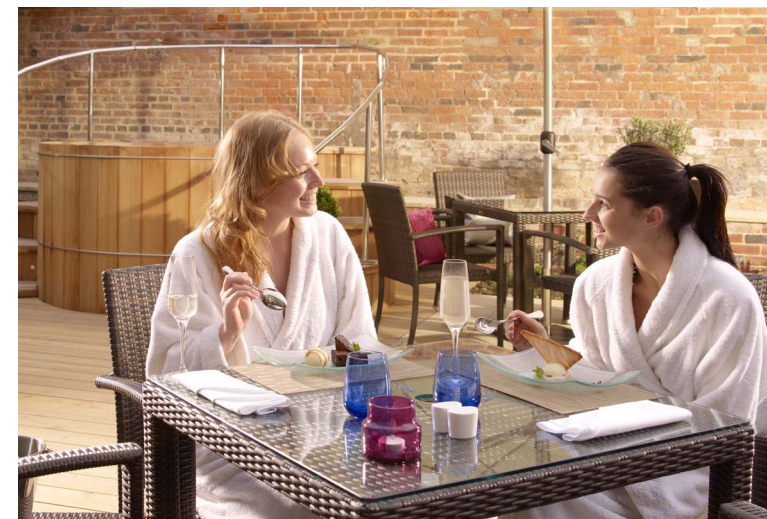
Immerse yourself in the luxury of the Elan Spa in the early morning light. This relaxing and refreshing half spa day starts at 9am and ends at 2pm. Including a 25 minute treatment of either a facial, back, neck and shoulder massage, manicure or pedicure and full use of the spa facilities. Followed by a two course lunch and a glass of bubbly.

Spalight Delight

£85 per person

Indulge in the style and luxury of an Elan Spa sunset. This half spa day starts at 5pm and ends at 7pm. Including a 25 minute treatment of either a facial, back, neck and shoulder massage, manicure or pedicure and full use of the spa facilities. Finishing with a two course dinner and a glass of bubbly.

*Does not include use of the spa facilities.



ELAN SIGNATURE COLLECTION BY ANNE SEMONIN

Greenway - Haute Couture Face & Body Ritual £150.00 1 Hour & 55 Minutes

Intense treatment for the face, eyes, décolleté, back, neck & shoulders Encounter the ultimate bespoke facial incorporating a client-specific intensive eye and décolleté treatment. Aromatic intensive complexes and serums will boost cellular renewal whilst a firming algae mask will detoxify for absolute skin radiance. This treatment is a complete and effective remedy for removing the stresses of daily life leaving skin firm, smooth and brilliant. Combined with a powerful back massage fabulous and relaxing.

Black Sand Jewel Massage Ritual £115.00 1 Hour & 25 Minutes

This ultimate exfoliating experience with Black Sand from Tahiti and aromatic oils actively sweeps away dead surface skin cells, leaving skin wonderfully soft, silky, detoxified and youthfully radiant. The delicate fragrance of exotic verbena promotes a holistic sense of wellbeing and relaxation. Aromatic oils are applied all over the body to deeply nourish, soften and re-mineralise the skin, followed by a revitalising exfoliation and body wrap. This therapy concludes with a made to measure full body massage, to reawaken your senses.

ELAN FACIAL COLLECTION

Deep Marine Purifying Facial by Anne Semonin £90.00 75 Minutes

Ideal for combination, oily, congested, problematic skin, this complete deep cleansing purifying treatment combines traditional steam and extraction techniques with rebalancing lymphatic drainage massage. A detoxifying and anti-inflammatory peel off mask and aromatic intensive complexes are used to soothe calm and rebalance the skin to encourage a visibly clear complexion.

Eternal Youth "Ice" Cryotherapie Facial by Anne Semonin £80.00 60 Minutes

A contouring and firming facial designed to combat the visible signs of ageing; excellent for mature, dry and dehydrated skin. Innovative Anne Semonin neurocosmetic ingredients are combined with 100% Active Serums and advanced cryo-therapy ice cubes to regain the skins natural youthful glow. The result is instantly tightened and firmed skin, a superb brightener for special events & boosting skin vitality.

Made to Measure Facial by Anne Semonin £75.00 60 Minutes

This "made to measure facials" ensure effective, visible results. Following an initial skin consultation this treatment has been designed to be tailor made for your individual skin needs through individually blended plant active serums, masks and aromatic intensive complexes.

Glorious Skin by [comfort zone] - Instant lifting and tightening £75.00 60 Minutes

Indulge unashamedly and glorify skin with this exquisite firming and lifting facial. Glorious skin is an instant answer to lift and firm the skin using perfection peptide3™. Hailed by the beauty press as a non invasive answer to Botox the treatment will give instant lifting and firming results as well as long term effects. This is deeply hydrating and a perfect pre-party treatment which will leave skin looking smoother and firmer.

Hydrmemory Collagen by [comfort zone] £70.00 60 Minutes

After wandering the pre roman green way, nourish dehydrated skin with the power of nature. This treatment was developed following research of desert plants and how they retain moisture. A special molecule is responsible for this phenomenon called trehalose so comfort zone have taken the same miracle that nature uses and incorporated it into our hydrmemory treatment. Hibiscus and honey also work to retain moisture in the skin whilst other special ingredient leave the skin feeling like silk.

Express Glorious Skin by [comfort zone] - Instant lifting and tightening £40.00 30 Minutes

For the short on time then this will give you that instant answer to lift and firm the skin. Hailed by the beauty press as a non invasive answer to Botox the treatment will give instant lifting and firming results.

Hydra Express Facial by Anne Semonin £40.00 25 Minutes

A powerful express skin replenishment treatment ideal for quick and instant results. Immediately refreshes and hydrates the skin, leaving it skin soft, supple and revitalised.

Miracle Eyes by Anne Semonin £40.00 30 Minutes

Designed to enhance, lift and firm your eye area. State of the art express radiance Ice cubes are used in combination with a therapeutic lymphatic eye massage to relax muscular fatigue and target the signs of ageing. Warmed aromatic oils and hot basalt stones are used to massage your neck and shoulders ensuring this to be not only a miracle eye treatment but a de stress experience. The result: the eye area is visibly hydrated and dark circles are reduced. Combine with any Anne Semonin facial for maximum results.

ELAN BODY THERAPY COLLECTION

Parisian Top to Toe Treatment by Anne Semonin £100.00 85 Minutes

This treatment begins with an invigorating back cleanse to exfoliate and smooth the skin. A soothing back, neck and scalp massage begins this wonderfully relaxing therapy designed to relieve key areas of tension and muscle tightness. Combined with the Made to Measure Facial the result is re-hydrated, nourished and protected skin and an overall sense of calm and harmony. Finish with a wonderful pressure point foot and leg massage making this is fabulous top to toe experience.

Volcanic Thermal Stones Body Ritual by Anne Semonin £90.00 75 Minutes

Heated black basalt stones are used to massage the whole body releasing deep seated tension ideal for anyone suffering with muscular aches and pains. Working at relieving stress at the deepest level this treatment is designed to work on the body's energy channels this intensive exceptional treatment is a holistic and energising therapy for the mind body and spirit.

Comfort Touch Massage by [comfort zone] Full Body £65.00 60 Minutes

Back, Neck and Shoulders £40.00 30 Minutes

An indulgent massage in which to embrace the perfect environment of The Greenway, where you simply don't have to do anything. Designed to relax and rebalance energy levels, the treatment alleviates muscular tension and stress. Using specially selected oils to suit your needs, this treatment is tailored especially for you.

Tranquility Body Massage by [comfort zone] Full Body £65.00 60 Minutes

Back, Neck and Shoulders £40.00 30 Minutes

Tranquility body massage uses our signature massage blend of vanilla and mimosa to soothe and calm tension and relieve stress. Choose the one hour complete body massage or half hour back neck and shoulders for sheer relaxation and bliss.

D-age Cocoon Firming and Anti-ageing Body Treatment by [comfort zone] £70.00 60 Minutes

A nurturing full body treatment that firms and repairs damaged skin, using the powerful ingredients that nature presents us with. Rich kamani oil stimulates collagen synthesis and walnut works against the damage effects of atmospheric pollution. This nourishing luxurious cream magically works to reduce the appearance of stretch marks and aids in the prevention of new ones.

Anti-Stress Back Therapy by Anne Semonin £50.00 45 Minutes

A self-heating marine mineral mud treatment for the back, neck and shoulders is designed to release tension and combat tight muscles. The feet and lower legs are carefully massaged to improve circulation allowing a powerful sense of wellbeing. This energising, stimulating therapy will rebalance your energy levels and reactivate your senses.

Wonder Bust by Anne Semonin £50.00 45 Minutes

A remodelling and firming treatment designed to care for the décolleté contours. Gentle exfoliation and the benefits of active marine ingredients Improves skin texture and the appearance of fine lines visibly lifting and firming the skin.



Hydra Performance Facial – Re-hydration by [comfort zone] £50.00
 45 Minutes

Perfectly restores moisture levels to the skin by the use of active ingredients such as Swiss glacial water. Ideal for frequent flyers or skin that is exposed to extreme temperatures and environmental stress.

Pure Performance Facial – Purification by [comfort zone] £50.00
 45 Minutes

Deeply cleanses and purifies congested skin. This facial uses mineral rich algae for a super purifying, skin perfecting result and particularly helps to leave skin with a matt finish.

Anti-age Performance Facial – Rejuvenation by [comfort zone] £45.00
 30 Minutes

Active treatment to help improve wrinkles and expression lines, stimulating the cell renewal and using a lightweight ultra effective serum leaves the skin firm, compact and toned.

Upper Performance Massage by [comfort zone] £90.00
 90 Minutes

Repeatedly hunched over a desk or laptop? Then you need this back massage with a difference, using intense techniques to work on tension relief, including deep relaxation for the scalp and a skin soothing facial. Leaving you ready for a new day.

Total Body Performance Massage by [comfort zone] £80.00
 75 Minutes

Developed for the modern active man, the Total Body Performance Massage reduces stress and aching muscles by using powerful essential oils and deep tissue massage movements to restore the mind and body.

Bubbling Mud Body Massage by Anne Semonin £85.00
 75 Minutes

This fabulous warm bubbling marine mineral mud is applied all over the back, neck and shoulders to release tension and tight muscles. Whilst the mud bubbles away your feet and lower legs are carefully massaged to improve circulation allowing a powerful sense of wellbeing. Remove the mud and this treatment also includes a de-stress back neck and shoulder massage and soothing scalp massage combining the use of warmed stones and cold ice pressure point face and eye massage. Rebalance your energy levels, reactivate your senses and leave completely zoned out!

Express Manicure or Pedicure for Men £30.00
 25 Minutes


MAMA'S TOUCH COLLECTION BY

mama mio
mama's touch[®]
spa treatments

Yummy Mummy by Mama Mio £75.00
 75 Minutes

This is an Omega-rich facial for your tummy, because it's your tummy that needs the attention to maximise skin strength, health and elasticity. Combined with the luxury of an upper back, neck and head massage to ensure it is a full-on stress banishing treat.

Mellow Mama by Mama Mio £60.00
 60 Minutes

A completely relaxing full body massage using our safe but effective pre-natal techniques and our award-winning Omega-rich oils to relax those specific lower back muscles that are carrying that beautiful bump.

Lighten Up by Mama Mio £35.00
 30 Minutes

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load.

4th Trimester Healing Hour by Mama Mio £60.00
 60 Minutes of Treatment Time

Your baby is here and you are in need of a little rejuvenation? This restorative massage treatment helps your body realign as you remember how to be one person again. Sometimes new mothers need a little mothering too! This is the perfect present for new mamas.


BOOTCAMP COLLECTION BY

mama mio
bootcamp[™]
spa treatment

Bootcamp for Bums, Tummies and Boobs £90.00
 A total body lift in 90 minutes

An intense body firming treatment, targeting cellulite, extra wobble and rough skin from top to bottom. This is serious bootcamp for bulges; improves skin texture and elasticity.

Bootcamp for Bums £65.00
 Lift your bum in 60 minutes

Buttock, hip and thigh treatment created to reduce cellulite; de-toxifying to stop spongy water retention plus fruit acid exfoliation for a smooth, soft sexy rear view.

Bootcamp for Tummies £65.00
 A tummy tuck in 60 minutes

A waist-whittling treatment to reduce cellulite and fat deposits; stimulates circulation to detoxify with anti-ageing peptides to tighten and tone skin.

Bootcamp for Boobs £65.00
 A boob job in 60 minutes

Bust and upper body treatment to lift and plump; increases circulation to boost collagen with anti-ageing peptides to tighten and tone the whole bust area and upper arms.


ELAN WAXING BY

[comfort zone]

This delicate wax treatment is ideal for sensitive skin types. Soft Sense wax products contain natural softening and protective ingredients such as Water lily, Jojoba, Almond and Wheat germ oil. Soft Sense leaves the skin soft, silky and smooth with a pleasant fragrance.

Eyebrow, lip or chin £15.00

Underarm £15.00

½ leg £25.00

Full leg £30.00

Traditional bikini line £20.00


MEN'S WAXING

Soft Sense wax products contain natural softening and protective ingredients such as water lily, jojoba, almond and wheat germ oil. Soft Sense leaves the skin soft, silky and smooth.

Back £30.00

Chest and abdomen £30.00

Eyebrow shape £15.00


ELAN HAND & FOOT COLLECTION

Express Manicure £30.00
 25 Minutes

Elan Signature Manicure £40.00
 45 Minutes

Elan Spa Manicure £55.00
 60 Minutes

Elan Signature Pedicure £40.00
 45 Minutes

Elan Spa Pedicure £55.00
 60 Minutes

ELAN POLISH, SCRUB RITUALS AND WRAP COLLECTION

Oriental Scrub Ritual by [comfort zone] £65.00

45 Minutes

Contains ground pearls, jasmine and mimosa – the symbol of beauty and richness in the orient.

Mediterranean Scrub Ritual by [comfort zone] £65.00

45 Minutes

Uses ground olive stones bergamot and lemon as an inner connection with the soul, warmed and energised by the Mediterranean.

Indian Scrub Ritual by [comfort zone] £65.00

45 Minutes

Includes ground rice grains, cardamom and nutmeg for a connection with natural resources from the Indian earth.

Arabian Scrub Ritual by [comfort zone] £65.00

45 Minutes

Inspired by the Berber and Tuareg traditions which incorporates ground coconut, ginger and geranium.

Monticelli Mud Wrap by [comfort zone] £65.00

60 Minutes

An exclusive thermal mud body treatment, which uses the synergy of natural active ingredients, mud from the mineral rich river banks of Monticelli, enriched water from Therme de Monticelli and essential oils, to bestow a profound detoxifying and draining action.

Express Black Sand Polish by Anne Semonin £40.00

25 Minutes

An express black sand exfoliation, leaving skin smooth & hydrated. Awaken your ancient soul with a choice of four skin softening body scrubs each one representing and drawing inspiration from a different corner of our world. The ritual scrubs are evocative of the region they are derived from and integrate ancient cultures with contemporary rituals, using unique blends of essential oils and ingredients native to that region.

ELAN ORGANIC COLLECTION BY [comfort zone]

Using natural and organic products which have been developed under the Lifegate zero impact project which contributes to replanting tree's in the rainforest to counteract the effects of pollution and meet the guidelines of ecocert®

Sacred Nature – Complete Face and Body Ritual £80.00
90 Minutes

This special and nurturing ritual is a complete face and body treatment. This is an anti ageing ritual which is nourishing and protective, using products which have been formulated according to ecocert® guidelines. Sacred Nature offers a natural treatment which is suitable for all skin types including the most sensitive. Detoxifies, nourishes and protects the skin in a pleasant and embracing ritual using unique massage techniques.

Sacred Face Anti ageing Ritual £50.00
45 Minutes

A face ritual using natural and organic ingredients. This anti ageing face ritual will cleanse, relax and envelope, with sweet smelling aromas and butterfly movements you will feel revived and nourished.

Sacred Body Ritual £50.00
45 Minutes

A body ritual using natural and organic ingredients. This body ritual will exfoliate away your outer layers and allow for your body to enjoy the nourishing massage which takes inspiration for its movements from the motion of butterfly wings. You will feel nourished and reconnected with the world.

HOW TO SPA

EACH AND EVERY SPA IS DIFFERENT AND WE WOULD LIKE TO ENSURE THAT YOUR VISIT IS AS PERFECT AS POSSIBLE. BELOW ARE THE ANSWERS TO OUR MOST FREQUENTLY ASKED QUESTIONS TO HELP YOU MAKE THE MOST OF YOUR SPA EXPERIENCE.

Opening Times

Elan Spa is open seven days a week.

Monday to Friday 7am – 9pm

Saturday & Sunday 8am – 8pm

What to Wear

If you are a resident at the hotel, robes and slippers are provided in your room. Just change into them and walk through the hotel to the spa. The hotel lounges are very informal and are there for you to relax and enjoy at your leisure.

For treatments, most guests choose to wear their swimming costume; however, if your swimwear is wet at the time of your treatment you may find it more comfortable to wear your underwear under your robe. If you are on a spa day, you will be provided with a robe and slippers in your locker. If you are coming in for just a treatment, you will undress in the privacy of your treatment room before your treatment commences.

Having Treatments?

You will be asked to complete a medical questionnaire prior to your treatment. If you suffer from any health conditions that may prevent you from having a treatment, please contact the spa before your arrival for advice. In the event that the treatment you reserved is not suitable for you, an alternative will be suggested.

If you have a treatment booked, please check in at the spa reception at least 15 minutes prior to your treatment to ensure you receive the full allocated time. Please note that if you arrive late for your treatment, this time will be deducted from the therapy time.

Treatment time shown includes a consultation and prescription with the therapist.

Mobile Phones

Elan Spa is a mobile-free area.

Smoking

Elan Spa is a no smoking area inside and out. Please ask a member of staff for the allocated areas.

Children

Children under the age of 16 are not permitted to use the spa facilities.

Cancellation Policy

To change or cancel a treatment, a notice period of at least 24 hours is required. To change or cancel a spa day package, a notice period of at least 48 hours is required. A residential package requires 48 hours cancellation notice. For group bookings of 10 or more guests, we require at least 7 days' notice to change or cancel a booking.

Non-arrivals and bookings that are cancelled with less than the required notice will be charged in full to the credit card provided at time of booking.

Gift Vouchers

For something truly unique, we can create personalised gift vouchers. Order over the phone or in person for the stress free way to give a wonderful gift.

Membership

Set to creating a stylish spa experience, Elan Spa at The Greenway Spa Hotel will be unveiled as the place to be in Cheltenham. Its decor takes inspiration from its Cotswold location, the perfect combination of countryside chic and absolute glamour. Offering outstanding service and indulgent pampering in a truly opulent setting. Whether you are looking to make new friends, meet up with old ones, get fit or just pamper yourself, Elan Spa is the place for you.

Membership at Elan Spa will leave you feeling focused, relaxed, rejuvenated and motivated like no other spa. The membership at Elan Spa can be whatever you want it to be, whether it be a swim in the pool and a catch up with friends, a soak in the hot tub followed by a "gossip" at the champagne nail bar or a fast paced workout in the gym followed by a fitness class in the dance studio – the beauty and glamour of Elan Spa is...we leave those decisions up to you!





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THE GREENWAY

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