



For a truly rejuvenating and relaxing experience

Nestled within the heart of our racecourse and 4\* Marriott Hotel & Country Club, Breathe Spa offers a carefully selected range of luxurious Elemis treatments and therapies. Our highly-skilled professional therapists will ensure you feel thoroughly spoilt from the moment you step into the tranquillity of the Breathe Spa.

The finishing post is just the beginning...



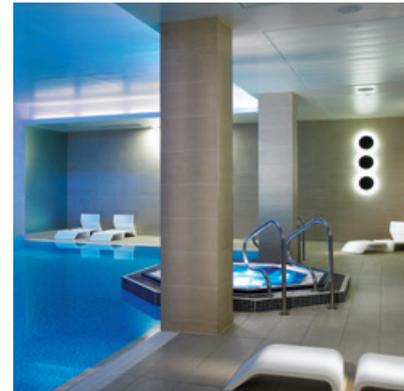
# ESCAPE

...to Lingfield Park Resort's  
Breathe Spa & Leisure Club.

Whether you choose to just pop in for your daily finishing touches or opt for an indulgent head-to-toe spa break with your friends, Breathe Spa is the place for you. Every Elemis treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

## CONTENTS

Facials	4
Body Therapy	11
For Men	16
Spa Essentials	18
Hands & Feet	19
Spa Packages	20
Membership	25



# FACIALS

Our range of facials using luxurious Elemis products are the perfect ground breaking treatment for your skin.

PURCHASE A COURSE OF  
5 FACIALS AND RECEIVE  
THE 6TH FACIAL FREE!

*(on facials 1 hr or more)*

## ELEMIS ADVANCED ANTI-AGEING FACIALS

Tri-Enzyme Resurfacing Facial    £75  
*(55 mins)*

Clinically proven to visibly resurface by up to 75%\* and increase skin smoothness by up to 32%\* after just 1 treatment. Targets blemishes, uneven skin tone, superficial scarring and fine lines, for younger looking skin.

\*Independent Clinical Trials 2006

Visible Brilliance Facial    £75  
*(1 hr 10 mins)*

With revolutionary results, this anti-ageing treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are clinically proven to increase by up to 61%\* and elasticity by 40%\* after just one treatment.

\*Independent Clinical Trials 2004

Pro-Collagen Quartz Lift Facial    £75  
*(1 hr 10 mins)*

Clinically proven, after just 1 treatment, to reduce the number of wrinkles by up to 94%\* and improves skin firmness by up to 57%\*. Uses professional strength formulations for maximum efficacy, leaving a firmer, uplifted, more youthful looking appearance.

\*Independent Clinical Trials 2007

---

TO BOOK A PERSONAL  
CONSULTATION WITH  
ONE OF OUR THERAPISTS

∴ Call the BREATHE SPA & LEISURE CLUB TEAM:  
∴ **01342 830913**  
∴

---

## ELEMIS SKIN SOLUTIONS FACIALS

Oxygen SkinCalm Facial                      £70  
*(1 hr 10 mins)*

Calming actives and a restructuring Japanese Silk Mask infused with Absolute SkinCalm Booster Serum, rebalances delicate and sensitive complexions. Relieves redness and comforts stressed and irritated skin.

S.O.S. Purifying Facial                         £70  
*(1 hr 10 mins)*

Regulates and balances the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, infused with Absolute Vita-C Booster Serum, absorb sebum, calm irritation and rebalance oil-rich pores.





## ELEMIS SKIN SPECIFIC FACIALS

Fruit Active Glow £55

*(55 mins)*

Brings back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Exotic Moisture Dew £55

*(55 mins)*

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

Herbal Lavender Repair £55

*(55 mins)*

For perfect restoration of skin balance. Deep cleansing to draw out skin impurities, will help reduce unwanted shine, refine the pores and treat skin breakouts.

Taster Facial £30

*(25 mins)*

This introductory facial provides a quick and instant pick-me-up for any occasion. We invite you to nourish your hair and scalp with one of our luxurious Moroccanoil treatments while you indulge in our in-spa hair and scalp services.

Moroccanoil Facial for the Scalp £30

*(25 mins)*

Treat yourself to an essential service designed to get to the root of the matter... your scalp. Following your personalised consultation with one of our therapists, your scalp will be expertly refreshed using a Moroccanoil Dry Scalp Treatment or Oily Scalp Treatment, depending on your specific needs.

Application of warm scalp treatment is followed by a relaxing scalp massage. With its balanced use of our signature argan oil – and essential oils of organic ginger, lavender and geranium – this revitalising treatment will help improve the condition of your scalp and the quality and shine of your hair (Please note we recommend the Moroccanoil Scalp Treatment is to be rinsed off. This is not included in the treatment time).

Mini Moroccanoil Facial for the Scalp £10

*A Mini Moroccanoil Facial for the Scalp can be added to any treatment*

Moroccanoil Intense Hydrating Mask £3

*Available from the Breathe Spa reception*

Enhance your spa experience and deeply hydrate your hair with a Moroccanoil Intense Hydrating Mask treatment. Its special formula, enriched with argan oil, is designed to restore moisture to dry hair. This aromatic service deeply hydrates whilst improving texture and manageability, leaving your hair looking and feeling healthy and rejuvenated. Simply dampen your hair and apply a generous amount of Intense Hydrating Mask. Gently massage throughout hair and allow to absorb for five to ten minutes whilst you relax and luxuriate in the steam room or sauna. Rinse your hair thoroughly and style as usual.

TO BOOK A CONSULTATION  
WITH OUR PERSONAL TRAINER

---

Call the BREATHE SPA &  
LEISURE CLUB TEAM:

01342 830913

---







Deep Tissue Muscle Massage

£65

*(55 mins)*

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

*Choose from:*

Stress-a-Way

Wind down and release the tension of the day.

Spirit Reviver

A powerful surge to invigorate and recharge.

Muscle Melt

Relax and re-energise a tired and aching body.

Chakra Balancing

Reconnect your mind, body and soul.

Full Body Massage

£60

*(55 mins)*

Back, Neck & Shoulder Massage

£35

*(25 mins)*

Aroma Stone Therapy

£75

*(1 hr 10 mins)*

Warm Basalt stones to melt away tension.

Therapeutic heat is slowly released into the belly of the muscles for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.



## ELEMIS EXOTIC THERAPY

Musclese Aroma Spa  
Ocean Wrap

£70

*(1 hr 10 mins)*

Drift away whilst you are cocooned in a comforting foil wrap or unique dry float and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles.

Exotic Coconut Rub and  
Milk Ritual Wrap

£50

*(40 mins)*

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap or unique dry float. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

Exotic Lime and  
Ginger Salt Glow

£30

*(25 mins)*

Invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.



Exotic Frangipani Body Nourish Wrap                      £50

*(40 mins)*

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap or unique dry float. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

Body Sculpting Cellulite & Colon Therapy                      £60

*(55 mins)*

Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

Mud Serail Bath

*(40 mins - does not require a therapist)*

For 1 person                      £30

For 2 people                      £55

---

TO BOOK A PERSONAL CONSULTATION WITH ONE OF OUR THERAPISTS : : Call the BREATHE SPA & LEISURE CLUB TEAM: : : 01342 830913

---

**PURCHASE A COURSE OF 5 BODY TREATMENTS AND RECEIVE THE 6TH FREE!**  
*(on treatments 1 hr or more)*





TO BOOK A PERSONAL  
CONSULTATION WITH  
ONE OF OUR THERAPISTS

---

Call the BREATHE SPA &  
LEISURE CLUB TEAM:

01342 830913

---



# HANDS & FEET

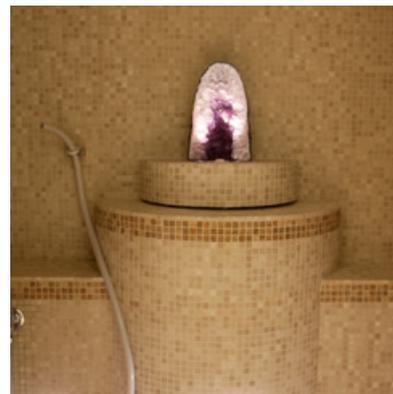
Treat your hands and feet to a pampering.

## ELEMIS

Pro Collagen Hand & Nail Treatment	<i>(25 mins)</i>	£25
Sole Delight Grooming For Feet	<i>(25 mins)</i>	£25

## JESSICA

Prescriptive Jessica Manicure	<i>(45 mins)</i>	£30
Deluxe Jessica Manicure	<i>(55 mins)</i>	£35
Prescriptive Zen Spa Jessica Pedicure	<i>(55 mins)</i>	£35
Deluxe Zen Spa Jessica Pedicure	<i>(1 hr 10 mins)</i>	£40
Jessica Geleration Manicure	<i>(55 mins)</i>	£40
Jessica Geleration Pedicure	<i>(1 hr 10 mins)</i>	£45
Shape & Polish	<i>(25 mins)</i>	£25
Jessica Gel Removal	<i>(25 mins)</i>	£20



# BREATHE SPA PACKAGES

Our full day packages include the use of a robe, towels and slippers.

## FULL DAY

Touch of Beauty <i>(2 hrs 35 mins)</i>	£130	Detox & Re-energise <i>(2 hrs 45 mins)</i>	£185	His & Hers (for 2 people) <i>(2 hrs)</i>	£250
Elemis Visible Brilliance Facial, Luxury Manicure, file & paint, eyebrow tidy, 2 course lunch and glass of wine, use of full leisure facilities.		Cellutox Aromaspa Ocean Wrap, Elemis Deep Tissue Back Massage, SOS Purifying Facial, 2 course lunch and drink.		Deep Tissue Muscle Massage, Mud Serail Bath, Taster Facial, 2 course lunch and bottle wine, full use of leisure facilities.	
Simply Breathe <i>(2 hrs 10 mins)</i>	£150	Just for Him <i>(2 hrs 5 mins)</i>	£150		
Exotic Coconut & Milk Ritual Wrap, Pro Collagen Hand & Nail Treatment, Deep Tissue Back Massage, Mud Serail Bath or Aroma Bath, 2 course lunch and glass of wine, use of full leisure facilities.		Elemis Deep tissue muscle massage, Men's Skin IQ or Urban Cleanse Facial, 2 course lunch and glass of wine, full use of leisure facilities.			



## HALF DAY

Breathe Experience            £95

*(1 hr 15 mins)*

Lime & Ginger Salt Glow, Deep Tissue Back Massage, file & paint, 2 course lunch and glass wine, 1/2 day use of leisure facilities.

Mum to Be                        £110

*(1 hr 45 mins)*

Nurturing 30 min massage for Mum to be. Elemis Skin Specific Facial, Pro Collagen Hand & Nail Treatment, 2 course lunch and drink, 1/2 day use of leisure facilities.

Just for Him                        £100

*(1 hr 20 mins)*

Men's Taster Facial, Deep Tissue Muscle Massage, 2 course lunch and drink, 1/2 day use of leisure facilities.

Spa Ritual                            £100

*(1 hr 20 mins)*

Elemis Deep Tissue Massage, Elemis Skin Specific Facial, 2 course lunch and drink, 1/2 day use of leisure facilities.

Afternoon Relaxation            £99

*(for 2 people)*

*(40 mins)*

Mud Serail Bath, 1/2 day use of the leisure facilities and afternoon tea for two people.

Spa Taster                            £45

Enjoy full use of spa and leisure facilities plus a 30 min treatment of your choice.



# HEN PARTY PACKAGES

Bring all your girlfriends along and celebrate in style with a little pampering!

## Hen Party Package – Full Day

£95

Our full day package includes full use of all our facilities, plus a towel, robe and slippers. You can choose which 55 minute treatment you have and we will throw in a glass of Prosecco, some chocolates and £10 towards your lunch in our Cyprium Bar & Grill.

Go on, you know you deserve it!

## Hen Party Package – Half Day

£55

Our half day package includes full use of all our facilities, plus a towel, robe and slippers. You can choose which 25 minute treatment you have and we will throw in a glass of Prosecco and some chocolates for the ultimate girly-treat!

---

TO BOOK YOU & YOUR  
GIRLFRIENDS PERFECT  
PAMPERING...

⋮ Call the BREATHE SPA & LEISURE CLUB TEAM:  
⋮ **01342 830913**  
⋮

---

# MUM TO BE

Relax and relieve the stresses.

## Mum to Be Nurturing Massage

*(1 hr 10 mins)*

£70

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

## Mum to Be Back Massage

*(25 mins)*

£30

Nurturing back massage for Mum to Be to relieve all the stresses and strains of pregnancy.



# SPA MEMBERSHIP

The Breathe Spa & Leisure Club combines a luxurious day spa with excellent leisure and fitness facilities.

Whether you attend alone or with friends and family, you are assured a welcoming and friendly atmosphere that provides the perfect environment for you to exercise relax and unwind. After a work-out, step into the swimming pool then relax in the whirlpool bath, sauna, rasul and steam room.

Our Spa has 5 treatment rooms, featuring the leading luxury beauty and spa brand, Elemis, and our experienced and attentive team will work with you to discover the full range of luxurious products and treatments available. Membership benefits include;

- Full use of the club between 9am – 5pm, Monday to Friday
- 50% off your first treatment
- 10% off all pre-booked treatments
- Access to exclusive member events
- 20% off all food outlets across Lingfield Park Resort
- 10% off Spa and Golf retail
- 10% off Marriott Hotel rooms, meeting rooms and private parties

Peak and treatment packages are also available.

To find out more about Spa Membership please visit [www.lingfieldpark.co.uk](http://www.lingfieldpark.co.uk) or call us on **01342 834800**

Terms and conditions apply. Please visit [www.lingfieldpark.co.uk](http://www.lingfieldpark.co.uk) for full details.



## LINGFIELD PARK RESORT

Set in 450 acres of stunning Surrey countryside, Lingfield Park Resort also boasts a Championship 18 hole Golf Course, 4\* Marriott Hotel and a racecourse, hosting fixtures in every month of the year.

Membership packages are also available for Racing and Golf, or you can combine full membership to both the Golf and Spa with our Resort Membership to experience everything Lingfield Park has to offer.

Highlights include;

- 95 free race tickets for the year
- Celebration meal for four including two bottles of wine and a cake in our Trackside or Cyprium Restaurants
- Six free Spa treatments to the value of £20 each

Find out more by visiting [www.lingfieldpark.co.uk](http://www.lingfieldpark.co.uk)



# HOW TO FIND US

## BY ROAD

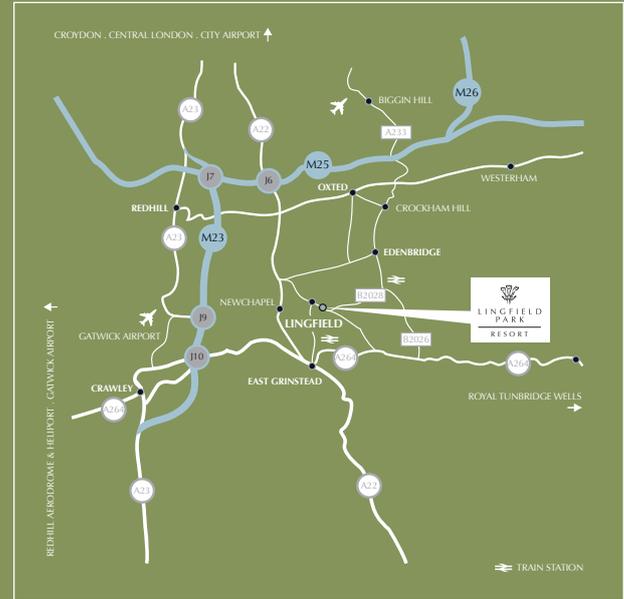
- 15 minutes from M25 (J6) or M23 (J10)
- Complimentary car parking
- SAT NAV: RH7 6PQ

## BY RAIL

- 45 minutes direct from London Bridge/London Victoria
- 25 minutes direct from East Croydon
- 5 minutes walk from Lingfield Station

## BY AIR

- 20 minutes from London Gatwick
- Helicopters may land on the racecourse by prior arrangement



FURTHER  
INFORMATION

Visit our website:

[www.lingfieldpark.co.uk](http://www.lingfieldpark.co.uk)

Call the BREATHE SPA & LEISURE CLUB TEAM:

01342 830913

## TREATMENT REQUIREMENTS

Please make sure to wear loose, comfortable clothing. If you are receiving a pedicure, please ensure that you bring open-toes shoes. Swimwear is required for use of the facilities. We request you arrive 15mins prior to your appointment in order to complete our lifestyle questionnaire.

Please note that should you arrive late for your treatment, it will result in reduced treatment time and some cases could result in cancellation with full charge.

We also ask that when booking, you make us aware of any health issue, medical conditions or allergies so we can consider any contra-indications and recommend an alternative treatment.

Please inform us when booking if you are pregnant as this may affect your treatment choice. Our reception team will advise you of our guidelines for your safety and comfort.

## RESERVATIONS & CANCELLATIONS

We would advise you to book in advance, although walk-ins are welcome depending on availability. A 50% deposit is required to secure an appointment and all major credit and debit cards are accepted.

Clients wishing to change or cancel an appointment are requested to provide 24hours notice for individual treatments and 7 days for Spa packages. If you do not arrive for your treatment without notice the full treatment price will be charged.

**For a full list of our terms and conditions, please visit [www.lingfieldpark.co.uk](http://www.lingfieldpark.co.uk)**



