



The Green  
South Winchester Golf Club  
Romsey Road  
Winchester  
SO22 5SW

+44 (0)1962 820490  
[info@southwinchesterlodges.co.uk](mailto:info@southwinchesterlodges.co.uk)  
[www.southwinchesterlodges.co.uk](http://www.southwinchesterlodges.co.uk)

If you simply want to take time out to pamper and unwind, our lodges are a perfect tranquil setting to indulge and de-stress. You can book a wide range of treatments from our menu below.

Our friendly, qualified therapist offers a range of wonderful treatments while you relax in the comfort of your own lodge. – the perfect place to chill out. Why not treat yourself to one of our Plus lodges with private hot tub on the balcony and finish off the experience with an ‘at home supper’, a choice of delicious handmade meals and desserts, delivered to your door.

If you would prefer to head out and about to one of our handpicked beauty salons for your treatments please see some recommendations below:

The Body Barn- Salisbury Hill, Longstock, Stockbridge SO20 6EZ  
01264 810004  
<http://bodybarn.com>

The Skin Spa- 13 Bell St, Romsey SO51 8GY  
01794 513643  
<https://skinspa.co.uk>

Arcana- 38 Jewry St, Winchester SO23 8RY  
01962 843707  
<http://arcanahair.com/salons/winchester>

### *Treatments offered in the comfort of your lodge*

A little touch of luxury brought to you in the comfort and privacy of your own lodge, no need to go anywhere, just lie back and enjoy being totally pampered by our fantastic therapist.

How To book-

Please note there is a minimum order value of £50. All treatments must be pre booked directly with our therapist and paid for in full prior to arrival. All therapies are subject to availability of our therapist.

To book your treatment please contact Lisa Knight by email [interblendskincare@hotmail.co.uk](mailto:interblendskincare@hotmail.co.uk) or text on 07885 469465 with your preferred date and treatment choices and she will contact you directly to organise your pampering experience during your stay with us at South Winchester Lodges. All payments for treatments should be made direct to Lisa and not South Winchester Lodges.



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**Please note if you wish to book 4 treatments or more please make your choices of treatments from the pamper party list only.**

Treatment	Description	Cost
Relax-Aroma Top to Toe	The ultimate in relaxation combining the Relax -Aroma Body Treatment with a Relax-Aroma Facial	£75
Full body massage- 55 mins	Massage techniques specifically aimed at relaxing the muscles. The main purpose is to increase oxygen flow to the muscles and help the body to remove the buildup of toxins	£48
Neck ,Back and Shoulder Massage- 25 mins	Massage techniques specifically aimed to ease tight muscles and aid relaxation.	£30

The Natural Manicure -30 mins	Improve the condition of hands, nails and cuticles with this treatment. Nails cut and filed, hands exfoliated, cuticles tidied. Hands nourished	£25
The Colour Manicure -45 mins	As the natural manicure finishing with nail polish application	£30.00
The Natural Pedicure - 45 mins	Improve the general condition of your feet with this treatment. Nail cutting, Exfoliation, cuticles tidied, and feet massaged with Intensive Foot Balm (handmade by Interblend Skincare)	£30.00
The Colour Pedicure- 55 mins	As the natural pedicure finishing with nail polish	£35.00
Natural Facial -30 mins	Deep Cleansing, Exfoliation, Treatment Mask,	£30.00
Relax and Glow facial -45 mins	Deep Cleansing, Exfoliation, Massage of neck, shoulders, face and scalp	£35.00
Relax-Aroma Facial-55 mins	Combination of the previous facials described. A complete treatment facial	£40.00
Relax-Aroma Duo	Begins with a Back Massage, followed with Relax-AromaFacial	£70.00



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- *Pamper Parties (MINIMUM OF 4 Pamper Treatments)*

Whether for reunion or simply a girlie get together, ladies here is your chance for a good chat, giggle and relax in the comfort of your luxury lodge with our friendly therapist on tap to pamper you.

Pamper Package - £25 per half an hour treatment  
To be selected from the pamper menu below

Pamper Party 30 minute Treatment List-

Facial

Manicure

Pedicure

Back, Neck & Shoulder Massage

Leg & Foot Massage

Face, Scalp & Shoulder Massage