



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.

### Treatments

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 £40. 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 the mobile beauty therapist.

To book your treatment please email [hilarymccartney@sky.com](mailto:hilarymccartney@sky.com) 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 Hilary and not South Winchester Lodges.

**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  |
|--|--|---|
| Essential Oil Top-To-Toe Treatment (2hrs)                                  | Relaxing & soothing treatment using precious aromatherapy oils – the face, body and scalp are massaged – ultimate in luxury  | £70   |
| Aromatherapy Massage<br>Back, Neck & Shoulders (30mins)<br>Full Body (1hr) | This is a holistic treatment which aims to promote physical, mental and spiritual balance – the oils are blended specifically to suit individual needs and requirements.     | Full Body £45<br>Back Neck and Shoulders £30      |
| Swedish Massage<br>Full Body (1hr)<br>Back, Neck & Shoulders (30mins)      | 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. | Full Body £40.00<br>Back, Neck & Shoulders £25.00 |



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|---|---|--------|
| Hot Stone Therapy Massage<br>Back Neck & Shoulders (30mins) | This massage utilises a combination of warm stones, to move stagnant energy and aid in the release of toxins.   | £32.00 |
| Relaxing Ritual Massage (1hr)                               | A gentle, soothing massage ritual designed to specifically treat women during pregnancy. Indulge in this relaxing ritual massage which will help relieve any muscle aches and pains and water retention, leaving you feeling totally relaxed and ready to discover the first perk of motherhood – a great way to calm and connect with your baby<br>Only suitable for women in their 2 <sup>nd</sup> and 3 <sup>rd</sup> trimesters | £40.00 |
| Indian Head Massage (30mins)                                | A calming yet energising scalp massage focusing on vital energy points. This treatment helps to ease tension, soothe headaches, stiffness and calm the mind.  | £25.00 |
| Express Facial (30mins)                                     | Includes a double cleanse, tone, exfoliation, massage or mask and moisturised.  | £24.00 |
| Aromatic Facial (1 hr)                                      | Balancing & Soothing for all skin types. Your skin is cleansed, toned, exfoliated, a hot essential oil compress is applied, the face neck and shoulders are then massaged using products containing fragrant essential oils. A treatment mask then the skin is moisturised.   | £34.00 |
| Standard Manicure   | Hands are massaged, cuticles are cared for with oils & creams, the nails shaped before a basecoat and color are applied.  | £25.00 |
| Deluxe Manicure   | Hands are exfoliated and massaged, cuticles are cared for with oils & creams, and warm heated mitts are applied to aid penetration of products whilst easing stiff and tired joints, the nails are shaped before a basecoat and color are applied.  | £30.00 |
| Standard Pedicure   | Feet are exfoliated, hard skin filed and then massaged, cuticles are cared for with oils & creams, the nails are shaped before a basecoat and colour are applied.   | £30.00 |
| Deluxe Pedicure   | Feet are exfoliated, hard skin filed and then massaged, cuticles are cared for with oils & creams, and warm heated booties are applied to aid penetration of products whilst easing stiff and tired joints, the nails are shaped and a mask before a basecoat and colour applied  | £35.00 |



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

Whether for reunion or simply a girly 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 - £22 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

Indian Head Massage