

A NEW YOU IS JUST A  
STEPPING STONE AWAY...



STEPPING  
STONE SPA 



## DAY SPA PACKAGES

### SCHMOO SPA EXPERIENCE PACKAGE

£49.50pp

25 minute

Choose from Head Massage, Organic Facial or Firming Eye Treatment or upgrade to a Back, Neck & Shoulder Massage £10.00

### SCHMOO LUXURY SPA PACKAGE

£69.50pp

50 minute

Choose from Full Body Massage, Back Tonic, Spa Facial, Back, Face & Scalp Massage, Luxury Manicure or Pedicure.

### SCHMOO FOR 'HIM' SPA PACKAGE

£69.50pp

50 minute

Choose from Full Body Massage, Back Tonic, Male Facial (using special products for men).

### SCHMOO PREGNANCY PAMPER PACKAGE

£79.50pp

50 minute

This luxury pamper for mums to be starts with a soothing facial using Schmoos Lavender Woods Pregnancy products to calm and soothe the skin. Included is a relaxing leg & foot massage designed to relieve tired aching legs and feet. This treatment is suitable from second trimester and after birth.

### SCHMOO BODY & SOUL DELUXE PACKAGE

£85pp

80 minute

Purify and replenish your body with our indulgent body wrap treatment. This fabulous treatment starts with a sugar scrub smoothie to exfoliate the skin, followed with an application of our Schmoos body custard. Once you are nicely wrapped in our foil blanket, we will perform an organic facial of relaxing bliss.



## SCHMOOTIFUL SPA BREAKS

### SCHMOOTIFUL SPA BREAK

25 minute treatment - choose from Head Massage, Organic Facial or Firming Eye Treatment or upgrade to a Back, Neck & Shoulder Massage for £10.00 per person.

£85.00pp (based on two people sharing)  
Sunday to Thursday

£95.00pp (based on two people sharing)  
Friday & Saturday

### SCHMOOTIFUL LUXURY SPA BREAK

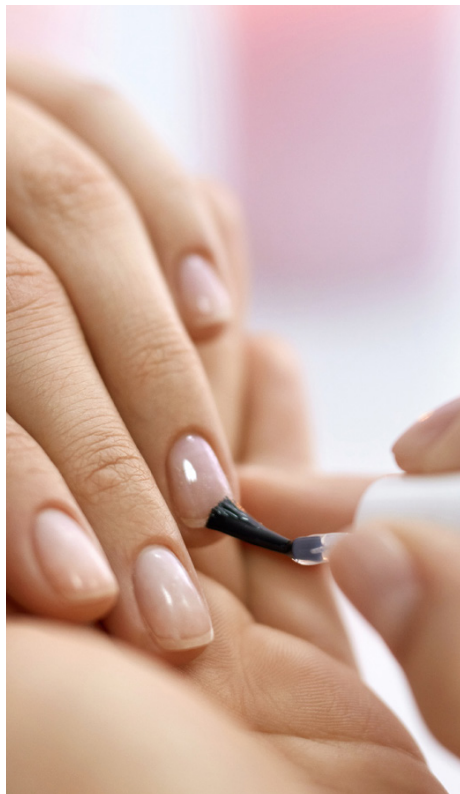
50 minute treatment - choose from Full Body Massage, Back Tonic, Spa Facial, Back, Face & Scalp Massage, Luxury Manicure or Pedicure.

£105.00pp (based on two people sharing)  
Sunday to Thursday

£115.00pp (based on two people sharing)  
Friday & Saturday

### ALL OF THE ABOVE SPA BREAKS ALSO INCLUDE:

Deluxe Bedroom, Full Breakfast and 2 Course Dinner  
Complimentary time relaxing around our mood-lit pool, robes & slippers  
Single supplement £25.00



## SPA TREATMENTS

### BODY MASSAGE

£55

50 minute

A bespoke body massage created to ease muscle tension, tailor made to your needs.

### LUXURY SPA FACIAL

£55

50 minute

A natural organic facial using our Schmooskincare range. This personalised treatment will meet your skins requirements. This fabulous facial includes a shoulder & scalp massage for deep relaxation.

### SCHMOO BACK TONIC

£55

50 minute

A deep cleansing back treatment that treats the hard to reach areas of the back. We start with a deep exfoliation followed by a Deep Sea Mineral Mud Mask to draw out impurities. Finished with a deep massage to the back and back of the legs.

### BACK, FACE & SCALP MASSAGE

£55

50 minute

A heavenly combination of the back, facial & scalp massage. An iconic Schmooskincare treatment and still the most popular, absolute bliss!

### LUXURY MANICURE

£55

50 minute

A luxurious hand & nail treatment. This includes an exfoliation followed by a rich Schmooskincare custard and plenty of Massage! Nails are tidied and finished with a colour gel of your choice.

### LUXURY PEDICURE

£55

50 minute

A complete foot & nail treatment. The feet are exfoliated with a sugar scrub smoothie, then massaged with a Schmooskincare rich fruity custard and placed into hot booties. Nails are tidied and finished with a gel colour of your choice - pure luxury for the feet!

### SCHMOO PREGNANCY PAMPER

£65

50 minute

This luxury pamper for mums to be starts with a soothing facial using Schmooskincare Lavender Woods Pregnancy products to calm and soothe the skin. Included is a relaxing leg & foot massage designed to relieve tired aching legs and feet. This treatment is suitable from second trimester and after birth.

### BACK NECK & SHOULDER MASSAGE

£45

25 minute

Our bespoke massage can be tailor made to suit your needs. Your therapist will treat your tired aching muscles in this 25 minute treatment.

### SCHMOO FIRMING EYE TREATMENT

£35

25 minute

This treatment specifically targets the signs of ageing around the eye area. Special creams combined with Jade rollers are used to reduce puffiness and fatigue as well as plumping fine lines and wrinkles.

### SCHMOO ORGANIC FACIAL

£35

25 minute

This bespoke treatment has been uniquely designed for maximum results in minimum time. 25 minutes for facial bliss!

### SCHMOO HEAD MASSAGE

£35

25 minute

This relaxing tension relieving head massage will relieve aches and pains around the head and neck. Schmooskincare Apricot and Peach treatment oil is massaged in to the scalp and through the hair for a deep conditioning treatment. This versatile oil helps balance and revitalise the scalp whilst nourishing brittle ends.

# SPA BOOKING T&C'S

## GENERAL

Guests will be allocated a treatment time when booking. All guests must arrive a minimum of 30 minutes prior to the treatment time to complete paperwork and change as required.

Spa day bookings will be allotted treatment, pool and meal times prior to arrival, these will be confirmed via email and on your arrival at hotel.

Please ensure you inform the hotel at the time of booking of any dietary requirements.

Treatment times can be one after another and are not guaranteed to be at the same time. Treatment times can be altered without notification if necessary.

## INDIVIDUAL BOOKINGS

Full payment is taken at the time of booking.

Cancellations will receive a full refund providing they cancel more than 3 days prior to the date of arrival.

Younger guests (from 11 years old) are accepted within individual bookings but must be accompanied by a responsible adult- some treatments may not be available dependant on age.

## GROUP BOOKINGS

A party of 6 or more is classified as a group.

A provisional booking will be held for a maximum of 14 days, then to confirm the booking full payment is required. If payment is not received the provisional booking will be released.

Once full payment is received a maximum of 10% of guests can be cancelled and get refunded up to 3 days in advance of the arrival date. All other payments are non transferable and non refundable.

A list of names and treatments required must be provided to the hotel within 14 days of arrival.

Changes to names and treatments can be made up to 3 days prior to arrival and are subject to availability. We do not accept groups with numerous under 18's.

## HEALTH CONDITIONS

If you have any medical conditions, are pregnant, breast feeding or have allergies, injuries, skin conditions or infections please discuss with your spa therapist (and doctor where necessary) prior to making your booking as this may influence your treatment options.

Treatments not suitable during pregnancy: Hot Stones Massage, Full Body Massage & Back, Neck & Shoulder Massage.

If you suffer from high blood pressure, have recently been unwell or believe you may be pregnant you should not use the sauna, steam room or spa pool.

## SPA ETIQUETTE

Please arrive 30 minutes prior to your appointment time to give yourself time to complete the beauty treatment cards and change as necessary.

A prompt appointment schedule is adhered to as a courtesy to all clients. Therefore late appointments may not be honoured or may be reduced in time, with no refund or discount given. All allocated treatment timings include a consultation with your therapist, undressing/dressing time and relaxation.

Please be courteous to other spa guests who have booked for a relaxing time, keeping noise levels to a minimum. Mobile phones are to be switched off at all times within the spa area. Guests making excessive noise may be asked to leave with no discount or refund.

Water is available at pool side, no other drinks are available in this area. Guests can be served drinks in the bar area. Food & drink must not be brought in or consumed within the hotel premises (includes grounds).

There are limited family swimming times in our pool area, please ask when booking for the exact times.

Robes are not to be worn in public areas of the hotel i.e. bar, restaurant & outside seating area.

# WEDDINGS AT THE HERONSTON

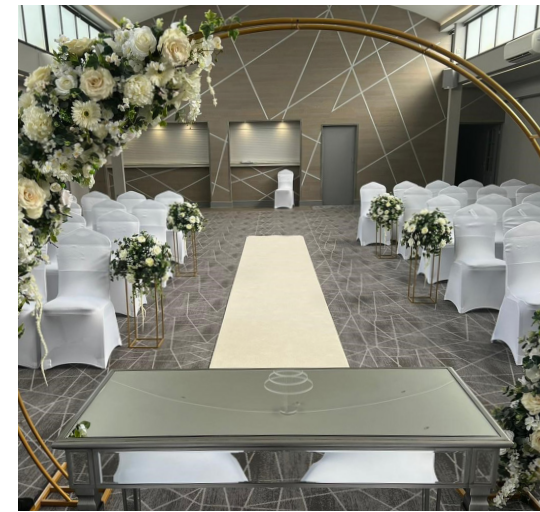
## A BEAUTIFUL VENUE FOR YOUR SPECIAL DAY

A stylish venue providing first class service. Dishes are created by our award winning head chef with locally sourced ingredients and cooked to perfection.

We pride ourselves on an eye for detail and going the extra mile to ensure your day is perfect for you.

Choose either a readymade package or we can create a completely bespoke wedding to suit your style and budget.

We are at your service to ensure your day is perfect in every way.



## OUR PROMISE TO YOU...

- Professional wedding co-ordinator
- Red carpet welcome
- Professional Manager to act as Master of Ceremony
- Choice of cake stand
- Private use of chosen Suite
- Printed Table plan to match your décor
- Choice of colour for chair cover sashes and table runners
- Complimentary use of venue for evening reception
- Special accommodation rates for guests
- Complimentary overnight stay in our bridal suite with breakfast
- Plentiful car parking
- Civil room & decoration available to hire

TO DISCUSS YOUR INDIVIDUAL REQUIREMENTS, CALL OUR PROFESSIONAL, EXPERIENCED TEAM ON 01656 668811.



