

therapié

Health & Wellness Centre



MOUNT PLEASANT
HOTEL

Great North Road, Doncaster DN11 0HW

Mount Pleasant Hotel

Set in 100 acres of beautiful woodland, the four star Mount Pleasant Hotel in Doncaster makes the ideal place for a luxurious retreat.

Whatever your requirements, whether you want to unwind in the deluxe health and well being centre, enjoy fine food and wine or use one of the six stylish function rooms for your wedding day or special occasion, we will happily accommodate you.

Treatment Rooms at

therapié

Our philosophy is to provide the ultimate natural and holistic treatments to achieve your personal objectives, whether you want to feel more relaxed, more beautiful or to purify, detox and cleanse.

The treatment rooms aim to restore body and soul. Stresses and strains start to melt away and your spirit starts to be lifted, the moment you step through the door.



EXCLUSIVE TO THERAPIE

TWILIGHT FACIAL, 55 MINS, £45.00 PER PERSON

This exquisite deeply hydrating facial is ideal for half afternoon and evening appointments. This skin boosting treatment is suitable for all skin types.

Relax and breath in the natural aromatherapy oils, which promotes deep inner calm, aiding a good nights sleep.

MOUNT PLEASANT PRESCRIPTION FACIAL 1 HOUR, £38.00 PER PERSON

A relaxing facial tailored to your skin type.

This treatment includes:

- Skin Vision Lamp Analysis
- Prescription facial
- Eyebrow shape

You are in professional hands and you will be back for more.

ADD FOR ONLY AN EXTRA £15.00 AN EXPRESS BACK MASSAGE

(Please add this treatment at time of booking)

INDULGENT NIGHTS AWAY

Pick 'n' Mix Pyjama Party - From £89 pp

Create your own perfect get together with our Pick 'n' Mix options. Unwind in robes and slippers, indulge in your own sweetie selection and a delectable buffet will be served in your party room.

Enjoy good music and films on your own DVD, individual small bottle of Prosecco with strawberries, hot chocolate & marshmallows before bed. The next morning tuck into a full English Breakfast.

Then choose from some exciting additions, and simply add the costs on to make your own package price.



Please note, treatment times include a consultation and aftercare advice.

ESPA Escape - £109 pp

Escape life's stresses with a relaxing ESPA Escape Package. Stay in one of our executive rooms, indulge in a 3 course meal, wake up to a full English breakfast, and then relax with up to 2 hours to share in Therapie on ESPA.

Gold Spa - From £399 per couple

Elegant, subtle luxury awaits in the Spa Bedroom Suites at the hotel. The finest accommodation with saunas, round baths, glass baths and many more special features. An ESPA gift bag, fresh fruit, chocolates and fine champagne - all the luxuries you could wish for. You and your partner can then have an ESPA Body Polish, followed by a back, face and scalp treatment.



ESCAPE TO LUXURY PAMPERING! Delectable days...

Rejuvenate Me - £175

Face the world feeling rejuvenated

- Full Body Skin Brush & Exfoliation
- ESPA Body Wrap
- Hot Stone Back Massage
- ESPA Aromatherapy Facial
- Express O.P.I. Manicure or Pedicure

2 Course Lunch

Rescue Me - £157

Put the zest back into your life

- Full Body Skin Brush & Exfoliation
- Aromatherapy Full Body Massage
- ESPA Aromatherapy Facial
- Luxury O.P.I. Manicure or Pedicure

2 Course Lunch

Detox Me - £85

Get rid of all your toxins

- Full Body Skin Brush & Exfoliation
- ESPA Detox Algae Wrap
- Aromatherapy Full Body Massage

Invigorate Me - £72

Uplift your body and mind

- ESPA Salt and Oil Scrub
- Aromatherapy Full Body Massage
- ESPA Express Facial

Trio of Treats - £47

Pick 3 treatments from below

- Express Facial
- Back Massage
- Express Manicure
- Express Pedicure
- Salt and Oil Scrub
- Exfoliating Body Polish
- Half Leg Wax
- Eyelash Tint*

*Patch test required 24 hours before

Spa Light Express - 1 hour £37.00

Hot Stone Back Massage
ESPA Express Facial
10% Off Any ESPA Products
(Products to be purchased on same day as treatments)

50% deposit must be taken on booking. These deposits are non-refundable/non-transferable.

Please note, treatment times include a consultation and aftercare advice.



Sanctuary Suite

FOR THE Face

All our ESPA Facials begin with a consultation where we can identify any skin concerns you may have. This allows our Therapists to carry out an ESPA Sensory Test, which is a unique way of tailoring the facial to your needs by smell testing the different aromatherapy oils and products.

Aromatherapy Facial - £45 55 Mins

Suitable for all skin types, this deep cleansing, relaxing facial purifies, refines and hydrates the skin. Specific aromatherapy products are used to massage, drain and combined with a scalp treatment to leave your mind clear and skin radiant.

Re-Balancing Facial - £45 55 Mins

Ideal for oily, congested, problematic, or, hormonal skin. This deep cleansing, oil-controlling facial helps to refine open pores. Facial products used are designed to decongest and contain natural anti-inflammatory ingredients to help calm and sooth the skin.

Re-Hydrator Facial - £45 55 Mins

Ideal for dry, dehydrated, flaky and tired skins, this facial will boost your skin back to life. It gently deep cleanses and exfoliates to help improve absorption of nourishing face mask and oils. This will leave your skin smooth, soft and supple.

Lift & Firm Facial - £45 55 Mins

An intensive boost for maturing, stressed skins. ESPA has launched a new line of products to nourish and protect, along with firming and lifting the skin. You will leave feeling fresh, revitalised and toned.

Cellular Renewal Enzyme Facial - £70 90 Mins

A powerful and highly effective facial to boost cell regeneration and give an instantly smooth, softly glowing complexion. A deep cleanse incorporating skin brushing, followed by an intense Enzyme Peel containing botanical extracts and Pumpkin Enzymes to deeply exfoliate and remove dead skin cells. To finish, we apply a Lifting and Smoothing Mask containing concentrated Seaweed Extracts, Argan Oil and Menthol, which will give your skin a more plumped and firmer appearance.

Express Facial - £27 30 Mins

Simple but effective. Cleanse, exfoliate, mask and moisturise.

Cellular Renewal Enzyme Facial - £58 60 Mins

This powerful and highly effective natural facial peel dramatically smooths, softens and evens skin tone. A brush cleanse, followed by an intense Enzyme Peel containing botanical extracts and Pumpkin Enzymes deeply exfoliates and removes dead skin cells, followed by a soothing massage using Rose Quartz Crystals to help cool and calm, revealing an ultra smooth, glowing complexion.

Super Active Facial - £45 55 Mins

ESPA has created a line of products to help with dull, sensitive and damaged skin. The facials use different creams and serums that will help protect and sooth the skin back to its original state.

Facials include:

- Skin Brightening
- Calm & Sooth
- Repair & Restore

FOR THE Body

All our ESPA Body Treatments begin with a consultation where we can identify any concerns you may have. This allows our Therapists to carry out an ESPA Sensory Test, which is a unique way of tailoring the treatment to your needs by smell testing the different aromatherapy oils.

Salt & Oil Scrub - £27 30 Mins

This exceptional skin softening body exfoliation combines sea salts and nourishing essential oils to leave your skin smooth and soft.

Stimulating Hip and Thigh - £48 1 Hour

Ideal for people who suffer with cellulite, water retention and are loosing weight. Combined with skin bursting, ice cold mitts, and detox salt and oil scrub, this will leave you feeling invigorated!

Lifesaving Back Treatment - £38 45 Mins

A stress relieving back treatment with deep cleansing, skin brushing and exfoliation to help stimulate cell renewal, followed by massage and purifying mask to help congested skin. This will leave you feeling refreshed and renewed.

Exfoliating Body Polish - £27 30 Mins

An exclusive body and skin enhancing treatment which can be used in insulation to remove dead, dry skin. It's also great before a massage.

ESPA Body Wraps - £54 1 Hour

ESPA has 3 different types of wraps to choose from, ranging from Detox Algae Wrap, Restorative Mud Wrap and Oshadi Wrap.

Detox Algae Wrap

Good for cellulite, water retention and weight loss.

Restorative Mud Wrap

Good for dry, dehydrated skins.



Please note, treatment times include a consultation and aftercare advice.

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MASSAGE Therapy

All our ESPA Massage Treatments begin with a consultation where we can identify any areas of tension you may have. This allows our Therapists to carry out an ESPA Sensory Test, which is a unique way of tailoring the massage to your needs by smell testing the different aromatherapy oils ranging from relaxing to energising.

Aromatherapy Back Massage - £28

30 Mins

with Hot Stones - £32 30 Mins

Focusing on the back, neck and shoulders, this massage really gets to the source of the problem.

Pre-Post Natal - £70

1 Hour 30 Mins

This beautiful treatment is safe for both mother and baby. Using a mixture of gorgeous creams and oil, this will leave your skin silky smooth, with an exfoliation and massage/mask, followed by a scalp massage.

Aromatherapy Full Body Massage - £52

1 Hour

with Hot Stones - £58

1 Hour 15 mins

Experience the benefits of massage with your individually chosen oil. This complete anti-stress treatment includes body and scalp massage, helping to remove the tension of everyday life.

Indian Head Massage - £26

30 Mins

An aromatic based massage using drainage and pressure point movements on the shoulders, scalp and face that will melt away your stresses.

Total Holistic Body Care - £70

1 Hour 30 Mins

This deeply relaxing treatment will really help rebalance and harmonise your whole body. Beginning with a body skin brush and exfoliation to prepare for the massage. With your personally chosen oil, followed by hot stones this will release tension and restore energy.

Reflexology - £30

45 Mins

An intense treatment involving pressure points and massage on the foot to encourage general well being and improved health throughout the body.



Please note, treatment times include a consultation and aftercare advice.

MAKE TIME Gentlemen Please

With the fast pace of modern life, men need to relax and recharge just as much as women. After a hard weeks work, a chill-out session to unwind or a little helping hand to reduce the effects of the time can go a long way - after all, everyone likes to look good and feel great!

Holistic Back, Face and Scalp - £62

1 Hour 30 Mins

Designed to take away classic stress areas, from headaches, neck and back pain. We begin with a back skin brush and exfoliation, followed by a back massage with hot stones. Then we begin with your personalised ESPA Facial and a stress relieving scalp massage to finish.



Please note, treatment times include a consultation and aftercare advice.

Lifesaving Back Treatment - £38

45 Mins

A stress relieving back treatment, great for muscular tension and congested skin. We begin with a deep cleansing and exfoliating, followed by a massage and Marine Mud Mask. Lower legs receive a deeply relaxing massage while the mask takes effect.



It's a Man Thing - £72

2 Hours

Uplift your body and mind!

- Full Body Salt & Oil Scrub
- Aromatherapy Full Body Massage
- ESPA Men's Express Facial



HANDS, FEET and Little Extras!

Don't forget to treat your Hands and Feet! A collection of relaxing and refreshing treatments, just for you by O.P.I. Plus the essential extras, including waxing from Australian body care and make-up by Bare Escentuals. Also, not forgetting the fabulous Minx Application and Nouveau Lashes, to really finish everything off!

Luxury Manicure - £26

A treatment manicure with Hot Stone Hand and Arm Massage, includes soak, exfoliation, nail shape, cuticle work and polish.

Luxury Pedicure - £29

A treatment pedicure with Hot Stone Leg and Foot Massage, includes foot soak, scrub, hard skin removal, cuticle work and polish.

Add Gel Polish for an extra £10 - Please add on time of booking

Express Manicure - £18

Express Pedicure - £20

For the essential work! Nail shape, cuticle work and polish.

Minx - £20

1 Hour

Added to a Pedicure

Minx - £10 extra



Gel Nails

- Overlays **£30**
- Soak Off & Overlay **£32**
- Soak Off & Express Manicure **£22**
- Soak Off **£10**
- Nail Repair **£2.50**

Prices and timings may vary depending on the work needed

BareMinerals Make-up

Make-up so pure you can sleep in it! 100% natural with zero irritants.

Make-up Lesson - £20

1 Hour

(£10 redeemable against make-up products on the day)

Wedding Make-up with Trial - £48

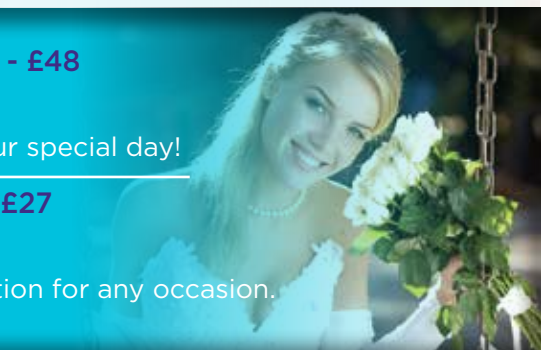
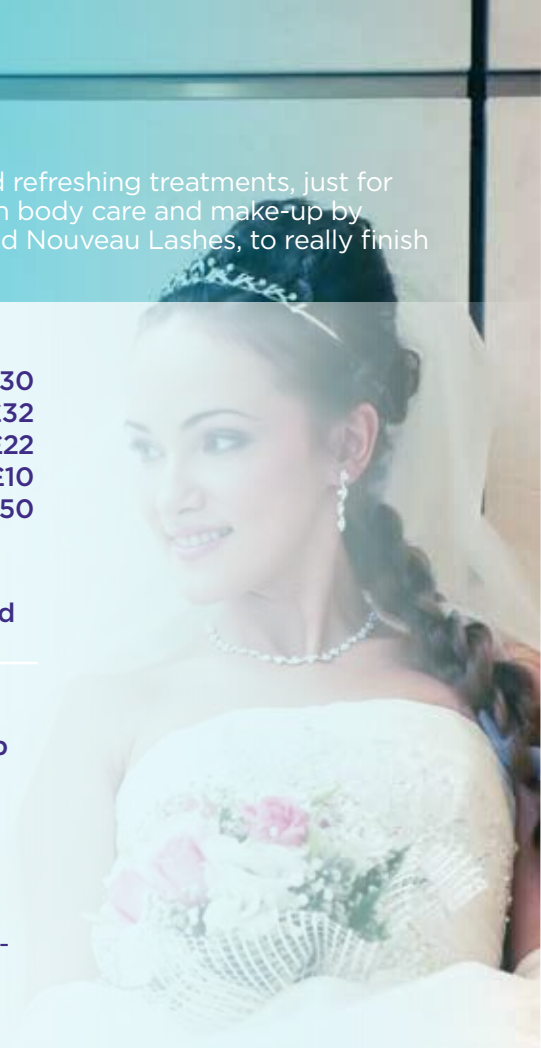
1 Hour

Look and feel fabulous for your special day!

Special Occasion Make-up - £27

1 Hour

Professional make-up application for any occasion.



HANDS, FEET and Little Extras!

Waxing

- Full Leg Wax (1 Hour) **£26**
- Half Leg Wax (30 Mins) **£20**
- Bikini Wax (30 Mins) **£10**
- Underarm Wax (15 Mins) **£10**
- Forearm Wax (30 Mins) **£10**
- Top Lip or Chin Wax (15 Mins) **£8**
- Eyebrow Wax (15 Mins) **£8**
- Chest or Back Wax (1 Hour) **£20**

Nouveau Lashes

Ladies who are pregnant are unable to have the lashes applied.

Nouveau Lash Application - £35

1 Hour 15 mins

Nouveau Lashes with Eyelash Tint - £40

1 Hour 30 mins

Nouveau Lash Infill - £25

(depending on work needed - 2 weeks after first set applied)

Nouveau Lash Removal - £15

30 mins

Eye Treatment

Patch test **MUST** be carried out 24 hours before the appointment.

Eyelash Tint - £10 30 Mins

Eyebrow Tint - £9 15 Mins



Gift Vouchers

The most impressive and exceptional thoughtful gift for friends, family or colleagues - total relaxation in the Therapie treatment rooms. There are two ways to buy your gifts - you can either pick a specific treatment, or, give them a monetary voucher, allowing them to choose from all the treatments. Therapie gift vouchers are valid for 6 months from the date of purchase so it gives them plenty of time to use it. Vouchers can be purchased online at www.mountpleasant.co.uk/offers/gift-vouchers

Hotel gift vouchers also available.

Treatment Reservations

To make a booking, simply contact our Therapie centre on 01302 861775. Treatments are very popular, so we recommend booking in advance to your stay or visit.

Cancellation Policy

Should you need to cancel a treatment with less than 48 hours notice, we reserve the right to charge 50% for the allocated treatment, less than 24 hours notice will incur a 100% charge. We regret that any deposit paid for a group booking is non-refundable. For all delectable day packages, 50% deposit will be taken at time of booking, non-refundable / non-transferable.

Children

We regret to inform that Therapie cannot perform treatments on any person under the age of 16. Also they are not allowed in the salon due to the respect of other clients.

Arrival

Please arrive 15 minutes before your appointment, should you be late for your treatment we will do our best to honour your full treatment time, however, it may be necessary to shorten or cancel your treatment for the consideration of other guests. Please note, treatment times include a consultation and aftercare advice.

Payment

Payment is by cash or cheque, we also accept all major credit/debit cards.

Health Conditions

Clients that are either taking any medication, have/had medical treatments, know of any allergies or injuries, or are pregnant or trying for a baby should consult Therapie prior to booking any treatments. We recommend you avoid drinking alcohol before or after aromatherapy treatments and ensure you drink plenty of water throughout the day.

Salon Etiquette

BEST WESTERN PREMIER Mount Pleasant Hotel and Therapie is entirely non-smoking. As a courtesy to other clients and to preserve the ambience of Therapie we request all mobile phones, laptops and pagers are switched off prior to entering and there are no children allowed. Our therapists reserve the right to stop a treatment at any time if a customers conduct is deemed unsuitable.

Opening Times

Call Therapie for more details. Late nights are available throughout the week.



Therapie Health & Wellness Centre



MOUNT PLEASANT
HOTEL

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Tel 01302 868219 Fax 01302 865130 www.mountpleasant.co.uk Email reception@mountpleasant.co.uk

Therapie Tel 01302 861775 Email salon@mountpleasant.co.uk