



MOUNT PLEASANT
HOTEL

Great North Road, Doncaster DN11 0HW



therapié

HEALTH & WELLNESS CENTRE

Mount Pleasant Hotel

INTRODUCTION

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. Stay in one of our spa suites or signature spa suits, these offer an entirely different experience, in the privacy of your own room, relax, chill out and enjoy the spa experience. Enjoy fine food and wine or use one of the 4 stylish function rooms for your wedding day or special occasion, we will happily accommodate you.



SEE OUR MONTHLY
SPECIAL OFFER LEAFLET

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.

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INDULGENT NIGHTS AWAY

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

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.



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. Then you and your partner can relax for 2 hours and enjoy an ESPA Body Polish, followed by a back, face and scalp treatment.



50% DEPOSIT

A 50% deposit will be taken on booking. These deposits are non-refundable & non-transferable. Please note, treatment times include a consultation and aftercare advice.



ESCAPE TO LUXURY PAMPERING



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Rejuvenate Me - £175 (3 hours)

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 (3 hours)

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 (2 hours)

Get rid of all your toxins

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

Invigorate Me - £72 (3 hours)

Uplift your body and mind

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

Trio of Treats - £47 (1 hour 30 minutes)

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 - £37.00 (1 hour)

Hot Stone Back Massage

ESPA Express Facial

10% Off Any ESPA Products

(Products to be purchased on same day as treatments)

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 minutes)

with Hot Stones - £32 (30 minutes)

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

Pre-Post Natal

£70 (1 hour 30 minutes)

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 minutes)

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.

Bamboo Massage

£58 - 1 Hour

Bamboo Massage is a form of deep tissue massage using warm bamboo sticks to knead out tension and soothe sore muscles, not to mention aid deep relaxation for both body and mind.

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.



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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 minutes)

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 minutes)

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

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Re-Hydrator Facial - £45

(55 minutes)

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 minutes)

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 minutes)

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 minutes)

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

Cellular Renewal Enzyme Facial £58 (1 hour)

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 minutes)

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 soothe the skin back to its original state.

Facials include:

- Skin Brightening
- Calm & Sooth
- Repair & Restore

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

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 minutes)

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

(55 minutes)

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

(55 minutes)

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.

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ESPA Body Wraps - £54

(55 minutes)

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.



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 minutes)

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.

Lifesaving Back Treatment

£38 (45 minutes)

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



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LUXURY WAXES

By LONDON SPA



Azulene

Containing a fine blend of natural oils and resin, our Azulene wax helps to nourish and protect the skin during and after waxing. The shortest of hairs are gripped and removed with ease whilst the skin is left feeling gloriously soft, smooth and silky.

Aloe Vera

Infused with natural Aloe Vera and Titanium Dioxide, this rich and creamy wax provides a soothing experience for the most delicate of skin.

Waxing

- Full Leg Wax **£26**
- Half Leg Wax **£20**
- Three Quarter **£23**
- Bikini Wax **£10**
- Bikini Extended ***£15**
- Brazilian ***£20**
- Hollywood ***£25**
- Underarm Wax **£10**
- Forearm Wax **£10**
- Top Lip or Chin Wax **£8**
- Eyebrow Wax **£8**
- Chest or Back Wax **£20**



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Times may vary depending on the work needed
*Select Therapists



HANDS & FEET & 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.

Prices and timings may vary depending on the work needed

*If 2 months have elapsed since you have had any tint/lash
treatments a new patch test will be required

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

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.

Gel Nails

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

Make-up Lesson - £20

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

Lashes Extensions

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

Lash Extensions Application £35 (1 hour 15 minutes)

Lash Extensions with Eyelash Tint - £40 (1 hour 15 minutes)

Lash Infill - £25 (depending on work needed - 2 weeks after first set applied)

Lash Removal - £15 (1 hour 15 minutes)

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

Eyelash Tint - £10 (30 minutes) Eyebrow Tint - £9 (15 minutes)



MAKE-UP By *Mii*

Longer wearing, skin loving formulas crafted by Mii for you. The range is easy to choose, easy to use and easy to understand; so you can create a look that is uniquely, completely and unmistakably you.

With skin loving formulas, sixteen tailored brushes and a gemstone infused mineral line, Mii has set its sights on ensuring that you are filled with the confidence that every make-up decision will be the right one for you.

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.



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

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Cancellation Policy

A 50% deposit will be taken on booking of any treatment above 30 minutes duration. These deposits are non-refundable and non-transferable. Should you need to cancel a treatment less than 24 hours notice will incur 100% charge.

Treatment Reservations

A consultation card will be completed on every visit and we must be informed of any changes in circumstances. All treatments must be agreed in advance. To make a booking, simply contact our Therapie centre on 01302 868219. Treatments are very popular, so we recommend booking in advance to your stay or visit.

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.

Opening Times

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

Medical Advise

Therapie Health & Wellness Centre is not a medical centre and our staff are not trained practitioners. If you have or are suffering from severe allergies, ill health, a particular medical condition or are pregnant, we advise that you speak to your GP prior to arrival to ensure you can have your chosen treatments. In some instances, we may require written confirmation from your doctor.

The set of guidelines below is not an exhaustive list and only serves to highlight some of the main medical indicators where the use of the treatments may NOT be advised.

Pregnancy, foot infections including verruca's*, nail infections, epilepsy, skin disease/disorders, nut allergies within the last 3 months of your visit. Within the last 6 months of your visit heart problems, metal pins, cancer and surgery will need written advice from your GP.

All treatments are booked subject to medical status. We reserve the right to refuse treatments if we feel it is not in your best interest.

*Clients must ensure the verruca's/foot conditions are suitably covered in the interest of hygiene.

Salon Etiquette

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 and to anyone under the influence of drugs or alcohol.



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