

AQUA MANDA

The logo for Aqua Manda features the brand name in a serif font. 'AQUA' is in white and 'MANDA' is in gold. Below the text are three white concentric circles representing ripples in water. The background of the top half of the image is a deep blue with a pattern of concentric ripples.

AQUAMANDA

The logo for AquaManda features the word "AQUAMANDA" in a stylized serif font. The letters "AQUA" are white, and "MANDA" is gold. Below the text are three white concentric circles representing water ripples. The background is a deep blue with a pattern of concentric white circles, suggesting a stone dropped into water.

Set in the elegant surroundings of Hempstead House Hotel, AquaManda is the perfect place to retreat, relax and unwind, work on your fitness and indulge and pamper yourself. Our philosophy is wellness as a result of a healthy lifestyle as opposed to a solitary fitness regime.

With us you will find everything you need to enhance your well-being and awaken your senses. AquaManda has been designed to create a calm and inviting environment to make you feel at ease while achieving your health and fitness goals.

We warmly welcome non-members, members, guests and non-residents to Hempstead House Hotel.

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Welcome to AquaManda



Unwind at AquaManda in our relaxing treatment suite, Our extensive range of natural treatments has been especially selected to create an unforgettable experience using Pevonia Botanica skincare offered by prestigious spas worldwide.



Nature's answer to healthier skin. Pevonia offers an extensive range of speciality treatments from high performance, repairing facials to energising and re-vitalising full body massages and wraps. Incorporating nature's most advanced and active ingredient formulations. Pevonia offers complete face and body wellness.



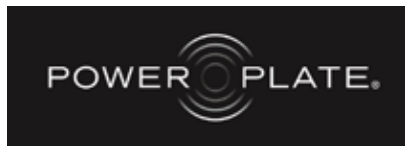
Recognised as the best in the world, Jessica offers over 200 award winning custom colours, rich in depth that simply glide onto the nail. Their Le Remedi products offer a luxurious facial for the hands.

ARTDECO

In just a few years, ARTDECO has become the most successful make-up brand in Germany's Spas and Salons. ARTDECO is unique and offers you much more than just a make-up collection. The unusually wide and up-to-date colour range is matchless – and so is the variety of refillable products that you can combine at will. The latest trend and special products for professional make-up complement the range and leave nothing to be desired. ARTDECO offers you the best quality at reasonable prices, while the refillable products help to preserve the environment.



If you are looking for an easy to use fake tan product that gives long lasting realistic results then St Tropez Tan has got to be for you. As the sunshine comes to an end, your tan does not have to! The St Tropez range offers everything you need for a perfect safe all over tan.



In Partnership with the Aquamanda Gym Team we are able to offer you FREE Power Plate sessions to compliment our Slimming treatments, to ensure you get the very best results possible.



Look out for this symbol. It indicates treatments suitable for sharing in our double treatment room. Whether you choose to share with your partner, daughter or friend, this is an experience you should not miss.

AquaManda Spa Packages



We have designed our signature packages to offer you the very best experience during your day with us at AquaManda. Each package entitles you to use all our facilities including the swimming pool, hydrotherapy pool, Jacuzzi, sauna, steam room, gym and fitness studio, plus any exercise classes taking place, subject to availability. Your personal locker will contain a luxury gown, slippers and towel for your use during the day. A delicious two course lunch is included, as well as complimentary tea or coffee on arrival.

AquaManda Sensation - £50.00

This 'facilities only' package entitles you to all of the above services for pure relaxation. Unwind and enjoy the day. You can make it a social occasion and spend it with friends, or simply indulge yourself with a little peace and quiet.

AquaManda Escape - £90.00

This package gives you use of all facilities, plus a choice of one 60 minute treatment from the list below. Escape from the worries and stresses of life with this luxury addition to your day at AquaManda.

Treatment choice:

- Prescriptive Facial
- Back Ritual
- Tropical Escape
- Tropical Oasis
- AquaManda Stone Therapy
- Detox Seaweed Wrap
- Green Coffee Body Wrap
- Aromatic Moor Mud Wrap
- Water Lily Soothing Wrap
- Jessica Luxury Manicure
- Jessica Zen Spa Pedicure

AquaManda Tranquility - £140.00

Immerse yourself in AquaManda with our Tranquility package of treatments for mind and body relaxation.

Treatment choice:

Choices of any of the 4 Body Wraps and a Prescriptive Facial.

AquaManda Serenity - £180.00

To fully experience AquaManda and reach all your senses, relax with our total pampering treatments, ensuring a total mind and body experience from head to toe.

Treatment choice:

Jessica Luxury Manicure or Zen Spa Pedicure with a Pevonia Facial and a Pevonia Body Wrap

Pevonia Facial Treatments

Prescriptive Facial - £50.00

A universal treatment for all skin types. This facial is personalised and tailored to accommodate the needs of your skin. Includes a professional skin diagnosis, deep cleansing, ampoule, massage and mask. An ideal facial to introduce your skin to the unadulterated pure and active products within the Pevonia Botanica skincare line. Outstanding results for every skin type!

Prescriptive Facial - £30.00

This introductory facial will provide you with a deep cleansing and moisturising treatment.

Back Ritual - £50.00

A complete treatment to aid all back complaints. An area of the body that is out of reach but still requires skin care, this back facial includes back, shoulders and upper arms. Skin will be deep cleansed and polished smooth and tight muscles relaxed via a massage.

Plantomer Mask - £55.00

Visibly enhancing your skin's texture and maximizing hydration, this effective lift-off mask combines the replenishing benefits of Seaweed with revitalizing Propolis, a natural healing and desensitizing substance. Soothing, nourishing, and calming, it renders skin undeniably radiant.

RS2 Calming Mask - £60.00

A radical solution for hypersensitive skin. This alleviating treatment provides soothing relief and visible results to dilated capillaries, congestion, blotchiness, and irritability. Comforting and healing ingredients such as: Green Tea, Chamomile, and Liquorice, combine to properly decongest and calm your skin for an even, healthy appearance.

Escutox® Anti-Wrinkle Treatment - £55.00

Pevonia's exclusive formulation of hibiscus extract has been freeze-dried to preserve the active ingredients to deliver outstanding results. Designed to stimulate the nerve endings, Escutox® will repair the skin, relax wrinkles, increase hydration and skin's suppleness resulting in a visibly youthful skin.

Lacto-Flora Peel - £45.00

This innovative facial peel uses Lactic Acid which is extremely compatible with human skin enabling greater results. This acid will gently exfoliate and hydrate as it possesses strong moisturising properties, this teamed with Pyruvic Flower Acid, Alpha Hydroxy Acid and Green Tea makes it suitable for most skin type's, in particular uneven texture, thickened epidermis and hyperpigmentation. It will also control Acne as it reduces sebum production and pore clogging. Recommended for all skin types.

Must avoid if lactose intolerant/dairy allergy.

Pevonia Facial Treatments - Total Eye & Lip Care



Elasto-Firm Mask - £55.00 1 hour 📺

A firming facial rich in Elastin which forms the support network to the skin, rebuilding its strength and ability to spring-back, leaving the surface intensely firmed and tightened. The complexion is hydrated, radiant and youthful. A perfect enhancement to an anti-ageing regime and the ultimate answer to supple skin.

SkinFit Facial for Him - £60.00 1 hour 📺

Age gracefully and maintain a competitive edge. Counteract the ageing process with this proven-effective advanced treatment specifically formulated for men. Rejuvenating Caviar and repairing freeze-dried Escutox® replenish skin while counteracting aging aggressors. Visibly resurfacing, this mask promotes healthy, youthful-looking skin. Ladies don't miss out - you too can have this amazing treatment.

pevonia[®]
BOTANICA

Youthful Lip Smoothing - £25.00 30 min 📺

Incorporating Retinol using time-release technology, this treatment visibly smoothes expression lines and wrinkles around the mouth, and effectively restores and redefines the lip contour; your lips are rendered smooth, plump and youthful.

De-stress Eye Treatments - £25.00 30 min 📺

For wrinkles - a Cryo-Collagen treatment with 100% pure freeze-dried collagen to repair the delicate eye contour. Intensely hydrates and plumps the skin reducing the appearance of fine lines and wrinkles.

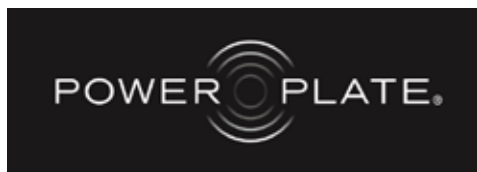
OR

For puffiness - this refreshing eye treatment utilises Ginkgo Biloba to stimulate the lymphatic capillaries to drain excess fluid, thus reducing the appearance of puffiness. Vitamin C works in synergy as it lightens and brightens the eyes, alleviating dark circles. An effective, cooling and decongesting treatment.

An ideal compliment to any Pevonia Facial for an additional £12.00 each.

You can also combine all three treatments in a 45 minute session for £50.00

3 FREE **Power Plate** Sessions when you book a course of 3 Pevonia Slimming treatments



Detox Seaweed Wrap - £50.00 1 hour &

Wrap yourself in Seaweed Therapy. This effective treatment detoxifies and re-mineralizes dry, depleted skin. Your body is covered with warm micronized Seaweed and gently wrapped. As stress and toxins are eliminated, your entire body resurfaces youthful, replenished, and hydrated.

Green Coffee Anti Cellulite Wrap - £50.00 1 hour &

Slim and tone your body with a cutting-edge cellulite treatment. This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism, and eliminate water retention. Pure 100% Micronized Green Coffee, naturally rich in Chlorogenic Acid, Polysaccharides, Proteins, and Essential Oils, smoothes and enhances skin texture, visibly reducing spongy, dimply, cellulitic areas. Recommended in a course of treatments. Please note that Alcohol and Smoking is not advised within 4-6 hours prior to or after your treatment.

Body Polish - £25.00 30 min &

The first step for a successful body care program. Gentle and deep cleansing, it eliminates dead cells, superficial toxicity, impurities, and sebum accumulation. Renders dry and rough areas soft and smooth, resulting in a more youthful skin. **Recommended for all skin types.**

AquaManda Body Massage - £55.00 1 hour &

AquaManda Body Massage - £30.00 30 min &

This wonderful treatment delivers a real anti-stress therapy relieving stress, muscle tension, and cramps. Calming, soothing and relaxing, it acts as a natural diuretic, helping to release water and toxic retention within the skin. Your skin is rendered gloriously hydrated and silky smooth.

AquaManda Stone Therapy - £50.00 1 hour &

Warm, basalt stones are guided to melt away that built up tension whilst combining the Pevonia product line to offer a deep cleansing body ritual, creating a complete mind, body and soul experience.

Indian Head Massage - £30.00 30 min &

Indian Head Massage helps relieve stress related problems including: headaches, eyestrain and neck and shoulder stiffness. Please note that Alcohol is not advised within 24 hours prior to or after your treatment.



Pevonia Wraps - renewal of body and soul



Aromatic Moor Mud Wrap - £50.00 1 hour

This scientifically-proven holistic, healing black magma dates back to ancient civilizations. A warm Aromatic Moor Mud rich in natural vitamins, minerals and enzymes, is generously applied to your entire body. Sore muscles, aches and pains are alleviated as your body's circulation is stimulated and stress vanishes. Ideal for those prone to chronic pain or fatigue, rheumatism/arthritis pain and post-sports injuries.

Water Lily Soothing Wrap - £50.00 1 hour

Immediately relieve sun damaged or sun sensitive skins with this soothing wrap. Cooling and desensitising Water Lily, Green Tea and Chamomile, relieve the discomfort of over exposed skin.

(Also an excellent relaxing treatment for Mums to be.)

Tropical Escape - £50.00 1 hour

Papaya-Pineapple Crème Fraîche

Drenched with Papaya and Pineapple, this tropical de-ging Crème Fraîche wrap transports you to a glorious sensory escape as you are enveloped by the scent of vanilla and enticing tropical fruits. Your skin is deeply nourished and rejuvenated, revealing an astonishing decrease in body crepiness and wrinkles. Also recommended for premature ageing.

Tropical Oasis - £50.00 1 hour

Mango-Passion Fruit Yogurt

Combining the tropical extracts of Mango and Passion Fruit, this anti-aging yogurt wrap transports you to a sublime tropical oasis where your senses are gently awakened and phenomenal visible results are obtained. Your skin emerges revived, refreshed, smoother, firmer, and vividly brighter.

All wraps include a cocoon and head massage.

Jessica Manicures & Pedicures

Please note that drying times for manicures and pedicures can take upto 1 hour

GELeration

The beauty of Jessica, in a gel. With the health of the natural nail in mind, GELeration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. GELeration is available in Jessica's most popular colours.

The Perfect Trio*

When there's no time for a full on manicure the Perfect Trio enables you to compromise on the quantity of time without compromising on the quality of results. Alternate between the three categories on each visit for the perfect result.

The Nail Shape & Polish* - £15.00 30 min

Professionally filed to shape and perfectly polished.

The Cuticle Care* - £15.00 30 min

Cuticles are softened with oils and creams, gently pushed back with a specialised cuticle pusher and nails are protected with a Jessica nail treatment.

LeRemedi Hand Treatment* - £30.00 30 min

A Luxury hand treatment incorporating HandCleanse, HandSilk Exfoliare, HandRestructure Masque and HandRenew Liposomes. Hands will feel softer, smoother, and firmer and look more attractive.

Jessica Prescriptive Manicure - £35.00 45 min

GELeration Gel Overlay Manicure - £45.00 45 min

A treatment manicure which analyses and treats each nail for its specific nail type. Hands are exfoliated, cuticles are cared for with oils and creams, the nail shape is perfected and treatment basecoats are applied for the perfect finish until your next visit.

Executive Hand & Nail Treatment for Men - £30.00 30 min

Hands are conditioned with LeRemedi. Nails are shortened and shaped. Cuticles are softened and pushed back.

ZenSpa Mini Pedicure - £30.00 30 min

Includes exfoliation, massage and mask. No polish.

Jessica Prescriptive Luxury Manicure - £40.00 1 hour

GELeration Luxury Gel Overlay Manicure - £50.00 1 hour

With Le Remedi. Thermal mittens enable deeper penetration of oils and creams, softening cuticles, improving circulation and soothing stiff joints. The nail shape is perfected and treatment basecoats and colour are applied for the perfect finish until your next visit. Hands will feel softer, smoother, and firmer and look more attractive. This is the ultimate in hand and nail care.

ZenSpa Pedicure - £40.00 1 hour

ZenSpa Pedicure with GELeration - £50.00 1 hour

With the option of either calming green tea, energising ginger or revitalizing citrus, this is a luxury treatment resulting in softer, smoother legs and feet finished with perfectly polished toes.

Luxury ZenSpa Pedicure - £47.00 75 min

The Zenspa pedicure using thermal heated booties for deeper penetration of oils and creams, softening cuticles, improving circulation and soothing stiff joints.

Executive Footcare for Men £35.00 45 min

A relaxing foot treatment using oils and creams to prevent the build up of hard skin and calluses. Nails are shortened and shaped. Cuticles are softened and pushed back. Feet are massaged.

Existing Gel Removal £15.00 15 min

No charge when applied prior to a GELeration manicure or pedicure.

AquaManda Treatments



Waxing

Eyebrow Shape	£8.50
Lip or Chin	£8.50
Bikini or Underarm	£12.00
Lip/Chin and Eyebrow	£16.50
1/2 Leg	£15.50
1/2 Leg and Bikini	£23.50
Full Leg	£22.00
Full Leg and Bikini	£28.50
Back or Chest	£24.50

15 min

15 min

15 min

30 min

30 min

45 min

45 min

1 hour

30 min

Eyes

(You will need to have a tint test 24 hours before this treatment)

Eyebrow Tint	£10.00
Eyelash Tint	£15.00
Lash & Brow Tint	£20.00

15 min

30 min

30 min

Make Up

Make Up Application	£25.00
Make Up Lesson	£45.00
Make Up Trial	£45.00

30 min

1 hour

1 hour

St Tropez Self Tanning

Please wear loose dark clothing for this treatment

Full Body (includes exfoliation)	£49.00
Half Body (includes exfoliation)	£30.00

1 hour

30 min

AquaManda Wedding Packages

We are delighted to offer you a tailored selection of Bridal Beauty Packages to choose from. These can be enjoyed in the relaxing surroundings of our Beauty Treatment Suite at AquaManda, to make your wedding preparations even more memorable.

Lace Essential Package - £165.00

Essential preparation.

- LeRemedi Hand Treatment
- ZenSpa Pedicure
- Pevonia Prescriptive Facial
- Make up application on the day of your wedding, plus a trial beforehand*

Satin Serenity Package - £195.00

An indulgent treat to ensure you are relaxed and calm for your special day.

- Jessica Luxury Manicure
- ZenSpa Mini Pedicure
- Body Polish
- Pevonia Prescriptive Facial
- Make up application on the day of your wedding, plus a trial beforehand*

Taffeta Indulgence Package - £199.00

Indulge in relaxation and calm.

- Jessica Luxury Manicure
- ZenSpa Mini Pedicure
- Pevonia Body Wrap
- Pevonia Prescriptive Facial
- Make up application on the day of your wedding, plus a trial beforehand*

Silk Ultimate Package - £245.00

The ultimate wedding preparation. Ensure you glow with health and arrive relaxed for your special day.

- Jessica Luxury Manicure
- Luxury Zen Spa Pedicure
- Pevonia Prescriptive Facial
- Pevonia Body Wrap
- Make up application on the day of your wedding, plus a trial beforehand*

* The make-up application includes a 45 minute trial before the wedding day and a 35 minute application on the wedding day.



AquaManda Wedding Packages

Groom's Essentials - £150.00

Calming and relaxing treatment for the groom or best man.

- Executive Hand and foot care treatment
- SkinFit Facial
- AquaManda Body Massage (1 hour)

All these packages have been designed especially with the Wedding occasion in mind. For best results, treatments should be enjoyed before the wedding day, with application of make up and manicure on the morning of the wedding.

These packages also make lovely thank you gifts for the mums, bridesmaids, best man and anyone special who has assisted you with your wedding preparations. We offer boxed Gift Cards for you to present to them.

If you would like to book any of the Wedding Packages please contact the Spa Reception on 01795 518590

All of these packages can be tailored to suit your requirements.

To complete the package a professional hairdressing service is available by appointment for your special day. This is subject to availability and is only for members of the wedding party who are aged 16 and over.

Get Fit for your Wedding!

Here at AquaManda we are offering a course of 6 personal training sessions when you book a wedding package, with one **FREE** session.

6 x 60 Minute Sessions - £180.00

You can work with one of our experienced trainers to achieve your goals. It could be weight loss, inch loss or just the feel good factor that you are looking for on your big day.

Experience the Difference in 15 Minutes!

A course of Powerplate sessions is the answer to quick and effective results to make you feel great about yourself and look amazing.

6 x 15 Minute Sessions - £120.00

(Booked with any wedding package)

Please speak to our fitness team for further information.

AquaManda Private Hire

The Treatment Suite

Available for your use from 6pm – 8pm

(All appointments must be pre-booked)

Pool Area

Available for your use from 7.30pm – 8.30pm

Hairdryers, towels and costume dryers are provided, so just bring a swimsuit

Brasserie

3 Course AquaManda Dinner

Coffee and petit fours

(£30 per person)

(Festive Menu in December - £39.50 including festive crackers)

Dinner will be served at 9pm

Charge

The hire charge for AquaManda from 7.30pm – 11.00pm is £200, this is payable on booking. A charge of £30 per person will be due four weeks before the event. Any pre-ordered drinks charges will also be due at this time. Any treatments must be paid on booking. Drinks are payable on the evening.

Minimum number is 14

Maximum number is 36

(All guests must be over 16 years of age)

Baby Showers

Birthdays

Anniversaries

Hen Parties

Engagements

Family Celebrations

At AquaManda we would love to help you celebrate your special occasions.

Relax, unwind and enjoy a pampering day with friends or family.

Relax in our Spa, Pamper yourself in our Beauty Treatment Suite, Enjoy a meal in our comfortable Brasserie

If you have any special requests - such as Champagne, Flowers or Special Occasion Cakes, please let us know and we can organise these for you too.

AquaManda is available for private hire on a Saturday night from 7.30pm. Please ask at Spa Reception for details.

We look forward to welcoming you to AquaManda.



AquaManda Treatment Suite Information

We ask that you arrive 15 minutes before your appointment is due in order that you can relax before your treatment.

Our Therapists

We believe our therapists are the best - the best at looking after you, the best communicators and the best at performing effective treatments that to make you feel great. Our highly trained therapists will help you attain whatever outcome you seek, be it to address a specific health/wellness needs (detox, inch-loss, firming, improve skin appearance, anti-ageing or post surgery recovery) or simply to help you rest, relax and rejuvenate.

Medical

At AquaManda, all treatments are booked subject to medical status, which must be disclosed on booking, to ensure that you receive the best treatment possible. If you have a medical condition and would like to discuss the options available to you, our highly trained staff are happy to offer guidance and assistance. All discussions between yourself and therapist are treated as confidential. Suitability of treatments will be reconfirmed upon arrival at AquaManda following a consultation.

On occasions there may be a contra-indication you have which may result in the therapist being unable to perform your chosen treatment. In this case, if appropriate, your therapist will offer an alternative. If it is not possible to perform any treatments, no charge will be due.

If you are pregnant some treatments may not be suitable. Children under the age of 16 are not permitted to use the facilities within AquaManda, with exception of the brasserie.

Courses of Treatments

Courses are available for all our face and body treatments. We recommend a course of 6 for maximum effectiveness.

Course of 3 – 10% Discount

Course of 6 – buy 5 get one free.

Cancellations

We appreciate that juggling busy family and work schedules can be difficult at times and ill health can cause cancellations.

Please note that treatment appointments may be cancelled and re-booked (subject to availability) at a time to suit up to 48 hours prior to your appointment and upto 7 working days for Spa Days, Unfortunately if bookings are cancelled after these times we will have to charge a 100% cancellation fee.

All Spa Day packages and treatments are Non Refundable. Simply email or call to let us know if you can't make it.

Looking for the ultimate spa gift? - Take the Stress out of your shopping with Aquamanda Online.

Indulge yourself or friends with a treat from our spa gift shop, then sit back, relax and enjoy.

You will find an extensive range of all our beauty products as well personalised Gift Cards and all purchases will be GIFT WRAPPED FREE OF CHARGE.

- Huge savings on all products
- Gifts for both men and women
- Top brand names including Artdeco, Pevonia, St Tropez and Jessica
- FREE UK delivery on all orders over £30.00



JESSICA

pevonia
BOTANICA

ARTDECO

ST. TROPEZ
THE ULTIMATE TAN

Beauty Treatment Suite Opening Hours

Monday	9.00am - 6.00pm
Tuesday	9.00am - 6.00pm
Wednesday	9.00am - 6.00pm
Thursday	9.00am - 8.00pm
Friday	9.00am - 8.00pm
Saturday	9.00am - 6.00pm
Sunday	9.00am - 6.00pm

To Book an appointment please call the Spa Reception on 01795 518 590

Please visit our website for further information on AquaManda and our Treatment Suite

AQUAMANDA



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