



Mini MO

SPA TREATMENTS

We understand the importance of how health and wellness can benefit us from an early age. This is why we invite you to visit our spa for treatments designed for children. These treatments will give your children the foundations on body and mind for their present and future wellness – a crucial part of life at any age.

Setting a good protective skincare regime at a young age is vital for a beautiful, healthy future complexion and this is why we have partnered with OSKIA. Their 'Rest Day' range is perfect for children and teens skin due to their calming formulations which focus on boosting the microbiome. Throughout these years, the emphasis is purely on protection and the products that have UV protection, antioxidant rich and microbiome-boosting are the three pillars of protection at this age. For teenage skin, the microbiome takes precedence to keep blemishes at bay.

Ages 5 - 9

With signed parental consent and a parent or legal guardian in the treatment room.

Use of the spa facilities not included for children under 14.

OSKIA Young-Skin Facial

30 minutes £90

Setting a protective skincare regime at a young age is important for a healthy, future complexion. During this pampering facial, skin will be gently cleansed and enriched with skin-essential vitamins, minerals and antioxidants. Following the relaxing face massage, the spa treatment concludes with lightweight, hydrating-products rich in protective probiotics to preserve fresh, healthy, soft skin.

File & Polish hands and feet

30 minutes £55

Select your preferred colour from our wide range of lacquers, which are formaldehyde, toluene and DBP free. This treatment includes nail reshaping.

Ages 10 - 13

With signed parental consent and a parent or legal guardian in the treatment room.

Use of the spa facilities not included for children under 14.

OSKIA Young-Skin Facial

45 minutes £125

Setting a protective skincare regime at a young age is important for a healthy, future complexion. During this pampering facial, skin will be gently cleansed and fortified with skin-essential vitamins, minerals and antioxidants. Following the relaxing face & shoulder massage, the spa treatment concludes with lightweight, hydrating-products rich in protective probiotics to preserve fresh, healthy, soft skin.

Relax & nourish mini massage & scalp treatment **45 minutes £125**

Wonderful and relaxing, this package includes a nourishing scalp treatment and a head, neck and shoulder massage to ease the stress of teenage life.

Manicure **45 minutes £85**

An outstanding manicure in three steps: cuticle and nail treatment with a natural beauty finish to the nails and a thorough massage of the forearms, wrists, hands, and fingers.

Pedicure **45 minutes £95**

A comprehensive pedicure, with gentle buffing to restore the natural beauty of the nails, revealing healthy, shiny nails without lacquer. The pedicure also includes a skin treatment that effectively eliminates irregularities and dryness and a relaxing massage from the toes to the knees to relieve any tension and heaviness.

Ages 14 - 18

With signed parental consent and a parent or legal guardian in the treatment room.

Use of the spa facilities included for children over the age of 14.

OSKIA Young-Skin Facial **1 hour £175**

Setting a protective skincare regime at a young age is important for a healthy, future complexion. During this pampering facial, skin will be gently cleansed and fortified with skin-essential vitamins, minerals and antioxidants. Following the relaxing face & shoulder massage, the spa treatment concludes with lightweight, hydrating-products rich in protective probiotics to preserve fresh, healthy, soft skin.

Relax & nourish mini massage & scalp treatment **1 hour £170**

Wonderful and relaxing, this package includes a nourishing scalp treatment and a head, neck and shoulder massage to ease the stress of teenage life.

Manicure **1 hour £115**

An outstanding manicure in three steps: cuticle and nail treatment with a natural beauty finish to the nails and a thorough massage of the forearms, wrists, hands, and fingers.

Pedicure **1 hour £140**

A comprehensive pedicure, with gentle buffing to restore the natural beauty of the nails, revealing healthy, shiny nails without lacquer. The pedicure also includes a skin treatment that effectively eliminates irregularities and dryness and a relaxing massage from the toes to the knees to relieve any tension and heaviness.

WELLBEING ACTIVITIES

Family Crystal Singing Bowl Class

1 hour £300

Playing a singing bowl is an enriching activity that helps in both healing and meditation. Crystals are believed to have a living energy which when matched by your energy can help make you feel happy, calm and relaxed.

BODYSPACE JUNIOR ACADEMY

Ages 14 - 18

Kids Yoga / Family Yoga

1 person £180

2 people £215

4 people £260

Kids Movement Health Classes

25 minutes £45 pp

1 to 1 Swim lessons

45 minutes £180

Powerwalk in the park

1 hour £180 max 4

Teen Personal Training

1 hour £180 max 2

T&Cs

Spa, Fitness Heat and Water Experiences

The heat and water experiences may be used by persons under the age of 18 but no younger than 14 years old if having a treatment that has been authorised by the Spa & Wellness Director and consented to by the parent or guardian in writing.

It is the parents or guardians' sole responsibility to supervise the use of the water and heat facilities by a user under their care who is under the age of 18.

Children over the age of 14 who are not having treatments are not allowed in the heat and water facilities.

Children under the age of 14 are not to use the heat and water facilities of the spa. There is a risk of the child overheating and dehydrating.

Fitness, Wellness, Yoga and Pilates

The fitness and wellness facilities may be used by persons over the age of 14 years if consented to by the parent or guardian in writing from the Lifestyle Consultation Form.

It is the parents or guardians' sole responsibility to supervise the use of these facilities by a user under their care who is under the age of 18.

Pool

The pool facilities may be used by all ages. Children under the age of 18 must be accompanied by the parent or guardian. It is the parents or guardians' sole responsibility to supervise the use of these facilities by a user under their care who is under the age of 18. Babies and toddlers are required to wear swim nappies when using the swimming pool.

Treatments for Children

There are certain modifications that need to be made for children's treatments for both safety and enjoyment and the following guidelines need to be followed.

Children arriving for treatments will be immediately escorted to the treatment room as they are not permitted in the changing rooms if they are under 14 years of age, unless the pool changing rooms are together with the spa changing rooms.

If children are over the age of 14, they will follow the guest's journey under the supervision of their parent or guardian and make use of the heat and water facilities.

Treatments

Due to the constant change in a child's body as they grow, we recommend that all massage treatments are kept to a short timeframe varying on age:

Child 5-9 years old	a massage of 10-30 minutes
Kid to Teen 10-14 years old	a massage of 10-45 minutes
Teen 15-18 years old	a massage of 45 minutes-1 hour

At all times during all the treatments the parent or guardian must be in the room.

Accompanied Child

All children under 18 years of age must be in the company of a parent or guardian for the whole duration of their spa experience. If the parent or guardian leaves the treatment room for any reason, the child's treatment is to be stopped and the therapist is to leave the treatment room, only to continue again upon the return of the parent or guardian.