

A large, modern indoor swimming pool with a curved ceiling and large windows. The pool is surrounded by lounge chairs and a curved walkway. The water is clear and blue, reflecting the light from the ceiling and windows. The overall atmosphere is clean, bright, and luxurious.

FREDRICK'S



HOTEL RESTAURANT SPA

Membership of The Spa will offer a new dimension to your lifestyle. With only 25 memberships available you will enjoy some of the most opulent Spa facilities available in Berkshire.

We pride ourselves on an a luxurious experience you can indulge in, allowing you to simply relax and alleviate day to day stress. The Spa is an exclusively adult only environment, guaranteeing you a feeling of dedicated space and tranquillity.





Relax X *Unwind*

We appreciate that your time is precious, so let us help you relax, unwind and begin the journey towards complete rejuvenation.

Few things in life are more pleasurable than succumbing to a total state of relaxation, where your body can unwind and your mind can run free. But then there are few spas in the world that can compare with Fredrick's.

At Fredrick's, the emphasis is very much on recovering serenity and well-being to your mind, body and soul. The key to this restoration lies in the unrivalled range of specialist therapies and treatments offered by trained and highly skilled therapists.

Our Facilities

- Separate Female & Male Changing Rooms
- Quiet Relaxation Lounge
- Fitness Suite
- Indoor Aromatic Steam Room
- Therapy Sauna
- Experience Rain Showers
- Indoor Pool Loungers & Spa Bar
- Indoor & Outdoor Swimming Pool
- Jacuzzi
- Outdoor Spa Garden with Sun Loungers & Sun Terrace
- A Bespoke Private Rasul Treatment Steam Room
- Three Treatment Therapy Rooms
- Robes & Towels provided



Fredrick's ~~X~~ *Therapies*

Fredrick's Spa offers a range of therapies and product lines which have been carefully selected for their product integrity, therapeutic principles and results orientation.

We have taken care to select the best therapists and use the most effective skin care brands. Our therapies have been designed for maximum benefit delivered within a culture of expertise and wellbeing.

Our Therapies

There is music to soothe as you recline in calm contemplation within the comfort of the sanctuary lounge. There are luxurious white robes and fluffy towels to sink into between treatments. Refreshments are on hand at all times as you retreat in to a tranquil world of relaxation and well-being that is so complete you'll never want to leave.

Beauty Lab London

Beauty Lab specialises in identifying, researching & pioneering products with groundbreaking ingredients to meet the demands of today's consumers. The range consist of highly functional & sophisticated treatments. Only the finest, purest & most refined ingredients are used.

Aromatherapy Associates

"At the forefront of aromatherapy for over 30 years." From the beginning they have believed passionately in the healing powers of natural plant extracts and their experiences as therapists has shown that essential oils are highly effective in enhancing the state of our physical, mental and emotional health. Gives you an experience that's as effective as it is luxurious.

Pamper ~~X~~ *Spa Days*

Fredrick's Spa provides the essential combination of luxury, comfort and tranquility.

Full Day Facility use from 9.30am to 5.00pm - Lunch served in the Fredrick's Restaurant.

Half Day Facility use from 9.30am to 12pm/1.30pm to 5pm - Lunch served in the Winter Garden restaurant

BeSpoke day

£60 Monday – Sunday per person

Facility use from 9.30am-5pm

Welcome Coffee/ Tea & Pastries

2 course lunch with a glass of Wine

Spa and Dine

£60 Monday – Thursday

£70 Friday – Sunday per person

30 minute Fredrick's Taster treatment

1 course lunch with a glass of wine

Half day facility use

Tempting Tea and Treatment

£65 Monday – Thursday

£75 Friday – Sunday per person

30 minute Fredrick's Taster Treatment

Afternoon tea with a glass of Prosecco

Half day facility use

Revitalising Spa Day

£85 Monday – Thursday per person

Facility use from 9.30am-5pm

60 minute Fredrick's Taster Treatment

1 course lunch with a glass of Prosecco

Lazy Luxurious Day

£95 Monday – Thursday

£115 Friday – Sunday per person

Facility use from 9.30-5pm

60 minute treatment

1 course lunch with a glass of Prosecco

Fredrick's Retreat Day

£125 per person

Facility use from 9.30-5pm

60 minute Facial or Full Body Massage

Welcome Coffee/ Tea & Pastries

2 course lunch with a glass of Champagne

Pure Indulgence

£125 Monday – Thursday

£145 Friday – Sunday per person

Facility use from 9.30am-5pm

60 minute Treatment

30 minute Treatment

2 course lunch with a glass of Prosecco

Strawberries dipped in chocolate

The Deluxe Pamper Day

£235 per person

Facility use from 9.30-5pm

60 minute Customised Facial

60 minute Relaxing Full Body Massage

A mini manicure and Pedicure

2 course lunch with a glass of

Champagne

Terms & Conditions

1. It is recommended to book between four to six weeks in advance due to limited treatment times. 2. Treatments included cannot be swapped or changed for alternative treatments.

Treatment List

Body Massage

We harness the power of touch and smell using therapeutic oils. Our massage therapies have been specifically designed to provide you with a truly holistic and bespoke experience.

Customised Body Massage	60 min	£75
Aromatherapy Massage	60 min	£80
Deep Tissue Massage	60 min	£80
De-stress Muscle Massage	75 min	£95
LaStone Therapy Massage	75 min	£95
Indian Head Massage	45 min	£55
Back/Neck/Massage	30 min	£45
Nurturing experience	60 min	£80

Relaxing Pregnancy massage for Mums to be

Renew Leg/ Foot Refresher 30 min £45

Harmonising & refreshing for Mums to be

Body Therapy

A selection of highly prescriptive skin enhancing and conditioning therapies. Sensorially aromatic and skin replenishing. Circulatory boosting and radiance enhancing body exfoliation.

Body Splendor 90 min £98

Full body scrub and a customised body massage

Enrich Body Treatment 90 min £98

Body wrap for dry, out of condition body skin

Body Booster Wrap 60 min £75

with essential oils to Revive, Renew, De-stress

Detox and Tone Experience 90 min £98

Detox, Eliminate, tone target cellulite areas Intensive

Back treatment 30 min £45

60 min £70

Back exfoliation & Treatment Mask Inclusive of Back Massage

Aromatherapy Associates Facials

A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

Deep Cleansing Facial 60 min £70

Oily Combination Skins

Essential Rose Facial 60 min £70

All Skin types

Total Indulgence 90 min £95

Essential Rose facial, back massage

Instant Eye Repair 30 min £35

Fredrick's Signature Treatments

Enjoy our bespoke Signature treatments in the exotic and aroma infused private steam room.

Traditional Moroccan Rasul Experience

45 min £55 per person

£80 per couple

The 'Rasul Mud' is a traditional Moroccan body cleansing treatment involving steam and mineral muds massaged all over your body to detoxify the body and revitalise your chi energy.

Enter a private aroma steam room to help cleanse the respiratory system with the benefits of inhaling steam infused with pure aroma essences.

Rasul Experience Package

Includes Back, Neck and Shoulder Massage

75 min £85 per person

£150 per couple

Soothe away the day with this refreshing back, neck and shoulder massage incorporating energising and stimulating massage movements to relieve stress and ease tired and stiff neck muscles and tense aching shoulders.

Beauty Lab London

Specialises in identifying, researching & pioneering products with groundbreaking ingredients to meet the demands of today's consumers. The range consist of highly functional & sophisticated treatments. Only the finest, purest & most refined ingredients are used.

Glycolic Back Treatment 45 min £55

A deeply cleansing application of glyopeel removes impurities and smoothes skin. This treatment is complemented with a soothing scalp massage. Recommended for a problematic, congested skin.

Beauty Lab London Facials

Black Diamond 75 min £85

Anti-Ageing & Glamourising for all skin types.

Using a dazzling combination of black diamonds, mother of pearl and anti-ageing peptides. Visibly illuminates and plumps, reducing fine lines and wrinkles.

Anti-Ageing - Firms & Smoothes 60 min £75

Aged & Prematurely Aged skin. Exclusive peptides and high performance plant extracts ease the appearance of fine lines, leaving the skin looking and feeling radiantly invigorated.

Glycolic- Resurfaces & Brightens 60 min £75

Acne prone pigmented and dull skin. Targeting pigmentation age spots and sun damage.

Glycolic is a unique resurfacing treatment, that utilises pomegranate enzyme for a softer, smoother and brighter skin.

Essential Facial 30 min £40

Hydrates & Protect. Rich in collagen and Hawaiian sea algae, providing deep hydration and protection from free radicals and UV damage.

Hands and Feet

Fresh & Healthy Nails, Cuticles, Soft Hands & Feet

Luxury Manicure 75 min £65

Luxury Pedicure 75 min £65

Manicure 60 min £50

Pedicure 60 min £50

Mini Manicure 30 min £30

Mini Pedicure 30 min £30

Jessica GELeration

Jessica Gel in non acrylic. It is applied like a polish and set by an LED lamp (it is not a form of nail extension). It can last between 3 to 4 weeks without chipping or peeling with a nail varnish finish.

GELeration Luxury Manicure 75 min £65

GELeration Manicure 60 min £60

GELeration Luxury Pedicure 75 min £65

GELeration Pedicure 60 min £55

GELeration Removal 30 min £20

With a Manicure or Pedicure 75 min £65

Removal of the GELeration polish plus a new set

Grooming Essentials

Waxing

Full Leg 60 min £35

Full Leg & Bikini 75 min £45

Half Leg 30 min £25

Half Leg & Bikini 60 min £35

Bikini 30 min £20

Under Arm 15 min £15

Lip Wax 15 min £10

Waxed skin should not be exposed to heat or water for 24 hours, therefore waxing should not precede use of our spa facilities.

Eyes

Eyebrow Shaping 15 min £15


Eyelash Tint 15 min £15

Eyebrow Tint 15 min £10

Eyelash & Eyebrow Tint 30 min £20

A patch test is required 24 hours before the treatment to ensure a non- allergic reaction.

Signature Treatments



Glycolic Back Treatment

45 minutes £55

A deeply cleansing application of glycopeel removes impurities and smoothes skin. This treatment is complemented with a soothing scalp massage. Recommended for a problematic, congested skin.

Intensive Back Treatment

30 minutes £45

Intensive Back Treatment with Back Massage 60 minutes £70

Begin with an intense exfoliation of the back to help stimulate and revive then a cleansing and soothing masque is applied to the back followed by a relaxing scalp massage to help balance body and mind. A 60 minute treatment includes a back massage.

Traditional Moroccan Rasul Experience 45 minutes £55 per person or £80 per couple

The Rasul is a traditional Moroccan body treatment involving steam and exotic coloured mineral muds massaged all over your body and face to smooth, soften, deep cleanse the skin and detoxify the body and revitalise your chi energy. Enjoy the benefits of inhaling steam infused with pure aroma essences as you enter a private aroma steam room to help cleanse the respiratory system. A warm tropical shower will conclude the ritual to remove all traces of the Mud. Complete the experience with an application of nourishing body lotion.

Rasul Package

75 minutes £80 or

£150 per couple inclusive of Back, Neck and Shoulder Massage

Sooth away the day with this refreshing back, neck and shoulder massage that is energising and stimulating. This will relieve stress and ease tired and stiff neck muscles and tense aching shoulders.

Total Wellbeing

2½ hours £165

Your treatment starts with an invigorating full body scrub to wake up your skin followed by a customised body zone massage to help relieve tight and aching muscles, ease tension, reduce stress and provide an overall sense of wellbeing. Complete the treatment with a luxurious aromatherapy Deep Cleansing Facial or Essential Rose Facial.

Fredrick's Taster

60 minutes £70

Sooth away the day with this refreshing back, neck and shoulder incorporating energising and stimulating massage to relieve stress and ease tired and stiff neck muscles and tense aching shoulders. Boost the benefits of your daily skincare with a deep cleansing pomegranate facial to power away dirt and impurities to keep skin free of grime and remove skin that's past its prime. Enjoy a scalp and hand massage whilst relaxing with a purifying mask.

A selection of highly prescriptive skin enhancing and conditioning therapies, sensorially aromatic and skin replenishing. All encompass a circulatory boosting, radiance enhancing body exfoliation.

Enrich Body Treatment

90 minutes £98

This heavenly treatment is perfect for dry, out of condition body skin. Begin with an intense body exfoliation followed by an application of exotic serum, then layered with pure dry oil and shea butter. As you lay there cocooned you will enjoy a fabulous scalp massage as the skin begins to transform. The result is a long lasting effect of feeling silky smooth.

Body Booster Wrap

60 minutes £75

Exfoliation and envelopment in one luxurious treatment. A crushed olive stone body scrub is followed by an application of gels and essential oils. Relax as the body is gently enveloped to enhance the effects. Choose one of the essential oils: Revive, Renew or De-stress.

Detox and Tone Body Experience Massage

90 minutes £98

Detox, eliminate and tone: specially designed to target areas of cellulite. Gels and oils containing purifying pink grapefruit, sweet orange and mandarin with juniper berry and rosemary are massaged into the skin. A mud application to the lower body draws, firms and tones whilst pressures on the foot reflex points enhance natural drainage. The treatment finishes with an application of renew rose body cream.

Body Splendor

90 minutes £95

Your treatment starts with an invigorating full body scrub to wake up your skin followed by a customised body zone massage to relieve tight and aching muscles, ease tension and reduce stress. Providing an overall sense of wellbeing.

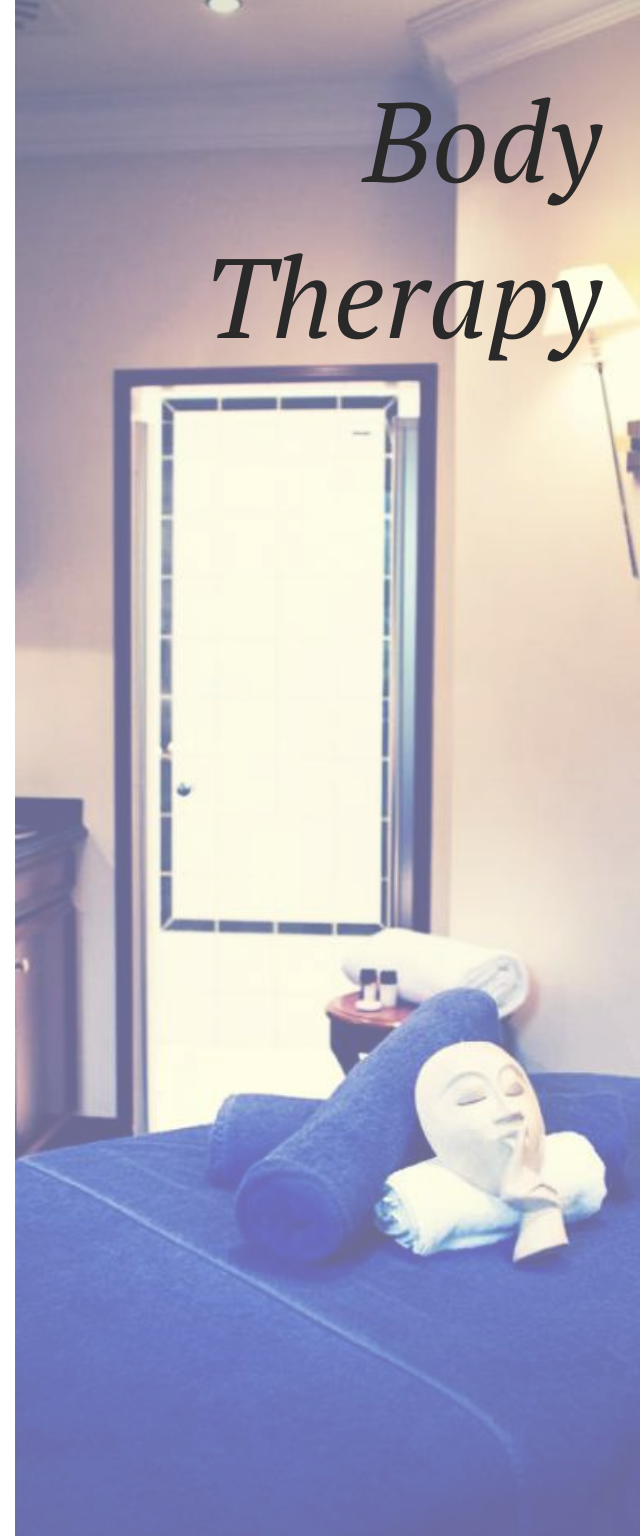
Intensive Back Treatment

30 minutes £45 or

60 minutes £70

Begin with an intense exfoliation of the back to stimulate and revive then a cleansing and soothing masque is applied followed by a relaxing scalp massage to help balance body and mind. A 60 minute treatment includes a back massage.

Body Therapy



Hands ~~X~~ Feet

So much more than brush of nail colour, a spa manicure or pedicure means looking after the health of your hands, feet, nails and cuticles and give you the perfect canvas to make your nail polish last even longer.

Luxury Manicure

75 minutes £65

Includes a hand scrub, ionized crystal nail soak, La Remedi hand restructuring masque in heated mittens, cuticle work, massage and choice of colour. A complimentary Jessica polish to take away.

Manicure

60 minutes £50

Soak, scrub, File, tidy and polish of your choice

Mini Manicure

30 minutes £30

File, tidy and polish of your choice.

Luxury Pedicure

75 minutes £65

Includes a thorough exfoliation, a calming or energising foot bath, file and cuticle work, a mint mask in heated booties followed by a massage to the feet and lower legs.

Pedicure

60 minutes £50

Soak, scrub, File, tidy and polish of your choice.

Mini Pedicure

30 minutes £30

File, tidy and polish of your choice.

Jessica GELeration Jessica Gel in non-acrylic. It is applied like a polish and set by a LED lamp (it is not a form of nail extension). It can last between 3 to 4 weeks without chipping or peeling with a brilliant nail varnish finish. Great alternative to a regular Manicure or Pedicure.

GELeration Luxury Manicure

75 minutes £65

File soak, cuticle work, hand scrub, La Remedy hand restructuring masque in heated mittens, hand massage. Finished with a brilliant GELeration colour of your choice.

GELeration Manicure

60 minutes £60

File soak, cuticle work, hand massage. Finished with a GELeration colour of your choice.

GELeration Luxury Pedicure

75 minutes £65

Soak, scrub, file, cuticle work, application of foot masque in heated booties, foot massage. Finished with a brilliant GELeration colour of your choice.

GELeration Pedicure

60 minutes £55

Soak, scrub, file, cuticle work, foot massage. Finished with a GELeration colour of your choice.

Removal

30 minutes £20

Removal of the GELeration polish and tidy.

Removal and Application of a new set of Manicure or Pedicure 75 minutes £60

A woman in a white bathrobe is sitting on the edge of a swimming pool in a spa setting. She is looking down at something in her hands. The pool has blue tiles and metal handrails. In the background, there are lounge chairs with white towels and a large window looking out onto a green landscape.

Grooming X *Essentials*

Waxing

Utilising a hygienic system of dispense and after care.

Full Leg 60 min £35

Full Leg & Bikini 75 min £45

Half Leg 30 min £25

Half Leg & Bikini 60 min £35

Bikini 30 min £20

Under Arm 15 min £15

Lip Wax 15 min £10

Please be aware that the waxed skin should not be exposed to heat or water for 24 hours and therefore waxing should not precede use of our spa facilities.

Eyes

Eyebrow shaping 15 min £15

Eyelash Tint 15 min £20

Eyebrow Tint 15 min £15

Eyelash & Eyebrow Tint 30 min £30

A patch test is required 24 hours before an appointment to ensure that there is no allergic reaction

All About Us

Spa Opening Hours

Pool and Gym Facilities

Monday – Friday 7.00am – 8.00pm

Saturday & Sunday 8.00am – 8.00pm

Spa and Therapy Suite

Monday – Sunday 10.00am – 6.00pm

The opening times of the Spa treatments may change due to demand. Please note that the treatment times may vary on Bank Holidays.

Children

We regret that for health and safety reasons persons under the age of 16 years are not permitted to use the spa facilities.

Booking & Cancellation Policy

When making your appointment a credit card payment will be required at the time of booking. 48 hours notice is required to cancel or reschedule appointments otherwise the full treatment cost will be charged.

7 days notice is required to cancel or re-schedule a spa day.

We will of course make every effort to re-sell cancelled space and will advise you if successful.

Consultation & Health

For your first visit to the spa, a 15 minute consultation will be added to your treatment time to analyse your suitability for all treatments. Please make your spa therapist aware of any medical conditions. All personal information will be kept secure and confidential. If you have high blood pressure, heart conditions, are pregnant or have other medical complications, may we advise you to consult your doctor before signing up for any spa services.

Please do not use the gym equipment without instruction from a member of staff.

Treatment Time

Please check in at the spa reception at least 15 minutes prior to your scheduled appointment to allow time to change and relax and to avoid any reduced treatment times. All times given include allowances for a room change round between treatments.

Refreshments

Please ensure you drink adequate amounts of fluid during your visit to the Spa, particularly during gym sessions and when using the thermal suite.

Spa Etiquette

Fredrick's spa is designed as a retreat to promote peace and inner harmony for body and mind. Please keep noise to a minimum and ensure all mobile phones are switched off during your visit. All footwear should be left at spa reception. We maintain a no smoking policy in Fredrick's Spa

Valuables

Valuables at home or in your locker. Please ensure that you retrieve all of your valuables before leaving the spa. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises. Some treatments require the removal of jewellery, and it is not advisable to bring electrical devices.

Gift Vouchers

Beautifully presented Spa Gift Vouchers are available for any treatment, package or monetary value and can be purchased at the Spa or the Hotel Reception.



Spa

Membership

Annual Membership Fee

Single:	£88 per month	£500 for 6 months	£900 for 12 months
Joint:	£150 per month	£800 for 6 months	£1500 for 12 months
Joining Fee:	£90 per person	£50 per person	No Joining Fee

Prices are subject to change at the Management's discretion.

Annual Membership Benefits

- A welcome drink of a glass of Champagne or any drink of your choice
- A 30 min "Spa Taster Treatment" plus a Skincare consultation
- 5 Guest Passes per year for the use of Spa facilities for the day
- 20% off Spa Treatments (not applicable for any promotions)
15% off Spa Retail Products (not applicable on special priced items)
- 15% off all hot/cold beverages and food served at the Spa
- 15% off Dining Experience at the Fredrick's Hotel Restaurant and Bar (not applicable on promotions)
- One Night accommodation for a Sleepy Sunday for two at Fredrick's Hotel (including Sunday lunch and breakfast on Monday)

FREDRICK'S



HOTEL RESTAURANT SPA

Thank you

