

# Treatment Packages

## Half Day Bliss

9-13:00 or 13:00-17:00

£115<sub>pp</sub>

Indulge with our fantastic four hour experience, where you'll have full access to our hydrotherapy pool, steam room and sauna.\*

Unwind with a 60 minute treatment of your choice, then enjoy a glass of prosecco\*\* accompanied by a scone, jam and clotted cream with complimentary tea or coffee in our beautiful 1893 Millpond Lounge.



## Full Day Bliss with lunch

9-17:00

£150<sub>pp</sub>

Treat yourself to a full day in our 1893 Spa, immerse yourself in the hydrotherapy pool and enjoy full use of our steam room and sauna.\*

Discover total bliss with your choice of either a full 90-minute treatment or a tailored blend of one 60-minute and one 30-minute treatment from our carefully curated treatment menu.

This will be followed with a light lunch, complimentary tea and coffee, and a glass of prosecco\*\* served in our 1893 Millpond Lounge, before enjoying an afternoon of relaxation at our spa.



## Romantic Bliss

13-17:00

£300<sub>per couple</sub>

Start your blissful journey together by unwinding with full use of our hydrotherapy pool, steam room and sauna.\*

Continue your relaxation by enjoying a 60 minute treatment, for each of you, in our double treatment room.

You can then enjoy time in our 1893 Millpond Lounge with complimentary tea or coffee. This wonderful treatment includes a 2 course evening meal with a glass of prosecco\*\* served in our Ridgeway Restaurant.



1893  
SPA

# 1893 menu

choose from the following options:

## option 1

- Grilled chicken, guacamole & lettuce wrap
- Caesar salad - baby gem, bacon, parmesan, croutons & caesar dressing

## option 2

- Hoisin duck & cucumber wrap
- Moroccan style vegetable cous cous

## option 3

- Smoked salmon & cream cheese canapes
- Salmon miso cous cous

## option 4

- Roasted vegetables & hummus wrap
- Falafel salad with sweet chilli dressing

## All served with


- Crudités and hummus
- Dried fruit mix



---

## allergens and intolerances

Please inform your server of any dietary requirements or food allergies. While we make every effort to accommodate all dietary needs, our dishes are prepared in kitchens where allergenic ingredients are also handled. As a result, we cannot guarantee that any dish will be completely free from the 14 major allergens. Gluten free options are available.

 = vegan

Please note that dishes are subject to change and availability.

01491 827 300 | [spa@thespringsgc.co.uk](mailto:spa@thespringsgc.co.uk)

Wallingford Road, North Stoke, Wallingford OX10 6BE