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*Three Graces Spa*  
YOUR JOURNEY AWAITS...









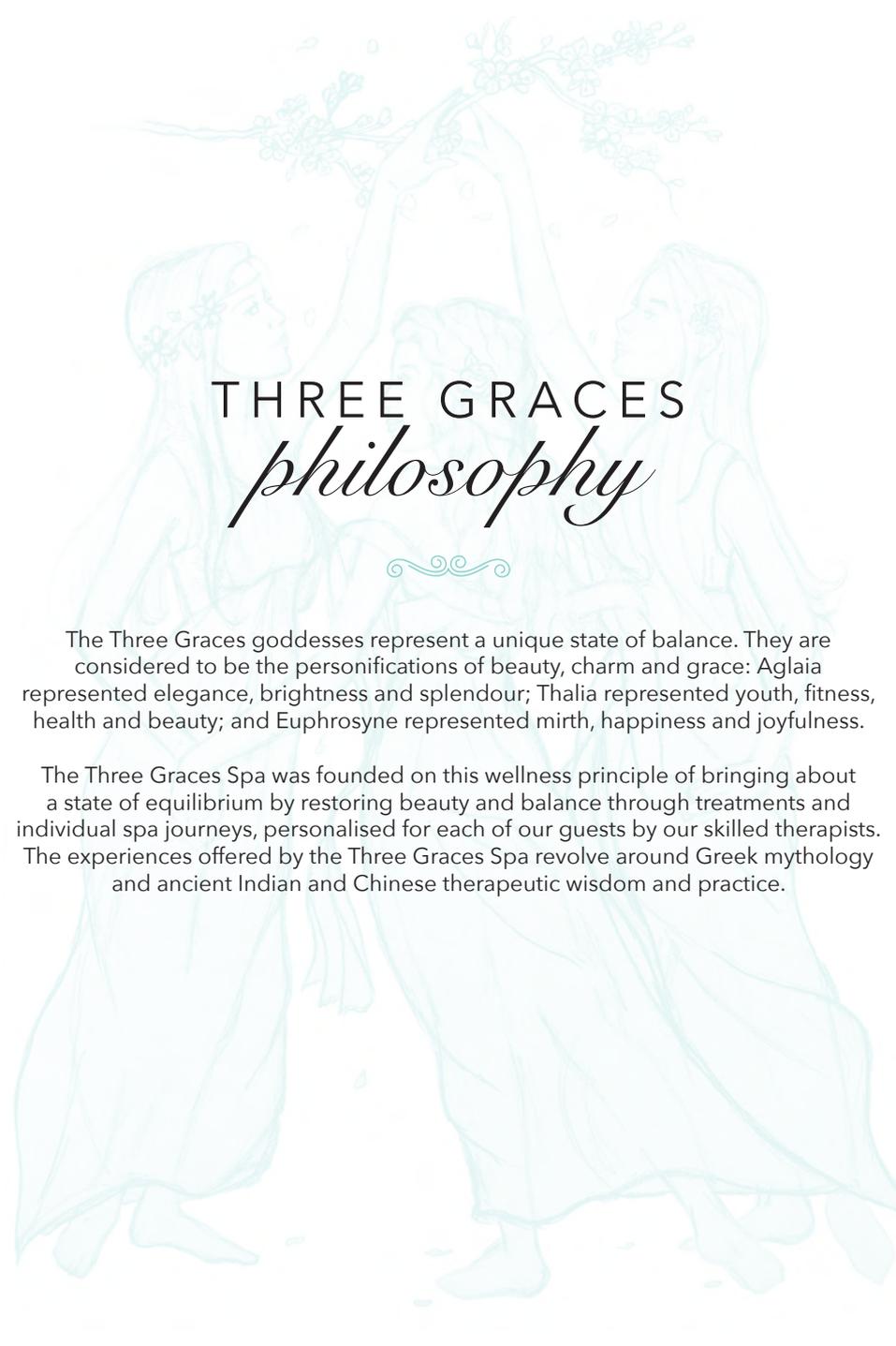
DISCOVER YOUR NATURAL  
*beauty* AND INNER *wellness*  
AT GRANTLEY HALL.

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LET YOUR PEACE  
FIND YOU AT THE  
*Three Graces Spa*

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## THREE GRACES *philosophy*



The Three Graces goddesses represent a unique state of balance. They are considered to be the personifications of beauty, charm and grace: Aglaia represented elegance, brightness and splendour; Thalia represented youth, fitness, health and beauty; and Euphrosyne represented mirth, happiness and joyfulness.

The Three Graces Spa was founded on this wellness principle of bringing about a state of equilibrium by restoring beauty and balance through treatments and individual spa journeys, personalised for each of our guests by our skilled therapists. The experiences offered by the Three Graces Spa revolve around Greek mythology and ancient Indian and Chinese therapeutic wisdom and practice.



## YOUR *journey*



Before your treatment, our Three Graces Spa team of dedicated professionals will contact you to complete our bespoke wellness consultation. It is best completed in the comfort of your own home where you are rested and comfortable, however, should you wish it can be done upon check-in within the peaceful surroundings of the Three Graces Spa.

The questionnaire is non-intrusive and enables us to better understand lifestyles and possible imbalances. Each question is linked to the Three Graces: Thalia, Aglaia and Euphrosyne, which in turn are linked to inner beauty, providing us with a clear indication of which imbalances we need to address.

Your personalised results are then matched to the services which are best suited to help you achieve a better mind and body connection and to the products best suited to your skin. *Please see separate tariff for Spa Treatment List.*

Three Graces Spa fuses bespoke techniques with ancient wisdom; attaining deeper levels of emotional and immaterial balance through the face, body and senses, focusing on the body's reaction to today's common daily aggressors.







# OUR *facilities*

To complement the range of treatments and therapies available, guests can relax in the thermal experience area which includes an 18 metre indoor swimming pool, an indoor to outdoor vitality pool, sauna, steam room and snow room, as well as a tranquil relaxation area.



*indoor to outdoor*  
VITALITY POOL

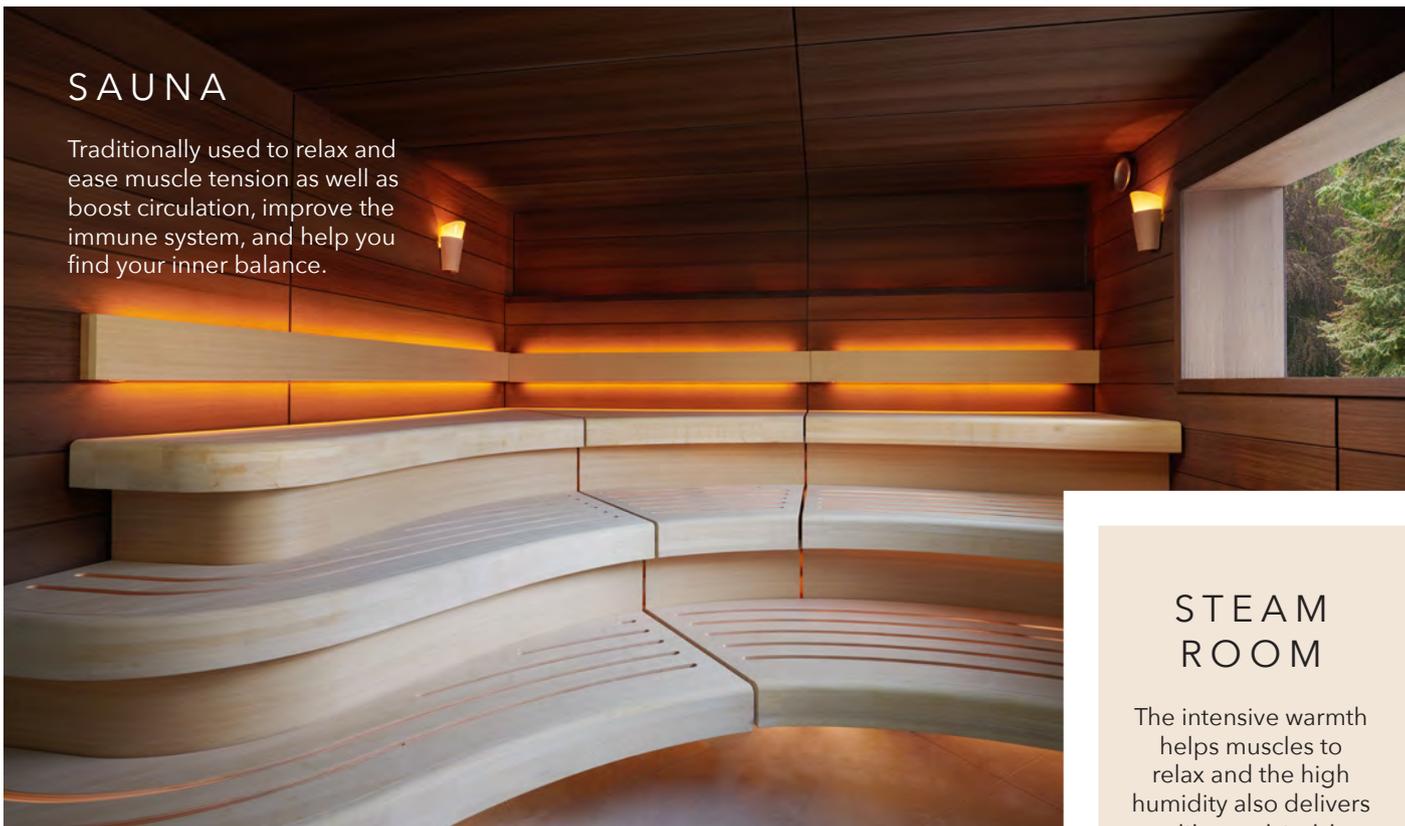
Bringing the outside in, the freeform shape of our vitality pool incorporates features including air recliners, neck massage stations, air blowers and body massage stations.





## SAUNA

Traditionally used to relax and ease muscle tension as well as boost circulation, improve the immune system, and help you find your inner balance.



## STEAM ROOM

The intensive warmth helps muscles to relax and the high humidity also delivers positive moisturising effects on the skin. Aside from the health benefits, it's the perfect way to relax and unwind.

## SNOW ROOM

Used in conjunction with our Sauna and Steam Room to invigorate the blood flow and help cool the body down - a modern alternative and considered a gentler option than plunging into icy water.



## RELAXATION ROOM

Make the most of your time at Three Graces Spa in our Relaxation Room. A beautiful, serene space for you to relax before or after your treatment with direct access on to our terrace.



## CEDAR HOT TUB

Our hand-crafted cedar hot tub is fitted with massage jets and operates at a temperature of 36°C. Jets are situated around the tub at varying heights so a full back massage can be achieved by simply moving around on the bench seat.





# Three Graces Spa

## LOUNGE



Situated in the Three Graces Spa, enjoy a delicious, freshly prepared lunch with a range of nutritious drinks and snacks throughout the day. Served in our lounge or on the south facing terrace overlooking manicured lawns where you can watch the world go by.

### COPPER CUPS

The philosophy behind the copper cups is quite simple. Touch it: a meditation stone; Think it: back to a time you felt the positive emotion associated with that stone; Drink it: with positive intention and hydrate yourself mindfully.

We believe drinking on an empty stomach first thing in the morning provides many health benefits such as reducing inflammation to the joints; alleviating anxiety maximising sleep; as well as aiding digestion and helping improve skin health.







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# Spa DAYS



We welcome those who wish to visit just for the day from 10:00am until 5:00pm, to enjoy the Three Graces Spa as a day spa guest.

The maximum in any one party is limited to four persons to ensure you feel the full benefits of a serene and healing atmosphere at the Three Graces Spa.

We welcome your arrival from 9:30am. Our spa host will greet you with a complimentary refreshment and confirm your Three Graces Spa journey. Whilst relaxing in our tranquil Spa Lounge we will confirm your previously completed lifestyle and health care consultation to ensure all your information is to the best of our knowledge. You are encouraged to leave all digital devices in your locker and simply slip into a robe and slippers ready to immerse yourself in a day of luxury.

Your tailored experience will include either a 90 minute or 150 minute treatment package of your choice and you will delight yourself in our range of our facilities including the vitality pool, thermal suites, 18 metre swimming pool, and our Luxury and Strength & Conditioning gyms. You can also take advantage of our daily scheduled classes (booked in advance), and enjoy a light two course lunch with a glass of wine or soft drink in our Spa Lounge, leaving you feeling relaxed and rejuvenated by 5:00pm.

*Please see separate tariff for our spa day packages.  
All Day Spa Packages need to be guaranteed with payment on booking and we require cancellations to be made 72 hours in advance of your arrival, after which your booking is non-refundable.*

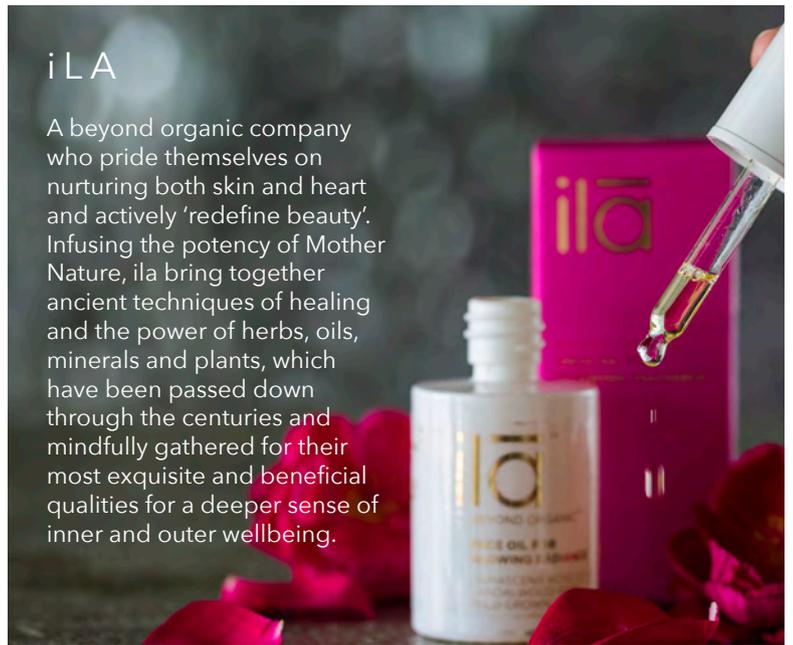


## OUR *product* HOUSES



### NATURA BISSÉ

Spanish family-owned company Natura Bissé develop products based on what the skin needs according to experts and leading professional aestheticians. The company's continued commitment to research, development and innovation has resulted in the creation of exceptional product lines based on the use of the highest concentrations of highly effective ingredients and new textures.



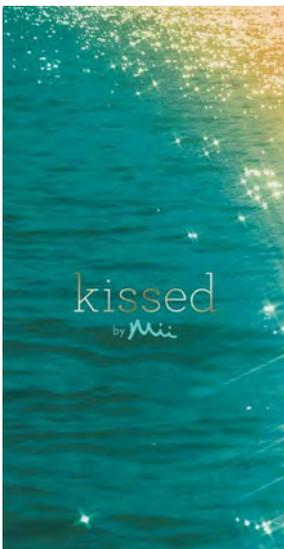
### iLA

A beyond organic company who pride themselves on nurturing both skin and heart and actively 'redefine beauty'. Infusing the potency of Mother Nature, iLa bring together ancient techniques of healing and the power of herbs, oils, minerals and plants, which have been passed down through the centuries and mindfully gathered for their most exquisite and beneficial qualities for a deeper sense of inner and outer wellbeing.



## JESSICA

Jessica's unique natural nail care philosophy is grounded in the basics – all nails are different, and beautiful hands start with the right foundation. For over thirty years, Jessica has been passionate about developing, nourishing and highly effective treatments customised to help maintain the health of the natural nail and magnifying its most brilliant beauty.



## KISSED BY MII

Enriched with marine mineral extracts, Kissed by Mii provides the nourishing benefits of coral seaweed and coastal flowers to replenish your skin's natural minerals, leaving skin deeply moisturised and radiantly healthy. An organic naturally derived DHA tanning agent safely reacts to amino acids on the skin to develop a beautiful colour.



## JANE IREDALE

Jane Iredale believes that the most beautiful cosmetic you can wear is healthy skin, which is why their range not only enhances your beauty but is also a true extension of skincare. Focusing on natural ingredients while making sure that they perform at the highest level, each line is extensively tested to ensure support for the most sensitive skin types, and which are versatile for all beauty requirements.



## THREE GRACES SPA

Our Three Graces Spa product range uses a bespoke blend that has been created to soothe, stabilise, nurture, reassure and renew. The range includes face serum, face oil, body balm, body cream, room mist and a candle.



An illustration of three women in long, flowing dresses, standing and holding a branch of flowers. The scene is rendered in a light teal color. The women are positioned around the text, with their arms raised towards the top of the frame. The branch they hold is adorned with small flowers and leaves. The overall style is elegant and classic.

# *Three Graces Spa*

RELAX, INDULGE AND ENJOY.