

MIDDLE  PICCADILLY

## SPA RETREAT AND WELLNESS CENTRE



# RETREAT...RELAX...REJUVENATE...

...in a calming and nurturing environment!

ESCAPE TO MIDDLE PICCADILLY SPA RETREAT AND WELLNESS CENTRE.



At **Middle Piccadilly** you'll get peace and tranquility, highly skilled practitioners, fantastic food, sublime treatments, all in a nurturing, unpretentious setting.

From **LaStone Massage** to **Reflexology** to utterly relaxing spa baths and organic beauty treatments, our therapies are designed to soothe away the stresses and tensions of our ever increasing hectic life-styles. With no televisions, newspapers or phones, the atmosphere is one of serenity not stimulation, so you can get the most from your stay.

You won't get heated swimming pools and fluffy robes, no-one is counting your calories or urging you to get on an exercise bicycle, although there are lovely country walks if you want them, and beautiful towns and villages if you choose to venture out, our main purpose is to provide you with a place where you can spend your days having wonderful treatments, napping, reading, meditating or just simply being.

- ★ HEALTHY SPA BREAKS
- ★ DETOX RETREATS
- ★ 5 STAR TREATMENTS
- ★ LUXURIOUS AQUASPA
- ★ CORDON VERT CUISINE

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[www.middlepiccadilly.com](http://www.middlepiccadilly.com)

# RETREAT...

....to an oasis of peace and tranquility.

COME AND EXPERIENCE THE MAGIC OF MIDDLE PICCADILLY.



Set in the beautiful Dorset countryside, **Middle Piccadilly** is a Spa Retreat and Wellness Centre established in September 1986, the building itself is a 17th Century thatched country house with attractively converted cottage style buildings set round a sheltered courtyard and within two acres of lush grounds.

The centre is renowned for its peaceful atmosphere, superb vegetarian cuisine and five star natural therapies. The centre has two double, one double en-suite and three single rooms and offers a range of Spa Breaks including Detox and Health Retreats.

Every guest is treated as an individual, the care by staff and therapists is exceptional. We respond to your unique needs and ensure that your visit leaves you feeling revitalised, refreshed and prepared to return to your daily life. Without being intrusive we do want to make sure you get what you need when you come to our unique environment.

With no more than nine guests at any one time, there are no 'conveyor belt' treatments, each person is cared for as a unique individual. A schedule of treatments is carefully considered in consultation between you and one of our therapists. Our 'smallness' guarantees an unhurried, calm atmosphere – perfect for unwinding and putting aside your cares and worries, if even for just a few days.

....for natural health and wellness

# RETREAT



[www.middlepiccadilly.com](http://www.middlepiccadilly.com)



## RELAX

The luxurious aquaspa becomes your personal oasis of peace, the ambiance of soft lighting, rippling water and waves of gentle sound float you away to a serene inner calm and leave you in a profound state of relaxation.

The atmosphere in the spa is a wonderful antidote to the stresses and strains of our contemporary 21st century lifestyle.



## SPA EXPERIENCE

- ★ Hungarian Moor Bodywraps
- ★ Thai Herbal Soaks
- ★ Atlantic Ocean Seaweed Soaks
- ★ Detox Mud Soaks
- ★ Aromasteam
- ★ Infrared Sauna

# AQUASPA

# REJUVENATE...

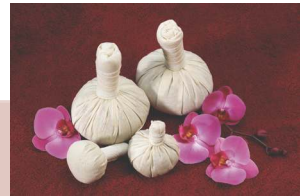
...empathetic, insightful and sensitive!

THERAPISTS AT MIDDLE PICCADILLY SPA RETREAT AND WELLNESS CENTRE.



## REJUVENATE

A treatment is only as good as the therapist providing it. At Middle Piccadilly our team not only excels at each of their specialist skills, but they are a group of empathetic, insightful, generous and sensitive individuals. With each therapy, you will receive more than an excellent treatment; you will be in the hands of outstanding and highly intuitive people.



### THERAPY MENU

- ★ Full Body Massages
- ★ Head & Foot Massages
- ★ Thai Oriental Treatments
- ★ Organic Facials & Ear Candling
- ★ Organic Manicures, Pedicures
- ★ Exotic Bodywraps

## THERAPIES

# HEALTHY SPA BREAKS...

....in a calming and nurturing environment!

ESCAPE TO MIDDLE PICCADILLY SPA RETREAT AND WELLNESS CENTRE.

## **In the Spirit of Escape (2 nights)**

Escape the rollercoaster of life, the perfect way to unwind and recharge those batteries, included in this two night break is full board accommodation with a LaStone Massage and an Indian Head Massage.

**All for £325.00 per person**

## **Full of Eastern Promise (2 nights)**

Indulge yourself in a flavour of the East with our Oriental Body treatments. We include in this two night break - full board accommodation with an Exfoliating Body Scrub and a Thai Hot Stone Massage.

**All for £345.00 per person**

## **Body Fresh (2 nights)**

Restore inner and outer beauty, revitalise and uplift the mind, body and spirit. Included in this refreshing two night break is full board accommodation with Exfoliating Body Scrub and an Organic Fresh Fruit Facial.

**All for £300.00 per person**

## **Food for the Soul (3 nights)**

Reverse some of the detrimental effects of leading a stressful working life, renew your energy bank and put a smile back on your face included in this three night break is full board accommodation with a LaStone Massage, an Indian Head Massage and a Reiki.

**All for £480.00 per person**

## **Detox Breaks**

These programmes are designed to help to detox the body over a period of either 3, 4 or 5 days using the treatments to assist the detoxification of the body and a combination of fruit and vegetable juices for the supporting diet. The Detox will leave you feeling cleansed, refreshed and full of energy. There is also the potential for **slimming** and **weight-loss** as a direct result of a taking a Detox Break. All the treatments will help to support the detoxing process but we recommend that you include the Balaton Moor Bodywrap and Thai Herbal Soak in your program.

**Detox Breaks start from £350.00 per person and include an Exfoliating Body Scrub in the price.**

## **Ultimately Chilled (4 nights)**

Experiencing added stresses in your day to day life, is it putting additional strain on you physically, mentally and emotionally, well with the help of some deep relaxing treatments you can begin to re-energise and rebalance your life on all levels and improve the quality of your daily living included in this four night break is full board accommodation with a Thai Hot Stone Massage, Reflexology, a Thermo-auricular treatment and an Indian Head Massage.

**All for £645.00 per person**

## **Holistic Heaven (5 nights)**

Feeling burnt out, exhausted or are you suffering from a prolonged period of overwork then this is the recommended stay for you. It will recharge your batteries, restore your energy reserves and return your body to its natural state - a state of harmony and balance. You will feel a different person at the end of this program included in this five night break is full board accommodation with a LaStone Massage, Exfoliating Body Scrub, Reflexology, Indian Head Massage and an Organic Fresh Fruit Facial .

**All for £785.00 per person**

## **A LA CARTE HEALTHY SPA BREAKS**

Tailor your own selection of treatments to suit, choose the nights you want to stay and then just add the treatments you'd like to experience, either in advance or with the assistance of one of the therapists when you arrive.

2 nights full board accommodation and consultation.

**£200.00 per person**

3 nights full board accommodation and consultation.

**£300.00 per person**

4 nights full board accommodation and consultation.

**£400.00 per person**

5 nights full board accommodation and consultation.

**£500.00 per person**

**For enquiries and bookings:**

**Tel: 01963 23468 or Email: [dominic@middlepiccadilly.com](mailto:dominic@middlepiccadilly.com)**

# TREATMENTS...

...empathetic, insightful and generous therapists.

SAVOUR THE RELAXED ATMOSPHERE OF MIDDLE PICCADILLY

## **Aromatherapy**

Hands on full body massage with essential oils.

**Cost - £75**

## **Bowen Therapy**

Bowen is an extremely gentle therapy and may facilitate lasting relief from pain, discomfort, stress and anxiety. The effects of the treatment can result in a deep sense of relaxation, which encourages and empowers the body's to rebalance/heal itself.

**Cost - £50**

## **Indian Head Massage**

This massage starts on the upper back using strokes of a medium pressure getting lighter as it moves to the neck, head & face.

**Cost - £50**

**Organic Fresh Fruit Facial** Skin analysis and advanced treatments for the face using natural organic products and organic fruit masks.

**Cost - £50** (with head, neck and shoulder massage)

**Cost - £40** (without head, neck and shoulder massage)

**SpaRitual Manicure** Skin analysis and advanced treatments for the face using natural organic products and organic fruit masks.

**Cost - £25**

**SpaRitual Pedicure** Skin analysis and advanced treatments for the face using natural organic products and organic fruit masks.

**Cost - £30**

**SpaRitual Manicure & Pedicure** Skin analysis and advanced treatments for the face using natural organic products and organic fruit masks.

**Cost - £55**

## **Reiki**

Reiki brings harmony and peace, balances your emotions and accelerates healing for the mind, body and soul.

**Cost - £55**

## **Therapeutic Massage**

Therapeutic Massage is a deep tissue massage that is an excellent tension releaser, through firm and even strokes over the whole body all those areas of tension and stress are eased.

**Cost - £75**

## **Acupressure**

Acupressure is an ancient healing therapy that utilizes fingers to press key points on the skin's surface to prompt healing within the body.

**Cost - £50**

## **Lastone Therapy**

LaStone Therapy is a full body massage is performed using black river stones heated in water and strategically placed along the body.

**Cost - £75**

## **Salt Body Scrub**

A Body Exfoliation treatment using a Cool Mint Lemonade Salt Scrub that polishes the skins surface, removing cellular debris

**Cost - £48**

## **Meridian Balance**

A gentle technique that is powerfully effective in helping you to feel relaxed and whole. Gentle stroking movements assist in correcting the flow of energy throughout the body.

**Cost - £50**

## **Reflexology**

Reflexology improves nerve and blood supply and helps to restore and homeostasis (equilibrium).

**Cost - £60**

## **Shamanic Healing**

Shamanic Healing is used as treatment for a range of emotional and physical illnesses.

**Cost - £80**

## **Thai Stone Massage**

Unique to Middle Piccadilly the Thai Hot Stone Massage combines herbal heat compresses and hot black river stones to give a powerful full body massage which is both purifying and detoxifying.

**Cost - £85**

## **Thermoauricular Therapy**

The treatment combines the use of Hopi Ear Candles which are lit and gently placed in the ears. A gentle natural treatment for problems related to the ears and head.

**Cost - £50**

**Please complete this form and return to Middle Piccadilly**

**Your details:**

Name:

Friends Names:

Address:

Postcode:

Telephone:

Mobile:

Email address

Date of arrival:

Date of departure:

Package selected:

How did you hear about Middle Piccadilly:

**PAYMENT AND DECLARATION**

*Before making a booking please telephone to check availability. Confirm your booking with your full payment by completing your Credit Card details in the box provided, sorry we are unable to accept cheques. Arrange to arrive between 4 - 6pm, guests cannot be received before 4pm. For full terms and conditions please refer to the reverse of this form.*

Number of Nights

Number of Persons

**Total** £

We only accept credit/debit cards as payment incl. Visa, Mastercard, Maestro and Amex

Please charge my Visa/Mastercard/Amex/Maestro for the amount specified:

Card Number

Start Date

Expiry Date

Security Code

Card Holders Signature

Issue No

I have read and accepted the terms and conditions of booking on behalf of all persons named on this booking form, by whom I am authorised to make this agreement.

**Signature:**

**Date:**

## BOOKING TERMS AND CONDITIONS

(Please read these terms & conditions carefully before completing and returning the booking form)

Once a completed booking form has been accepted in writing by Middle Piccadilly all the persons named on the booking form ("the client(s)") will have entered a binding contract on the basis of these terms & conditions. In these 'terms & conditions' the company shall be Middle Piccadilly, and the 'client(s)' shall be the person(s) wishing to enter a binding contract with the company. The term 'package' refers to the combinations of full board, treatments and baths as detailed in the company's' current brochure. If you have any questions about them please do not hesitate to contact us.

### AGREEMENT

Agreement on the basis of these terms & conditions arise upon the fulfillment of all of the following: receipt by Middle Piccadilly of a properly completed booking form accompanied by the payment or deposit specified in that booking form; clearance of the payment or deposit into Middle Piccadilly's bank account; Middle Piccadilly reserves the right, in its absolute discretion and without the need to give reasons, to refuse to accept a booking. In such circumstances no agreement arises and Middle Piccadilly will return any payment accompanying the booking form. The agreement is between Middle Piccadilly and the client(s) and is the sole agreement between those parties. No variation of these terms & conditions shall be applicable unless agreed in writing by Middle Piccadilly before the commencement of the client(s) stay at Middle Piccadilly. The person signing the booking form shall be deemed to sign that form for his/herself and as agent for all other persons listed on that form and warrants that he/she is appointed agent for that purpose.

### JURISDICTION

The agreement shall be governed by English law and be subject to the exclusive jurisdiction of the English courts.

### PAYMENT

When you wish to confirm a booking you must sign our Booking Agreement and pay the required amount. When you sign the Booking Agreement you are confirming that you understand, and have accepted our Booking Terms and Conditions, and are signing on behalf of and for all other persons listed on that form. The balance of the fee, for any subsequent additions or extras incurred during the stay to be paid on the day of the departure of the client(s)

### CANCELLATION

If the booking is cancelled by the client(s), for any reason, the following cancellation charges will arise:

Prior to 21 days deposit forfeited

21 - 7 days 50% of total package cost

Less than 7 days 100% of total package cost

### PRICES AND PACKAGE DESCRIPTION

Whilst we make every effort to keep prices stable the company reserves the right to alter prices at any time without notice. If the alteration results in an increase of more than 15% of the original package cost at the time of booking, the client(s) may cancel the booking and obtain a full refund. The information about the packages and the premises in general at Middle Piccadilly as featured in the current brochure and corresponding websites is given in good faith and believed to be accurate at the time of publication. By signing the booking form, you accept that it may prove necessary to vary or modify a package or its contents if deemed appropriate by the company for whatever reason.

### UNUSED SERVICES

No refund or compensation is payable by the company for any unused services, meals or treatments included in the selected package, nor is such exchangeable or assignable. Client(s) who do not complete their selected package for any reason whatsoever, can not be refunded for a portion or the remainder of the selected package.

### LIABILITY

The company only accepts liability for injury to a client(s) that is shown to result from negligence on the part of the company. The client(s) acknowledge that loss, damage and expense (including, without limitation, loss of money, loss or damage to clothes or possessions, losses arising on the cancellation of a booking and the expense of delay and harm caused other than by the negligence of the company) howsoever arising is not the responsibility of the company and that the company's liability is hereby limited.

The client(s) further acknowledges that the company is entitled to expect its client(s) to rely, where appropriate, on insurance cover and to mitigate any losses accordingly. As a result, the client(s) accepts that it is reasonable for the company to exclude liability for losses in respect of which the client(s) is insured, and such liability is hereby excluded.

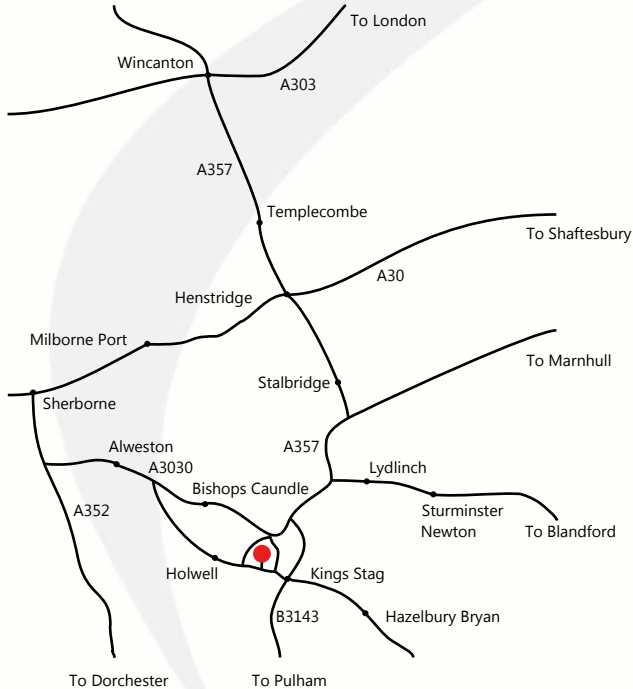
### ACCOMMODATION AND MEALS

Rooms are available from 4pm on the day of arrival and in some cases on the day of departure it might be necessary to vacate rooms by 11am to facilitate cleaning in preparation for the next client(s), in such an eventuality you will be informed that this is the case. It is normally possible to remain in the room on your day of departure until 2pm at the latest. There is not a maid service available at the centre. All meals served at Middle Piccadilly are vegetarian. So that client(s) may gain the maximum benefit from treatments and to give the body the best opportunity to assimilate these benefits, the meals are kept reasonably simple in nature. Breakfast is continental in style and self service.

### COMPLAINTS

If you have cause for complaint during your stay, you must bring it to the attention of the Middle Piccadilly staff, who will do their best to rectify the situation. It is unreasonable to take no action during your visit, but then write a letter of complaint upon your return. However should a problem remain unresolved you should make a complaint to Middle Piccadilly within 14 days from the day of your departure from the centre. We regret we cannot accept liability in relation to any complaint or problem if you fail to notify us strictly in accordance with this paragraph.

# MIDDLE PICCADILLY



## CONTACT DETAILS:

Middle Piccadilly Spa Retreat and Wellness Centre, Holwell,  
Sherborne, Dorset. DT9 5LW. Telephone: 01963 23468.

email: [dominic@middlepiccadilly.com](mailto:dominic@middlepiccadilly.com)

website: [www.middlepiccadilly.com](http://www.middlepiccadilly.com)

## SPA RETREAT AND WELLNESS CENTRE