



A Very Warm Welcome...

THE WHITE CLIFFS HOTEL is a place to spend time sleeping, eating, drinking, & relaxing combining a welcoming atmosphere with food that is carefully sourced and prepared, served by caring people genuinely interested in our guests happiness. We strive for a calm, safe & happy environment for all, a fair profit for the owners, and a rewarding place to work for THE WHITE CLIFFS Team.

We do not pretend to be anything other than a place to sleep in comfort, a place to enjoy food and drink sourced and prepared with care or a place in which to relax & be happy.

Remember... Your Happiness is our Ultimate Goal

If it's not happening for you, We'd love to know straight away to put things right...

'We really do hope you enjoy your time as our guests at THE WHITE CLIFFS HOTEL.'

Gavin Oakley

-on behalf of The Oakley Family Partnership & the entire Team at THE WHITE CLIFFS HOTEL

#### 'THE INSIDERS GUIDE TO THE WHITE CLIFFS HOTEL

The information contained within this folder is here to ensure your time with us at THE WHITE CLIFFS HOTEL is a great experience, if you have any special requests or queries, please do not hesitate to contact one of our team and we shall do our very best to help...

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If you require any copies of the information contained within this folder we will be more than happy to provide them at Reception.



## A LITTLE MORE INFORMATION...

### HEAT

AUTUMN & WINTER - All rooms have radiators with adjustable valves to regulate your own comfort levels. In accordance with our Green Policy, rooms are kept relatively cool until guests arrival. Please see our Green Policy Statement for further details. If you're struggling to keep warm let us know and we'll be more than happy to help.

SPRING & SUMMER - We don't centrally heat rooms during the warmer months, however if you're feeling the cold, let us know and we'll bring you something to warm you up.

### LIGHT

We're working our way towards having 100% energy efficient light bulbs. Some bulbs take a little time to get up to full strength. If you need extra light to read or work under let us know.

### WATER

You ought to have oodles of hot water at all times. If at any time you don't let us know straight away...

We'd love to be able to have higher water pressure to enable you to have high power showers, however we find ourselves in a hard water area at one of the highest points in the whole region in a collection of old buildings which means that water pressure is low. We're working towards a GOLD ENVIRONMENTAL AWARD which doesn't allow for power showers with pumps. We've thought long and hard about this one but we're a bit stumped, if you have any ideas let us know!

THE SPA AT WALLETT'S COURT - £10 SUPPLEMENT PER RESIDENT – PAYABLE AT THE RECEPTION IN ADVANCE

Open 0700—2100 hrs

Dial '0'

Indoor Swimming Pool, Sauna, Steam Room, Hydrotherapy Spa, Fitness Studio and Treatment Rooms.

NOT SUITABLE FOR Children under 16 years

A number of treatments are available please see the Therapy Menu or ask reception for further details.

Please sign in at The MAIN RECEPTION AT WALLETT'S COURT and read all safety notices before using the facilities.

Tennis Court, (Croquet, Petanque and Pitch & Putt—Summer months only)

Hire rackets, clubs and balls from The Main Reception at Wallett's Court.

### CONCIERGE SERVICES

Ferry Timetables and Tickets

Train & Bus Timetables

Taxis, Hire Cars, Cruise Ship & Airport Transfers

Theatre & Cinema Tickets

Gardens, Historic Houses and Castles

Eurotunnel & Eurostar Services

Local Attractions and Events

Florists, Retail Therapy

Pubs, Bars & Restaurant bookings.

Please test our team, we really do love a challenge!

### Internet & Email

Please ask at reception for details.

### Laundry

A next day laundry service is available please use the laundry bags provided and deliver to reception before 1100 hrs for next day service.

Price List: Shirts and Trousers £5.00 Small Items £2.00.

Dry Cleaning—Nearest Dry Cleaners—Elms Vale Laundrette, Pencester Road, Dover.

Ironing— Iron and ironing boards are available from reception.

### Extra Linen/Blankets

Extra blankets, pillows, duvets, sheets can be obtained from The Main Reception.

### Fire Evacuation Procedure

Please read all safety notices and be sure of the quickest and safest exit route..

## THE WHITE CLIFFS

THE BAY RESTAURANT

HIGH STREET TEL: +44 (0)1304 852229

ST.MARGARET'S-AT-CLIFFE

NR DOVER

KENT CT15 6AT

FAX +44 (0)1304 851880

MAIL@THEWHITECLIFFS.COM

WWW.THEWHITECLIFFS.COM

VAT NO. UK 397 8827 70

THE WHITE CLIFFS & THE BAY RESTAURANT

PART OF WALLETT'S COURT PARTNERSHIP

REGISTERED NO. 1195826

PARTNERS CHRIS OAKLEY

LEA OAKLEY, CRAIG OAKLEY

GAVIN OAKLEY, JUSTINE OAKLEY

& WALLETT'S COURT LTD.

## TELEPHONE INSTRUCTIONS

For an Outside Line...First Dial '9'

Reception 0700—2300 hrs Dial '0'  
The front desk is manned by a dedicated member of staff.

EMERGENCY Night Manager 2300—0700 hrs Dial '0'  
The Night Manager is available between the above hours IN AN EMERGENCY ONLY.

Telephone Charges - For a 5 minute call to the following destinations:

	Day	Evening	Weekend
Local	0.75	0.50	0.50
National	1.75	1.00	0.75
Mobiles	7.00	5.00	5.00
EEC West	6.00	5.00	4.00
USA/Canada	7.00	6.50	6.50

Price in UK Sterling (Charges are Approximate)

## FREE WIFI

WIRELESS NETWORKS  
BT FUSION  
or  
WC

CODE IS 2558203967 for both

WE ALSO HAVE A COMPUTER WITH PRINTER FOR GUESTS USE IN THE RECEPTION

Room to Room calls Dial R then 2 followed by the two digit room number (e.g. 2 03 for room 3)

### WAKE-UP CALLS

Please dial '0' and ask reception to set an automatic wake up call BEFORE 11PM  
After this time you must set an alarm call from your room.

To do so follow these instructions:

1. LIFT HANDSET
2. DIAL the hash key (#) followed by 341 (YOU WILL HEAR A BEEP ON PRESSING 3 AND A BEEP ON PRESSING 1) THEN ENTER THE TIME IN THE 24 HOUR FORMAT (e.g. 0700 FOR 7am)
3. PRESS THE RECALL BUTTON (OR FLASH ON SOME PHONES) (YOU WILL HEAR A MUTED BEEP)
4. REPLACE THE HANDSET - your alarm is set!

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## Places to Visit

Canterbury - 20 minutes drive

The Cathedral city where Christianity began.

A lot of culture, a little shopping.

Sandwich – 20 minutes

A wealth of medieval houses, antiques and a town walk on the old ramparts.

Dover Museum and Roman Painted House, Dover Market Square - 10 minutes

An award winning museum with the latest archaeological find "The Bronze Age Boat".

100 yards along the road is the unique Roman Painted House which is home to many interesting Roman artefacts and models of a Roman Villa.

Walmer and Deal Castle - 15 minutes

Unusual Castle and a quaint seaside town. Ideal for a stroll along the promenade or an ice cream on the end of the pier.

Dover Castle (Open 9am-5pm) - 10 minutes

Perhaps the most complete and impressive fortification in Britain with a wealth of interest to keep you busy for hours.

Samphire Hoe – 15 minutes

The Folkestone side of Dover Harbour a mile or so up the A20 is the newest part of England below the Cliffs formed on the spoils of The Channel Tunnel. Note the flora and fauna, enjoy a cup of tea in the great outdoors and maybe return via Dover seafront for a stroll around the harbour and Wellington Docks

Calais, France – 45 minutes by Sea Cat or 1 hour 15 minutes by Ferry.

A short sail away is France for a little shopping. We can recommend Le Channel for lunch in Calais or perhaps just a glass of wine at a pavement café and back in time for dinner at Walle's Court. Ask at reception for sailing times and charges.

## Walking in White Cliffs Country

A St. Margaret's Bay Wander

Approximately 40 minutes to The Beach and Back

From THE WHITE CLIFFS HOTEL turn left, head down the hill keep going straight along the high street to The Beach with great views of the White Cliffs. On the way you may like to visit The Bay Museum and The Pines Gardens.

A Trip around The Lighthouse

Approximately 60 minutes to The Lighthouse and Back

From THE WHITE CLIFFS HOTEL turn left, keep going straight along the high street until you can see the sea in front of you. Turn right along Lighthouse Road or St. Margaret's Road to get to The Lighthouse and to walk along the cliff path to Dover. To walk to Dover this way should take around 2 - 3 hours.

To Kingsdown along The White Cliffs.

Two Hours plus drinking time!

From THE WHITE CLIFFS HOTEL turn left, keep going straight along the high street until you can see the sea in front of you. Turn left along Granville Road all the way to the Dover Patrol Memorial at the end. Head to Kingsdown, keeping the sea on your right. Reward yourselves with a Pint at The Rising Sun or The Zetland Arms on the beach.

For further local information please ask any member of staff to test their knowledge for travel information, local walks and places of interest to visit.

-Please ask at reception if you require a copy of these directions to take with you-

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## Our Environmental Responsibility

At THE WHITE CLIFFS HOTEL, we constantly challenge ourselves to provide the right environment for our guests and staff team. To achieve this, we rely heavily on external resources, such as water, energy, waste-recycling services, wholesome food products, eco-friendly cleaning materials, detergents, and laundry services. In fact, we depend on the very same items we use in our homes, but in greater volumes. We also realise the need to protect our natural environment and, as such, we place huge importance on the management of these precious resources. Over time, we have been implementing policies and systems designed to reduce the impact we have on our natural environment.

### Water Conservation

We continue to reduce the volumes of water used by the introduction of fittings and equipment that eliminates the excessive use of water. These measures include water-efficient showerheads and toilet cisterns. We also use collected rainwater in appropriate circumstances.

### Energy Conservation

We are in the process of installing energy saving equipment throughout the hotel. We monitor energy usage and have implemented systems to reduce wastage. The positive consequences of this are that there is a reduction of carbon into the atmosphere by the more efficient use of energy. In addition to this, we have signed up to the Green Tourism Business Scheme and hope to achieve further energy savings over time with the installation of state of the art technologies.

### Recycling

Launched in 2008, our waste management programme directs our waste from landfill towards "Reduce, Re-use and Recycle". We are now extracting glass, cardboard, newspapers and aluminium cans from our waste streams and have invested in state-of-the-art equipment for the on-site treatment of organic waste which is prepared and passed for composting.

### Smoke Free Zone

Since 1<sup>st</sup> May, 2008, smoking is prohibited in all indoor areas at THE WHITE CLIFFS HOTEL.

The primary purpose of the prohibition is to afford protection to staff and the public who are exposed to harmful environmental tobacco smoke. We respectfully ask all our guests to comply with this request.

You could help too by doing the following...

Turn off all lights when leaving your room.

Turn off the TV when leaving your room. Remember, leaving a TV on standby uses energy too.

If your room is hot, turn the heating down (or ask us to) before opening windows.

If your room is cold, check for open windows. Get under the covers...

Don't throw/take away the glass water bottles, we recycle and re-use these.

Place towels that need changing in the bath/shower. If you wish to re-use towels place them on the towel rails. (We use plant based cleaning products with rapid biodegradable materials throughout the hotel.)

Save water... When was the last time you shared a bath?

Please don't flush non-biodegradable materials (use bins provided for nappies, sanitary towels etc.)

Thanks ever so much for helping to achieve our environmental goals.

Gavin Oakley, Owner

-on behalf of The Oakley Family Partnership & the entire Team at THE WHITE CLIFFS HOTEL

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# THE RESTAURANT @ WALLETT'S COURT



One mile up the road is a fabulous place to visit for a stroll around 7 acres of rolling landscaped gardens, a special lunch or dinner in the 2 AA rosette restaurant or an afternoon tea whilst taking in a bit of culture viewing the works of art on show in the semi-permanent exhibition in the 17<sup>th</sup> Century Manor House.

The Restaurant at WalleTT's Court is well worth a visit. The WalleTT's Court team's creative culinary experience brings imagination and flair that has seen them win recognition with entries in The Good Food Guide for 20 consecutive years, a 2 rosette award in The AA Best Restaurant Guide and many other plaudits from national and international guides and in the press.

BOOK A TABLE 01304 852424

M E N U

SUMMER 2010

FORTY POUNDS FOR THREE COURSES  
MONDAY to SUNDAY 7pm - 9pm

## FIRST COURSE

SUMMER VEGETABLE & FINE HERB SOUP

SEARED SCALLOPS

confit of cherry tomato, aubergine & tapenade vinaigrette, basil foam

CARPACCIO OF SUSSEX RED FILLET

Lilliput caper, confit of shallots, parmesan and rocket

TIAN OF DOVER CRAB

avocado mousse & chilled tomato consommé

ROAST RED PEPPER MOUSSE

A la Grec of WalleTT's garden globe artichokes

£3 Supplement

## MAIN COURSE

RUMP OF KENTISH LAMB AND SWEETBREADS

smoked aubergine, pickled red pepper, roast garlic polenta

OPEN SUMMER VEGETABLE LASAGNE

roast tomato coulis, Twineham Grange butter sauce

MARKET FISH OF THE DAY

ask your waiter /waitress for today's catch

DUCK BREAST

roast fennel, parma ham, potato puree & cherry jus

GUINEA FOWL BREAST

smoked bacon chestnut mushrooms & sweetcorn risotto, charred spring onion and truffle emulsion

PAVE OF SUSSEX RED SIRLOIN

roast vine tomatoes, potato galette, red wine jus

£5 Supplement

## THIRD COURSE

WARM BLUEBERRY PIE

clotted cream ice cream

ELDERFLOWER BRULEE

strawberry shortbread

PEANUT BUTTER & JAM MILK CHOCOLATE FONDANT

brown bread ice cream

(please allow 20 minutes for this fresh homemade dessert)

LEMON VERBENA PANNACOTTA

served with raspberry sorbet

GOOSEBERRY CRUMBLE SOUFFLE

vanilla custard ice cream

(please allow 20 minutes for this fresh homemade dessert)

A SELECTION OF ASHMORE CHEESE WITH A GUEST BLUE CHEESE

WalleTT's Court chutney & biscuits

£3 Supplement

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**THE REN SPA @ WALLETT'S COURT** is part of our vision to create a unique experience, a haven for relaxation and rejuvenation away from the stresses of the world in a hidden and intimate retreat . THE REN SPA @ WALLETT'S COURT provides this and more in a tranquil location with the perfect backdrop of the dramatic and raw beauty of the countryside in the heart of White Cliffs Country in Kent, South East England.

WHITE CLIFFS HOTEL GUESTS DAY MEMBERSHIP £10 PER PERSON includes use of all spa facilities which include an indoor 12 metre pool with 'endless pool swim trainer jet' and hydrotherapy massage, sauna, steam room, fitness studio, indoor hot tub, tennis courts, sun terraces and seven acres of landscaped gardens in which to relax... Book a spa treatment though and enjoy a FREE DAY MEMBERSHIP..

Then for your fabulous treatments...

Imagine a space, your own space for a while. A cabin nestling in the woods, birdsong, uninterrupted views across a wild open landscape. Peace and tranquility away from the cares of the world. Picture yourself there for a moment, listen to the wind in the trees, smell the aroma of pine needles and feel cocooned in the gentle peacefulness of one of our treatment cabins.

## SPA TREATMENTS

With an array of massage therapy, body & beauty treatments, the REN Spa at Wallett's Court provides much-needed rejuvenation in this often hectic world and offers an additional dimension of holistic treatment for guests enjoying a health and wellness day, short break or holiday. Unlike so many mega-spas of the day, the Spa at Wallett's Court is small, intimate and inviting, allowing therapists to focus on providing personal service in a soothing atmosphere.

## THE COMPLETE PACKAGE

### ABSOLUTE REN

3 hours £180

A REN exfoliating body treatment that will have you feeling energised and toned. Starting with an Indian Head Massage to ease you into a relaxed state, your skin is then thoroughly exfoliated using a body scrub to enhance cell renewal and replenish skin. This is then followed by a traditional full body massage that will help to break down toxins and to relax those stiff tired muscles. Then a body cream of your choice is smoothed all over your body. You may choose a layer of zesty grapeseed, jojoba and shea butter or the luxurious aroma- therapeutic ramnose biosaccharide body cream Or if you prefer, super nourishing wild yam omega 7 firming body repair. Finally a REN clean express facial treatment will leave your skin feeling energised, firmer and replenished.

### GLOW 90

90 minutes £75

REN Guerande salt and rose body glow & Full Body Massage

A totally de-stressing and extra indulgent experience that leaves your skin gorgeously soft, glowing and smelling of roses! Mineral-rich guerande sea salts buff away dead, dull skin whilst sweet almond and olive oils keep your skin soft and nourished. A deeply relaxing top to toe massage follows, together with some carefully chosen tsubo point pressure, using Moroccan rose otto ultra nourishing body oil to heal, soothe and reduce tension held in the body. Finally, uplifting damask rose ramnose biosaccharide body cream is applied all over, leaving your skin silky smooth, revitalised and with a total feeling of wellbeing.

### SHINE 90

90 minutes £75

Classic Pedicure & Manicure with REN & OPI

A manicure including nail reshape, cuticle tidy, hand massage with moisturising damask rose ramnose body cream. After a relaxing foot soak hard skin is removed, nails cut and cuticles tided. The feet are then massaged with REN moisturising cream.

OPI's reputation is built on its commitment to quality, safety, innovation and excellence – a commitment it honours with every product, every day.

### CHILL 90

90 minutes £75

Indian Head Massage & Full Body or Aromatherapy Massage

A full body massage for which you can individually choose your own essential oils. Each oil will bring its own unique benefits to suit your needs, helping to create relaxation and to ease away any muscle tension. Gives your body and mind a genuine sense of well-being. Combined with an ancient Indian therapy focusing treatment principally on the head but also the neck and shoulders. Great for relieving stress and tension

T: 01304 852424

I: [WWW.WALLETTSCOURT.COM](http://WWW.WALLETTSCOURT.COM)

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MUM TO BE 90  
90 minutes £75

First a REN exfoliating body treatment will have you feeling energised and toned. Your skin is gently exfoliated using a body scrub to enhance cell renewal and replenish skin. Finally, a body cream of your choice is smoothed all over your body. You may choose a layer of zesty grapeseed, jojoba and shea butter body cream or luxurious aroma-therapeutic damask rose ramnose biosaccharide body cream. A deep pressure point scalp massage will then sooth and relax you.

#### ULTIMATE TREATMENT PACKAGES

ULTIMATE BRIDE TO BE  
4 hours £200

The ultimate for your beautiful day. First to give a healthy glow a REN Guerande salt and rose body glow followed by a REN five-phase bespoke facial treatment and a Classic Pedicure & Manicure with REN & OPI for the perfect finish.

ULTIMATE REN  
4 hours £200

The ultimate for any special occasion. First to give a healthy glow a REN Guerande salt and rose body glow followed by a REN five-phase bespoke facial treatment and a Classic Pedicure & Manicure with REN & OPI for the perfect finish.

ULTIMATE REN MAN  
4 hours £200

A combination of treatments to leave you energised and rejuvenated. Starting with an Indian Head Massage and exfoliating dry body brushing followed by a back, neck and shoulder massage. Then benefit from a deep cleansing and decongesting facial to detoxify for a softer, brighter and more even complexion. It re-hydrates and protects against environmental damage and the effects of razor burn, and helps remove dark and puffy eyes. Finally a men's manicure for the ultimate finish. It is advisable to shave before this treatment.

#### REN SPA SIGNATURE TREATMENTS

REN Guerande salt and rose body glow 90 minutes £75

A totally de-stressing and extra indulgent experience that leaves your skin gorgeously soft, glowing and smelling of roses! Mineral-rich guerande sea salts buff away dead, dull skin whilst sweet almond and olive oils keep your skin soft and nourished. A deeply relaxing top to toe massage follows, together with some carefully chosen tsubo point pressure, using Moroccan rose otto ultra nourishing body oil to heal, soothe and reduce tension held in the body. Finally, uplifting damask rose ramnose biosaccharide body cream is applied all over, leaving your skin silky smooth, revitalised and with a total feeling of wellbeing.

REN exfoliating body treatment 45 minutes £50

This treatment will have you feeling energised and toned. Your skin is thoroughly exfoliated using a body scrub to enhance cell renewal and replenish skin. Finally, a body cream of your choice is smoothed all over your body. You may choose a layer of zesty grapeseed, jojoba and shea butter body cream or luxurious aroma-therapeutic damask rose ramnose biosaccharide body cream. Or if you prefer, super nourishing wild yam omega 7 firming body repair.

REN body scrub treatment 30 minutes £40

Dry body brushing stimulates skin and lymph to help remove toxins. Then a body cream of your choice is smoothed all over your body. You may choose a layer of zesty grapeseed, jojoba and shea butter body cream or luxurious aroma-therapeutic damask rose ramnose biosaccharide body cream. Or if you prefer, super nourishing wild yam omega 7 firming body repair.

#### REN FIVE-PHASE FACIAL TREATMENTS

REN's facial skincare range is formulated using the most advanced natural skincare technology, with only 100% natural active ingredients. From our purifying facial skin scrub through to night treatments, the products are designed to help the skin achieve its perfect balance, particularly when used together. In addition, REN products avoid synthetic fragrance and colour, PEGS, parabens and propylene glycol.

REN five-phase bespoke facial treatment 60 minutes £50

A truly pampering experience tailored to your needs. Whether your skin needs rebalancing, re-nourishing or decongesting, this treatment will encourage healthy skin metabolism and self-repair, leaving your complexion clean, recharged and radiant. All the while REN's trademark facial massage and steaming rose fragranced hot towels will ensure a luxurious de-stressing experience throughout.

REN radiance lift cell renewal facial treatment 60 minutes £50

Using potent age-control ingredients and manual face-lifting techniques, this treatment will help revitalise and renew your skin. The shape of the face becomes better defined and firmer, leaving the skin toned, firm and radiant. Lines are visibly reduced, and your skin glows. The effects on your skin are instant. Follow a programme specifically designed for your skin and it will show amazing long term results too.

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## REN EXPRESS TREATMENTS

REN clean express facial treatment 45 minutes £40

This can be used as a follow-up from a REN five-phase facial treatment, helping reduce fine lines of expression and boosting tissue hydration. Also ideal as a lunchtime booster treatment, the skin is left energised, firmer and replenished. A fantastic way to keep your skin in tip-top condition in minimal time.

REN clean express facial treatment for Men 45 minutes £40

This can be used as a follow-up from a REN five-phase facial treatment, helping reduce fine lines of expression and boosting tissue hydration. Also ideal as a lunchtime booster treatment, the skin is left energised, firmer and replenished. A fantastic way to keep your skin in tip-top condition in minimal time.

REN revitalising bio active eye care treatment 30 minutes £30

A treatment that restores the sparkle in your eyes and helps banish the appearance of dark circles and puffiness. Wrinkles are filled, the formation of new collagen is enhanced and the whole eye area is lifted.

REN instant lift facial treatment 30 minutes £35

At the heart of this incredibly effective instant lifting treatment is the remarkable REN glycolactic cell renewal peel mask, a potent bio-active peel mask designed to renew your complexion, reduce fine lines and dramatically improve skin tone, firmness and radiance. The treatment continues with REN phyto-dynamic instant lifting gel and revivo-lift radiant day serum to leave your skin instantly lifted and glowing. It's the perfect pre-party facial.

REN problem skin facial treatment 60 minutes £50

For oily/combo skin. A fruit acid based treatment incredibly effective in rejuvenating and purifying problem skin, helping to diminish blackheads, breakouts and existing scarring. Pores are refined and tightened, excess sebum is controlled and skin is left feeling refreshed and energised.

REN Multitask Facial Treatment for Men 60 minutes £50

Deep cleansing and decongesting, this facial is detoxifying for a softer, brighter and more even complexion. It re-hydrates and protects against environmental damage and the effects of razor burn, and helps remove dark and puffy eyes. It is advisable to shave before this treatment.

## HYDROTHERM MASSAGE

Imagine having a massage where you lay on your back supported by a luxurious warm cushion of water and have the whole treatment without turning over. Imagine the hands of the therapist moving over, around and under your body uninterrupted, using your own bodyweight to give the perfect pressure. Imagine no face holes, cricked necks or pressure on your ribs. You have just imagined Hydrotherm massage...

Hydrotherm Transformational Massage 60 minutes £75

This treatment is performed exclusively by Ben Barnett through guided meditation and Hydrotherm massage, you can unlock the secrets held in your body. Whether you just want to know where your aching back started from or you want to release your fears about an important future event, Transformational Massage connects the concerns that affect us every day with the parts of the body that is affected by them. Choose exactly how you want to feel when you leave, and get much more than you ask for!

Hydrotherm Essential Experience 60 minutes £60

Combines Hydrotherm with the use of Ayurvedic oils blended to balance exactly how you feel when you have your treatment. After a brief questionnaire you choose from 4 oils blended according to Ayurvedic Tridosha tradition; in short however you feel and however you want to feel there is a perfect oil for you. Included in the treatment is oil that you can take home to use to remind your mind body and spirit of the profound relaxation this treatment produces.

Back, Neck and Shoulder Hydrotherm Massage 30 minutes £35

The ultimate in relaxation and truly holistic massage. Whilst laying on your back, covered with towels and warmed from the water cushions beneath, you receive a 3 dimensional treatment using your bodyweight to give the perfect depth of massage.

Hydrotherm Pregnancy Massage 60 minutes £60

Designed by a midwife, the Hydrotherm Massage during pregnancy is the most relaxing treatment for mothers to be. Clients after 16 weeks up to 9 months plus can benefit from the warm water cushion support, relaxing movements and gentle rocking in this 1hr experience. Bliss!

Hydrotherm Deep Tissue Massage 45 minutes £45

This deep tissue massage treatment helps to improve muscle and joint suppleness and flexibility. It relieves tight, strained and overworked muscles, helping to reduce stiffness and aid recovery time. It is very effective in the treatment of back, neck and shoulder problems. Remedial massage is also very beneficial pre and post-event in the sporting arena and can be used as a preventative or corrective treatment.. It helps to relax muscle tissue, improve circulation, reduce muscle fatigue, alleviate cramp and stimulate the body to perform at its best. Great for sports enthusiasts such as golfers, runners & professional athletes.

T: 01304 852424 I: [WWW.WALLETTCOURT.COM](http://WWW.WALLETTCOURT.COM)

THE WHITE CLIFFS

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THE WHITE CLIFFS & THE BAY RESTAURANT

PART OF WALLETT'S COURT PARTNERSHIP

REGISTERED NO. 1195826

PARTNERS CHRIS OAKLEY

LEA OAKLEY, CRAIG OAKLEY

GAVIN OAKLEY, JUSTINE OAKLEY

& WALLETT'S COURT LTD.

## CLASSIC MASSAGE

Our expert massage therapists have all been trained by our own in house therapist to the stars and professional massage trainer Ben Barnett. His own methods combine physical therapy with a form of guided meditation, which helps to reconnect muscles with the brain to allow you to relearn how to use problem areas more effectively. Working with emotional issues at this level can only be performed with the client's total trust. He has already worked with a number of VIP clients including in the past treating Kylie Minogue and her team for 2 ½ years.

Aromatherapy Massage 60 minutes £50

A Swedish massage with the addition of luxurious blended aromatherapy oils designed with the finest natural ingredients. With the therapists guidance you can create your own signature aroma helping to create relaxation & to ease away any muscle tension. Gives your body & mind a genuine sense of well being.

Holistic Massage 60 minutes £50

This traditional full body massage (AKA Swedish Massage) will help break down toxins and to relax those stiff and tired muscles. This slow and light massage is designed to soothe your body and mind by improving circulation and lymphatic flow.

Back, Neck and Shoulder Massage 30 minutes £30

A classic, proven quick treatment to help relieve tension and aches. A great fix for those on the go.

Indian Head Massage 30 minutes £30

An ancient Indian therapy focusing treatment principally on the head but also the neck and shoulders. Great for relieving stress and tension.

Lower Leg & Foot Massage 30 minutes £30

A perfect treatment for tired and aching feet and legs. Ideal for those who spend a long time on their feet.

## SPECIALIST TREATMENTS

Reiki 30 minutes £30

Literally meaning the channelling of Ki or Chi, Reiki is a gentle healing treatment where the therapists hands are laid on parts of the body whilst you sit or lay relaxing. The soothing warmth of Reiki will relax the body, promote wellbeing and help the body regain balance physically, emotionally and mentally. The treatment is performed by a Reiki master in the Usui system.

## AURICULAR ACUPUNCTURE

Using the ear as a micro map of the whole body, fine needles or magnets or non invasive electrical stimulation can encourage the body systems to work more efficiently, Detoxify more rapidly, reduce pain and release emotional and mental stress.

Basic 5 Point Protocol Acupuncture 30 minutes £30

A treatment to balance the bodies five major organs. Auricular therapy has recently been featured on the TV, showing that stimulating the points on the ears stimulates the brain to speed up painkilling and healing processes in the body.

Individually Prescribed Acupuncture Treatment 45 minutes £45

After a short consultation, this treatment may assist a wide range of conditions from stress to substance detoxification, slimming to sciatica.

Reflexology 60 minutes £50

An holistic treatment using pressure points on your feet, this helps our therapists to locate blockages and imbalances, which the body then corrects. A wonderful and relaxing treatment to help boost the flow of the body's natural healing energies. For best results to be done on a regular basis.

## STONE THERAPY

This unique therapy is more of a powerful massage. The heat from the stones penetrates to the deepest layers of tissue, resulting in a gentle but effective drainage of the lymphatic system and means your muscles relax more quickly than from a regular massage. The stones are not just placed on various points, but are used by our therapist as a massage tool to improve the circulation as well as your skin tone.

Express Therma Stone Massage 30 minutes £35

A quick treatment using hot stones to help relieve tension and aches in the back, neck & shoulders.

Holistic Therma Stone Facial Massage 90 minutes £75

A full facial massage using hot and cold stones. Hands and feet are also dry brushed and massaged with hot stones. Stones and crystals are placed along Chakra points of the body to create a full holistic approach

Deluxe Therma Stone Massage 90 minutes £75

A full body massage using hot and cold stones to help relieve tension during which crystals are placed along Chakra points to further aid the body's healing process.

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## TIP TO TOE with OPI

Classic REN Manicure with OPI 30 minutes £30

A manicure including nail reshape, cuticle tidy, hand massage with moisturising damask rose ramnose body cream.

Classic REN Pedicure with OPI 60 minutes £45

After relaxing foot soak hard skin is removed, nails cut and cuticles tided. The feet are then massaged with moisturising damask rose ramnose body cream.

Luxury REN Manicure with OPI 60 minutes £45

Enjoy a luxury REN manicure to soothe and condition dry skin and hard working hands. Nails reshaped, cuticles tidied. Hands and arms are exfoliated using guerande salts to remove dead skin cells and improve skin texture. Replenishing damask rose ramnose body cream is massaged into the hands and arms. Hands are then rested in heated mitts to allow deeper penetration of the cream to leave the skin smooth and nourished.

Luxury REN Pedicure with OPI 90 minutes £65

A luxurious pedicure to cleanse renew and restore the spirit and mind as well as the feet. The feet are exfoliated with your choice of REN salts to remove dead skin cells and brighten the skin. After a relaxing foot soak hard skin is then removed, nails cut and cuticles tided. A hydrating mask is then applied to the feet which are then rested in heated booties to aid the absorption of the mask. The mask is then removed using heated towels. Nourishing cream is then massaged into the feet to leave the skin silky and smooth.

## PLUCKING AND SCRUBBING

Eyebrow Shape 30 minutes £15

Eyebrow Tint 30 minutes £15

Eyelash Tint 30 minutes £15

Bikini Wax 30 minutes £20

Lip and Chin Wax 30 minutes £20

Eyebrow Wax 30 minutes £20

Underarm Wax 30 minutes £20

Half Leg Wax 30 minutes £25

Full Leg Wax 60 minutes £30

Some of the above treatments require a skin test 24 hours prior to treatment. If you are having numerous treatments it is advisable to have waxing treatments after all other treatments and one should avoid using the pool, sauna, steam room or hydrotherapy pool for at least 8 hours after waxing.

## REN FOR MEN

Back Massage 30 minutes £30

Indian Head Massage 30 minutes £30

Reflexology 60 minutes £50

Holistic Massage 60 minutes £50

REN multitask facial for men 60 minutes £50

REN clean express facial treatment for Men 45 minutes £40

Manicure 30 minutes £30

Pedicure 60 minutes £45

Eyebrow Shape 30 minutes £15

Back Wax 30 minutes £25

Boys – Don't be shy, if you want any of the other treatments on the list just ask...

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Ask the guys at Reception to book you a table or organise a visit to the spa... Or call The Lovely Team at Wallett's on 01304 852424

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