greenhouse
spa & fitness

Located at Chateau Vermont, Mont Sohier, St Saviour, Jersey

greenhousespaandfitness.com
It's all about you

Opening Hours

Monday-Thursday 6.30-20.00
Friday 6.30-19.00
Saturday 8.00-16.00
Sunday 9.00-14.00

(Private hire 14.00-19.00 please enquire)
Spa overview

Set in the beautiful green grounds of Chateau Vermont, you will find Greenhouse Spa & Fitness.

A retreat that offers a wide range of luxurious Spa treatments, an extensive and naturally lit pool complex dominated by our infinity edge heated swimming pool, Eucalyptus-infused Sauna & Steam room and Jacuzzi to relax the muscles, along with a fully equipped Gym and Studio for fitness classes and workshops.

Greenhouse Treatments

Our bodies are exposed to over 300 chemicals every single day, and our skin is the largest organ of the body. At Greenhouse, we partner with products that are clean and free from harmful chemicals & toxins, thus being kind to our bodies and the environment without compromising luxury.

We offer an environment that mirrors our natural setting - clean, nurturing and at one with nature.

Private Hire

Imagine a day at the Spa with those you love to spend time with - we can offer private hire of all our facilities for groups of 6-14 people. Packages are uniquely tailored and can include a choice of Spa treatments, private fitness classes, healthy organic food and beverages along with full use of our pool complex.

From £90 per person based on 10 people sharing, this could be a fabulous Birthday gathering, healthy hen party, baby shower, or family get together alternative.

Gift Certificates

Create the perfect gift, choose your treatments or select a monetary value. Tel: 01534 877763
Luxury Rituals

Thermal Detox: 2 Hours

This invigorating and circulation-boosting body tonic commences with a warm Mango and Shea Butter, Himalayan Salts and Ho Leaf body buff to vigorously shed dead skin cells before cocooning you in thermal clay towels infused with purifying botanical oils and a caffeine-rich body serum. While the mask is activating, your therapist will deliver a soothing Tuina scalp acupressure massage and apply a gently heated herbal oil to your scalp, using warming oriental massage techniques to stimulate circulation and invigorate the senses. After showering, your therapist will further encourage elimination of fluid retention with a thermal lymphatic massage.

£128

Pregnancy Indulgence: 2 hours

A wonderful combination of soothing de-stressing massage and skin balancing facial, combined with our luxury pedicure and cooling legs treatment.

Starting with our pregnancy back neck and shoulder massage to ease pain and stiffness before we begin the luxurious and harmonising facial with rose and geranium massage to calm. A deeply relaxing hot oil scalp massage is performed while your mask is on, and a cooling leg massage before our greenhouse luxury pedicure completes the indulgence.

£120

Ultimate Vitality: 2 Hours 30 minutes

This ritual seeks to revitalise the complexion, body and mind. An infusion of vitamins, minerals, collagen and anti-oxidants combine with an AHA exfoliation, extensive lymphatic massage and acupressure to help feed the skin an abundance of nutrients. This ritual includes a full body exfoliation to revive and promote vitality, body wrap, and a prescriptive Five Elemental Aroma massage and Bio-Rejuvenating facial. Helps relieve fatigue and rejuvenate dull, dry and undernourished skin.

£150
Greenhouse Bliss: 3 Hours

For the ultimate bliss out experience, this top-to-toe ritual commences with a rejuvenating Mother of Pearl exfoliation before your therapist eases away any tension with a soothing and indulgent Chamomile and Rose Damask body massage. The ritual concludes with a blissful and hydrating Cell Active Hydro facial, soothing hot oil scalp massage and stress-releasing foot massage to leave your mind still, centred and content, and your skin nourished, soft and radiant.

£190

Massage Therapies

Greenhouse Aroma Massage: 60 minutes or 85 minutes

This aromatherapy massage blends customised essential oil infusions with warm herbal steam towels, and skilful therapeutic techniques to deliver the ultimate massage experience. We prescribe Wood for Rejuvenation, Fire for Zest, Earth for Balance, Metal for Detoxifying or Water to Soothe. This treatment draws from both Eastern and Western massage techniques to help balance body and mind.

£73 or £95

Greenhouse Muscle Melt: 60 minutes or 85 minutes

Combining stimulating Ho Leaf, Lemongrass, Nutmeg and Rosemary with deep tissue massage therapy, this concentrated treatment will unravel tension in sore and tight muscles, relieve deep stress and tension and enhance the body’s circulation. Incorporating a warm invigorating balm, this treatment is highly recommended for anyone suffering from chronic stress, pain or tension. Hot stone version also available.

£77 or £98
**Greenhouse Reflexology: 55 minutes**

Reflex points located on the feet directly correspond to specific areas and organs of the body. Manual stimulation of these points help unblock, balance and encourage healing to promote a feeling of optimum well-being.

£68

**Pre-Natal Well-Being Massage: 60 minutes**

A massage developed specifically to address the body's needs during pregnancy. This treatment is the perfect remedy to ease an aching back, shift fluid retention, alleviate stretch marks and promote a state of calm and optimum well-being. Using an infusion of Mandarin, Rose and Lavender Flower, our pre-natal massage is a must for any mother-to-be.

£73

**Greenhouse Foot Soak and Massage: 30 minutes**

Revive tired feet with this luxurious foot soak and reflexology massage followed by a restorative foot tonic.

£38

**Greenhouse Acupressure Scalp Massage: 45 minutes**

This extremely relaxing scalp treatment begins with a hot oil acupressure massage with beautiful essential oil blends and Frankincense. It calms, and centres the mind while also hydrating and nourishing the scalp and hair to leave it soft, silky and radiant. The treatment is designed to be totally bespoke and customised to each individual.

£50
**Body Exfoliations and Envelopments**

**Macadamia and Papaya Body Scrub: 45 minutes**
Shed flaky, dead skin cells with a tropical cocktail of super foods, before sealing your limbs with a cooling Cucumber and Watermelon Seed Infusion.

£50

**Mother of Pearl Body Scrub: 45 minutes**
Indulge your body and mind with this ultra-luxurious body scrub enriched with Mother of Pearl. This sumptuous scrub will remove dull, dead skin, leaving your body intensively hydrated, silky and nurtured.

£50

**Detox Booster Body Wrap: 90 minutes**
To reduce fluid retention, invigorate circulation and shift toxins we apply a warm purifying Kaolin Clay infused with Rosemary, Grapefruit and Juniper Berry before enveloping you in a thermal blanket. Facial bloom and glow is performed while you are enveloped. After showering, we will massage you with a Guarana and Green Tea-rich circulation boosting serum leaving you feeling warm, purified and revived.

£105
Facial Therapies

Facial Happiness - Aroma: 60 minutes or 85 minutes with back massage

Bespoke to each client, we tailor your facial treatment to harmonise the Five Elements and address the key underlying concerns of the skin. This transformative facial combines healing botanicals, vitamins and marine extracts to feed the skin and restore equilibrium, while creating a more vibrant and healthy complexion. Incorporating deep cleansing, exfoliation, a luxurious facial massage and nourishment, this treatment replenishes the skin giving you immediate and long lasting results.

£73 or £95

Facial Bloom - Rejuvenating Age Support: 85 minutes

This transformational facial addresses the key underlying causes of physiological ageing. By improving fine lines and wrinkles, cellular drainage, micro-circulation, skin nutrition and hydration, the skin's tone, elasticity, radiance and moisture levels are radically improved. This reviving and rejuvenating treatment begins with a deep cleanse and AHA exfoliation followed by an extensive face, throat and décolleté massage and acupressure to repair and revitalise the skin. This facial delivers both immediate and long lasting results.

£105
Facial Purity - Deep clean: 60 minutes

Pollution, lifestyle and stress all contribute to congested and unbalanced skin. Our intensive skin detoxification facial harnesses the natural exfoliating power of Apple Serum and Papaya AHA’s to deeply cleanse pores and remove dead skin cells. This is followed by a Green Tea and Lavender Cleanse, purifying herbal steam towels, and mineral-rich clay mask infused with purifying Manuka Honey, Rosemary and Tea-Tree. This treatment encourages micro-drainage of toxins which in turn helps to remove cellular debris, reduce sebum production and pore size, brighten the skin and reduce skin inflammation to help restore a clear, clean and balanced complexion.

£75

Facial Vitality - Skin brightening: 60 minutes

Using a 20% solution of Vitamin C infused with Kombuchka™, a fermented black-tea known as the “Elixir of Life”, helps to dramatically enhance the tone and texture of the skin. Skin feels smoother, appears brighter and more radiant and the complexion is more balanced with reduced pigmentation.

£75

Greenhouse Eye Lift: 30 minutes

We combine smoothing and plumping Plant Peptides, Proteins and Blue-Green Algae with targeted lymphatic drainage and acupressure to help reduce the appearance of fine lines and wrinkles, puffiness and dark circles. Ideal remedy for anti-aging, eye fatigue, after a big night out or as an addition to a facial.

£40
Greenhouse Tapas Treatments

Choose 2, 3, 4, or 5 and build your own Spa experience....

Allow 30 minutes per treatment
All treatments are male friendly!
P = suitable during pregnancy

Bloom & Glow Facial
Hydration facial with exfoliation, rose and geranium massage and nutrient rich mask. (P)

Buff & Shine
Dry skin body brushing followed by sea salt & lemongrass body exfoliation.

Sole Saviour
Mint & magnesium foot soak and soothing massage, complete with warming hydrating foot mask and heat treatment.

Vital Eyes
Cleanse and gentle eye exfoliation, lymphatic eye massage using aloe and cornflower to cool, collagen boosting mask - finished with ultra-firming serum. (P)

Gadget Therapy
Deep massage to the hands and joints, complete with hydrating mask and heat treatment. (P)

Head Guru
Hot oil Head, Scalp & Neck massage with facial pressure points. (P)
Perky Face
Congested or dull skin brought back to life with a deep cleanse and hot towel infusion, brightening and toning mask and scalp massage to complete.

Loving Hands
File, Massage, cuticle tidy, polish for ladies, buff for men. (P)

Deep Ease
Stress Busting Back, Neck and Shoulder massage with blended sweet orange and Ylang Ylang muscle relaxation oil. (P-adapted for pregnancy)

Rising Star
5 points of a star Head, Hands and Feet are centres of intense energy lets bless them with intensively relaxing massage. (P)

Light Legs
Cooling lymphatic massage for the legs and feet using peppermint and rosemary, reducing fatigue and fluid retention in the legs & feet. (P- adapted for pregnancy)

Sports Tonic
Magnesium tonic application followed by a stretching and releasing massage-perfect post workout.

Wrap Up
Detoxifying warm clay and herbs applied to the body and wrapped, scalp massage before showering clean.

Flip flop feet
Exfoliate, File, Massage, polish for ladies, buff for men. (P)

Sinus Buster
To alleviate tension and headaches, stimulate the movement of congestion using a bend of eucalyptus, rosemary and lavender combined with gentle pressure point massage.

£35 per tapas treatment
Greenhouse Finishing Touches

A clean approach to hand, feet and nail care. Free from the top 3 toxic offender's - Toluene, DBP & Formaldehyde, without compromising on luxury. We use Eco-natural formula by Kure BAZAAR • Safe for expectant mums.

Greenhouse Luxury Manicure- Allow 50 minutes
Begins with shaping the nails and softening the cuticles prior to a gentle exfoliation and warm hydrating soufflé massage with intense hydrating hand mask and heat treatment. Cuticle tidy before the colour of your choice is applied. (Men receive extended massage to the hands and nail buffing to complete)
£40

Greenhouse Luxury Pedicure- Allow 55 minutes
Begins with a luxurious soothing soak and removal of hard skin, cuticles are softened while a deep exfoliation is applied. Hydrating soufflé massage with intense hydrating foot mask and heat treatment before colour of your choice is applied. (Men receive extended massage to the feet and nail buffing to complete)
£50

Brow by mii
Mii maintenance (30 minutes) £30
Shape, tint & sculpt perfect brows (45 minutes) £40

Waxing & Lashes

Half leg wax £25
Full leg wax £40
Bikini wax £15
Underarm wax £13
Chest or back wax £25
Forearm wax £20
Lip or Chin wax £10
Eyebrow wax and shape £18
Eyelash tint £20
Brow tint £10
Eyelash & eyebrow tint £25
**Greenhouse Fitness**

Bringing the outdoors in, Greenhouse have created a fresh, clean, light environment with natural tones. You enter our spa and fitness centre from the gardens into a sociable reception come meeting place where friends can enjoy teas and snacks, post workout or spa treatment.

- Extensive Cardio and Weights area
- Studio - classes include Pilates, Bikram Yoga, Spinning, Muscle Pump and HIIT Style Classes
- Pool and Thermal area- Sauna & Steam room, Jacuzzi and relaxation area
- Alfresco decking area overlooking the gardens- Yoga & Pilates, spring and summer
- Changing rooms and showers
- 3 luxury treatment rooms with showers and an area dedicated to manicure and pedicure treatments

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To view our classes please visit: greenhousespaandfitness.com
Greenhouse Memberships

Platinum Membership
A monthly membership with full access to the gym, studio classes and Spa facilities.
£65 per month

6 Week ‘Taster’ Membership
6 weeks unlimited access to the gym, studio classes and Spa facilities.
(single purchase only)
Membership £100

Off-Peak Membership
A monthly membership with unlimited access to the gym and Spa area between the hours of 11am-4pm Mon - Fri with free access at the weekends (classes are not included with this option)
£45 per month

Class Pass
10 classes to be used for either a gym session, swim, or studio class.
£70

‘Hot’ Class Pass
10 of our ‘hot’ style studio classes can be used with this pass.
£85
Greenhouse Signature Membership - 6 Months

Looking to make a commitment to your all-round health and wellness? Let us help you set your goals and achieve them. Perfect pre-holiday, pre wedding, post baby or gift.

30 minute health and fitness initial assessment

6 one on one Personal training sessions

1 Spa treatment per month from our Spa Tapas Treatments menu (15 to choose from)

Monthly nutritional consultation and guidance

Full use of all gym, spa facilities and fitness classes

End of membership review (within the last month with our in house nutrition and fitness manager)

£125 per month or £750 (value £1000)

Personal Training & Nutrition

Our on-site Personal Trainers specialise in exercise referral and special populations, to pre and post-natal.

We also have a fully qualified nutritionist on-site too who can help you with your diet and fat loss goals.

Spa Treatments discount

We offer a 10% discount on Spa Treatments to all our Platinum & Signature Members, Monday – Friday

To view our classes please visit: greenhousespaandfitness.com
To enquire / arrange your membership please call: 01534 877763
Our Location:

Greenhouse spa & fitness, Chateau Vermont, Mont Sohier, St Saviour, Jersey, JE2 7HA.

Find us by simply heading to Five Oaks round about and turning down Rue a la Dame. Turn right at the cross roads and we are the second turning on the left where there is ample parking in our on site gravel car park.

info@greenhousespaandfitness.com

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