



Treatment Menu

### **Spa Etiquette**

In order to create the perfect environment and be considerate to all our clients the following guidelines are intended to ensure your visit runs smoothly.

### **Booking + Cancellation**

Credit card details are required to secure your booking. All bookings will require a 50% deposit. This deposit will be non refundable if booking is cancelled within 24 hours of appointment

### **First Timers**

If you are visiting us for the first time, please arrive 15 minutes early for your initial consultation.

### **Late Arrival**

Please arrive in plenty of time to relax and enjoy the experience. If you are running late every effort will be made to honour your treatment time, but this may not always be possible.

### **Mobile Phones**

Please refrain from using your mobile phone during your visit. In fact, why not just get away from it all and switch it off altogether.

### **Payment Methods**

We are happy to accept most major debit and credit cards but unfortunately we are unable to accept solo cards and American Express over the phone.

## DAY ESCAPES

### **Breathe**

**£80**

An aromatic journey to open the mind and calm the senses, this package features elements to relax and reduce stress.....Here we breathe deeply to restore harmony and open the mind.

**Tranquility Ritual Treatment**

**60mins**

**Lushly Ritual for Hands with shiatsu comfort massage**

**45mins**

### **Release**

**£80**

A warming journey to balance the body, and gain equilibrium of the senses, this package features elements to purify and detoxify.....Here we release excess energy and stress.

**Monticelli Mud Wrap**

**60mins**

**Hydramemory Facial**

**60mins**

### **Replenish**

**£90**

A grounding journey, to empower your senses of well being. This package features elements to renew, protect and nourish..... Here we increase our strength of mind, body and spirit.

**D-Age Body Treatment**

**60mins**

**Chrono-Reverser Collagen Facial**

**60mins**

All packages include use of the facilities and a 2 course lunch from our nutritionally balanced Spa Menu. The treatments are enhanced with an Arabian tea ritual and ambient room spray. Your therapist can recommend retail products such as fruity peel, Aromasoul shower gels, face and body creams to enhance your treatment at home.

## FACIAL TREATMENTS

### **Hydramemory-24hr Deep Hydrating Treatment**

**60mins**

A deeply hydrating treatment to improve moisture levels in the skin. Hibiscus and honey work to retain moisture and leave the skin feeling silky smooth.

**Mon-Thur £40 / Fri-Sun £50**

### **Skin Resonance-Rebalancing Treatment for Sensitive Skins**

**60mins**

A treatment developed to rebalance and strengthen sensitive skins. This treatment not only cools and calms, but reduces any irritation within the skin.

**Mon-Thur £40 / Fri-Sun £50**

### **Recover Touch- Anti-Oxidant Vitamin Treatment**

**60mins**

Anti-oxidant vitamin treatment works to neutralise free radicals which can destroy the skins natural collagen and elastin. Nourishing cloudberry and canola oil revive a dull, tired complexion.

**Mon-Thur £40 / Fri-Sun £50**

### **Glorious Skin**

**75mins**

This treatment gives an immediate lifting and tensing effect and incorporates the ingredient hexapeptide, which works as a muscle inhibitor. This treatment is excellent for a special occasion, or will give on-going lifting and firming effects, especially when used in conjunction with a special homecare programme. This treatment uses a unique setting mask, which once removed, reveals firmer, smoother looking skin.

**Mon-Thur £50 / Fri-Sun £60**

### **Chrono Reverser Collagen - Exfoliation and Anti-Aging Treatment**

**60mins**

Using an exclusive synergy of new-generation active ingredients and superior collage, this extraordinary treatment resurfaces, revitalises, and deeply hydrates the skin, plumping out fine lines, and leaving your skin supple and moisturised, with a radiant glow.

**Mon-Thur £50 / Fri-Sun £60**

### **Eye Supreme- Anti-Ageing**

**30mins**

Mult-active rejuvenating eye zone treatment. A specific treatment to rejuvenate the delicate area around the eyes. Natural ingredients combined with peptide technology will work to reduce dark circles, puffiness and fine lines, moisture and hydration are restored, while an innovative mask will bring rapid relief from stress and fatigue. \* Can be incorporated into any facial (15 mins) £15

**Mon-Thur £25 / Fri-Sun £35**

### **Lip Blooming**

**15mins**

A complete lip care system to rejuvenate, smooth, nourish, hydrate and re-plump the lip area. Can be incorporated into the facial treatments, or as a 30 minute treatment.

\* Can be incorporated into any facial (15 mins) £10

**Mon-Thur £15 / Fri-Sun £25**

## CRYSTAL CLEAR

Since its inception in 1995, Crystal Clear has quickly established itself as one of the worlds leading providers of high tech beauty and skin care products. Crystal Clears success has been built upon its commitment to the research and development of new products and a passion for providing exceptional treatments that deliver outstanding results.

### **Crystal Clear Microdermabrasion**

**60mins**

Microdermabrasion offers a safe, controlled method of resurfacing, by gently exfoliating the outer layers of the skin. An excellent and progressive solution to open pores, blackheads, pigmentation, blemish scars, acne scars and much more. A course is recommended for best results. Book a course of 5 and receive the 6th treatment complimentary.

**Mon-Thur £40 / Fri-Sun £50**

## CACI

The Caci Quantum is the most advance non-surgical facial treatment system available, and features specific programmes for face lifting, wrinkles, acne and scar tissue. This treatment tightens and tones muscles, whilst smoothing the appearance of fine lines and wrinkles.

**Caci facial treatment. 60mins**

**Mon-Thur £40 / Fri-Sun £50**

**Course of 10 (recommended)**

**£400**

**Caci eye treatment 30mins**

**Mon-Thur £25 / Fri-Sun £35**

## MAN SPACE

**Hydra-Performance Facial -Rehydration Treatment for Men**

**60mins**

Perfectly restores moisture levels to the skin with the use of active ingredients such as swiss glacial water. Ideal for frequent flyers or skin that is exposed to extreme temperatures and environmental factors.

**Mon-Thur £40 / Fri-Sun £50**

## BODY TREATMENTS

**Comfort Touch Massage Full Body 60mins**

**Mon-Thur £45 / Fri-Sun £55**

**Back, Neck, & Shoulders 30mins**

**Mon-Thur £20 / Fri-Sun £30**

Using specially selected oils tailor make the treatment to suit your needs, designed to relax and rebalance energy levels, while alleviating muscular tension and stress.

**Tranquility Ritual Treatment-**

**Aromatic Well-Being Ritual for Face and body**

**80mins**

The precious combination of a delicate texture, aromaticological olfactive notes and the power of human touch, renders this a unique experience to deeply relax body and mind.

**Mon-Thur £55 / Fri-Sun £65**

## SWEDISH MASSAGE

A firm massage to ease tension which can be adapted to meet your individual needs

**Back, Neck & Shoulder Massage 30mins**

**Mon-Thur £20 / Fri-Sun £30**

**Full Body Massage 1 hour**

**Mon-Thur £40 / Fri-Sun £55**

## HOT STONE MASSAGE

Suitable for all clients in need of deep relaxation, this extraordinary treatment uses intense massage through smooth basalt heated stones. Deep muscle tension is relieved and circulation is stimulated by a soothing massage technique. Perfect to ease tension and stress through the entire body.

**Hot Stone Back Masage 30mins**

**Mon-Thur £35 / Fri-Sun £45**

**Hot Stone Full Body Massage 80mins**

**Mon-Thur £65 / Fri-Sun £75**

## MUD TREATMENTS

### Monticelli Mud-Conditioning Mud Treatment

**60mins**

Enriched with Monticelli thermal mud, taken from the mineral rich river banks of Monticelli Italy. Detoxifying and draining action due to the active ingredients in the soft Monticelli thermal mud, enriched with mineral salt thermal waters from Terme di Monticelli. Healing and restorative benefits.

**Mon-Thur £45 / Fri-Sun £60**

## MATERNITY TREATMENTS

### New Life-Treatment During Pregnancy

**60mins**

With its sweet and delicate ingredients, this treatment has a draining effect, and relieves joint tension, by reducing swelling and heaviness. This treatment is safe for clients that are 12 weeks pregnant or more, to maintain the skin tone and elasticity whilst deeply relaxing muscles and the lower back area.

**Mon-Thur £45 / Fri-Sun £55**

### New Mum- Post Pregnancy Treatment

**60mins**

Restores the body shape and firms the skins tissues following pregnancy. A synergy of products that help regain tone, firmness and elasticity.

**Mon-Thur £45 / Fri-Sun £55**

## AROMASOUL ADVANCE TREATMENTS

**Face 45mins**

**Mon-Thur £45 / Fri-Sun £55**

**Body 60mins**

**Mon-Thur £50 / Fri-Sun £60**

**Face and body ritual 90mins**

**Mon-Thur £60 / Fri-Sun £80**

Aromasoul has been developed by [Comfort zone] to offer the ultimate in massage experiences. Taking inspiration from ancient techniques from around the world, Aromasoul is a multi-sensorial journey, stimulating mind, body and soul. Ideally, you can take a journey around the world with four Aromasoul treatments; one a day for four days or one a week – you decide or choose with your therapist the best treatment for you. Only the most highly trained advanced therapists carry out Aromasoul treatments.

## Aromasoul Ritual Massages

### **Oriental**

This massage is based on a 2000 year old ancient tui-na massage technique. The focus of treatment is to balance posture. During this stimulating massage, the therapist will be working on the posture. Using a beautiful blend of oriental oil based on mimosa, jasmine and ylang ylang. Your treatment will end with a balancing cup of oriental blend herbal tea.

### **Mediterranean**

Inspired by the waves of the Mediterranean ocean, this massage is designed to stimulate circulation and lymphatic flow. Each movement draws from the ripples and the waves of the ocean. Oregano, basil and lemon are blended for the massage oils to sooth and calm the senses. Your treatment concludes with a detoxifying blend herbal tea.

### **Indian**

This ayurvedic inspired Indian treatment uses a rich and spicy oil with cardamom and patchouli to warm the soul. Indian aromasoul energises the system and revitalises the mind. Focusing on energy centres around the body, this treatment is perfect for tired travellers. Your treatment will end with a warming cup of spicy herbal tea.

### **Arabian**

A truly mesmerising experience, the Arabian massage is an ancient ritual used by Bedouin travellers. The massage procedure consists of one soft and beautiful movement from head to toe, soothing the mind. Inspiration for the massage is taken from the wind on the sand in the desert. Your treatment concludes with a soothing cup of tea.

## ALTERNATIVE TREATMENTS

### **Reflexology**

**60mins**

Reflexology is a specialised foot massage. It works by activating the body's own healing powers. It is based on the principle that there are reflexes on the feet that are connected to or associated with every organ, gland and structure of the body. Through application of pressure on the reflexes of the feet, reflexology relieves tension, improves circulation and promotes the natural function of the related areas of the body.

**Mon-Thur £25 / Fri-Sun £35**

### **Indian Head Massage**

**45mins**

Holistic treatment to ease stress and tension through pressure point massage.

**Mon-Thur £25 / Fri-Sun £35**

## **Bridal Trial and Wedding or Occasion Make Up**

(This includes a lipstick/lipgloss to take away, to touch up!)

**60mins**

**Mon-Thur £50 / Fri-Sun £65**

## **EYECARE**

**Eye lash Tint 20mins £9**

**Eye Brow Tint 15mins £6**

**Eye Brow Shape 10mins £6**

**Eye Lash & Brow Tint 30mins £12**

### **Lash Extensions**

Lash perfect professional semi-permanent eyelash extensions provide thickness and length to natural eyelashes thus enhancing the charm and appeal of your eyes.

**Mon-Thur £55 / Fri-Sun £70**

**In fills**

**Mon-Thur £15 / Fri-Sun £20**

## **WAXING**

**½ Leg Wax 30mins £10**

**Bikini Wax 15mins £8**

**Eyebrow Wax 15mins £8**

**Full Leg & Bikini 50mins £20**

**Full Leg wax 40mins £15**

**Under Arm Wax 15mins £8**

**Lip or Chin Wax 10mins £8**

**Chest or Back wax 30mins £18**

## NAIL CARE

### Jessica Manicure

**60mins**

A prescriptive spa manicure. Nails are analysed and treated to make them stronger, more flexible and less prone to breaking. The ultimate in hand and nail care! This treatment also includes the polish used to take away!

**Mon-Thur £25 / Fri-Sun £35**

### Jessica Pedicure

**60mins**

Choose either energising ginger, calming green tea or revitalising citrus. Hard skin is buffed, feet and legs are exfoliated, moisturised and massaged, and nails are shaped and perfectly polished.

**Mon-Thur £30 / Fri-Sun £40**

### Jessica File & Polish

**30mins**

When you are in a hurry! Nails are filed then treatment finishes with the perfect polish!

**Mon-Thur £15 / Fri-Sun £20**

### Jessica Gel Nails

**Gel Colour**

**Mon-Thur £25 / Fri-Sun £30**

**Gel French**

**Mon-Thur £30 / Fri-Sun £35**

**Removal**

**£10**





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