



Body Wraps

Musclewrap (75mins)	£43.00
Cellutox Wrap (75mins)	£43.00

Holistic Therapies

Full Body Hot Stones	£59.00
Back Massage Hot Stones	£35.00

Massage

Full Body Massage	£38.00
Back, Neck & Shoulder Massage	£24.00
Shoulder, Face & Scalp Massage	£24.00
Full Body Polish	£24.00

Elemis Massage

Stress-a-way Deep Tissue Massage	£42.00
Spirit Reviver Deep Tissue Massage	£42.00
Muscle Melt Deep Tissue Massage	£42.00
Deep Tissue Back Massage	£26.00
Absolute Spa Ritual	£99.00
Cooling Hot Stone Body-Facial Therapy	£55.00
Body Sculpting Cellulite & Colon Therapy	£50.00

ST Tropez Spray Tan

St Tropez Full Body Tan	£25.00
Half Body	£15.00
Top Up (within 7 days)	£15.00

Elemis Facials

Visible Brilliance (75mins)	£65.00
Pro-Collagen Quartz Lifting Facial (75mins)	£65.00
Tri-Enzyme Resurfacing Facial (75mins)	£65.00
Oxygen Skin Calm (75mins)	£50.00
S.O.S Purifying Facial (75mins)	£50.00
Fruit Active Glow Facial (60mins)	£40.00
Exotic Moisture Dew Facial(60mins)	£40.00
Herbal Lavender Repair Facial (60mins)	£40.00
Taster Facial (30mins)	£20.00

Make- up

Day/Evening	£20.00
Bridal (Including Trial)	£38.00

Eye Care

Eyelash Tint	£11.00
Eyebrow Tint	£9.00
Eyelash & Eyebrow Tint	£18.00
Eyebrow Shape	£8.00

Electrolysis

15 minutes	£12.00
30 minutes	£22.00

Waxing

1/2 Leg Wax	£14.00
Full Leg Wax	£20.00
Bikini Wax (from)	£10.00
Brazilian Wax	£25.00
Under Arm Wax	£8.00
Eyebrow Wax	£8.00
Lip or Chin Wax	£7.50
Full Leg & Bikini Wax	£28.00

Men Only Facials

Elemis Skin IQ (75mins)	£65.00
Elemis Urban Cleanse (75mins)	£50.00
Elemis Total Time Out	£99.00

Nail Care

Manicure	£18.00
Luxury Manicure	£22.00
Pedicure	£22.00
Luxury Pedicure	£27.00
File & Polish	£8.00
Toe Nail Tidy & Polish	£8.00

Men Only

Full Body Massage	£38.00
Back Massage	£24.00
Chest or Back Wax	£17.00
Manicure	£15.00
Luxury Manicure	£18.00
Pedicure	£19.00
Luxury Pedicure	£22.00
Eyebrow Tidy	£8.00
Eyelash Tint	£11.00

Artificial Nail Treatments

Full Set of Silk Nail Extensions	£25.00
Full Set of Silk Infiles(inc 2 nail repairs)	£17.00
Nail Repair(per nail)	£2.00

Essence Experience Package

Enjoy a light lunch and use of the facilities as well as a Back, Neck & Shoulder Massage, a Taster Facial and either a Manicure or Pedicure



£83.00

The Stress Cure Package

Start your day with a workout or leisurely swim, then enjoy a combination of two treatments, choose between a Taster Facial, a Back Neck & Shoulder Massage, Manicure or Pedicure



£48.00

Wedding packages available-please call for details

Did You Know?

LivingWell members & Non-members can use the Essence Beauty Spa
LivingWell members & Hotel Guests receive 10% discount on treatments
Gift Vouchers are available to purchase for the ideal gift
Prior to Eyelash & Eyebrow Tints a patch test must be undertaken
24 hours before treatment

Essence Terms & Conditions

Essence Cancellation Policy

Less than 48hrs notice: 50% of treatment cost

Less than 24hrs notice: 100% of treatment cost

All pre-paid courses valid for 6 months

Treatment and Tanning courses must be pre-paid and are non-refundable or transferable
Our therapists reserve the right to stop a treatment at any time if the customer's conduct is inappropriate.

Opening Times

Mon-Wed	10:00-19:00
Thur-Fri	10:00-20:00
Sat	9:00-18:00
Sun	10:00-17:00

We are always happy to offer a free consultation to identify & discuss your individual needs in the privacy of one of our luxury treatment rooms. Please ask staff for details.



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