

## Elemis Facial's.

### Herbal Lavender Repair (60mins)

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Off peak £40    Peak £43

### Fruit Active Glow (60mins)

Skin is deeply cleansed and stimulated by Specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Off peak £40    Peak £43

### Exotic Moisture Dew (60mins)

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

Off peak £40    Peak £43

### S.O.S Purifying (75mins)

A powerful face and eye treatments that helps regulate and balance the skin. Purifying massage techniques combined with the unique Japanese Sulphur mask helps rebalance a delicate irritation and rebalance oil-rich, leaving a beautiful matt complexion.

Off peak £50    Peak £53

### Modern skin (60mins)

Bursting with anti-oxidants, rich minerals and vitamins, this purifying treatment helps remove toxins, regenerates skin cells and rebalances sebum.

Off peak £50    Peak £53

### Oxygen Skin Calm (75mins)

Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk mask helps rebalance a delicate, fragile and sensitive complexion. Also helps to relieve redness and comforts stressed and irritated skin.

Off peak £50    Peak £53

### Pro-Collagen Quartz Lift (75mins)

This exceptional anti-wrinkle facial has been clinically proven to reduce wrinkles by up to 94% and improve skins firmness by up to 57% after just 1 treatment.

Specialised techniques combined with unique anti-aging formulations create a firmer, uplifted and more youthful appearance.

Off peak £65    Peak £68

### Visible Brilliance (75mins)

Independently tested with revolutionary results, this anti-ageing face and eye treatments instantly firms, rejuvenates and plump up to 40% after just 1 treatment. The skin is deeply hydrated, radiance is restored and your skin appears smoother and more sculpted.

Off peak £65    Peak £68

### Tri-Enzyme Resurfacing (75mins)

Clinically proven to visibly resurface skin by up to 75% and increase skin smoothness by up to 32%, this unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin.

Off peak £65    Peak £68

## Time For men

### Skin IQ Men (75min)

This anti-aging time defence wrinkle delay and time defence eye reviver treatment is tailored to combat the harsh effects of frequent shaving, environment pollution and constant travel.

Off peak £65    Peak £68

### Urban Cleanse Men (75min)

This super-grooming facial works overtime to help eliminate blocked pores and rapidly accelerate skin repair. Fast acting ingredients reduce sensitivity and provide a long lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

Off peak £65    Peak £68

## Massage

### Elemis Deep Tissue Muscle Massage. (60min)

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

Choose from:

#### Stress Away

Wind down and release the tension of the day

#### Sprit Revive

A powerful surge to invigorate and recharge.

#### Muscle Ease

Relax and reenergise a tired and aching body.

Off peak £42    Peak £45

### Elemis Deep Tissue Back Massage. (30min)

Specifically targeting back, neck and shoulder areas where you most need it. Minimum time maximum tension relieving.

Off peak £26    Peak £29

### Swedish Full Body Massage. (55min)

The Swedish massage technique involves a sequence of movements working superficially but deep into the tissue layers. Ideal for clients who are apprehensive about deep tissue massage treatments. This will stimulate the muscles helping to relax and unwind.

Off peak £38    Peak £41

### Swedish Back, Neck and Shoulder Massage. (25min)

A treatment specifically to target the back, neck and shoulders using Swedish massage techniques to break down the build up of lactic acid which is the cause of tension commonly found in these areas.

Off Peak £24    Peak £27

### Face & Body Sensation – Hot Stone (55min)

Experience the perfect Elemis treatment duo, a sensational hot stone combined with the prescribed booster anti-ageing facial. This massage will induce a deep level of relaxation. You will then be treated to your Prescribed facial.

Off Peak £55    Peak £58

## Body Indulgence.

### Exotic Lime & Ginger Salt Glow (30min)

A body exfoliation ritual designed to invigorate and revitalise the body. After light body brushing, warm oil is dripped over the body, before the sublime Elemis Exotic Lime & Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, flawless and polished to perfection.

Off peak £35    Peak £38

### Exotic Coconut Rub & Milk Ritual Wrap. (45min)

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening combined with a pressure point facial massage and de-stress scalp treatment.

Off peak £45    Peak £48

### Exotic Frangipani Body Nourish Wrap. (45mins)

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body, you are then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

Off Peak £45    Peak £48

### Cellutox Aroma Spa Wrap. (75min)

Whilst cocooned in a comforting foil wrap, be treated to a facial and a de-stress scalp massage. This therapy helps refine the appearance of cellulite and relieves the discomfort of fluid retention, leaving the skin soft & smooth.

Off Peak £43    Peak £46

### Muscle Ease Aroma Spa Wrap. (75mins)

Using a warm blend of essential oils, this specialised treatment helps ease aching, tense muscles. Be treated to a facial massage and a de-stress scalp treatment whilst cocooned in a comforting foil wrap.

Off Peak £43    Peak £46

### Body Sculpting Cellulite & Colon Therapy. (60min)

Clinically proven to target stubborn cellulite and sagging skin for visible and rapid results. A peel-off body mask is applied and a combined with massage to deeply cleanse the body, helping firm and smooth skin, stimulate circulation and reduce fluid retention.

Off Peak £50    Peak £53

## Holistic Therapies

### Indian Head Massage (45min)

Specific to the upper body, the area most vulnerable to stress and tension, it incorporates on the shiatsu and acupressure techniques on the scalp, neck, shoulders, arms and face. Energies become realigned and a general felling of relaxation is achieved.

Off peak £32      Peak £35

### Hopi Ear Candle (45min)

This treatment is excellent for anyone suffering from sinusitis, headaches, tinnitus, migraines, head colds, glue ear, hay fever or excessive wax. The treatment is completely pain free and non-invasive and also helps to rebalance the ear by drawing out impurities. It is relaxing, soothing and a natural alternative to syringing.

Off peak £30      Peak £33

## Finishing Touches

Waxing	Off peak	Peak
Half leg wax	£14	£17
Full leg wax	£20	£23
Full leg and bikini wax	£28	£31
Bikini Wax	£10	£13
Underarm wax	£8	£11
Eyebrow wax	£8	£11
Lip or chin wax	£7	£10
Chest or back wax	£17	£20

### Electrolysis

15 minute treatment	£12	£15
30 minute treatment	£22	£25

### Eye Care

Eyebrow Shape	£8	£11
Eyebrow Tint	£9	£14
Eyelash Tint	£11	£14
Eyelash and brow tint	£18	£21
Eyelash perm	£20	£23
Eyelash Extensions	£12	£15

(Patch test is required 24hour prior to a tint or perm)

St.Tropez	Off Peak	Peak
Full Body	£25	£28
Legs	£15	£18
Top up	£15	£18

(Top up within 7 days)

## Hands & Feet Treats.

### Jessica Prescriptive Manicure (45min)

This Jessica manicure includes nail re-shape, cuticle tidy, hand massage, nail analysis and application of prescribed nail treatment before the selected polish of your choice.

Off Peak £18      Peak £21

### Jessica Deluxe Manicure (60min)

This treatment combines a relaxing hand and arm massage with nail analysis and nourishing preparations. Choose between heated mitts or Le-Remedi to intensely recondition your hands before your selected polish is applied.

Off Peak £22      Peak £25

### Jessica Zen Spa Pedicure (60min)

Feet are cleansed, cuticles are conditioned and hard skin is softened before a relaxing pressure point massage and your selected polish is applied.

Off peak £22      Peak £25

### Jessica Deluxe Zen Spa Pedicure (75min)

An extension to the Zen spa Pedicure which includes exfoliation and heated booties to deeply condition and softens skin followed by a nourishing foot mask to alleviate tired, heavy legs before your selected polish is applied.

Off Peak £27      Peak £30

### Jessica File & Polish (30min)

The perfect treatment for those who are s. File, shape and polish rejuvenate your hands and feet in no time.

Nail Extensions	Off Peak	Peak
Full set of extensions	£35	£38
Full set of infills (Includes 2 repairs)	£25	£28
Nail Repair (per nail)	£2	£3
Soak Off	£5	£8

## Pamper Days

Stress Cure Package	£48
* Choice of 2 treatments*	
Back, neck and shoulder massage	
Taster facial	
Manicure	
Pedicure	
Purity Package	£70
Full Body Polish	
Taster facial	
Shoulder face and scalp massage	
Use of the facilities	
Essence Experience Package	£83
Back, neck and shoulder massage	
Taster facial	
Manicure or pedicure	
Light lunch	
Use of the facilities	
Deluxe Pamper Package	£110
Hot stones back massage	
Luxury manicure or pedicure	
60 minute facial with relaxing scalp massage	
Light lunch	
Use of the facilities	
Total Indulgence Package	£140
60 minute facial	
Hot stones body massage	
Scalp and shoulder massage	
File and polish for hands and feet	
Light lunch	
Use of the facilities	

## Specific Pamper Days

Mother and Daughter Package	£65
60 Minute facial	
Back, neck and shoulder massage	
Light lunch	
Use of the facilities	
Mum to be Package	£52
Taster facial	
Luxury Pedicure	
Express Manicure	
Light Lunch	
Use of the facilities	
Holiday Package	£50
Half leg wax	
Bikini wax	
Eyebrow shape	
Eyelash and eyebrow tint	
File and polish – hands and feet	
Just for Men	£78
1 hour back, neck, shoulder and scalp massage	
Taster facial	
Buff and Tidy hands and feet	
Light lunch	
Use of the facilities	

## Spa Etiquette

### Treatment Times

Monday	10-6
Tuesday	10-5
Wednesday	10-6
Thursday	11-9
Friday	10-7
Saturday	10-6
Sunday	10-5

### Arrival Times

Please allow 15 minutes to check in prior to your appointment treatments

### Gift Vouchers

Our Team will be delighted to assist you in purchasing the perfect gift. Spa gift vouchers can be ordered by telephone or in person

### Booking Process

The essence Spa can get very busy so please give as much notice as possible when scheduling your spa days

### Timing Definitions

Off-Peak	Monday – Thursday
Peak	Friday – Sunday

### Treatment Dress Code

We advise guests dress down to underwear throughout spa

### Spa Tranquillity

We politely ask that you respect the right of other guests by switching all mobile phones to silent and refrain from smoking during your visit

### Cancellation Policy

We require 48 hours notice to cancel any treatments to avoid a 100% charge.  
All deposits are non-refundable.

# Spa Menu

