

## A Stunning Spa Experience

Our day spa programmes are designed to meet your individual health and beauty needs and offer the opportunity to get the most value out of your visit.

For flexibility and convenience our day spa packages are time orientated, as opposed to treatment led. They incorporate a combination of dedicated therapist treatment time coupled with the opportunity for you to relax in our beautiful spa facilities including our gorgeous swimming pool, deliciously hot steam room, relaxing Jacuzzi and warming sauna.

So, booking an experience is based on you making just two decisions:

1. How much time you can spend with us
2. How you want to feel when you leave us - relaxed, revitalised or restored

Our time packages come as a half day option, so, once you know how long you will be spending with us, you can choose between three programmes, each designed to provide a slightly different experience.

**The Discover Experience** - for the first time spa goer who may be unsure about having treatments and therapies, or for those who prefer to have more time simply relaxing in our spa facilities, the Discover package offers a great way for you to discover the delights of the day spa.

**The Enrich Experience** - if you can't decide whether its more treatment time or relaxation in our thermal suite time you want, why not opt for the Enrich experience giving you time to make the most of both? Kick back and we will bring you back to your very best and leave you feeling on top of the world.

**The Indulge Experience** - is pure pampering at its best! With extended treatment time you can enjoy more of our fabulous therapies and still have plenty of time relaxing in our gorgeous spa facilities.

At this stage no specific treatment booking is required in advance. Part of your overall experience is the freedom to select your treatment on the day of your visit. Choose from our extensive range of massages, facials and body treatments to suit your needs.

When you arrive - Sit down and tell us how you feel. We will encourage you to tell us if there are specific areas you would like to concentrate on and most importantly how you would like to feel when you leave us at the end of your spa day - relaxed, restored or revitalised.

Our therapists will then go through our range of face, body and alternative treatments we offer and help you to create a personalised plan tailored to meet your needs.

We'll then take you on a tour of the facilities explaining their benefits to you, then all you need to do is lie back, relax and enjoy the experience!

The treatment time included within these packages is designed for any of our massages, facials or body treatments. Any of the treatments from the finishing touches menus can be booked as additional to your package, subject to availability.

When you leave - We want you to have both enjoyed your time and developed a greater understanding of the short and long term benefit of Spa treatments. All we ask is that you tell us how you feel, what worked for you and how you imagine your next visit to us will be.

So now you know the concept, simply use our at a glance guide to select the perfect experience for you.

Length of visit	Experience	Therapist time	Thermal Suite time	Price
<b>Half Day</b>	Facility use	N/A	240 mins	£27
	Discover	30 mins	180 mins	£62
	Enrich	60 mins	240 mins	£92
	Indulge	90 mins	300 mins	£122

**Indulge package comes with a light lunch.**

## TREATMENTS FOR YOUR FACE

The utmost goal of our Skin Therapy is not only to delight, but to reward your skin with outstanding long-term benefits. Results driven, anti-ageing skincare with an abundance of exquisite botanicals that nature is kind enough to lend us, combined with state-of-the-art complexes. Our formulas are developed by the most gifted of product creators and using the empirical knowledge of doctors of derma science, professional therapists and artisan herbalists. The results will astound you!

### The Power Breakfast Facial

**30 minute treatment**

**£38**

Looking for results, like now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround topped off with a wake-up scalp massage. Quick, go!

### My Kinda Skin- Bespoke Prescriptive Facial

**60 minute treatment**

**£67**

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

### The Totally Quenched & Drenched - Rehydration Facial

**60 minute treatment**

**£69**

This divine treatment includes a cryogenic mask, intense eye therapy, lymph draining & lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron!

### Champagne & Truffles - The Crème De La Creme Of Anti-Ageing Facials

**60 minute treatment**

**£85**

This luxury facial combines our award-winning truffle formulas with a deep double-cleansing ritual, a glycolic resurfacing peel, followed by a unique skin-lifting and muscle-firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow.

### Go Guy - The Executive Men's Facial 60 minute treatment

**60 minute treatment**

**£65**

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush cleanse plus exfoliating mask and an energising or relaxing massage. For the finale, a detoxifying foot massage.

### Windows Of The Soul - Anti-Ageing Eye Treatment

**30 minute treatment**

**£34**

Perfect for when you look tired, with gentle formulas and 'cold therapy' to tighten and tone, plus special eye massage techniques to lift, smooth and revitalise. Puts the sparkle back into your eyes. Can also be added to any facial.

## TREATMENTS FOR MEN

Nearly all of the treatments offered in our massage and body treatments are suitable for men as well as women, but this selection is particularly recommended for male skin...

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### Drift Away - Relaxing Massage

**30 minute treatment**

**£40**

**60 minute treatment - full body**

**£75**

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our aromatherapy resting cream REPOSE. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away...

### Work It Out Massage - Deep Muscle Massage

**30 minute treatment**

**£45**

**60 minute treatment**

**£79**

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body-boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process. Detox-licious!

### Raindrop Massage

**30 minute treatment**

**£40**

**60 minute treatment**

**£75**

A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall. Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage and applying warm compresses. This massage is particularly appropriate if you suffer from backache.

### The Outer Glow - Body Exfoliation

**30 minute treatment**

**£38**

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Off you glow!

## TREATMENTS FOR BODY

We have thoroughly tried and tested a number of body treatments to ensure we offer you the best quality with the highest results and optimum enjoyment. Whether you seek a body detox, some muscle or tension relief, skin firmness & hydration or simply a super-smooth body. Our Body Therapy products have got you covered head-to-toe.

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**60 minute treatment - full body** **£75**

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### Rocks Of The Mediterranean - Hot Stone Massage

**30 minute treatment** **£45**

**60 minute treatment - full body** **£79**

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

### Raindrop Massage

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**60 minute treatment - full body** **£75**

A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall. Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage and applying warm compresses. This massage is particularly appropriate if you suffer from backache.

## New Beginnings - Mum To Be Massage

**30 minute treatment**

**£40**

**60 minute treatment**

**£75**

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

This treatment is for those past their 12th week of pregnancy.

## I'll Be Back - A Facial For The Back

**30 minute treatment**

**£36**

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you with a back to be proud of.

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## Go Figure - A Firming, Toning, Tightening Body Detox Treatment

**60 minute treatment**

**£69**

Need help with the wobbly bits? This starts with lymphatic skin brushing techniques, followed by a targeted detox massage for hips, thighs & abs. Then a marine and earth mud wrap continues the good work before a friction, anti-cellulite rub. One treatment is fab, a course of six is amazing!

## Aaahhh! Leg & Foot Energiser

**30 minute treatment**

**£38**

This oh-so-good treatment is instant relief for tired, overworked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

## FINISHING TOUCHES

### Hot Oil Scalp Massage

**15 minute treatment**

**£22**

A truly relaxing experience, we have developed a unique scalp massage incorporating pressure point techniques to the scalp and ears and tension releasing movements that will place you into a state of pure bliss.

### Mini Cleanse and Boost

**15 minute treatment**

**£22**

This Mini facial includes a deep cleanse with serum application to boost and refresh the skin. All finished with a prescribed clay and eye cream, leaving you looking and feeling beautiful!

### Cooling Leg and Foot Treatment

**15 minutes**

**£22**

This relaxing treatment designed to invigorate and refresh tired legs and feet involves a cooling stimulating foot mask followed by a relaxing massage using draining movements to help stimulate blood flow and circulation.

## Eyes

**Eyelash tint - 30 minute treatment**

**£20**

**Eyebrow tint - 15 minute treatment**

**£15**

**Eyelash and eyebrow tint - 30 minute treatment**

**£29**

A patch test is required 24 hours prior to any tinting treatments.

## Waxing

Full leg	45 mins	£37.00	Full arm	30 mins	£26.00
3/4 leg	30 mins	£31.00	Half arm	15 mins	£20.00
Half leg	15 mins	£26.00	Underarm	15 mins	£15.00
Bikini	15 mins	£19.00	Eyebrow	15 mins	£15.00
High leg bikini	60 mins	£22.00	Lip or chin	15 mins	£10.00
Runway bikini	45 mins	£30.00	Chest	30 mins	£29.00
Brazilian	45 mins	£43.00	Back	30 mins	£30.00
Hollywood	45 mins	£47.00	Shoulders	30 mins	£19.00
Face	45 mins	£30.00	Half back/Chest	30 mins	£22.00
Abdomen	45 mins	£16.00	Back & Shoulders	30 mins	£35.00

Please note intimate waxing is delivered with hot wax.

## NAIL TREATMENTS

Strong, conditioned, healthy nails that look stunning. That's what all of our nail treatments offer. As well as the more traditional manicure and pedicure treatments we also offer the revolutionary new gel nails treatments from industry leading nail experts Jessica Nails. Believe us, these treatments are so much more than just a file and paint!

### Mini Manicure/Pedicure

**30 minute Manicure treatment** **£22**

**30 minute Pedicure treatment** **£23**

A maintenance treatment to help you keep your nails in tip top condition. Create a sparkle or a gloss by adding a splash of colour for that perfect finishing touch.

### Standard Manicure

**45 minute treatment** **£30**

A full manicure to treat cuticles, re-shape nails and add some colour for a professional finish.

### Standard Pedicure

**45 minute treatment** **£37**

A refreshing pedicure to treat cuticles, re-shape nails and add some colour for a professional finish.

### Prescriptive Therapeutic Manicure

**60 minute treatment** **£39**

A luxury treatment for the hands, this specialist manicure will strengthen and condition your hands and nails and includes use of our specially designed heated mitts.

### Prescriptive Therapeutic Pedicure

**60 minute treatment** **£49**

Sheer bliss for your feet, this conditioning treatment nourishes and softens the skin, using a our specially designed heated booties to leave your skin feeling silky soft.

### Polish only hands/feet

**20 minute treatment** **£15**

Just to add a professional splash of colour to perfectly shaped nails.

### Gel Nails Overlay

**60 minute Gel nails Manicure** **£45**

**60 minute Gel nails Pedicure** **£50**

**30 minute Express Gel nails Manicure** **£24**

**30 minute Express Gel nails Pedicure** **£30**

**15 minute Gel Removal** **£10**

A revolutionary soak-off gel polish that offers a longer lasting manicure with total protection for your nails unlike previous gels. It's quick, easy and dries in seconds. Smudge and chip resistant giving active women the freedom to literally work hard and play hard whilst keeping their nails looking their best.