

# SPA TREATMENT MENU

## Face by ESPA

### ESPA Express Optimal Skin Facial

25 minutes    £45

Designed to reveal your skin's true potential, this facial is ideal for all skin types. Our express facial is ideal for busy people who are in need of a quick fix for their skin. This facial includes a quick cleanse and exfoliation, face treatment oil, mask, scalp massage and finishes with an application of basic skincare products from our Optimal Pro range, to leave your skin looking bright, fresh looking and healthy.

### ESPA Personalised Facial

55 minutes    £75

Your therapist will select the most suitable facial range for your skin type and any main concerns that you may have regarding your skin. Every ESPA personalised facial includes; a consultation, eye and lip cleanse, double face cleanse, exfoliation, application of face treatment oil, mask, scalp and shoulder massage and finishes with an application of skincare products chosen for your individual needs to ensure you achieve the best possible results from your facial.

### ESPA Age-Defyer Facial

55 minutes    £85

A luxurious and regenerating facial for maturing skin to help minimize lines and wrinkles around the eyes, neck, lips and jawline, helping combat signs of ageing. This treatment visibly improves the appearance of the skin by using a special selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

### ESPA Luxury Facial

1 hour 25 minutes    £110

Our ESPA Aromatherapy facial includes all of the benefits of our personalised facial, including; a skin consultation, eye and lip cleanse, double face cleanse, exfoliation, application of face treatment oil, mask, scalp and shoulder massage and unlike any of our other facials, our ESPA luxury facial includes a relaxing arm and hand massage whilst your face mask is applied. This luxury treatment finally finishes with an application of skincare products chosen for your individual needs and skincare concerns.

### ESPA Hair and Scalp Treatment

25 minutes    £45

This luxury scalp treatment using ESPA's Nourishing Pink hair and scalp mud is great for relieving tension, conditioning the scalp and leaving hair glossy and nourished. With relaxing scalp and décolleté massage techniques to leave you feeling relaxed and your hair and scalp nourished.

### Hopi Ear Candling

40 minutes    £40

This soothing treatment can help to relieve pain and pressure in the ears and can be helpful for sinus problems, hay fever symptoms and headaches. The practice is safe, non-invasive and pleasant. This treatment also includes a face and scalp massage to help relieve tension and encourage sinus drainage.

## Body by ESPA

### Salt and Oil Scrub

25 minutes    £40

This exceptional skin softening body treatment is a full body exfoliation targeting dry and dull skin by using a combination of sea salts and essential oils to leave your skin nourished, smooth and supple.

### Body Polish

25 minutes    £40

Our ESPA body polish treatment is a lighter option to our salt and oil scrub, for a more relaxing experience use a pre-exfoliation body brush to prepare skin for a full body exfoliation using our ESPA body polish.

### Aromatherapy Back, Neck and Shoulder Massage

25 minutes    £55

A relaxing back, neck and shoulder massage using a chosen pressure of your choice, traditional stimulating massage movements and pre-blended ESPA aromatherapy oils suited to target your main physical and emotional concerns.

### Swedish Full Body Massage

55 minutes    £80

A full body massage using specialist techniques aimed to target and release tension in the soft tissue of the body. With attention to specific areas of the body depending on individual needs, to ease day-to-day stresses and muscular tension, promote relaxation and a general sense of wellbeing.

### Aromatherapy Full Body Massage

55 minutes    £90

A full body massage designed to relax the mind and body and relieve tired and aching muscles. With your preferred pressure, a back, neck, shoulder massage, followed by legs, feet, arm and hand massage is carried out with focus on your main areas of concern using our ESPA pre-blended aromatherapy oils to help relax both the body and mind.

### Deep Muscle Release

25 minutes    £55

40 minutes    £65

This deep tissue massage is a firm pressure massage using ESPA muscle balm to soothe tired muscles and revive the mind. Using specialist techniques aimed to target and release tension in the deeper tissue structures of the muscle with attention to specific areas of the body depending on individual needs, this treatments available in either 25 or 40 minute slots to help release chronic muscle tension and knots.

### Hot Stone Massage

25 minutes    £60

55 minutes    £95

This specialised massage uses smooth heated stones to focus on specific areas of tension in the body. The localized heat and weight of the stones warms and relaxes muscles, allowing the therapist to apply deeper pressure to those areas without causing discomfort. This treatment is available as a back, neck and scalp massage, as well as a full body massage.



# Body by ESPA

## Reflexology

55 minutes £65

A gentle therapeutic foot treatment, incorporating pressure points that mirror the body's key systems. This is an ancient healing art bringing soothing relief in modern times. Reflexology helps balance and creates positive changes in the body and to your health. Conditions that are helped include back pains, stiff joints, arthritis, insomnia, depression and stress, digestive and respiratory problems, circulation and lymph drainage, boosts the immune system and much more.

## Holistic Back, Face and Scalp Treatment

1 hour 20 minutes £120

This luxurious ESPA back, face and scalp combination begins with a cleansing and exfoliation of the back, followed by a soothing back, neck and shoulder massage to ease away stress and tension. This is then followed by a personalised facial together with a therapeutic scalp massage aimed to compliment this radiance.

## Holistic Total Body Care

1 hour 20 minutes £120

This blissful treatment involves a full body skin brushing and body exfoliation using our ESPA body polish, leaving the skin soft and smooth ready for your full body massage and stretching aimed to relieve tired, tense and aching muscles allowing you to relax and unwind.

## Full Body Ritual

1 hour 50 minutes £160

Following a full body exfoliation, a Marine Algae Mud wrap is applied and your scalp gently massaged. Once you have taken a refreshing shower, a tailor made aromatherapy massage takes place, using ESPA pre-blended aromatherapy oils, leaving you feeling revitalised and with a renewed sense of well-being.

## Maternity Massage

25 minutes £60

55 minutes £85

A relaxing massage to relieve tension and fatigue during pregnancy. This relaxing treatment can be carried out any time during pregnancy after the first trimester (after the first 12 weeks).

## Pre Natal Treatment

1 hour 20 minutes £110

A full body exfoliation followed by a full body massage which focuses on areas prone to stress and tension during pregnancy. This deeply nourishing body massage will be specifically carried out to suit your individual needs, focusing on the areas needed to alleviate muscular aches whilst helping to relax, restore and revitalise.

# Beauty Treatments

## EYELASHES & EYEBROWS

### Eyebrow Shape

15 minutes £15

### Eyebrow Tint\*

15 minutes £15

### Eyelash Tint\*

20 minutes £20

### Eyelash Lift (Tint Included)\*

1 hour £50

\*Allergy patch tests are required at least 24 hours before for all tinting and lash lift treatments to rule out any type of reaction to the treatment, otherwise a disclaimer form needs to be signed to say you are happy to have these treatments without the patch test.

## ST TROPEZ SPRAY TAN

**Full Body Spray Tan\*** 30 minutes £30

\*Clients are advised to wear loose, dark clothing and also to wear sandals or flip flops. Please refrain from wearing deodorant, face products and/or perfume as this may affect the colour of the tan. We advise that you shave/wax and exfoliate 24 hours prior to your appointment.

## WAXING

### Upper Lip

10 minutes £10

### Upper Lip & Chin

15 minutes £15

### Hot Wax Bikini

15 minutes £20

### Hot Wax Brazilian

25 minutes £35

### Hot Wax Hollywood

45 minutes £40

### Underarm

15 minutes £20

### Forearm

20 minutes £20

### Men's Back or Chest

30 minutes £25

### Half Leg

30 minutes £25

### Full Leg

40 minutes £35

## HANDS & FEET TREATMENTS

### Express Manicure or Pedicure

30 minutes £35

Hands/Feet and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat, completed with the perfect polish.

### Full Manicure or Pedicure

45 minutes £45

Nails are analysed and treated for their specific type. This prescriptive manicure/pedicure includes exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect polish.

### Luxury Manicure or Pedicure

60 minutes £55

Our full Manicure or Pedicure with the luxurious added benefits of Thermal Heated Mittens or Booties for deeper penetration of oils and creams. This treatment choice is excellent for increasing circulation or relieving stiff, painful joints.

### Express Gel Manicure or Pedicure

30 minutes £45

Hands/Feet and cuticles are conditioned and moisturised. Nails are beautifully shaped and painted with a gel nail polish of your choice.

### Full Gel Manicure or Pedicure

60 minutes £55

A full Manicure or Pedicure and a hand or foot exfoliation, massage & cuticle care, finished with a gel nail polish.

**CANCELLATION POLICY:** We require full pre-payment for all treatments at the time of booking. If cancelled at least 4 days prior this is refundable or transferrable, if cancelled within 4 days the payment is non-refundable or transferrable.

Book online at [www.spahotel.co.uk](http://www.spahotel.co.uk) or call the SpaSpa reception team on 01892 553590.