

# SPA TREATMENT MENU

## Face by ESPA

### ESPA Express Optimal Skin Facial

25 minutes

Mon to Thu £55 Fri to Sun £60

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

### ESPA Personalised Facial

55 minutes

Mon to Thu £85 Fri to Sun £95

Your therapist will select the most suitable facial range for your skin type and skin concerns. Every ESPA personalised facial includes an 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

Mon to Thu £99 Fri to Sun £110

A luxurious and regenerating facial for maturing skin to help minimize lines and wrinkles around the eyes, neck, lips and jawline. 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 you toned, radiant and rejuvenated.

### ESPA Luxury Facial

1 hour 25 minutes

Mon to Thu £120 Fri to Sun £130

Our ESPA Aromatherapy facial includes all of the benefits of our personalised facial, including; 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 finishes with an application of skincare products chosen for your individual needs and skincare concerns.

### ESPA Hair and Scalp Treatment

25 minutes

Mon to Thu £55 Fri to Sun £60

This luxury scalp treatment using ESPAs 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

Mon to Thu £50 Fri to Sun £55

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

Mon to Thu £50 Fri to Sun £55

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

Mon to Thu £50 Fri to Sun £55

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 & Shoulder Massage

25 minutes

Mon to Thu £65 Fri to Sun £70

A relaxing back, neck and shoulder massage using your preferred pressure, traditional stimulating massage movements and preblended ESPA aromatherapy oils.

### Aromatherapy Full Body Massage

55 minutes

Mon to Thu £110 Fri to Sun £120

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.

### Deep Muscle Release

25 minutes Mon to Thu £70 Fri to Sun £80

40 minutes Mon to Thu £80 Fri to Sun £90

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.

### Hot Stone Massage

25 minutes Mon to Thu £70 Fri to Sun £80

55 minutes Mon to Thu £115 Fri to Sun £125

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.

### Reflexology

25 minutes Mon to Thu £50 Fri to Sun £55

55 minutes Mon to Thu £75 Fri to Sun £85

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.



SPA SPA

# Body by ESPA

## Holistic Back, Face and Scalp Treatment

1 hour 20 minutes

Mon to Thu £140 Fri to Sun £155

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.

## Full Body Ritual

1 hour 50 minutes

Mon to Thu £180 Fri to Sun £195

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 Mon to Thu £65 Fri to Sun £70

55 minutes Mon to Thu £110 Fri to Sun £120

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).

# Beauty Treatments

## WAXING

**Eyebrows** 15 minutes £20

**Bikini** 15 minutes £25

**Underarm** 15 minutes £25

**Half Leg** 30 minutes £30

**Full Leg** 40 minutes £40

## EYELASHES & EYEBROWS

**Eyebrow Tint\*** 15 minutes £20

**Eyebrow Definition\*** 30-45 minutes £40

Including an eyebrow tint, eyebrow face mapping, and a combination of waxing & threading techniques to achieve a fully defined look. Includes an optional tutorial in applying eyebrow pencil and concealer to continue to enhance this look at home.

**Eyebrow Lamination\*** 1 hour £45

After discussing your desired look, this treatment includes a tint, correcting the brow shape by setting the hairs in place using a setting solution and finished with an eyebrow wax to enhance overall look.

**Eyelash Tint\*** 20 minutes £20

**Eyelash Lift\*** 45 minutes £50

A semi-permanent procedure that gives the appearance of fuller, thicker natural eyelashes without extensions.

## Classic Eyelash Extensions\*

2 hours £60

Classic eyelash extensions are applied one to one natural lash at a time to create a set of longer and thicker natural looking lashes.

**Classic Eyelash Infills** 1 hour £35

Applied 2-3 weeks after a full set, to replenish and maintain your look.

## Classic Eyelash Extension Removal

30 minutes £20

Safe and painless removal of classic eyelash extensions.

\*Allergy patch tests are required at least 24 hours before treatment otherwise a disclaimer must be signed.

## HANDS & FEET TREATMENTS

### Express Manicure or Pedicure

30 minutes

Mon to Thu £40 Fri to Sun £45

Hands/feet and cuticles are conditioned and moisturised. Nails are shaped and finished with polish.

### Full Manicure or Pedicure

45 minutes

Mon to Thu £50 Fri to Sun £55

This manicure/pedicure includes exfoliation, massage and cuticle care. Nails are shaped and finished with polish.

### Luxury Manicure or Pedicure

60 minutes

Mon to Thu £60 Fri to Sun £65

Our full Manicure or Pedicure with the luxurious added benefit of Thermal Heated Mittens or Booties for deep penetration of oils and creams. Excellent for increasing circulation or relieving stiff, painful joints.

**Upgrade any manicure or pedicure to OPI gel for an additional £10.**

## ST TROPEZ SPRAY TAN

**Full Body Spray Tan\*** 30 minutes £35

\*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.

**Access the spa facilities on the day of your treatments for just £15 (Mon to Fri only).**

**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 SpaSpa on 01892 553590.**