

ESPA Holistic Aromatherapy Back, Face & Scalp Treatment

(1hr 25mins).....£62.00

This all-embracing treatment includes a full ESPA Intensive Facial with Acupressure, Face and Oriental Head Massage. The initial, deep cleansing, back exfoliation is followed by a deeply relaxing back massage with aromatic oils bringing powerful de-stressing benefits to mind and body.

ESPA Regenerating Facial with Firming Eye Treatment

(1hr 10mins).....£55.00

Specifically designed for mature, dry or dehydrated skins, this facial concentrates on reviving the skin's natural moisture and pays particular attention to the delicate eye area, helping to minimise the appearance of fine lines.

ESPA Regenerating Facial (55mins).....£47.00

An intensive boost for maturing, stressed or distressed skin, products from the ESPA Concept range are included in this facial to give concentrated protection and nourishment. Concentrating on regenerating, firming and nourishing, this facial leaves the skin fresh, revitalised and toned.

ESPA Rehydrator Facial (55mins).....£46.00

Superb for dry, dehydrated, stressed and tired complexions. Gentle deep cleansing and exfoliation prepare the skin for a rejuvenating massage with Botanical Rescue and Face Treatment Oil. Whilst the nourishing facial mask works to drench your skin with moisture, also enjoy the benefits of a relaxing head massage.

ESPA Skin Brightener Facial (55mins).....£45.00

This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep leaves you with dull, lifeless, sallow skin. This facial includes a special application of Skin Brightener, rich in Natural AHAs and BHAs from Hawaiian Algae and Meadowsweet to help improve the radiance, appearance and texture of the skin.

ESPA Aromatherapy Facial

(55mins).....£40.00

Suitable for all skins, this deep cleansing, relaxing aromatherapy facial, purifies, refines and hydrates. Specific active aromatherapy products are combined with acupressure massage, lymph drainage and Oriental Head Massage to leave the mind clear and the skin radiant and moisturised.



ESPA Rebalancing Facial (55mins).....£42.00

Skin problems can appear unexpectedly and are often caused by stress, diet or an ineffective skin care regime. Specific massage techniques and aromatherapy products, combine with a warm marine mud mask to cleanse and decongest the skin leaving it calm, clear and rebalanced.

ESPA Regenerating Firming Eye Treatment (25mins).....£40.00

This treatment is designed to combat the effects of premature ageing and stress to the eye area and is also of benefit to those who suffer from irritable, puffy or sensitive eyes.

ESPA Aromatherapy Face Treatment for Men.....£40.00

Specially formulated for the male complexion, this treatment uses natural balms and oils to help purify, hydrate and revitalise the skin. Ideal for city dwellers, frequent air travellers and those with a stressful or hectic lifestyle.



Body Treatments

ESPA

ESPA Holistic Total Body Care (1 hr 40mins).....£60.00

This all-encompassing treatment commences with full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is then followed by a deep body, face and scalp massage using a blend of essential oils chosen to suit individual requirements.

ESPA Aromatherapy Full Body Massage (1 hr 10mins).....£50.00

Experience the benefits of massage and individually chosen essential oils in one of the finest anti-stress treatments available. This complete face, scalp and body massage focuses on acupressure points, helping to strengthen the nervous system, thus restoring lost energy.

ESPA Detoxifying Algae Wrap (55mins).....£52.00

This therapeutic, balancing and detoxifying treatment involves skin brushing, gentle exfoliation and an algae envelopment rich in minerals and enzymes and is designed to boost the metabolism and speed up the elimination of toxins. The treatment includes a full scalp treatment for total relaxation.

ESPA Restorative Mud Envelopment (55mins).....£52.00

A therapeutic treatment ideal for superficial skin problems using marine mud rich in trace minerals. This wrap is designed to leave skin purified and smooth and includes a full body exfoliation and a deep scalp treatment to help ease tension.

ESPA Oshadi Envelopment (55mins).....£52.00

Oshadi, giver of life, is the Ayurvedic term for plants and herbs used in traditional healing practices and therapies. After a sea salt and aromatherapy oil exfoliation, plants and spices are infused to form a nourishing mask which warms and hydrates the skin and helps to relieve aching muscles and joints.

ESPA Skin Hydrator Body Wrap (55mins).....£55.00

A truly luxurious experience including lymphatic skin brushing and skin smoothing body exfoliation, and an envelopment with oils rich in Palma Rosa and Myrrh combined with the Deeply Nourishing Body Cream with Wild Yam and skin conditioning Marine Mud. Ultimate tranquillity is achieved with a mind calming Oriental Head Massage.

ESPA Back, Neck & Shoulder Massage (30mins).....£22.00

An aromatherapy massage which concentrates on balancing vital energy points. This treatment is aimed at releasing and easing tension that causes muscles to tighten, giving a more relaxed and de-stressing feeling.

ESPA Lifesaving Back Treatment (40mins).....£50.00

An ideal treatment for problematic skins and a treat for this much neglected area. The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal, then calmed and relaxed with a luxurious aromatherapy massage.

ESPA Body Polish (25mins).....£25.00

An exclusive body and skin enhancing treatment which can be used in isolation to remove dead or dry skin, or as a preparation for an Aromatherapy massage or Tanning treatment. This complete exfoliation will cleanse and invigorate the body.

ESPA Salt & Oil Scrub (25mins).....£22.00

This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised, smooth and soft. A compact treatment with a dramatic result.

ESPA Pre-Natal Treatment (1 hr 25mins).....£60.00

This total body treatment has been carefully designed for pregnant and nursing mothers to take account of all contraindications and aid in relaxation and tonicity of the skin during this very special time. The treatment avoids the use of essential oils as advised by the Aromatherapy Organisation Council and is a luxurious treat using a Calendula infused oil, various muds and creams and advanced massage techniques to safe areas. It leaves the skin toned and the client totally relaxed.



ESPA Stimulating Hip & Thigh Treatment (55mins).....£55.00

A specialised treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to 'blockages', cellulite, fluid retention and uneven skin texture. After deep exfoliation with a seaweed and salt rub there follows a detoxifying massage using stimulating essential oils and an application of warm marine algae. The feet reflex zones and pressure points are activated then pressure point and lymphatic drainage massage is undertaken to the eye area gently helping to purify and cleanse the body.

Tanning



This specially formulated UV Free treatment features a tan using a spray application in only 15 minutes. Perfect for a busy schedule or a lunch hour treat. The tan is applied via a special spray tanning system. A trained St. Tropez professional sprays a fine mist of Bronzing solution over your body resulting in an even, streakless, natural looking tan. One application will give the skin a healthy looking glow but if a deeper colour is required a 2nd application can be applied.

St tropez spray tanning (exfoliation needed prior to the treatment)

(15mins).....	£25.00
Upper body to waist	£15.00
Lower body, waist to feet	£15.00

Nail Enhancements

Acrylic and gel

Full set with white tips (1hr 30mins)	£35.00
Full set plain (1hr 15mins)	£30.00
Infill white tips (1hr)	£20.00
Infill plain (1hr)	£18.00
Repair (15mins)	£3.00
Soak off (30mins)	£8.00
Soak off including mini manicure (45mins)	£15.00
Party Nails (occasional nails / weekend nails)	£18.00
Overlays	£22.00

Hand and Foot Treatments

nailtiques

Pedicures

CREATIVE
NAIL DESIGN™

Take yourself back to long summers spent by the seashore and glistening white east coast sands. Let the feeling of clear Atlantic waters flow in your mind with the sparkle of Dead Sea salts and rich marine botanicals. Spa pedicure is laden with natural extracts from the ocean. Softens the feet and soothes the soul.

Creative Treatment Pedicure.....£28.00

Re-shape, thorough cuticle work and removal, removal of hard skin, exfoliation, mask, heated boots, foot and leg massage, colour of your choice.

Creative Maintenance Pedicure.....£20.00

Re-shape, cuticle tidy, removal of hard skin, exfoliation, foot and leg massage, colour of your choice.

French Manicure an additional £3.50 to the above treatments

Nail Art.....from 50p

Manicures

Nailtiques uses ingredients that work in synergy with the natural make up of the nail. Nailtiques contains a combination of natural proteins and conditioners that promote healthy nail growth. Everyone's nails are different and need treating in a very individual way to ensure their condition is improved. Whether nails are soft and thin, hard and dehydrated or just require a maintenance programme, Nailtiques has the formula to suit everyone.



Nailtiques Treatment Manicure.....£26.00

Re-shape, thorough cuticle work and removal, exfoliation, mask, heated mittens, hand and arm massage, formula, colour of your choice.

Nailtiques Maintenance Manicure.....£18.00

Re-shape, cuticle tidy, hand and arm cream application and mini massage, formula, colour of your choice.

French Manicure an additional £3.50 to the above treatments

Nail Art.....from 50p

File and polish hands or feet (15mins).....£7.00

File and French Polish hands or feet (15mins).....£8.00

Waxing

Waxing is the longest-lasting temporary hair removal technique available. When wax is warm, it enters the follicle, allowing the hair to be pulled out from the root. Hair grows back in 3 to 6 weeks. Waxing is not recommended before any heat treatments, e.g. steam, sauna, sunbeds, sunbathing, swimming, exercise or self-tanning.



Eyebrow wax (15mins)	£6.00
Lip or chin wax (15 mins)	£6.00
Lip and chin wax (15mins)	£11.00
Underarm wax (15mins)	£8.00
Forearm wax (30mins)	£10.00
Bikini wax (15mins)	£8.00
Extended bikini wax (15mins)	£10.00
Brazilian (30mins)	£15.00
Full leg wax (30mins)	£20.00
¾ Leg wax (15mins)	£18.00
½ Leg wax (15mins)	£16.00
Back wax (30mins)	£20.00
Chest wax (30mins)	£22.00
Back and chest wax (45mins)	£37.00

Tinting and eye treatments

(Tinting test needed 24 hours prior to the treatment)

Eyelash extensions (15 mins)	£5.00 - £15.00
Eyelash tint (15 mins)	£8.00
Eyebrow tint (15 mins)	£6.00
Eyelash and eyebrow tint (30 mins)	£13.00

Make-up

Daytime Make-up	£22.00
Evening/Special Occasion Make-up	£26.00

Tailored to suit your skin tone, eye colour and complexion. Suitable for daytime or evening occasions.

Packages

Holiday Package (2hr 15mins).....£75.00

This package includes ½ leg wax, bikini wax, underarm wax, eyelash and eyebrow tint, eyebrow tidy, Nailtiques manicure and Creative pedicure.

Pregnancy Package (2hr 30mins).....£75.00

This treatment can be enjoyed during all stages of pregnancy and after the birth of your child. It includes the Espa pre and postnatal treatment and a Creative deluxe pedicure.

Serenity Package (2hr 15mins).....£58.00

This includes, St Tropez spray tan, Nailtiques manicure and Creative pedicure.

The Bridal Package (bride only).....£98.00

This includes an Espa aromatherapy facial (to be taken at least a week before your big day). Rehearsal and on the day make up. Nailtiques deluxe manicure.

The Deluxe Bridal Package.....£200.00

This includes an Espa aromatherapy facial for the bride (to be taken at least a week before your big day). Rehearsal and on the day make up for you and somebody of your choice, Nailtiques manicure and Creative pedicure for you and somebody of your choice.

Spa Days

When booking a day or half day treatment a non-refundable 50% deposit may be required per person to ensure confirmation.



Spa Full Days

Stress Recovery Day.....£186.00

Includes a light lunch and use of the wet facilities*

For total relaxation to combat the stresses of modern day life this therapeutic day can begin with the use of the **wet facilities** or just relaxing in the calm peaceful atmosphere. The **ESPA Holistic Aromatherapy Total Body care treatment** will then soothe away all tension and stress and start the re-balancing process. Skin brushing, and gentle exfoliation are followed by a **full Aromatherapy body massage** to rejuvenate the mind and senses. A **light lunch** breaks the day and gives time to pause before enjoying a rejuvenating **ESPA Aromatherapy Facial** designed to hydrate and nourish the face and scalp. Finish your day with the choice of a **manicure OR pedicure** to leave you feeling revitalised and ready to face the world again.

Special Occasions Day.....£123.00

Includes a light lunch and use of the wet facilities*

This specially designed day will soothe away those last minute worries and make sure that you are in beautiful form for that important occasion. After a **swim** in the indoor or outdoor pool, relax and unwind with an **ESPA Body Polish** to enhance your skin, cleanse and invigorate the body, a perfect preparation for a healthy tan. After, a **light appetising lunch**, relax with an **ESPA Luxury Back Face and Scalp Treatment** which uses aromatherapy based products to protect, hydrate and purify your skin and relax your mind. This is followed by a **manicure OR a pedicure** to ensure that your hands or feet will feel silky smooth and look wonderfully groomed.

Spa Half Days

The Detoxifying Spa Tonic (2hr 30mins).....£102.00

A balancing and detoxifying programme ideal to help boost the metabolism and speed up the elimination of toxins. **Full body skin brushing** and gentle **exfoliation** prepares the skin for an **ESPA Algae Wrap**. This therapeutic treatment uses warm seaweed gel rich in minerals, and is combined with a full scalp massage to help release tension. Continue the effect with a **Detoxifying Aromatherapy massage**, ideal as a one-off pick-me-up or as a course to assist with a healthy eating weight loss programme.

Wet Facilities*

Unless otherwise stated in the treatments, the use of the wet facilities can only be used with half or full day treatments, unless by special prior arrangement where an additional charge of £10pp will be made. You are advised to bring swim wear, a towel and suitable footwear should you be enjoying an ESPA Full or half day.



The wet facilities include:

- Indoor and outdoor pool
- Outdoor hot tub
- Indoor and outdoor sauna
- Indoor jacuzzi
- Indoor steam room

