

FACIALS by
dermalogica®**Exclusive Facial Plus**

Includes back massage, deep cleanse, exfoliation, facial massage, contour mask, tone & moisturise. £50.00

The Dermalogica Facial

This treatment forms the foundation of Dermalogica's facials. Through face mapping techniques, each facial is unique and is customised to each individuals needs. A must for a first time facial. £37.50

Power Regeneration Treatment

Concerned about the signs of ageing on your skin? Then this is the treatment for you! Combined vitamin and hydroxyl acid exfoliation, energising massage techniques that release tension in facial muscles and Dermalogica's specialised contour masque, make this the ultimate skin therapy for prematurely-ageing, dry, devitalised skin! You will be noticeably firmer, smoother and revived. £40.00

Environmental Control Treatment

If your skin is looking red, inflamed or feeling itchy, then this is the treatment for you! Our super soothing cleansing will remove impurities from your skin followed by a calming oatmeal masque that will instantly calm redness and reduce inflammation. £40.00

Medicated Clearing Treatment

Breakouts have finally met their match. Our medicated clearing treatment will focus on purifying your skin with deep cleansing, followed by extractions. £40.00

FACIALS by
dermalogica®**Skin Brightening Treatment**

Help stop your uneven pigmentation at its cause. This treatment when combined with proper home care, actually regulates pigment production on a cellular level, helping to balance your complexion.

£40.00

Revitalising Eye Rescue

Firm, tone and revitalise your tired eyes with our unique blend of vitamin therapies and firming botanicals. Our gentle exfoliation will remove dulling debris while a super soothing masque will help reduce irritation.

£22.00

Specialised Facial

Deep cleanse, customised exfoliation, face, neck and shoulder massage using aromatherapy, revitalising mask, tone & moisturise.

£29.50

Express Facial

Maximum results in minimum time, cleanse, customised mask, toning and moisturising.

£22.00

Men's Exclusive Facial

Deep cleanse, enzyme peel, facial massage, soothing mask, tone, moisturise and advice on treatment regime to alleviate shaving bumps and irritation.

£31.50

Men's Sport Facial

Deep cleanse, exfoliating scrub, pressure point massage with essential oils, condition and moisture.

£22.00

BODY TREATMENTS

Deep Thermal Therapy with Thermal Stamp

Inspired by the practices of Thai Therapy of the 14th century, this Thermal Body Therapy Treatment utilizes a unique fabric stamp filled with skin-benefiting ingredients and the power of heat to detoxify, revitalise, de-stress, exfoliate and relax. Natural earth clays draw out impurities while ginger and white tea, stimulate circulation and smooth the skin. The deep manipulations along pressure points and the meridians of the body relieve aching muscle tissue and work to rebalance the body.

1 hour	£55.00
1 ½ hours	£70.00 (includes thermal touch techniques)

Mud Massage Therapy

A unique and exotic treatment that combines the detoxifying and cleansing capabilities of earth clays with the intensely moisturising power of natural oils. Olive and grape seed oils protect, smooth and condition, while fortifying the skin with antioxidants, and a unique blend of Asian herbs stimulate circulation. Your skin is smooth, soothed and protected.

30 minutes	£20.00
1 hour	£35.00

Nourishing Sea Mud Therapy

Stimulate circulation while smoothing skin with this body wrap therapy that promotes skin nourishment. Natural earth clays draw out impurities while ginger and white tea stimulate circulation and smooth the skin. Customised essential oils provide aroma-therapeutic and skin benefits while caffeine provides all over toning. Rest in a warming wrap that induces blood circulation all while encouraging absorption of nourishing botanicals.

Recommended for all skin conditions.

Full Body	£30.00
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BODY TREATMENTS

SWEDISH MASSAGE

Full Body Massage	£32.00
Back, Shoulder and Neck	£21.00

REMEDIAL MASSAGE

Full Body Remedial Massage	£38.50
Back, Shoulder and Neck (or 45 minutes)	£25.00
1 ¼ hours	£35.00
1 Hour	£30.00
½ Hour	£17.00

AROMATHERAPY MASSAGE

Full Body Aromatherapy	£34.00
Back, Shoulder and Neck	£21.50

LYMPHATIC DRAINAGE MASSAGE

Full Body	£34.00
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INDIAN HEAD MASSAGE

Clothed without Oils	£26.50
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ACUPRESSURE MASSAGE

Back, Neck, Head & Face with Oils/Essential Oils	£26.50
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REFLEXOLOGY

1 hour treatment	£28.00
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AROMEOPATHY

Exotic spa oils, all cold pressed and superior grade, these oils contain homeopathic remedies and essential oils. Great therapeutic and cosmetic results.

£3 - £6.00 extra.

BODY TREATMENTS

WRAPS

Body Wrap Midriff to Ankle	£35.00
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HANDS & FEET**JESSICA MANICURES**

Mini (Shape & Paint)	£11.50
Standard Manicure	£21.00
Deluxe Manicure (incl. Le Remedie)	£29.00
Super Deluxe Manicure (incl. Le Remedie & Paraffin Wax)	£33.00
Le Remedie (Deluxe spa treatment for your hands)	£16.50

MENS MANICURE

Paraffin wax (no polish)	£21.00
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JESSICA PEDICURES

Mini (Shape & Paint)	£12.50
Zen Spa Pedicure	£23.00
Deluxe Zen Spa Pedicure (inc Foot Masque)	£29.00
Super Deluxe Pedicure (inc Foot Massque & Paraffin Wax)	£33.50

Jessica Products are also available for home use.

MENS PEDICURE

Paraffin wax (no polish)	£23.00
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EYES

Eyelash Tint	£10.00
Eyebrow Tint	£7.50
Lash & Brow Tint	£16.00
Eyebrow Shape	£6.50
Eyelash Perm	£27.00

BODY TREATMENTS

WAXING

½ Leg	£12.50
¾ Leg	£18.00
Full Leg	£22.50
Bikini	£7.75
½ Leg & Bikini	£19.25
¾ Leg & Bikini	£23.00
Full Leg & Bikini	£27.00
Underarm	£7.00
Lip or Chin	£6.00
Lip & Chin	£9.50
Lip, Chin & Cheeks	£12.00
Forearm	£10.00
Full Arm	£14.00
Back (on area done)	£15.00 to £20.00

MAKE UP

Cleanse and either day or evening make-up	£22.00
Make-up Lesson	£25.00
Wedding Make-up (within a 5 mile radius)	
Includes consultation and trial	£41.50

HAIRDRESSING

This facility is available for residents only or by prior arrangement with the Spa staff.

TANNING

**AUTO BRONZANT**

Full-Body	£35.00
½ Body	£22.00
Full Body Exfoliation	£20.00

ADD-ON TREATMENTS*for facials, manicures and pedicures*

Thermal Touch for the Hands and Arms*(add on for facial or manicure)*

Your arms and hands will meet their relief during this thermal touch treatment that includes paraffin. This customised treatment is designed to cleanse, exfoliate, hydrate and condition the hands and arms, so they are smoother, brighter, healthier and refreshed.

20 minutes

£17.00

Thermal Touch for Legs and Feet*(add on for facial or pedicure)*

It's time to give your lower legs the attention they deserve! Cleanse, exfoliate, hydrate and moisturise for healthy and revitalised skin and muscles that are ready to take on the day!

20 minutes

£17.00

Thermal Touch for the Decollette*(add on for facial)*

Don't stop at the neckline! Improve the health and appearance of your décolleté with this treatment that is great for prematurely ageing, sunburned or irritated skin. Help repair damage brought on by long term or recent exposure to the elements with intensely hydrating and nourishing ingredients.

15 minutes

£12.00

ADD-ON TREATMENTS*for facials, manicures and pedicures***Thermal Touch for Back Purification***(add-on for facial)*

De-stress your muscles and cleanse the skin of impurities with this purifying and relaxing back treatment. A deeply cleansing scrub sloughs off dead skin cells, readying your skin for the removal of toxins. Your hardest parts to reach will be cleansed, polished, hydrated and refreshed.

30 minutes add on	£25.00
30 minute stand alone	£30.00

Deep Thermal Remedial Massage Therapy

This is a combination of remedial massage and thermal therapy techniques. To obtain optimal results from your remedial massage, infra-red and thermal stamps are used to infuse your muscles with heat and increased circulation before and after the deep penetrating massage to relieve tension, aches and pains. The added bonus is that the products that we use will also improve your skin health and rebalance the body and mind.

1 hour	£40.00
1 ¼ hours	£45.00

PAMPER DAYS

DELUXE PAMPER DAY

Swim, full body aromepathy massage, exclusive facial, deluxe Jessica Pedicure, Deluxe Jessica Manicure and Lunch.

£153.00

10.00am – 5.00pm

FULL PAMPER DAY

Includes swim, full body aromatherapy massage, specialised facial, manicure, pedicure, make up and light lunch.

£130.00

10.00am - 4.00pm

Half-Day Pamper

Use of pool, full body massage, refocus facial, manicure and pedicure.

£94.00

Approximately 4 hours

MINI PAMPER

Eye brow shape, mini manicure, mini pedicure, express facial.

£45.00

PRE-SPECIAL OCCASION PACKAGE

½ leg, bikini and underarm wax, brow shape, re-focus facial, manicure, back, neck and shoulder aromatherapy massage.

£85.00

All Special Packages Require a 50%
non-Refundable Deposit at the Time of Booking