

Welcome to The Spa

Indulge yourself in pure luxury, with one of our sumptuous spa treatments designed to relax, pamper and soothe both body and mind.

FACIALS

TRI-ENZYME RESURFACING FACIAL

Clinically proven to visibly resurface by up to 75%* and increase skin smoothness by up to 32%* after just one treatment. This unique Elemis facial targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin

60 minutes **£70.00**

VISIBLE BRILLIANCE FACIAL

This firming Elemis face & eye treatment instantly firms, rejuvenates and plumps the skin. With moisturisation levels proven to increase by up to 61%* and elasticity by 40%* this facial uses specialised micro-circulatory massage techniques combined with the two phase liquid radiance booster with the Amino Active mask to help smooth, sculpt and restore skin radiance. This facial is suitable for all skin types.

75 minutes **£75.00**

PRO-COLLAGEN QUARTZ LIFT FACIAL

Clinically proven, after just one treatment, this Elemis facial reduces the number of wrinkles by up to 94%* and improves skin firmness by up to 57%*. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations leaving a firmer, uplifted, more youthful looking appearance.

75 minutes **£75.00**

OXYGEN SKINCALM FACIAL

Elemis have combined these gentle massage techniques with calming actives and a restructuring Japanese silk mask, impregnated with absolute skincalm booster serum, to help rebalance delicate, fragile and sensitive complexions.

75 minutes **£65.00**

S.O.S. PURIFYING FACIAL

A powerful Elemis facial that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese sulphur mask, impregnated with absolute vita-c booster serum, helps to absorb sebum, calm irritation and rebalance oil rich pores.

75 minutes **£65.00**

FRUIT ACTIVE GLOW FACIAL

Bring back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst nourishing and renewing vital radiance.

55 minutes **£55.00**

EXOTIC MOISTURE DEW FACIAL

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

55 minutes **£55.00**

FACIALS

HERBAL LAVENDER REPAIR FACIAL

For perfect restoration of skin balance. Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

55 minutes **£55.00**

SKIN IQ FACIAL (EXCLUSIVELY FOR MEN)

Anti-ageing booster for tired, stressed skin. This treatment protects against the harsh, ageing effects of shaving and environmental damage. Moisturisation levels are proven to increase by up to 38%* and elasticity by 28%* after just one hour.

75 minutes **£65.00**

URBAN CLEANSE (EXCLUSIVELY FOR MEN)

Deep cleansing and skin detoxifying. This super grooming facial works overtime to help eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities.

75 minutes **£65.00**

PURELY MASSAGE

DEEP TISSUE MUSCLE MASSAGE

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension

- Stress-a-Way: Wind down and release the tension of the day.
- Spirit Reviver: A powerful surge to invigorate and recharge.
- Muscle Melt: Relax and re-energise a tired and aching body.
- Chakra Balancing: Reconnect your mind, body and soul.

55 minutes **£46.00**

DEEP TISSUE BACK MASSAGE

Minimum time, maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas where you need it most.

25 minutes **£25.00**

TRADITIONAL SWEDISH

A therapeutic massage combining traditional effleurage and petrissage techniques.

25 minutes **£24.00**
55 minutes **£42.00**

FACE & BODY

ABSOLUTE SPA RITUAL

The ultimate skin and body therapy for maximum results. Choose from one of the unique Elemis Advanced Anti-Ageing or Skin Solutions Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage. Two hours of pure relaxation with dramatic results!

2 hours **£110.00**

TAHITIAN BLOOM

The beauty of the tropics delivered to you via the deep cleansing and invigorating Exotic Lime & Ginger Salt Glow, followed by an Exotic Frangipani Body Nourish Wrap, ensures a bloom to your body and sweet dreams to follow.

75 minutes **£80.00**

ABSOLUTE TIME OUT (EXCLUSIVELY FOR MEN)

The ultimate skin and body therapy for men. Select either the Anti-Ageing Elemis Skin IQ or the Urban Cleanse Facial combined with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage. Achieve the ultimate goal of Total Time Out!

2 hours **£110.00**

THE FACE & BODY SENSATION

Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial. Choose from the unique Re-energiser, an 'ice cool' thermal massage to relieve stress tension and ease aching muscles, or Tranquility, a 'thermal soothing' massage to induce a deep level of relaxation and calm to your mind. You will then be treated to your intensive booster anti-ageing facial designed to smooth out wrinkles and restore youthful radiance:

Pro Collagen Quartz Lift Facial
Tri Enzyme Resurfacing Facial
Visible Brilliance Facial
Skin IQ+ Men's Facial

55 minutes **£55.00**

NURTURING MESSAGE FOR MOTHER-TO-BE

Massage adapted to each stage of pregnancy. This inspirational therapy connects mother and baby through the power of touch. Specialised positioning is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

75 minutes **£65.00**

UNWINDER

The ultimate stress relieving back, face and scalp treatment. This ritual incorporates an invigorating back exfoliation with steamed hot towels, followed by a deep pressure, soothing aromatherapy back, face & scalp massage.

55 minutes **£44.00**

HOLISTICS

HOT STONE MASSAGE

A powerful, holistic massage utilising the therapeutic effects of hot volcanic basalt stones. Achieving a deep massage with a warm relaxing effect. Restoring balance to mind and body.

25 minutes **£30.00**

55 minutes **£58.00**

85 minutes **£75.00**

HOLISTICS

REFLEXOLOGY

A therapeutic massage applied to the feet in an aim to unblock the imbalances along the pressure points and energy zones of the body.

50 minutes **£45.00**

INDIAN HEAD

A deep pressure massage of the scalp, face and shoulders. Performed in a seated position this powerful treatment can aid migraines, tension and stress.

40 minutes **£35.00**

HOPI EAR CANDLING

Hopi Ear Candling is an ancient, mild and natural therapy. Treating many conditions of the ear, nose and throat area. The candle is placed in the ear, burning to create a chimney effect, releasing heat and essential oil aromas which, helps soften wax and draws out excess fluid and impurities. This relaxing treatment includes drainage massage techniques and a sumptuous scalp massage.

40 minutes **£35.00**

EXPERIENCE

BODY SCULPTING CELLULITE & COLON THERAPY

The Elemis body sculpting lipo-redefining serum and body sculpting firming cream, target stubborn cellulite and ageing skin, for visible, rapid results. A detoxifying fennel and birch peel-off body mask is used on the hip and thigh area combined with specialist abdominal massage techniques, focusing on improving the function of the digestive tract and colon, ensure a deep cleanse of the body from the inside out.

60 minutes **£60.00**

EXOTIC FRANGIPANI BODY NOURISH WRAP

Aromatic Tahitian coconut and frangipani flowers are soaked together to produce the monoi, which is poured all over the body and then cocooned in a nourishing envelopment. Drenching the skin with moisture, this Elemis exotic therapy provides ultimate radiance, vitality and all over body glow.

60 minutes **£55.00**

OCEAN WRAP THERAPY

Combining the richness of sea plants and marine algae to reduce the appearance of cellulite and relieve the discomfort of fluid retention. Or, using a warming blend of sea fennel and rosemary essential oils, to help ease aching, tense muscles, improve circulation and stimulating the body's natural defense systems. Both of these Elemis Ocean Wrap treatments leave the body invigorated and re-energised.

Cellutox Aroma Spa Ocean Wrap
Musclease Aroma Spa Ocean Wrap

75 minutes **£65.00**

EXOTIC LIME AND GINGER SALT GLOW

A body exfoliation ritual from Elemis to invigorate and revitalise. After light skin brushing, warm oil is dripped luxuriously over the body, before the sublime elemis exotic lime and ginger salt glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

30 minutes **£30.00**

PAMPER PACKAGES

THESE NEW 'PAMPER PACKAGES' MAKE A PERFECT GIFT!

Indulge someone special or simply treat yourself with one of these luxurious pamper packages

ULTIMATE PAMPER **£170.00**
 2 Course Lunch
 Absolute Spa Ritual
 Nourishing Manicure
 Nourishing Pedicure

ODYSSEY ACTIVE **£165.00**
 Personal Training Session or Tennis Lesson
 2 Course Lunch
 Deep Tissue Massage
 Aroma Spa Musclease Wrap

BODY BLITZ **£145.00**
 Eyelash Tint
 2 Course Lunch
 Lime & Ginger Salt Glow
 Pro-Collagen Quartz Lift Facial
 File & Paint Fingers and Toes

MOTHER-TO-BE RITUAL **£140.00**
 2 Course Lunch
 Nurturing Massage For Mother-To-Be
 Elemis Anti-Ageing Facial
 Classic Pedicure

TOTAL DETOX **£120.00**
 Personal Training Session or Tennis Lesson
 2 Course Lunch
 Aroma Spa Cellutox Wrap
 Skin Specific Facial

ESSENTIALS COLLECTION **£95.00**
 Eyelash Tint
 2 Course Lunch
 Lime & Ginger Salt Glow
 Classic Manicure
 Classic Pedicure

*** PAMPER PACKAGES INCLUDE FULL USE OF ALL CLUB FACILITIES**

ESSENTIAL SERVICES

* All treatments include exfoliation, nail shaping, cuticle work, massage and nail colour.

NOURISHING PEDICURE*
 Luxury treatment incorporating heated booties, to allow deeper penetration of moisturising products. Excellent for dry skin.
70 minutes **£34.00**

NOURISHING MANICURE*
 Luxury treatment incorporating heated hand mitts, to allow deeper penetration of moisturising products. Excellent for dry and chapped hands.
55 minutes **£32.00**

CLASSIC PEDICURE*
55 minutes **£30.00**

CLASSIC MANICURE*
40 minutes **£26.00**

SIMPLY FILE & PAINT
15 minutes **£15.00**

FRENCH POLISH
 If you want that classy French appearance, this polished look can be added on to any manicure or pedicure treatment for just £2.50.

Please allow drying time for all nail care treatments and bring open toed shoes with you for pedicures.

EYE ENHANCERS

Eye lash tint	12 minutes	£13.00
Eyebrow tint	10 minutes	£8.00
Lash & brow tint	15 minutes	£15.00
Brow shape	15 minutes	£8.00

WAXING

Full leg	40 minutes	£25.00
½ leg	20 minutes	£16.00
Bikini or Under arm	15 minutes	£10.00
Brazilian	25 minutes	£20.00
Hollywood	25 minutes	£25.00
Arms	30 minutes	£15.00
Chest Back	30 minutes	£20.00
Lip or chin	10 minutes	£8.00
Lip & Chin	15 minutes	£10.00

* Elemis initiated Independent Clinical Trials from 2004 to 2007.

At The Spa we welcome both members and non-members and we are open;
Monday to Thursday 9.00am - 9pm • Friday & Saturday 9.00am - 7.00pm • Sunday 10.00am - 4pm
 Plus, register your email address with us today for all our **latest offers** & to **receive discounts off last minute treatment** availability.
 To book or to purchase gift vouchers please call on:
01438 313320

Cancellation & Bookings - A 50% cancellation fee will be incurred for all treatments not cancelled 24 hours prior to the scheduled treatment time, 100% on the day **Payment** - All prices shown are inclusive of VAT and are subject to change without prior notice. A deposit maybe required to secure your treatment booking **Medical** - Please advise us at the time of booking, of any medical conditions (including pregnancy), or health concerns you may have, or if you are under your GP's guidance. This enables us to schedule the most appropriate treatment for you as some treatments may be unsuitable / contra-indicated or require adaptation. **Arrival** - For your comfort, we recommend that you check in to the Spa 15 minutes prior to your scheduled treatment time. Regrettably, late arrival may mean a reduced treatment time or the inability to participate in some aspect of your experience.

Age Restrictions - The Spa is open to individuals over the age of 18 years only. **Suitability** - All treatments are suitable for both men and women.