

BODY THERAPIES

TENSIONZONE MASSAGE 30min - £28.50

1hr-*\$ £50.00

Specially tailored to concentrate on your chosen areas of tension during this relaxing deep tissue massage.

SCALP MASSAGE

£28.50

Drift away with a highly relaxing scalp massage.

TROPICAL ESCAPE –1hr15min *S

£40.00

After sipping a tropical cocktail in our Caribbean Spa Haven, this truly indulging therapy will stimulate your five senses with natural Mango, Papaya & coconut used during this therapy to exfoliate, envelope & soothe your skin to pure paradise.

AROMATIC DETOXIFYING WRAP -1hr15min *S

£40.00

An unhealthy lifestyle can leave you tired & sluggish. Our Pure Seaweed & essential oil wrap will break down toxin build ups, while a lymphatic massage to finish drains your toxins away.

(Alcohol is not recommended for 24 after this treatment)

IMMUNE BOOSTER THERAPY 45min

£30.00

Combining colour therapy & herbal remedies you will feel revitalised & uplifted after this unique treatment designed to help combat stress, fatigue or after illness.

CELLU-LIGHT LEGS 45min

£28.50

A stimulating lymphatic massage using detoxifying aromatic oils to reduce the appearance of lumpy thighs in just one treatment.

HOLISTIC THERAPIES

TH.STONE MASSAGE 1hr15min *S

£50.00

Combined with aromatherapy oils warm round volcanic stones are used to relax and unwind tension build ups creating a soothing and healing therapy.

INDIAN HEAD MASSAGE 25min

£25.00

Ideal for treating head, neck & shoulder tension. A soothing & relaxing massage helps headaches and sinus problems

HOPi EAR CANDLES 30min

£25.00

A soothing and relaxing treatment combined with a pressure point scalp massage. Without discomfort, wax and toxins are removed, helping relieve pressure, build-ups and inner ear blockages

*S= TREATMENTS INCLUDE A SPA SESSION

(INFORM RECEPTION WHEN MAKING YOUR BOOKING IF YOU WISH TO USE THESE FACILITIES)

Treatment times are inclusive of consultation & relaxation periods

DAY PACKAGES

What do you need to bring with you?

To make full use of the spa facilities you will only need to bring some flip flops & swimwear, we will provide you with a luxury bathrobe and towel. Enclosed in your booking confirmation, you will find a Medical questionnaire form. Please ensure you complete this as you will need to hand it in at reception upon arrival.

Can I book additional treatments?

Yes.

We advise you book additional treatments in advance to avoid disappointment. Please refer to our price list for full details of our treatments.

When should I arrive?

Your treatment times will be pre-arranged so please ensure that you arrive 5 to 10 minutes before your check in time. Late arrival could result in your treatment times being reduced.

How will I know when my treatments are?

When you arrive at the spa you will be given your personal program. This will tell you exactly what time your treatments are.

What will I have for lunch?

All day packages include a light two course lunch.

If you have any specific dietary requirements please contact reception

Example Menu- (Green salad, new potato's & warm quiche- Chocolate cheese cake)

Will I be able to purchase refreshments during the day?

Yes.

Our new Coffee Retreat serves a wide selection of hot /cold drinks & delicious cakes from 10am until 30min before we close

Can I wash my hair before I leave?

Yes.

We have shower facilities available with Free toiletries & hairdryers

MAKING A BOOKING

How do I make an appointment?

For all bookings just call our reception on **0115 953 0620.**

Credit card details are required to secure all appointments. A 50% cancellation charge will be incurred if you do not attend or cancel your booking with less than 24hrs notice.

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DAY PACKAGES All Packages Include a Spa Haven Session & light lunch

DESTRESS DAY- £90.00

For those of you with busy lifestyles and no time to relax, you begin with an unwinding tranquillity back massage to relieve tension from the neck & shoulder areas. Then follows a rejuvenating facial & finishes off with a refreshing spa pedicure or manicure.

DETOX DAY- £90.00

Your body should be a temple, but negative lifestyles leave you sluggish and energy less. Blended aromatherapy oils used in our detox wrap cleanse away your toxins. While a healing TH.Stone back Massage followed by Hopi Ear Candle's will leave you completely refreshed .

TOTAL BODY DAY- £105.00

Give yourself the pampering you deserve with a deluxe total body day. A deluxe manicure & pedicure grooms your hands & feet, while a luxury facial & eyebrow shape will give your skin pure radiance. Completing the pampering a spray tan or make-up you will leave feeling like new.

MOTHER-TO-BE DAY- £90.00

As your body continually changes during Pregnancy our conditioning body treatment helps reduce the possibility of stretch marks, while a relaxing facial clears any skin imbalances. Finishing with a refreshing spa pedicure for those hard to reach areas.

SPA DISCOVERY- £55.00

Combining a relaxing facial & replenishing hand treatment indulge yourself in some much needed "me time" and discover the world of pampering with our mini spa day.

ROMANTIC RELAXATION- (per couple) £65.00

Treat the one you love. Our couples package includes a Luxury Aroma-zone Massage carried out in our double treatment room followed by bubbly & strawberries in the slumber lounge. (Treat her to Chocolates & Roses from £10.00)

GROUP PACKAGE-MAKE YOUR OWN DAY- £60.00

Only available for group bookings of 4 to 10 people

Create your own spa day. You choose two treatments (All are 30 minute treatments)

*Facial *Skin Polish *Back Massage

also includes full use of our spa facilities, a two course buffet lunch and a glass of bubbly & strawberries in the lounge to complete your day.

FACIAL THERAPIES

BEAUTY BOOST FACIAL-45min £28.50

This vitamin packed treatment is suitable for all skin types. Using pure vitamin C your skin will be brighten, tone and rejuvenated during this 45min treatment.

BEAUTY WITHIN FACIAL-1hr15min-*S £38.50

After a consultation to discuss your personal skincare needs, a personalised facial treatment will follow, specially customised to achieve optimum results.

ULTIMA FACIAL (Cathiodermie)- 1hr15min-*S £39.50

Deep cleansing, anti-aging, rejuvenating & hydrating. This facial can be tailored to suit your individual needs. Truly the ultimate facial.

NON-SURGICAL FACE LIFT-1hr-*S £35.00

SUPA FACE-LIFT-1hr-*S £45.00

A relaxing facial that is both preventative & corrective. Re-educating the facial muscles giving tightening, toning & lifting effect.

BHA PEELING FACIAL-1hr15min-*S £45.00

Based on natural AHA'S & BHA'S the skins texture is smoothed, pigmentation reduced and scarring minimised.

COLLAGEN VELVET FACIAL-1hr15min-*S £45.00

Rich marine extracts combined with pure collagen instantly re-hydrates the skin during this luxurious facial to plump out fine lines & wrinkles .

AGE DECREASE FACIAL-45min-*S £35.00

An intensive anti-ageing facial using Argireline a safe natural alternative to Botox. Reduces expression line, wrinkles & crows feet in just one session.

COMBINED THERAPIES

AROMATHERAPY TOTAL REVIVAL -1hr15min- *S £49.50

A de-stressing aromatherapy back and scalp massage followed by a rejuvenating aroma essential facial will relax body & mind.

BEAUTY M.O.T-1hr15min-*S £49.50

An invigorating skin polish followed by a detoxifying wrap will cleanse away your toxins while your skin is rejuvenated with a skin booster facial.
Total pampering

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