life is beautiful
SPA DAYS

float away for a day

All spa days include a light lunch or afternoon tea, use of the wet facilities, towel, robe and slippers.

dance with me 1 HR 30 MINS / £95
Express Facial and either a Deluxe Manicure or Pedicure.

relax with me 2 HRS / £145
Hero Back, Face and Scalp Massage and an invigorating foot treatment.

escape with me 1 HR 30 MINS / £120
Aromatherapy Massage and Express Facial.

indulge with me 2 HRS / £145
Hot Stone Massage and Deluxe Manicure or Pedicure.
ESPAA FACIALS

Our facials begin with a detailed consultation and in-depth skin analysis using Skin Vision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results. To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

intensive and age defying

LIFT AND FIRM FACIAL 1 HR 25 MINS / £115
An advanced facial using Super Active™ products to improve skin tonicity and firmness and enhance cellular regeneration. This facial uses Tri-Active® ingredients combined with specialised facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results, the benefits of which can be seen immediately.

AGE-DEFYING FACIAL 55 MINS / £69
A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing. This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

ADVANCED ENZYME FACIAL 1 HR 25 MINS / £115
A powerful and highly effective facial to boost cell regeneration and give an instantly smooth, softly glowing complexion. A deep brush cleanse is followed by an intense Enzyme Peel containing botanical extracts and Pumpkin Enzymes to deeply exfoliate and remove dead skin cells. After a soothing massage using Rose Quartz Crystals to help cool and calm, a Lifting and Smoothing Mask is applied, containing concentrated Seaweed Extracts, Argan Oil and Menthol, to give your skin a more plumped and firmer appearance.

LIFESTAGE FACIAL 55 MINS / £69
A targeted and rejuvenating facial for maturing skin to address the most visible signs of ageing, specifically focusing on the eyes, neck, lips and jaw line - incorporating a special age-defying massage a mask will also be applied to firm and stimulate the skin leaving it revitalised and radiant.
skin solutions

ENZYME FACIAL  
55 MINS / £69

This powerful and highly effective natural facial peel dramatically smooths, softens and evens skin tone. A brush cleanse, followed by an intense Enzyme Peel containing botanical extracts and Pumpkin Enzymes deeply exfoliates and removes dead skin cells, followed by an application of soothing Rose Quartz Crystals to help cool and calm, revealing an ultra smooth, glowing complexion.

SKIN RADIANCE FACIAL  
55 MINS / £69

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

RE-HYDRATOR FACIAL  
55 MINS / £69

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

DE-SENSITISER FACIAL  
55 MINS / £69

A comforting facial for sensitive skin prone to redness and irritation, leaving skin calmed and nourished. De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

SKIN PURIFYING FACIAL  
55 MINS / £69

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.
We offer a huge range of solution led ESPA body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

‘HERO’ - BACK, FACE AND SCALP TREATMENT 1 HR 25 MINS / £95
Renowned as our ‘Hero’ treatment and loved by all: this ESPA experience delivers triple results by targeting three key areas; the back, the face and the scalp. These ideal indulgences for all will leave you truly relaxed and feeling wonderful. Included within this experience is a back exfoliation, a back massage with the additional choice of hot stones if you wish, a personalised facial and a scalp massage with or without pink hair mud.

HOT STONE MASSAGE 1 HR 15 MINS / £85
A therapeutic full body massage using an ESPA Body Oil chosen to your specific needs combined with hot volcanic stones. We will soften and warm target muscles to ease aches and pains as well as helping to relieve deep muscle tension. The powerful oils, heat and the soothing rhythm of stones on your skin will help you to unwind, switch off and relax. Perfect if you suffer from stress or have trouble sleeping. Includes: Hot Stone Aromatherapy Massage to back, legs, arms, abdomen, neck and shoulders.

SWEDISH MASSAGE 55 MINS / £69
A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived. Includes: Swedish Massage to back, legs, arms, abdomen, neck and shoulders.

LIFT AND FIRM HIP AND THIGH TREATMENT 55 MINS / £69
This is a highly effective, stimulating treatment for great results immediately. It targets cellulite, fluid retention, bloating and uneven skin texture. We combine potent marine extracts with iced mitts and a deeply detoxifying massage with specialised stomach massage techniques to help cleanse and purify the colon. Ideal for those of all shapes and sizes concerned with the appearance of cellulite. A course of 6 treatments is recommended. Includes: Skin Brushing - Detoxifying Salt and Oil Scrub - Detoxifying Massage to specific area - Specialised Colonic Massage Techniques.
AROMATHERAPY MASSAGE 55 MINS / £69
ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Includes: Aromatherapy Massage to back, legs, arms, abdomen, neck and shoulders.

ESPA BODY WRAP 55 MINS / £69
This is a personalised body wrap tailor-made for your own experience, designed to deliver just what you need. Do you want your skin to feel firmer, softer and smooth? Would you like to be mentally or physically more relaxed? Perhaps you need to be awake to shake off jet lag or seasonal ailments? You tell us and we’ll also make sure you get the best of both worlds.

Firstly we will skin brush and exfoliate your body then wrap you in a warm cocoon of Algae or Marine Mud combined with the essential oils needed to meet your specific requests. Your body temperature will be comfortably raised, to increase the effects and absorption of the wrap. A soothing scalp massage during your wrap will ensure you’ll be left totally relaxed while your skin will feel nourished and hydrated. Includes: Skin Brush, Body Exfoliation, Wrap and Scalp Massage.

DEEP MUSCLE MASSAGE 55 MINS / £69
A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, lower back pain and sore, tight shoulders. Includes: Specialised Massage to specific areas of concern.

ESPANY MATERNITY
It’s a special time in your life and the beginning of another journey, you need to look after yourself and bump, let us help you how we can.

PRE & POST NATAL TREATMENT 55 MINS / £69
A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, your choice if you would like it, is followed by a soothing body massage to suit your individual concerns. We will focus on requested areas to help alleviate muscular aches as well as helping you and bump to relax, restore and revitalise. A course of 6 treatments is recommended following the first trimester of pregnancy. Includes: Back Exfoliation, Body and Scalp Massage - this treatment is tailored to your specific needs.
feel free
pretty fingers and toes

EXPRESSION MANICURE
MANICURE
DELUXE MANICURE
EXPRESSION PEDICURE
PEDICURE
DELUXE PEDICURE
DELUXE MANICURE AND PEDICURE
GEL POLISH
GEL SOAK OFF

EXPRESSION PEDICURE
MANICURE
45 MINS / £45
1 HR / £55

DELUXE MANNICURE
45 MINS / £45
1 HR / £55

DELUXE PEDICURE
2 HRS / £80

DELUXE MANNICURE
2 HRS / £80

DELUXE PEDICURE

GEL POLISH
45 MINS / £45

GEL SOAK OFF
15 MINS / £5

final flourishes

EYEBROW SHAPE
EYEBROW TINT
EYELASH TINT
EYEBROW TINT AND SHAPE
EYELASH AND EYEBROW TINT
EYELASH TINT AND EYEBROW SHAPE AND TINT

15 MINS / £12.50
15 MINS / £15
15 MINS / £15
20 MINS / £20
20 MINS / £20
30 MINS / £30

‘A test patch may be required 24hrs before treatment.

make up by mii

MAKE ME OVER
1 HR / £60
Detailed help with finding what make up and colours suit you best.

SPECIAL OCCASION MAKE UP
45 MINS / £45
When you have a special event or a big night out and want to look your glamorous best.

waxing

FULL LEG
FULL LEG AND BIKINI
1/2 LEG
BIKINI
UNDER ARMS
LIP AND CHIN
LIP
CHIN

£35
£45
£25
FROM £15
£15
£15
£7.50
£7.50
ESPA FOR MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

AGE REBEL FACIAL 55 MINS / £69
The Age Rebel from ESPA will make you feel like a legend; steam and soft brush cleansing combined with an enzyme peel and amazing facial massage will give you immediate visible results so you look younger and fresher.

MEN’S SHOULDER, NECK AND FACE MASSAGE 55 MINS / £69
This is a specific deep Muscle Massage especially designed to concentrate on areas of tension accumulated during everyday activities like driving, computer work and lifting. The Therapist works focusing on the neck, lower back and shoulders to leave you feeling more agile.

AROMATHERAPY MASSAGE 55 MINUTES £69
ESPA Aromatherapy Massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Includes: Aromatherapy Massage to back, legs, arms, abdomen, neck and shoulders.

‘HERO’ - BACK, FACE AND SCALP TREATMENT 1 HR 25 MINS / £95
ESPA Advanced Back, Face and Scalp Treatment with hot stones is a total body experience which will relax, unwind and prepare you physically and mentally for any day. All of our aromatic oils and skin care will be personalized to your own needs. You will enjoy a back exfoliation continuing with a deeply soothing massage incorporating the use of hot stones followed by a tailor made facial with scalp massage. Leaving you looking and feeling rejuvenated while ensuring your skin is super smooth and glowing.

DEEP MUSCLE MASSAGE 55 MINS / £69
A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, lower back pain and sore, tight shoulders. Includes: Specialised Massage to specific areas of concern.
HOT STONE MASSAGE  1 HR 15 MINS / £85
A therapeutic full body massage using an ESPA Body Oil chosen to your specific needs combined with hot volcanic stones. We will soften and warm target muscles to ease aches and pains as well as helping to relieve deep muscle tension. The powerful oils, heat and the soothing rhythm of stones on your skin will help you to unwind, switch off and relax. Perfect if you suffer from stress or have trouble sleeping. Includes: Hot Stone Aromatherapy Massage to back, legs, arms, abdomen, neck and shoulders.

MUSCLE REVIVER  40 MINS / £69
A condensed massage for those who suffer with tension related headaches and neck strain. If you have little time to spare, this deeply soothing back, face and stress releasing scalp massage is an ideal way to melt away tension and relieve tight muscles. You’ll feel revived and invigorated for the day ahead or relaxed and calm for a peaceful night’s sleep. Includes: Back Massage - Facial Massage - Scalp Massage.

SWEDISH MASSAGE  55 MINS / £69
A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived. Includes: Swedish Massage to back, legs, arms, abdomen, neck and shoulders.

men’s waxing
BACK AND SHOULDERS  £25
CHEST  £20
SPA WEDDING PACKAGES

journey to bridal bliss **spa day**

**ONE FOR THE LADIES**

4 HRS / £349 PER PERSON

We start with a trial session of your make up for the big day and then it’s time to take time out. Enjoy our spa facilities and then a light snack with a glass of bubbles before a bit of a lie down. ESPA Advanced Back, Face and Scalp Treatment with hot stones is a total body experience which will relax, unwind and prepare you physically and mentally for your big day. All of our aromatic oils and skin care will be personalized to your own needs. You will enjoy a back exfoliation continuing with a deeply soothing massage incorporating the use of hot stones followed by a tailor made facial with scalp massage. Leaving you looking and feeling rejuvenated while ensuring your skin is super smooth and glowing.

This Spa Package also includes your make-up on the day of your Wedding.

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**here come the girls**

£60

A Deluxe Manicure or Pedicure with a glass of bubbly.

**bridal make over**

£100

Complete make-up applied for that special day, to create a natural effect. Includes pre wedding day trial.

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**spoil me**

1 HR 55 MINS / £149

Radiance Ritual. This signature treatment experience promises to improve skin texture and relax tension in your muscles, starting with a deeply relaxing back massage followed by a revitalising facial with a brightening mask which leaves the skin radiant, smooth and hydrate. Your lower legs and feet receive a therapeutic massage and the experience concludes with a calming scalp massage.
THE HEN PARTY

spa day 1 HR / £90 PP
Let each of your party choose their own spa day or break from those below and we will make sure that you are all in the spa at the same time, enjoy a light lunch together and a glass of bubbly each.

hide with me
Express Facial and Back, Neck and Shoulder Massage.

relax with me
Salt and Oil Scrub and Back, Neck and Shoulder Massage.

dance with me
Express Facial and Express Manicure or Pedicure.

hen with me spa break
FROM £160 PP
One night dinner, bed and breakfast. Plus choose one treatment from either: A Personalised Facial, Aromatherapy or Hot Stone Massage or a Manicure or Pedicure.

hen package 1 HR 30 MINS / £120 PP
This package includes a light lunch or afternoon tea with a glass of prosecco, full use of our wet facilities, towel, robe and slippers and a Back, Neck and Shoulder Massage, Express Facial and Express Manicure or Pedicure.

*All spa breaks are based on 2 people sharing. Single supplement applies of £50. Prices vary dependent on day of the week. Prices are subject to seasonal change.
25 MINS EACH / £35 PER EXPERIENCE

25 minute ESPA express experiences are designed for you to enjoy when you are limited on time and need a boost to get you back to your fantastic self. These express experiences can also be ‘added on’ to complement your existing spa experience, when you need a little more time to yourself.

PERSONALISED EXPRESS FACIAL
Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, Skin Vision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

LIFT AND FIRM EYE TREATMENT
Perfect for those who are concerned with the first signs of ageing around the eyes. This effective firming and hydrating treatment, helps to reduce the appearance of fine lines and relieves tension from eye-strain and computer headaches. Incorporating a facial cleanse, exfoliation, targeted massage for eyes and an application of our Lift and Firm Intensive Eye Serum.

SHOULDER, NECK AND SCALP MASSAGE
This massage focuses on the key areas of tension in the upper body, using an ESPA Body Oil chosen to your specific needs.

BACK, NECK AND SHOULDER MASSAGE
This massage focuses on the key areas we hold tension in within the back of our bodies, using an ESPA Body Oil chosen to your specific needs.

SALT AND OIL SCRUB
This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. The perfect pick me up when you want to look glowing and feel invigorated. We also recommended this prior to enjoying an ESPA Massage. For a lighter application Body Polish is applied instead of Salt and Oil Scrub.

INVIGORATING FOOT TREATMENT
Perfect for tired post shopping or party feet suffering with heavy legs, this mini miracle will reduce puffiness, soothe aches and pains while indulging you with a refreshing exfoliation combined with a deeply therapeutic foot and lower leg massage.
SPA BREAKS

the great escape

AVAILABLE ON SUNDAY NIGHTS £99.00 PP *
One night bed and breakfast plus choose one treatment, either Aromatherapy Massage, Lifestage Facial, Deluxe Manicure or Pedicure.

celebrate with me

FROM £199.00 PP *
One night dinner, bed and breakfast in an Executive Room with a bottle of prosecco and chocolates in your room. One guest receives Hero Back, Face and Scalp Treatment (1hr 30mins) and one guest receives a Hot Stone Massage, Personalised Facial and Manicure or Pedicure (2hr 30mins)

stay with me

FROM £120 PP *
One night bed and breakfast with your choice of any two treatments from the Espa express experiences.

break away with me

FROM £145.00 PP *
One night dinner, bed and breakfast. Plus choose one treatment from either, Radiant Facial, Aromatherapy Massage or Deluxe Manicure or Pedicure.

*All spa breaks are based on 2 people sharing. Single supplement applies of £50. Prices vary dependent on day of the week. Prices are subject to seasonal change.

Call 01924 257911 to book
SPA ETIQUETTE

Essential reading to get the most from your spa day

SCHEDULING AN APPOINTMENT
To schedule an appointment for your perfect treatment, please contact Spa Reception who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance.

All spa treatments and packages will need to be guaranteed with a credit card. Please call 01924 257911 to book. Please arrive 10 minutes prior to your appointment time. Treatment times include a consultation.

SPA ATTIRE
Correct fitness attire is necessary to use the gymnasium and pool. For treatments, it’s quite normal to wear underwear, we can provide disposable briefs if you prefer.

WHAT TO BRING WITH YOU
We recommend that you bring warm comfortable clothing to change into after your class, spa experience and pool sessions. We have hair dryers and amenities.

CANCELATION POLICY
Cancellations made 48 hours or less prior to arrival day will incur a 100% charge.

MEDICAL CONDITIONS
Some of the treatments that are offered are not suitable for guests with certain medical ailments and conditions. We request that you draw to our attention any of the following conditions at the time of booking: Epilepsy, Allergies, Heart condition, High/Low blood pressure, Scar tissue, Varicose veins, Skin conditions, Diabetes, Cancer, Thyroid, Pregnancy, Recent operations. We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

GIFT VOUCHERS
An ideal gift for someone special. Please contact Spa Reception for details.

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your own discretion.

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests’ right to privacy and serenity. In light of this, The Spa is a mobile phone, camera and smoke free zone.