



## WELLNESS SPA

### *Elemis Facials*

**RENEW - PRO-GLOW SMOOTH | 60mins | £80**

"The HIT workout for your skin."

Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump & hydrated, whilst delivering an immediate & visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth & rejuvenated.

**REVEAL - PRO-GLOW RESURFACE | 60mins | £80**

Purify & brighten as the skin's texture is transformed. With a spotlight on enlarged pores, blemishes & blackheads, this unique facial powered by patented Tri-enzyme technology minimises the lack of uneven tone, texture, fine lines & pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother & renewed.

**NOURISH - PRO-GLOW BRILLIANCE | 60mins | £80**

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants & grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy & clearer looking skin. A fusion of superfoods & antioxidant-rich facial oils plump the skin with moisture whilst helping to nourish & protect. Immediately revealing a brighter, glowing complexion.

**DEFINE - PRO-GLOW GENIUS | 60mins, 90mins | £80, £?**

Clinically proven intelligent skincare & our triple level approach to skin hydration results in transformative results for younger looking skin. Powered by ultra-smart technology with a spotlight on deep-set wrinkles for maximum, multi-faceted rejuvenation & skin hydration, skin will be visibly smoother, resilient & firmer-looking after just one treatment.



## WELLNESS SPA

### *Elemis Biotee Facials*

7 SUPERCHARGED FACIALS, TO DELIVER IMMEDIATE, VISIBLE, LONG LASTING RESULTS.

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine, works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Thriving, visibly healthy and energised skin.

BIOTEC FACIALS | 60 mins | £85

BIOTEC SIGNATURE FACIAL | 75mins | £89  
Includes additional Massage

BIOTEC LINE ERASER

BIOTEC FIRM-A-LIFT

BIOTEC SKIN RESURFACER

BIOTEC 24/7 SKIN SYNC

BIOTEC RADIANCE RENEW

BIOTEC BLEMISH CONTROL

BIOTEC SENSITIVE SKIN SOOTHER



# WELLNESS SPA

## Massage

### WARM BAMBOO, AROMATHERAPY, SWEDISH, REMEDIAL & ELEMIS DEEP TISSUE

30 mins	£49
45 mins	£57
60 mins	£73
90 mins	£89

### SPORTS MASSAGE

60 mins	£73
90 mins	£89

**HOT STONE MASSAGE | 75mins | £85**

**HOT STONE BACK MASSAGE | 45mins | £59**

**INDIAN HEAD MASSAGE | 30mins, 60mins | £49, £75**

Traditional Indian Head Massage performed seated in a chair, fully clothed. This massage works on the tension areas of upper back, neck, shoulders and scalp. Oils can be added to the scalp massage on request or performed dry. Perfect for easing tense shoulders/scalp or anyone unable to lie flat on a massage bed.

**LYMPHATIC MASSAGE (MLD) | 30mins | £49**

Manual Lymphatic Draining Massage is a specialised type of massage technique used for reducing swelling & draining Lymph Fluid. Often used when Lymph nodes have been removed this gentle technique is extremely effective. Beneficial for: Swollen limbs, post surgery swelling, swollen joints, detoxifying the body, fluid retention, heavy legs and excess puffiness.

**ELEMIS PEACEFUL PREGNANCY MASSAGE | 75mins | £85**

The nine month journey special time. Connecting with the mother through the power of touch & working with two heartbeats as one. Specialised positioning on our unique beanbag is used to ensure the ultimate in comfort & relaxation. Combines tried & tested safe pregnancy massage techniques adapted to the trimesters, this massage helps to relieve tension in the lower & upper back whilst



## WELLNESS SPA

### *Elemis Luxury Full Body Massage*

#### ELEMIS HOT MINERAL BODY BOOST | 60mins | £75

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain & remove toxins. The heated minerals are a catalyst to warm & deeply relax the body, perfectly prepping for the Amber body balm, while the mind is whisked off to invigorating shores with the aromatic ocean spa. Completed with a shoulder & scalp massage, this a revolutionary, minerally charged experience of skin conditioning, metabolic balancing & energising wellness.

#### ELEMIS QUARTZ CRYSTAL HOT POULTICE MASSAGE

Quartz Poultrice Back Massage | 45mins | £59

Quartz Poultrice Full Body Massage | 75mins | £85

Quartz and Amber crystal adds another element to massage with unique benefits including its renowned healing properties, easing anxiety, boosting our immune systems, balancing the mind and chakras to name a few. Combined with a prescriptive blend of essential oils the Hot Poultrices will work to deeply relax and ease aching muscles. If you are looking for a treatment to totally relax mind and body then this treatment is highly recommended.



## WELLNESS SPA

### *Elemis Body Treatments & Wraps*

*Lime & Ginger or Frangipani*

#### INTENSELY CLEANSING SALT SCRUB | 30mins | £49

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells & perfectly prepping the skin. It leaves a smooth & responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

#### COUTURE TOUCH FACE & BODY | 60mins | £85

Experience the ultimate Elemis duo, a sensational Hot Stone massage to the back of the body, combined with a prescribed Advanced Anti-Ageing Booster Facial. The perfect 60 minute combination!

Continued....



## WELLNESS SPA

### *Elemis Body Treatments & Wraps*

*Lime & Ginger or Frangipani*

#### MUSCLEASE AROMASPA OCEAN WRAP | 75mins | £79

This seaweed treatment detoxifies & cleanses the body inside & out, combining the richest of sea plants & marine algae with aroma-therapeutic actives. A warm seaweed body mask combined with a blend of Pine & Rosemary essential oils is applied to the body to help ease the pains of rheumatism, arthritis, muscular spasm & fatigue, before you are cocooned in a comforting foil wrap, whilst being treated to a deep Thai drainage facial massage & de-stress scalp treatment.

#### THOUSAND FLOWER DETOX WRAP | 60mins | £70

Enriched by Somerset soil packed with tree flower & grass rich nutrients, this treatment provides super skin-health & powerful detoxification, helping stimulate the elimination process & restore equilibrium. Omega-rich Green Tea seed oil is massaged into the skin followed by the thousand flower, vitamin packed super nutritious earth wrap, encouraging the body to surrender its toxins. A nourishing Green Tea balm, rich in minerals, proteins & Omegas - the superfoods of the skin - is the final touch, leaving you feeling completely reinvigorated & the body firing on all cylinders.



## WELLNESS SPA

### Spa Rituals

#### ELEMIS HOT MINERAL BODY BOOST SIGNATURE RITUAL | 90mins | £109

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain & remove toxins. The heated minerals are a catalyst to warm & deeply relax the body, perfectly prepping for the Amber body balm, while the mind is whisked off to invigorating shores with the aromatic ocean spa. Completed with a shoulder & scalp massage, this a revolutionary, minerally charged experience of skin conditioning, metabolic balancing & energising wellness. Relieve muscular aches with this full body massage & micro wrap followed by an Elemis Advanced Anti-Ageing Booster Facial.

#### ELEMIS ABSOLUTE SPA RITUAL | 120mins | £135

The ultimate skin & body therapy for maximum results. Select an Advanced Anti-Ageing facial & combine it with a 60min Deep Tissue Massage.

#### ELEMIS COUTURE TOUCH FACE & BODY | 60 mins | £85

Experience the ultimate Elemis duo, a sensational Hot Stone massage to the back of the body, combined with a prescribed Elemis Advanced Anti-Ageing Booster Facial.

#### ELEMIS AROMASPA RITUAL | 130mins | £125

This seaweed treatment detoxifies & cleanses the body inside & out, combining the richest of sea plants & marine algae with aroma-therapeutic actives. A warm seaweed body mask combined with a blend of Pine & Rosemary essential oils is applied to the body to help ease the pains of rheumatism, arthritis, muscular spasm & fatigue, before you are cocooned in a comforting foil wrap, whilst being treated to a deep Thai drainage facial massage & de-stress scalp treatment. Combined with a full body massage this is the ultimate Spa Ritual!

#### ELEMIS THOUSAND FLOWER DETOX SIGNATURE RITUAL | 115mins | £119

Enriched by Somerset soil packed with tree, flower & grass rich nutrients, this treatment provides super skin-health & powerful detoxification, helping stimulate the elimination process & restore equilibrium. Omega-rich Green Tea seed oil is massaged into the skin followed by the thousand flower, vitamin packed super nutritious earth wrap, encouraging the body to surrender its toxins. A nourishing Green Tea balm, rich in minerals, proteins & Omegas - the superfoods of the skin - is the final touch, leaving you feeling completely reinvigorated & the body firing on all cylinders. A full body massage with Green Tea Balm will complete this fabulous detox ritual.



# WELLNESS SPA

## Manicures & Pedicures

### JESSICA PRESCRIPTIVE NAIL TREATMENTS

DELUXE SPA PEDICURE | 75mins | £55

CLASSIC PEDICURE | 45mins | £40

DELUXE SPA MANICURE | 75mins | £49

CLASSIC MANICURE | 45mins | £35

File & Polish £25

Paraffin Wax (add on treatment) £15

Deluxe treatments are a sensory experience for hands & feet. Hot mitts, warm oils, & nourishing masks are all combined to pamper & relax. Includes midi polish to take home.

*Pedicures — please bring open toe shoes or flip flops*

### GELERATION REVOLUTIONARY GEL POLISH

Add 15min to all nail options to include Gel Polish £15

GELERATION REFRESH (30mins) £25  
(recommended 2wks after 1st set)

GELERATION SOAK OFF £15





## WELLNESS SPA

### Waxing

All our Hot Wax treatments are performed using a premium wax from Perron Rigot, a French brand with over 30yrs experience. Used by some of the top waxers in the UK, Perron Rigot is the industry leader in developing low temperature, non strip wax. The wax is hypoallergenic & used on all areas with the exception of legs. Welcome to the world of happy waxing!

For our leg waxing we use PhD Safewax, this is the original, tried and tested, best tube and applicator waxing system. PhD, which stands for Professional, Hygienic and Disposable and uses Pre-Sealed applicator heads for each client which are disposed of after each waxing treatment.

FULL LEG WAX	£35
HALF LEG WAX	£25
UNDERARM WAX	£17
ARM WAX	£20
LIP OR CHIN WAX	£15
BIKINI WAX	£20
BRAZILIAN WAX	£35
HOLLYWOOD WAX	£39
EYEBROW SHAPE	£15

*\*Three or more waxing treatments receive 10% off*

### Tinting

EYE LASH TINT	£20
EYEBROW TINT	£15

*A patch test is required 48hrs before tinting - please note all patch tests require an appointment to be pre booked.*

*If you have not had tinting for 6 months or more then an additional patch test is required*



# WELLNESS SPA

## *Holistic*

REFLEXOLOGY | 60mins | £75

Please note your first appointment will include an in depth consultation of 15 minutes.

REFLEXOLOGY TASTER SESSION | 30mins | £45

HOPi EAR CANDLES | £35

(Recommended as a course of 3) | £89

## *Ear Piercing*

EAR PIERCING | £35

Our qualified therapists use the superior quality of Caflon equipment & earrings made in the UK.

Caflon utilises advanced eco-friendly manufacturing technology to create the safest ear piercing systems available. All earrings are hypoallergenic.

Each treatment includes a pair of earrings of your choice along with a bottle of Caflon Solution to take home, together with your home care advice.

Please note that piercing is for Lobes only

*We have a minimum age of 10yrs & anyone under 16yrs must be accompanied by a parent.*



# WELLNESS SPA

## Teenage Treats

MINI FACIAL | 30mins | £35

MINI MANICURE | 30mins | £25

MINI PEDICURE | 30mins | £25

*Suitable for 10yrs—15yrs (must be accompanied by a parent)*



## WELLNESS SPA

### *Especially for Men*

#### *Facials*

ELEMIS SKIN IQ FACIAL | 75mins | £80

ELEMIS URBAN CLEANSE FACIAL | 75mins | £75

BIOTEC SUPER-CHARGE FACIAL | 60mins | £81

#### *Men's Body Treatments*

SWEDISH, AROMATHERAPY, REMEDIAL, WARM BAMBOO MASSAGE OR ELEMIS DEEP TISSUE

30mins | £49

45 mins | £57

60 mins | £73

90 mins | £89

#### SPORTS MASSAGE

60 mins | £73

90 mins | £89

ELEMIS TOTAL TIME OUT | 2hrs | £125

*See our Spa Rituals for further options available*

#### *Men's Essentials*

BACK WAX OR CHEST | £29

CLASSIC MANICURE | 45mins | £35

DELUXE SPA MANICURE | 75mins | £49

CLASSIC PEDICURE | 45mins | £40

DELUXE SPA PEDICURE | 75mins | £55

Deluxe treatments are a sensory experience for hands & feet. Hot mitts, warm oils, & nourishing masks are all combined to pamper & relax.

*Pedicures — please bring open toe shoes or flip flops*



## WELLNESS SPA

### LYNTON LASER

#### *Advanced Laser Hair Removal*

#### *Face*

	Treatment Time	X1	X6	X8
FULL FACE	45m	£100	£700	£750
UPPER LIP	15m	£40	£225	£300
CHIN	15m	£40	£225	£300
UPPER LIP AND CHIN	15m	£80	£450	£500
NECK	15m	£60	£225	£400

#### *Legs*

	Treatment Time	X1	X6	X8
FULL LEGS (EXC FOOT)	45m	£300	£1530	£1920
LOWER LEGS	30m	£200	£1020	£1280
THIGHS	30m	£160	£900	£1200



## WELLNESS SPA

### LYNTON LASER

#### *Advanced Laser Hair Removal*

#### *Lower Body*

	Treatment Time	X1	X6	X8
BIKINI LINE STANDARD	15m	£100	£510	£640
BRAZILIAN	30m	£130	£650	£900
HOLLYWOOD	30m	£150	£850	£1100
HOLLYWOOD (PERIANAL INCUD)	30m	£180	£1000	£1280
PERIANAL	15m	£80	£420	£610



## WELLNESS SPA

### LYNTON LASER

#### *Advanced Laser Hair Removal*

#### *Upper Body*

	Treatment Time	X1	X6	X8
UNDER ARMS	15m	£80	£408	£512
HALF ARM	30m	£130	£755	£980
FULL ARM	30m	£200	£1122	£1408
HANDS & FINGERS	15m	£70	£357	£448
NIPPLES OR NAVAL	15m	£70	£408	£512
CHEST & NIPPLE	15m	£150	£765	£1050
STOMACH	15m	£100	£512	£700
SHOULDERS OR UPPER BACK	30m	£150	£765	£960
UPPER BACK & SHOULDERS OR FULL BACK	45m	£250	£1275	£1600
FULL BACK AND SHOULDERS	45m	£270	£1430	£1920



## WELLNESS SPA

### LYNTON LASER

### *Radiofrequency Microneedling*

	X1	X6
SMALL AREA	£195	£999
NECK	£295	£1499
FULL FACE	£295	£1499
FULL FACE & NECK	£345	£1799





WELLNESS SPA

## LYNTON LASER

*Hifu - Non Surgical Face Lift*

FACE & NECK	£600
FACE	£450
NECK	£450
DECOLLETAGE & NECK	£550
DECOLLETAGE	£450



WELLNESS SPA

## LYNTON LASER

### *Illumi Facial*

ILLUMI FACIAL IS THE 'NEXT GENERATION' OF THE HIGHLY SUCCESSFUL 'PHOTOFACIAL' TREATMENT, USING A NEW AND UNIQUE COMBINATION OF SPECIALIST LYNTON SKINCARE TOGETHER WITH POWERFUL, MEDICAL-GRADE LYNTON IPL TECHNOLOGY.

£250

### *Why choose an Illumi Facial*

REDUCE ACNE

WRINKLES (COLLAGEN)

TIGHTENING

SKIN TONE

SOFT & SMOOTH

HYDRATE