



WELLNESS SPA

## *Infrared Sauna & Steam Room*

A completely private space for you to enjoy as a couple, as mother and daughter, or as a group of friends that you can book either by itself, or as an add-on before any treatment for the ultimate wellness boost.

INTRODUCTORY OFFER...

1 HOUR MONDAY - THURSDAY £50 FOR 2

1 HOUR FRIDAY - SATURDAY £60 FOR 2

+ £20 PER ADDITIONAL PERSON (MAXIMUM OF 4)

To enquire about using our infrared sauna and steam room, please call 01395 878295  
or email [wellness@dartsfarm.co.uk](mailto:wellness@dartsfarm.co.uk)



## WELLNESS SPA

### *Elemis Facials*

#### RENEW - PRO-GLOW SMOOTH | 60mins | £85

"The HIT workout for your skin."

Skin is prepped for an infusion of hydration that will double it's 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 | £85

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 | £85

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 | £95

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 Biotec Facials*

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 to turbo-charge your facial results. The clinically proven result? Thriving, visibly healthy and energised skin.

#### ELEMIS EXPERT TECH FACIALS

##### RADIANCE & REVIVE FACIAL

Rebalance, Nourish & Glow | 60mins £90

Include Massage | 75mins | £100

Revive tired skin with our advanced Ultrasonic Peel technology teamed with Oxygen Infusion to plump and Galvanic to nourish leaving your skin rebalanced, nourished & radiant.

##### BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- Oxygen Infusion to plump the skin
- Galvanic technology to restore the skin

##### SMOOTH & POLISH FACIAL

Reset, Resurface & Brighten | 60mins £90

Include Massage | 75mins | £100

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, light therapy to re-energise and Galvanic to nourish, revealing bright, polished and smooth skin.

##### BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- Oxygen Infusion to plump the skin
- Galvanic technology to restore the skin

Continued...



WELLNESS SPA

## *Elemis Biotec Facials*

ELEMIS EXPERT TECH FACIALS

LIFT & REJUVENATE FACIAL

Renew, Plump & Tone | 60mins £90

Include Massage | 75mins | £100

Restore your skins vitality our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate and Oxygen infusion to plump. Skin will appear renewed, toned and firmer.

BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- Microcurrent to lift the skin
- Oxygen Infusion to plump the skin



# WELLNESS SPA

## Massage

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

30 mins	£49
45 mins	£60
60 mins	£75
90 mins	£94

### SPORTS MASSAGE

60 mins	£83
90 mins	£105

HOT STONE FULL BODY MASSAGE | 75mins | £95

HOT STONE BACK & NECK MASSAGE | 45mins | £64

INDIAN HEAD MASSAGE | 30mins, 60mins | £57, £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 | £52

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 | £99

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 alleviating swelling of the hands & feet, easing the mind & uplifting the spirit.



## WELLNESS SPA

### *Elemis Luxury Full Body Massage*

#### ELEMIS HOT MINERAL BODY BOOST | 60mins | £85

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 | £64

Quartz Poultrice Full Body Massage | 75mins | £90

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

### Body Treatments & Wraps

#### Elemis

INTENSELY CLEANSING SALT SCRUB | 30mins | £52

*Lime & Ginger or Frangipani*

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.

MUSCLEASE AROMASPA OCEAN WRAP | 75mins | £89

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.

#### Natural Spa Factory

ROSEMARY DETOX EXPERIENCE | 75mins | £95

A soothing leg, back & shoulder massage followed by a detoxifying Natural Spa Factory Rosemary & Guarana body wrap applied to the back of the legs and lower back to reduce cellulite, nourish the skin & relief aching muscles. While the products melt into your skin, you will enjoy a relaxing scalp or foot massage. Followed by a full body exfoliating scrub to stimulate circulation, sooth & soften the skin. Shower & finish with a gently applied moisturising lotion, leaving you feeling revitalised & restored.

GOLDEN WINTER ESCAPE | 75mins | £125

Indulge in our luxurious gold body treatment, featuring a gold body wrap and calming massage. A full body scrub infused with antioxidant-rich green coffee granules and mint refreshes the skin, while a vitamin-rich 23c gold and caviar oil leaves you radiant and renewed. This rejuvenating experience softens, purifies, and revitalizes from head to toe.



## WELLNESS SPA

### *Natural Scrubs*

Exfoliation is essential for removing dead skin cells, which promotes radiance, unclogs pores, smooths cellulite and enhances the absorption of skincare products, resulting in a healthier and more youthful appearance. Infused with the finest seasonal fragrances and an abundance of soothing carrier oils, your skin will be fully quenched so no need for added body moisturising.

Add onto a treatment...

30 mins | £40

#### MINT & PATCHOULI GREEN COFFEE BODY SALT SCRUB

Infused with antioxidant-rich green coffee granules that purify and exfoliate the skin, with uplifting mint and the soft aroma of patchouli. The perfect invigorating accompaniment to your cleansing ritual to soften, soothe and stimulate.

#### LIME & LEMONGRASS BODY SALT SCRUB

Awaken dull and tired skin. Fresh lemon and lime will add a zesty scent to your morning and will leave your skin feeling amazing!

#### YUZU PINK BEETS & WATERMELON BODY SCRUB

Beetroot pieces and powder will deliver skin protecting antioxidants, with plenty of iron and vitamins to purify and brighten the body and detox the skin. With a fresh burst of watermelon to flood the skin with the scent of summer

#### PACIFIC SHORES BODY SCRUB

Blended with Hibiscus Peel and Beetroot Powder and nourishing Peach Kernel, Grapeseed and Watermelon Seed oil to leave skin feeling soft and nourished.





## WELLNESS SPA

### Spa Rituals

#### ELEMIS HOT MINERAL BODY BOOST SIGNATURE RITUAL | 90mins | £119

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 COUTURE FACE & BODY HANDS ON | 60mins | £90

Condition your skin and muscles with this all embracing experience. This treatment combines a 30 minute deep tissue massage to the back of the body, with a hands on Elemis Booster Facial. The perfect way to relax for an hour.

INCLUDE HOT STONE | 60mins | £100

INCLUDE QUARTZ POULTICE | 60mins | £100

#### ELEMIS ABSOLUTE SPA RITUAL | 120mins | £145

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

#### ELEMIS AROMASPA RITUAL | 120mins | £135

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!



## WELLNESS SPA

### Manicures & Pedicures

#### MII NAIL TREATMENTS

Enriched with a vitamin complex for healthier and stronger-looking nails.

DELUXE SPA PEDICURE | 75mins | £65

CLASSIC PEDICURE | 45mins | £45

DELUXE SPA MANICURE | 75mins | £59

CLASSIC MANICURE | 45mins | £40

File & Polish £25

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) £30  
(recommended 2wks after 1st set)

GELERATION SOAK OFF £15

(please note that we can only remove Geleration gels applied previously by the Wellness Spa)



# 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
Nose Wax	£10

## 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

## 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 MANICURE | 30mins | £30

MINI PEDICURE | 30mins | £30

*Suitable for 10yrs -17yrs (must be accompanied by a parent)*



# WELLNESS SPA

*Especially for Men*

*Elemis Facials*

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## WELLNESS SPA

*Especially for Men*

*Men's Body Treatments*

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

30 mins | £49

45 mins | £60

60 mins | £75

90 mins | £94

### SPORTS MASSAGE

60 mins | £83

90 mins | £105

ELEMIS TOTAL TIME OUT | 2hrs | £145

*See our Spa Rituals for further options available*

*Men's Essentials*

BACK WAX OR CHEST | £29

CLASSIC MANICURE | 45mins | £40

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