



# WELLNESS SPA

## TREATMENT MENU

1. Infrared Sauna & Steam
2. Elemis Facials
3. Elemis Biotee Facials
4. Massage
4. Sports Massage
6. Body Treatments & Wraps
8. Spa Rituals
9. Manicures & Pedicures
10. Waxing
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11. Reflexology
11. Ear Piercing
11. Teenage Treats

### PLEASE NOTE

Spa Packages and Laser Treatments are featured in separate treatment menus on our website.

Book online or call us on 01392 878295 or please email [wellness@dartsfarm.co.uk](mailto:wellness@dartsfarm.co.uk).  
We look forward to welcoming you!



## *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.

To book please call 01395 878295 or email [wellness@dartsfarm.co.uk](mailto:wellness@dartsfarm.co.uk)

### INTRODUCTORY OFFER

20% OFF YOUR FIRST TIME USE

### SINGLE SESSION

45 MINUTES MONDAY - THURSDAY £25 PER PERSON

45 MINUTES FRIDAY - SATURDAY £30 PER PERSON

(PRIVATE BOOKING, MAXIMUM OF 4 PEOPLE)

### MULTIPLE PACKAGES

VALID MON - THURS

3 FOR 2 £50, SAVING £25

6 FOR 4 £100, SAVING £50

VALID FRI - SAT

3 FOR 2 £60, SAVING £30

6 FOR 4 £120, SAVING £60

### T&C'S

Full payment will be taken at time of purchase.

Please arrive 10 minutes prior to your appointment time.

If you are more than 15 minutes late for your session you may be unable to do the session at that time and may not be able to reschedule or qualify for a refund.

Bookings must be cancelled or rescheduled at least 48 hours in advance. Failure to cancel within the 48-hour window may result in the session being forfeited.

Sessions are non-transferable and must be used by the client who purchased the sessions.

Advance booking is strongly recommended to secure preferred time slots; walk-in availability is not guaranteed.

A health waiver must be completed before your first sauna and steam session.

Steam & sauna use may not be suitable for all individuals; please consult a physician if you have medical concerns.

The Wellness Spa reserves the right to amend these Terms & Conditions at any time with reasonable notice.



## Elemis Facials

RENEW - PRO-GLOW SMOOTH | 60mins | £89

"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 | £89

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 | £89

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 | £99

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.



## *Elemis Biotee 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 £95

Include Massage | 75mins | £105

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 £95

Include Massage | 75mins | £105

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

#### LIFT & REJUVENATE FACIAL

Renew, Plump & Tone | 60mins £95

Include Massage | 75mins | £105

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

30 mins	£50
45 mins	£63
60 mins	£77
90 mins	£108

#### ELEMIS DEEP TISSUE

30 mins	£55
45 mins	£69
60 mins	£85

#### SOFT TISSUE SPORTS MASSAGE

A targeted treatment designed to address muscle tension, aches, and injuries commonly associated with physical activity and everyday stress. Using a combination of deep tissue techniques, stretching, and myofascial release, this massage works to relieve muscle knots, improve flexibility, and enhance overall performance and recovery.

60 mins	£85
90 mins	£110

#### DETOX & RECOVER

45 minute sports massage or Elemis deep tissue and 45 minute infrared sauna & steam. This powerful combination detoxifies the body, accelerates recovery, and leaves you feeling revitalised, refreshed, and restored.

weekday	£89
weekend	£95

HOT STONE FULL BODY MASSAGE | 75mins | £95

HOT STONE BACK & NECK MASSAGE | 45mins | £69

INDIAN HEAD MASSAGE | 30mins, 60mins | £57, £77

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.

ELEMIS PEACEFUL PREGNANCY MASSAGE | 75mins | £95

A nurturing massage designed for every stage of pregnancy, connecting mother and baby through the power of touch. Specialised positioning on our unique beanbag ensures ultimate comfort and relaxation. Using safe, trimester-specific techniques, this treatment relieves back tension, reduces swelling in hands and feet, and leaves you feeling calm, uplifted, and cared for.



## 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 | £69

Quartz Poultrice Full Body Massage | 75mins | £95

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 | £55

*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 | £93

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 | £99

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.

REJUVENATE & RENEW | 75mins | £125

A luxurious treatment targeting the back and legs, featuring mineral-rich Laminaria seaweed to slim, tone, and reduce cellulite. Enjoy a calming scalp massage as the wrap works its magic, followed by a relaxing leg, back, and shoulder massage. Next, a Fig & Vanilla body scrub with sea salt and coconut oil deeply cleanses and polishes the skin. After a refreshing shower, the ritual concludes with a targeted toning moisturiser, leaving your skin firmer, smoother, and beautifully hydrated.





## 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 | £55

#### 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.

#### FIG & VANILLA SCRUB

Bursting with both coarse and finely milled sea salt and natural coconut oil, to simultaneously deeply scrub and finely polish skin, leaving it silky smooth, hydrated and smelling incredible.





## Spa Rituals

### ELEMIS HOT MINERAL BODY BOOST SIGNATURE RITUAL | 90mins | £120

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 | £149

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 | £145

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

#### NAIL TREATMENTS

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

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

CLASSIC PEDICURE | 45mins | £45

DELUXE SPA PEDICURE | 75mins | £65

Includes warm boots and hydrating foot mask, hand, arm, lower leg & foot massage.

CLASSIC MANICURE | 45mins | £45

DELUXE SPA MANICURE | 60mins | £60

Includes a hot mitt and hydrating hand mask, hand & arm massage.

FILE & POLISH | 30 mins | £25

#### GEL

Perfect for weaker nails, nail biters or those who want to grow length, this application will leave you with a refined protective layer.

Please note that we can only remove BIAB or GEL applied previously by the Wellness Spa

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

GEL PEDICURE | 60mins | £55

DELUXE GEL PEDICURE | 90mins | £75

Includes warm boots and hydrating foot mask, hand, arm, lower leg & foot massage.

GEL MANICURE | 60mins | £55

DELUXE GEL MANICURE | 90mins | £70

Includes a hot mitt and hydrating hand mask, hand & arm massage.

#### BIAB

BIAB MANICURE | 75mins | £65

Includes a nourishing hand scrub & massage

BIAB APPLICATION | 60mins | £55

Includes nail prep

BIAB INFILL | 60mins | £55

For clients who have previous had BIAB applied by us. Includes application & nail prep.

BIAB REMOVAL £15

GEL APPLICATION HANDS OR FEET | £40

GEL SOAK OFF & REAPPLY | £55

GEL SOAK OFF £15



## Waxing

All our Hot Wax treatments are performed using a premium wax from Perron Rigot, a French brand with over 30yrs experience. Industry leader in developing low temperature, non strip wax. The wax is hypoallergenic & used on all areas with the exception of legs.

For our leg waxing we use PhD Safewax, this is the original, tried and tested, best tube and applicator waxing system.

FULL LEG WAX	£39
HALF LEG WAX	£28
UNDERARM WAX	£19
ARM WAX	£22
LIP OR CHIN WAX	£19
BIKINI WAX	£22
BRAZILIAN WAX	£35
HOLLYWOOD WAX	£39
EYEBROW SHAPE	£15
NOSE Wax	£12
BACK WAX OR CHEST	£29

## Lash & Brows

EYELASH TINT	£25
EYEBROW TINT	£17
EYEBROW SHAPE & TINT	£30

### HARA TREATMENTS

Combines the latest brow lamination and staining techniques to create beautifully defined, long-lasting brows tailored to your style.

HARA EYEBROW STAIN	£25
HARA LASH LIFT	£45
HARA TAILORED BROW	£35

#### PLEASE NOTE

If you have not had tinting with us before or not within a 6 month period, all tinting appointments must have a patch test at least 24hrs before the treatment.

Please call our reception on 01392 878295 to arrange this.



## WELLNESS SPA

### Holistic

REFLEXOLOGY | 60mins | £79

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

REFLEXOLOGY TASTER SESSION | 30mins | £49

### 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.*

### Teenage Treats

MINI MANICURE | 30mins | £35

MINI PEDICURE | 30mins | £35

MINI FACIAL | 30mins | £35

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