



# WELLNESS SPA

## TREATMENT MENU

1. *Infrared Sauna & Steam*
2. *Elemis Facials*
3. *Elemis Biotec Facials*
5. *Elemis Light Therapy*
6. *Massage*
7. *Spa Rituals*
8. *Body Treatments & Wraps*
9. *Natural Spa Scrubs*
10. *Manicures & Pedicures*
11. *Waxing*
11. *Lash & Brows*
12. *Ear Piercing*
12. *Teenage Treats*

Please note

Spa days and laser treatments are featured in separate treatment menus on our website.

Book online, call us on 01392 878295 or email [wellness@dartsfarm.co.uk](mailto:wellness@dartsfarm.co.uk).

We look forward to welcoming you!



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.

Book online, call 01392 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 per person

6 for 4 £100, saving £50 per person

valid fri - sat

3 for 2 £60, saving £30 per person

6 for 4 £120, saving £60 per person

### 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.



WELLNESS SPA

## Elemis Facials

Invest in yourself ~ Buy a course of 4 facials and get your 5th on us.

RENEW - PRO-GLOW SMOOTH | 30MINS, 60MINS | £50, £90

"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 | £90

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 | 30MINS, 60MINS | £50, £90

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 | £100

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.

Invest in yourself ~ Buy a course of 4 facials and get your 5th on us.

### ELEMIS EXPERT TECH FACIALS

#### RADIANCE & REVIVE FACIAL

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
- LED Light Mask to re-energise 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

## *Elemis Biotec Facials*

Invest in yourself ~ Buy a course of 4 facials and get your 5th on us.

### ELEMIS EXPERT TECH FACIALS

#### SCULPT & FIRM FACIAL

Rebalance, Nourish & Glow | 80mins £110 | 90mins £120

Includes facial massage

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other, leaving skin revitalised, strengthened and defined.

BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- Oxygen Infusion to plump the skin
- Galvanic technology to restore the skin
- Microcurrent to lift the skin
- Cryotherapy for skin sculpting
- LED Light Mask to re-energise the skin



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## *Elemis Light Therapy*

ELEMIS 7-IN-1 LIGHT THERAPY MASK  
Add-On Treatment | 15mins £20

Enhance your facial treatment with the advanced Elemis 7-in-1 LED Light Therapy Mask, a non-invasive treatment designed to revitalise the skin and boost overall skin health. Using targeted LED wavelengths combined with infrared technology, this innovative mask works deep within the skin to stimulate cellular activity and support natural regeneration.

Each light colour targets specific skin concerns, allowing the treatment to be tailored to your individual needs:

Red light – stimulates collagen and elastin to support firmer, smoother skin

Blue light – helps reduce blemish-causing bacteria and breakouts

Green light – supports skin renewal and helps balance uneven tone

Yellow light – helps reduce redness and pigmentation

Cyan light – calms and soothes sensitive or irritated skin

White light – promotes overall skin rejuvenation

Infrared – works deeper in the skin to support elasticity and firmness

While you relax under the mask, the gentle light energy works to calm, rebalance and energise the skin, leaving your complexion looking refreshed, radiant and glowing.

ELEMIS 7-IN-1 LIGHT THERAPY FACIAL | 30MINS £69

Experience the next generation of skin technology with the Elemis Light Therapy Facial, an advanced treatment designed to rejuvenate, balance and restore the skin. This results-driven facial combines advanced Elemis skincare with targeted LED light therapy to visibly improve overall skin health and radiance.



## WELLNESS SPA

# Massage

Invest in yourself ~ Buy a course of 4 massages and get your 5th on us.

### WARM BAMBOO, AROMATHERAPY, SWEDISH, REMEDIAL

30 mins	£52
45 mins	£65
60 mins	£79
90 mins	£110

### ELEMIS DEEP TISSUE

30 mins	£60
45 mins	£73
60 mins	£87

### INDIAN HEAD MASSAGE | 30MINS, 60MINS | £58, £78

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 | £90

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.

### HOT STONE BACK & NECK MASSAGE | 45MINS | £73

### HOT STONE FULL BODY MASSAGE | 75MINS | £100

### ELEMIS QUARTZ CRYSTAL HOT POULTICE MASSAGE

Quartz Poultrice Back Massage | 45mins | £73

Quartz Poultrice Full Body Massage | 75mins | £100

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

## Spa Rituals

### ELEMIS ABSOLUTE FACE & BODY FRANGIPANI RITUAL 60MINS £85

An exotic ritual to invigorate and bring vitality to the body. Warm oil is dripped sparingly over the body, Frangipani Salt Glow cleanses and polishes the skin. Drench yourself in moisture in this comforting wrap, while the body is cocooned with our nourishing Frangipani oil enjoy a mini facial, treating you from the crown to the tips of the toes. A final application of Frangipani Body Cream is applied, leaving the skin glowing, vibrant, replenished and flawless-looking.

### 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 Poulitice | 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.



## WELLNESS SPA

# Body Treatments & Wraps

## Elemis

INTENSELY CLEANSING SALT SCRUB | 30MINS | £50

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.

## 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 | £99

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.

NATURAL SPA FACTORY WARM CANDLE MASSAGE

30MIN £60 | 45MINS £73 | 60MIN £88

Melt away tension with our warm candle massage, gently heated, aromatic oils are poured over the body to nourish skin, soothe tight muscles and induce deep, cocooning relaxation. Leaving the skin silky-soft, indulgently nourished, and delicately scented.

Choose your massage candle scent & get the take the remaining home to enjoy.

Cacao Flower | Honey



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## Natural Spa Factory 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 | £50

### LIME & LEMONGRASS

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

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

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

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.



## 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, 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.

GEL PEDICURE | 60MINS | £55

DELUXE GEL PEDICURE | 90MINS | £75

Includes warm boots and hydrating foot mask, 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



## WELLNESS SPA

### 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 WAX	£14
CHIN WAX	£14
LIP & CHIN WAX	£20
BIKINI WAX	£22
BRAZILIAN WAX	£35
HOLLYWOOD WAX	£39
NOSE WAX	£12
EAR WAX	£15
NOSE & EAR WAX	£18
BACK WAX OR CHEST	£29
BACK WAX & CHEST	£55

### Lash & Brows

EYELASH TINT	£25
EYEBROW TINT	£17
EYEBROW SHAPE	£18
EYEBROW SHAPE & TINT	£30
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. Must be over 16 .



## WELLNESS SPA

### Ear Piercing

EAR PIERCING | £37

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 | £37

MINI PEDICURE | 30MINS | £37

MINI FACIAL | 30MINS | £37

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



## WELLNESS SPA

# Booking Information

### BOOKINGS

We highly recommend booking in advance to ensure that your preferred time and treatment are available.

Bookings can be made via our website.

If you have any queries please contact us on [wellness@dartsfarm.co.uk](mailto:wellness@dartsfarm.co.uk) or call 01392 878295

### ARRIVAL

We suggest arriving 10 minutes prior to your booking. This allows you to get settled in and enjoy the full duration of your treatment.

### TREATMENTS DURING PREGNANCY

We offer a selection of treatments that are tailored for the specific needs during pregnancy. Please be aware that for your own health and safety we do not perform any treatments during the first trimester.

For safety of our guests, pregnancy spa days exclude the use of our infrared sauna & steam room.

### T&C'S

Subject to availability.

We require 48 hours' advance notice to cancel your treatment and you must phone reception directly. For late cancellations, we will endeavour to fill your treatment slots, in which case we will refund your booking, less the deposit.

You must sign the wavier before using the infrared steam & sauna.

Deposits non-refundable, non-transferable.

Full T&C's on our website.