

TREATMENTS FOR THE GIRLS

Facials

Anti-Ageing Facials

Defy the hands of time with Elemis' clinically proven anti-wrinkle, radiance and resurfacing facials for instant results. Therapies include facial mapping analysis, eye treatment, luxurious hand, arm and optional scalp massage.

Elemis Pro-Collagen Quartz Lift Facial (70mins) £70

Anti-wrinkle facial with proven results

Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%, after just 1 treatment*. Specialised lifting massage, combined with proven marine extract, Padina Pavonica, helps re-energise cell communication and rejuvenate skin.

Elemis Pro Intense Life Effect facial (55mins) £60

Shape, lift and firm

Powered by breakthrough technology that combines cutting-edge plant stem cells, nutrient-rich natural lipids and firming plant actives. Powerful lifting techniques target sagging jowls, cheeks, chin and neck, whilst helping to reduce puffiness and fluid retention associated with sagging skin.

Elemis Tri-Enzyme Resurfacing Facial (55mins) £60

Peel away the years for smoother, renewed skin

Clinically proven to resurface by up to 75% and increase skin smoothness by up to 32% after just 1 treatment*. Pioneering precision layering of tri-enzyme serums, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing younger looking skin.

Elemis Visible Brilliance Facial (70mins) £70

Revives dull, slackened skin, restoring radiance

Perfect pre-occasion treatment. Moisturisation levels are clinically proven to increase by up to 61% and elasticity by up to 40% after just 1 treatment*. Specialised micro-circulatory massage, combined with a two phase amino active mask, helps smooth, firm, plump and restore radiance.

Elemis White Brightening Facial (55mins) £60

Reveal whiter, brighter, more even skin tone.

This highly effective white brightening facial visibly illuminates the complexion to leave it naturally more even and translucently clear. Precision, feather-light movements delicately layer proven brightening activities on the skin to encourage the washing-out of melanin and the visible dullness that develops over time. This targeted treatment responds to individual skin needs, helping to reduce age spots, discolouration, and dull skin tone and texture on the face, neck, décolleté, arms and hands. Leaves the complexion illuminated, more even and beautifully white bright.

*Independent Clinical Trials

Face and Body Combinations

Face and Body Sensation (55mins) £60

The perfect treatment duo when time is of the essence.

A sensational massage, combined with anti-ageing, booster facial.

Choose from the unique Re-Energiser, Ice-Cool Thermal Massage or the Tranquillity Thermal-Soothing Massage, whilst your facial helps to smooth out wrinkles and restore youthful radiance

Absolute Spa Ritual (115mins) £90

Enjoy the no.1 treatment

The ultimate introduction to ELEMIS Spa Therapies. This no.1 best-selling package combines a full body Deep Tissue approved massage with an intensive Anti-Ageing Facial prescribed to your needs.

Body Treatments

Deep Tissue Muscle Massage (55mins) £60 Deep rhythmic pressure massage

Alleviate stress, ease aching muscles and revive the senses with this powerful Deep Tissue Massage. Dynamic blends of Essential Oils and level of pressure are customised to target individual needs. Helps relax, recharge and reenergise, whilst tension melts away.

Deep Tissue Muscle Back Neck and Shoulder Massage (25mins) £35

Lava Shell Relax Massage

The indulgent Lava Shells Relax Massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind.

25min Back, Neck & Shoulder Massage £35

55min Full Body Massage £60

85min Luxury Body Massage £80

Lava Shell Rescue Massage

The rescue massage is an ingenious combination of deep tissue massage with warm Lava Shells to relax muscles and cool Glacial Shells to reduce inflammation. This is the perfect choice for treating all fitness related aches and pains.

55min Full Body Massage £60

85min Luxury Body Massage £80

Lava Shell Warming Back Massage

The Warming Lava Shells Back Massage uses gently heated shells in conjunction with your therapist's hands to promote a feeling of relaxation and improve wellbeing.

25min Back, Neck and Shoulder Massage £35

40min Back, Neck and Shoulder Massage £50

Body Wraps and Scrubs

Musclese Aroma Spa Ocean Wrap (70mins) £70

Muscle warming seaweed wrap

Drift away while you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Using a warm blend of Essential oils, this specialised treatment helps ease aching, tense muscles.

Exotic Frangipani Body Nourish Wrap (45mins) £50

Deeply nourishing aromatic treat

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoï which is poured all over the body and then cocooned in a nourishing foil wrap or unique dry float. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

Exotic Lime and Ginger Salt Scrub (25mins) £35

Invigorating deep cleanse

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is drizzled luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it silky-smooth and glowing.

Mother to be

Nurturing Massage for Mother-to-Be (70mins) £70

Massage for each stage of pregnancy.

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit. (Recommended from the 2nd Trimester) A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is drizzled luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it silky-smooth and glowing.

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TREATMENTS FOR THE BOYS

Facials

Skin IQ+ Facial (70mins) £70

Anti-Ageing Booster for tired, stressed skin giving men the ultimate overhaul for maximum results.

The ultimate skin overhaul for maximum anti-ageing results. Charged with clinically proven Time Defence Wrinkle Delay and Eye Reviver, this treatment is tailored to help combat the effects of a hectic lifestyle, ageing from frequent shaving and environmental stressors.

Urban Cleanse Facial (70mins) £70

This super grooming facial deeply cleanses the skin and neutralises impurities giving a complete skin detox.

This super-grooming facial decongests the skin, working to eliminate blocked pores and accelerate skin recovery. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the effects of daily pollutants, leaving the skin clean and clear.

Face and Body Combination

Total Time Out for Men (115mins) £90

Combining face therapy with Deep Tissue Muscle Massage, this is the ultimate skin and body therapy.

Enjoy the best of both worlds by combining a Time for Men Facial with a Deep Tissue or Well-Being Massage to improve total body performance. Rehydrates and energises the complexion, whilst deeply relaxing and recharging the body.

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Body Treatments - Massage Therapies

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Deep Tissue Muscle Back Neck and Shoulder Massage (25mins) £35

Lava Shell Recovery for Men Deep Heat Relaxation

This treatment promotes deep relaxation as physical tension is released and is a great cure for aching muscles and over exertion. Combining deep massage moves with the heat of the Lava Shells, this treatment is designed to encourage deep relaxation of muscles to allow the body to re-energise.

55min tailored treatment £60

Lava Shell Recovery for Men Deep Heat & Ice Rescue

Designed specifically for men, the Recovery Massage targets the back, or the back and legs combining deep tissue massage with either warm Lava Shells to relax muscles or, cool Glacial Shells to reduce inflammation and improve circulation.

25min back treatment £35

40min back and legs treatment £50

Lava Shell Rescue Massage

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Reflexology (55mins) £60

A unique Oriental foot massage, reflexology is based on holistic principles and springs from the same Chinese roots as acupuncture. Working on the pressure points of the foot this gentle therapy allows the body to heal itself, creating a general feeling of well-being.

Indian Head Massage (40mins) £50

A seated massage for the shoulders, neck and face. Using deep massage movements to relieve tension in the neck and back, ease headaches and aid relaxation.

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Hands, Feet and Finishing Touches

OPI Nails

OPI nail care products are specially designed to help fashionistas put their best fingers and toes forward! OPI is the ultimate name in nail care, delivering the latest techniques combined with the finest products to achieve outstanding results.

OPI Luxury Manicure (55mins) £40

OPI Manicure (40mins) £30

File and Polish (25mins) £20

French Polish (10mins) £11

Or add French polish to your Manicure 10mins £5

OPI Luxury Pedicure (55mins) £40

OPI Pedicure (40mins) £30

File and Polish (25mins) £20

French Polish (10mins) £11

Or add French polish to your Pedicure (10mins) £5

Traditional Warm Waxing

For the Girls

Eyebrow Wax (10mins) £11

Lip &/or Chin (10mins) £11

Eyebrows, Lip & Chin (25mins) £20

Underarms (10mins) £11

Classic Bikini (10mins) £11

High Bikini (10mins) £11

Brazilian Bikini (25mins) £20

Hollywood Bikini (25mins) £20

½ Leg Wax (25mins) £20

¾ Leg Wax (25mins) £20

Full Leg Wax (40mins) £30

For the Boys

Chest Wax (40mins) £30

Back & Shoulders (40mins) £30

Full Arm Wax (25mins) £20

Full Leg Wax (40mins) £30

Tinting and Tweezing

Eyebrow Tweeze (10mins) £11

Eyebrow Tint (10mins) £11

Eyebrow Wax & Tint (25mins) £20

Eyelash Tint (25mins) £20