



MASSAGE

SCALP, NECK & SHOULDER MASSAGE – £35

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs. 25 minutes

BACK, NECK & SHOULDER MASSAGE – £40

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs.

25 minutes

SWEDISH MASSAGE

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived.

SWEDISH MASSAGE – £50

40 minutes

SWEDISH MASSAGE (FULL BODY) – £60

55 minutes

HOT STONE MASSAGE

A therapeutic massage using hot stones to relieve deep muscle tension and stress. The warmth of the stones penetrates your muscles soothing aches and pains; helping you to unwind.

HOT STONE MASSAGE (FULL BODY) – £75

55 minutes

DEEP MUSCLE MASSAGE

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

DEEP MUSCLE MASSAGE – £55

40 minutes

DEEP MUSCLE MASSAGE (FULL BODY) – £65

55 minutes

INNER CALM MASSAGE

ESPA Inner Calm massage is essential, professional and specific, using a blend of individually chosen oils.

INNER CALM MASSAGE – £65 (40 minutes)

INNER CALM MASSAGE (FULL BODY) – £70

55 minutes

LAVA SHELLS MASSAGE

Lava Shells massage is greatly enjoyable for anyone with tense muscles, as the heat from the Lava Shells will gently relax and smooth away knots.

LAVA SHELL MASSAGE CAN:

- boost circulation of blood and lymph
- soothe aches and pains
- reduce swelling and water retention
- relax you

LAVA SHELLS MASSAGE 25 MINUTES – £45

LAVA SHELL MASSAGE 40 MINUTES – £70

LAVA SHELL MASSAGE 55 MINUTES – £80

FACIALS

ESPA EXPRESS

ESPA EXPRESS ROSE-QUARTZ FACIAL MASSAGE – £30

20 minutes – add this to any ESPA Facial for only £12

A soothing lymphatic massage that calms, soothes and aids skin recovery.

ESPA PERSONALISED EXPRESS FACIAL – £35

Your therapist will select the most suitable facial for your skin. every ESPA personalised facial includes a consultation, SkinVision analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

25 minutes

LIFT & FIRM EYE TREATMENT – £30

25 minutes – add this to any ESPA facial for only £15

Perfect for those who are concerned with the first signs of ageing around the eyes.

An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

ALL IS CALM, ALL IS BRIGHT - £45

40 minutes

Incorporating breathing techniques, a brightening facial and scalp massage with rose quartz crystals, which will deliver beautiful skin and a renewed sense of inner calm.

SOLUTIONS FACIALS

ESPA SKIN SOLUTIONS FACIAL - £65

DOWN HALL
HOTEL & SPA

55 minute facial.

Your facial is specifically tailored to you, an in depth consultation and skin analysis is carried out in order to help choose the facial which will be most beneficial to you.

All include: cleanse, exfoliation, personalised facial massage, mask and finishes with an application of a booster serum and after care products to suit your skin.

INTENSIVE AND AGE DEFYING

LIFT AND FIRM FACIAL – £95

85 minutes

An advanced facial using Super Active™ products to improve skins tonicity and firmness and enhance cellular regeneration.

This facial uses Tri-ActiveR ingredients combined with specialised facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.

AGE-DEFYER FACIAL – £70

55 minutes

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing.

This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

BODY TREATMENTS

BODY TREATMENTS

BACK, FACE & SCALP TREATMENT WITH HOT STONES – £110

95 minutes

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone. Includes: Back exfoliation and hot stone back massage – personalised facial – scalp massage.

REFRESHING TREATMENT FOR THE HANDS – £30

25 minutes

This refreshing treatment for the hands and arms helps to soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic hand and arm massage.

LIFT & FIRM HIP & THIGH TREATMENT – £65

55 minutes

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture.

Using potent marine extracts, iced mitts, a deep detoxifying massage and specialised stomach massage techniques to help cleanse and purify the colon, giving excellent results. Ideal for people concerned by the appearance of cellulite.

A course of 6 treatments is recommended.

Includes: Skin brush – detoxifying Salt and Oil Scrub – detoxifying massage to specific area – specialised colonic massage techniques.

BODY POLISH – £45

25 minutes

This skin softening body exfoliation uses a lighter spearmint scrub leaving your skin feeling beautifully nourished, smooth and revitalised.

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INVIGORATING FOOT TREATMENT – £35

25 minutes

The revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Including a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

SALT & OILS SCRUB – £40

25 minutes

This exceptional skin softening body exfoliation combines sea salts and essential oils to leave your skin nourished, smooth and supple.

Perfect as a stand alone treatment or in preparation for an ESPA massage.

JESSICA NAILS

MINI PEDICURE – £25

A relaxing foot treatment to include, soaking, hard skin removal, scrub, filing, cuticle work, a relaxing massage and a prescriptive base coat

MINI-MANICURE – £22.50

A relaxing hand treatment that includes, scrub, soak, file, cuticle work and a relaxing massage finished with a prescriptive base coat.

SHAPE & POLISH – £15

Nails are filed, shaped and finished with a Jessica polish.

PEDICURE – £35

Luxury foot and leg treatment. Hard skin will be removed, feet will be soaked, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished.

MANICURE – £30

Manicure includes exfoliation, massage and cuticle care and finished with a Jessica polish.

GELERATION

GELERATION GEL PEDICURE – £40

French polish £5 extra

Feet are scrubbed and soaked cuticles are groomed, nails are filed and shaped. Jessica geleration gel polish is applied then finished with a foot massage.

GELERATION, SHAPE & POLISH – £25

Nails are filed, shaped and finished with geleration gel polish.

GELERATION GEL MANICURE – £35

French polish £5 extra

Hand exfoliation, massage, cuticle care, nails shaped and finished with Jessica's geleration gel polish.

BROW BY MII

ULTIMATE BROWS – £28

MII EYEBROW SHAPE – £18

EYEBROW TINT – £15

EYELASH TINT – £15

WAXING

EYEBROW WAX – £12

BACK WAX – £22

BIKINI WAX – £12

UNDERARM WAX – £12

HALF LEG WAX – £18

FULL LEG & BIKINI WAX – £37

FULL LEG WAX – £30

LIP WAX – £10

CHIN WAX – £10

ESPA FOR MEN

BACK, FACE & SCALP TREATMENT WITH HOT STONES – £110

95 minutes

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A relaxing hand treatment that includes, scrub, soak, file, cuticle work and a relaxing massage finished with a prescriptive base coat.

ESPA SKIN SOLUTIONS FACIAL – £65

55 minute facial.

Your facial is specifically tailored to you, an in depth consultation and skin analysis is carried out in order to help choose the facial which will be most beneficial to you.

All include: cleanse, exfoliation, personalised facial massage, mask and finishes with an application of a booster serum and after care products to suit your skin.

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85minutes

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BACK, NECK & SHOULDER MASSAGE – £40

25 minutes

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs.

EYEBROW WAX – £12

BACK WAX – £25

SWEDISH MASSAGE (40 minutes) – £50

SWEDISH MASSAGE (FULL BODY) – £60

55 minutes

Full body massage

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LIFT & FIRM EYE TREATMENT – £30

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INNER CALM MASSAGE – £65

40 minutes

INNER CALM MASSAGE (FULL BODY) – £70

55 minutes

Full body massage

MATERNITY

MATERNITY TREATMENTS

LIGHTER LEGS – £30

25 minutes

DOWN HALL
HOTEL & SPA

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains and is suitable for all.

PRE & POST NATAL TREATMENT – £70

55 minutes

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

A course of 6 treatments is recommended following the first trimester of pregnancy.

Includes: Back exfoliation (if required) – body/scalp massage – this treatment is tailored to your specific needs.