



ELEMIS BODY THERAPY

Exotic Lime and Ginger Salt Scrub

£30 30 minutes

Invigorating deep cleanse.

Feel your sense lifted and your body invigorated by the sublime Exotic Lime and Ginger Salt Glow infused with skin enriching Japanese Camellia Oil Blend. After light body brushing, warm oil is drizzled luxuriously over the body. Skin is deeply cleansed, leaving it silky-smooth and glowing.

Recommended: 1 treatment every 3 weeks. Please contact us for a course price.

Exotic Frangipani Body Nourish Wrap

£45 45 minutes

Deeply nourishing aromatic treat.

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the monoi which is poured all over your body and then cocooned in a nourishing foil wrap or dry float. Skin is drenched with moisture, for immediate softness, suppleness and radiance.

Recommended: 1 treatment every 3 weeks. Please contact us for a course price.

HOLISTIC TREATMENTS

Hot Stone Full Body Massage

£70* 1 hour 15 minutes

Drift into a deep sense of relaxation while the hot stones work wonders into your muscles relieving built up tensions and stress. The heat increases circulation and stimulates the lymphatic system revitalising the mind, body and soul.

**Or £38 for a 30 minute Back Massage*

Indian Head Massage

£40 45 minutes

A holistic experience working on pressure points on your head, neck and shoulders to put you into a sense of deep relaxation.

Hopi Ear Candling

£30 45 minutes

An ancient Indian therapy which clears sinuses and built up congestion. A relaxing treatment includes a head and scalp massage. Ideal for anyone who suffers with painful ears when flying, blocked sinuses or anyone who is after a relaxing body balancing cleanse.

THERAPEUTIC MASSAGES

Freestyle Deep Tissue Muscle Massage

£68 1 hour

Deep rhythmic pressure massage.

Alleviate high stress levels, ease aching muscles and revive the sense 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 re-energise, whilst tension melts away.

**Or 30 minutes for £37*

Swedish Full Body Massage

£60 *1 hour*

Pure relaxation removing tension and stress.

A head to toe soothing full body experience. Releasing tension and draining away toxins to balance your body's energy and wellbeing. You will leave feeling like you are walking on clouds.

Back, Neck and Shoulder Massage

£30 *30 minutes*

Remove those knots and built up tension.

Tired of those aches and pains. This back massage will loosen tight knots to relieve tension and reduce stress. It will induce a feeling of euphoria.

Mother-to-be Massage

£65 *1 hour*

Treat yourself and bump.

Soothing gentle massage suited to your individual need in the second or third trimester. Whilst helping to adapt to new changes and hormonal shifts, it relaxes muscle tension and balances fluid levels. This specialised massage promotes rest and reduces any anxieties, enabling the focus of energies to be gathered for the happy event.

Please advise which trimester at the time of booking (unsuitable for first trimester).

ELEMIS TOUCH: ANTI-AGEING FACIALS

Pro-Definition Lift and Contour Facial

£72 *1 hour*

Powerful lifting techniques target sagging jowls, cheeks, chin and neck for the ultimate lift effect.

Powered by breakthrough technology, this facial helps restore the architecture of the face using potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

Pro-Collagen Age Defy Facial

£72 1 hour

Anti-Wrinkle Facial - Proven Results

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

*Recommended: 1 treatment every 3 weeks. Course of 6. **Please contact us for course price.***

**Independent Clinical Trials*

Dynamic Resurfacing Precision Peel Facial

£72 1 hour

Rejuvenate your skin, reveal instant results.

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

*Recommended: 1 treatment every 3 weeks. Course of 6. **Please contact us for a course price.***

** Independent Clinical Trials*

White Brightening Pigment Perfector Facial

£72 1 hour

Illuminates and brightens for a naturally more even complexion.

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

*Recommended: 1 treatment every 3 weeks. Course of 6. Available as a 30 minute or 1 hour treatment facial. **Please contact us for a course price.***

ELEMIS TOUCH: SKIN SOLUTION FACIALS

Superfood Pro-Radiance

£60 1 hour

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

** Independent Clinical Trials*

Sensitive Skin Soother

£60 1 hour

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

Anti-Blemish Mattify and Calm

£60 1 hour

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

Elemis Mini Facial

£30 30 minutes

A great taster of the Elemis experience, leaving the skin smooth, radiant and hydrated. Includes cleanse, face massage, exfoliation, mask and moisturiser

Pure Bliss for Women £105 or £115

Dependant on facial choice 2 hours

Complete face and body overhaul

Enjoy the best of both worlds by combining a Swedish full body massage with luxurious Elemis facial.
Improves body performance and leaves you feeling refreshed, revitalised and relaxed.



ELEMIS TECHNOLOGY: BIOTEC FACIALS

BIOTEC Line Eraser

£79 1 hour

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines.

**Independent Clinical Trial*

BIOTEC Firm-a-Lift

£79 1 hour

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

BIOTEC Skin Resurfacer

£79 1 hour

This revolutionary clinically proven* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

**Independent Clinical Trials*

BIOTEC Radiance Renew

£79 1 hour

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

ELEMIS TECHNOLOGY: SKIN SOLUTION FACIALS

BIOTEC Blemish Control

£79 1 hour

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

BIOTEC Sensitive Skin Soother

£79 1 hour

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

BIOTEC Anti-Pigment Brightener

£79 1 hour

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.

TIME FOR MEN

High Performance Skin Energiser

£68 1 hour

Anti-ageing booster for tired, stressed and dehydrated skin.

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, and environmental stressors.

Recommended: 1 treatment every 3 weeks. Please contact us for a course price.

BIOTEC Super-Charge Facial for Men

£76 1 hour

High performance facial for men to de-grease, de-age and calm a stressed, dehydrated skin.

Energise the skin with a complex formulation to firm, de-age and hydrate the skin, rich in Kalpariane Allantoin, and Salicornia. Whilst a powerful trio of steam, ultrasonic peeling and galvanic current deep clean, exfoliate and power-up the high-potency plant actives to help reduce all visible signs of ageing.

Total Time Out for Men

£110 *2 hours*

Complete face and body overhaul.

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

Recommended: 1 treatment every 4 weeks. Please contact us for a course price.

O.P.I. Men's Manicure or Pedicure

£25 *45 minutes*

Includes cut, file nails, cuticle work, massage and buff of the nails leaving them smooth, healthy and shiny.

Men's Eyebrow Shape

£15 *15 minutes*

Choice of tweezing or threading

O.P.I Manicures, Pedicures & gels

O.P.I Luxury Manicure

£40 *1 hour 15 minutes*

A hand and nail treatment designed to leave the hands feeling wonderfully soft and the nails conditioned. This includes nail filing, cuticle work, exfoliation, mask with heated mitts, hand and arm massage ending with your choice of nail varnish colour.

Add a French polish finish for an extra £8, 15 minutes added to treatment time.

O.P.I Luxury Pedicure

£45 1 hour 15 minutes

A foot and nail treatment. This includes nail filing, cuticle work, hard skin removal, exfoliation, mask with heated booties, foot and leg massage ending with your choice of nail varnish colour.

Add a French polish finish for an extra £8, 15 minutes added to treatment time.

O.P.I Manicure

£30 45 minutes

This includes nail filing, cuticle work, hand and arm massage ending with your choice of nail varnish colour.

Add a French polish finish for an extra £8, 15 minutes added to treatment time.

O.P.I Pedicure

£35 1 hour

This includes nail filing, cuticle work, hard skin removal, exfoliation, mask with heated booties, foot and leg massage ending with your choice of nail varnish colour.

Add a French polish finish for an extra £8, 15 minutes added to treatment time.

O.P.I Mini Manicure

£20 30 minutes

Cut, file nails and paint.

O.P.I Mini Pedicure

£20 30 minutes

Cut, file nails and paint.

O.P.I Gel Varnish Manicure or Pedicure

£35 1 hour

This includes cut, file nails, cuticle work, gel application and massage.

Removal of Gel Varnish £15, 30 minutes

Soak Off & Gel Application £40, 1 hour 15 minutes

Please note we do not soak the feet or hands or apply any oils to the areas with gel manicure or pedicure, due to the fact this will affect the varnish

THREADING

Eyebrows £10 15 minutes

Upper-lip or Chin £8 15 minutes

Full Face £18 45 minutes

WAXING

Upper-lip or Chin £10 15 minutes

Eyebrow £12 15 minutes

Bikini Line £15 20 minutes

Underarm £15 15 minutes

Forearm £17 30 minutes

Half Leg £21 30 minutes

Full Leg £30 45 minutes

Full Leg and Bikini Line £42 1 hour

Back or Chest £30 45 minutes

Tanning

St Tropez Cream Tan Legs Only

£20 30 minutes

The cream tan includes exfoliation of the legs.

St Tropez Cream Tan

£40 1 hour

The cream tan includes a full body exfoliation.

Mii MAKE UP

Day or Evening Make-Up

£35 1 hour

Cleanse, tone and make-up application included. Learn new tips & techniques, leave looking flawless.

Bridal Make-Up

£105 1 hour 30 minute trial, 1 hour on the day

Trial and make-up on the day

Mii Mineral Tutorial

£20 30 minutes

Learn how to apply the 100% mineral Mii makeup. Application included.

EYE TREATMENTS

Eyelash Tint £15 30 minutes

Eyebrow Tint £10 15 minutes

Eyelash and Eyebrow Tint £20 45 minutes

We require that you have a patch test at least 24 hours prior to the treatment.