

FULL DAY

SESSIONS SOOTHING DAY

5hrs 30mins

ESPA

£190.00

For total relaxation to combat the stresses of modern day life this therapeutic day begins with a session in the steam room, or by just relaxing in the calm peaceful atmosphere.

- ESPA Blissful back, face & scalp treatment using hot stone therapy. An all-embracing treatment incorporating a full ESPA intensive facial with acupressure, face & head massage. The initial deep cleansing back exfoliation is followed by the hot stone back massage with aromatic oils
- A two course lunch from The Westwood restaurant
- Luxury pedicure
- Luxury manicure

Includes ESPA gift

SESSIONS STRESS RECOVERY DAY FOR MEN

4hrs 30mins

ESPA

£139.50

This all-encompassing programme will promote tranquillity and leave you feeling totally rejuvenated.

- For total relaxation, to combat the stresses of modern day life, this therapeutic day begins with a session in the steam room, or by just relaxing in the calm peaceful atmosphere.
- ESPA Blissful back, face & scalp treatment using hot stone therapy - An all-embracing treatment incorporating a full ESPA intensive facial with acupressure, face & head massage. The initial deep cleansing back exfoliation is followed by the hot stone back massage with aromatic oils.
- A two course lunch from The Westwood restaurant.
- Gentlemen's luxury pedicure.
- Shape and buff nail treatments for the hands.

SESSIONS DE-STRESS DAY

ESPA

5hrs 30mins

£222.00

For total relaxation, to combat the stresses of modern day life, this therapeutic day begins with a session in the steam room, or by just relaxing in the calm peaceful atmosphere.

- ESPA Facial - individually designed to suit your skin.
- A two course lunch from The Westwood restaurant.
- The ESPA Holistic Aromatherapy Total Body Care Treatment will then soothe away all tension and stress and start the re-balancing process. Skin brushing and gentle exfoliation are followed by a full Aromatherapy Body Massage to rejuvenate the mind and senses.
- A choice of either an express manicure or an express pedicure.
- Then into the Sessions Hair Spa for a Blow Dry, leaving you feeling revitalized and ready to face the world again.

Includes ESPA gift

ESPA DETOXIFYING DAY

ESPA

5hrs 30mins

£240.00

Enjoy the benefits of soothing spa treatments to detoxify the body.

- For total relaxation, to combat the stresses of modern day life, this therapeutic day begins with a session in the steam room, or by just relaxing in the calm peaceful atmosphere.
- ESPA Facial - individually designed to suit your skin.
- A two course lunch from The Westwood restaurant.
- Then continue to cleanse with an ESPA Detoxifying Algae Wrap or Mud Envelopment to soothe aching muscles. Both of these comforting treatments include body skin brushing, exfoliation and a scalp treatment, to help ease away tensions as well as toxins.
- Relax with an ESPA Detoxifying Aromatherapy Massage at the end of the day, completing this recuperative Spa Day.
- Then into the Sessions Hair Spa for a Blow Dry, leaving you feeling revitalized and ready to face the world again.

Includes ESPA gift

ESPA MOTHER TO BE DAY

5hrs 30mins

ESPA
£250.00

Start the day by relaxing in our tranquil relaxation area, for total relaxation to combat the stresses of modern day life.

- ESPA Facial - individually designed to suit your skin.
- A two course lunch from The Westwood restaurant.
- ESPA Pre and Postnatal Treatment. This total body treatment has been carefully designed for pregnant and nursing mothers to take account of all contraindications and aid in relaxation and tonicity of the skin during this very special time.
- An express manicure and express pedicure.
- Then into the Sessions Hair Spa for a Blow Dry, leaving you feeling revitalized and ready to face the world again.

Includes ESPA gift



CARITA DIAMOND DAY ANTI-AGEING

5hrs 30mins

£280.00

The exclusive Carita Diamond Day is designed to ensure you leave the Sessions Spa looking and feeling fantastic. Encourage and induce deep levels of relaxation throughout the entire body by entering the steam room. As the body's temperature gently rises, circulation is stimulated and the body undergoes purification and detoxification.

- Carita Diamond facial. A truly luxurious treatment with unrivalled anti-ageing results, these multiple facets infuse the skin with a new lease of life. The exquisite treatment uses unprecedented products which contain a fusion of plants and Diamond to prolong the youth of your skin. Your skin is sculpted and contoured with the unique Diamond of Beauty ultra firming mask to reveal a more youthful, radiant and flawless complexion. The skin appears visibly rested, firmer and smoother.
- A two course lunch from The Westwood restaurant.
- Soft satin skin is the ultimate body exfoliation. This gentle treatment begins with a luxurious exfoliation of the entire body using Rénovateur. Focusing on each individual area of the skin, expert hands smooth away rough patches and refine the skin's texture. Dead cells are eliminated revealing an incredibly radiant complexion. A finishing application with either Fluide De Beauté 14, Cashmere Cream or Silk Balm nourishes and smooths the skin to reveal its original beauty, leaving your skin exquisitely soft.
- De - Stress Massage to ease any aches and pains away.
- Then Into the Sessions Hair Spa for a Blow Dry, leaving you feeling revitalized and ready to face the world again.

Includes a boxed candle gift

EXPRESS

SESSIONS INTRODUCTORY

2hr 30mins

ESPA
£131.50

For total relaxation to combat the stresses of modern day life, this therapeutic day begins with a session in the steam room, or by just relaxing in the calm peaceful atmosphere.

- ESPA Facial. Individually designed to suit your skin. Our beauty therapist will analyse your skin during an expert consultation using a woods lamp. With their knowledge and experience, we can identify the precise needs and requirements of your skin, allowing us to put together the perfect facial that will regenerate, firm and nourish. Leave Sessions with your skin feeling fresh, revitalized and toned.
- Full aromatherapy body massage to alleviate aches and pains and rejuvenate the mind and senses.

Includes ESPA gift

SESSIONS SPORTS RECOVERY FOR MEN 3hrs

ESPA
£108

Enjoy the benefits of soothing spa treatments to detoxify the body.

- For total relaxation, to combat the stresses of modern day life, this therapeutic day begins with a session in the steam room, or by just relaxing in the calm peaceful atmosphere.
- ESPA Aromatherapy Face Treatment formulated especially for men.
- ESPA Aromatherapy Sports & Fitness Massage to relieve aches & pains.

SPA DAY GROUP BOOKINGS £38.50 pp

Create your own bespoke spa day alongside your friends and family. Take advantage of our group booking option; perfect for hen parties, birthdays and other celebrations.

- Begin with a session in the steam room, or by taking in the calm, peaceful atmosphere of the relaxation area.
- A two course lunch from The Westwood restaurant.
- Group bookings must include an additional 2 hours treatment time, and must be pre-booked. Choice of treatments available to view online or in the beauty price list.