

ESPA FACIALS

ESPA

ESPA MINI FACIAL Allow 25mins £35.00

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, cleanse and exfoliation, finally an application of finishing products to suit your skin.

ESPA FACIAL Allow 55mins £60.00

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, and includes cleansing, exfoliation, and extraction if requested, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results. Leave Sessions with your skin feeling fresh, revitalized and toned.

ESPA LUXURY FACIAL (INCLUDING EYES)
Allow 1hr 10mins £70.00

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, and includes cleansing, exfoliation, and extraction if requested, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results. During the luxury facial we pay particular attention to the delicate eye area including a treatment designed to combat the effects of premature ageing and stress to the eye area.

AGE-DEFYER FACIAL Allow 55mins £70.00

A totally luxurious regenerating facial especially created to help combat the signs of ageing and sun damaged skin. Special facial massage techniques for those delicate areas around the eyes, neck, lips and jaw line are combined with the ESPA effective moisturising products, rich in natural anti-oxidants, and scientifically advanced natural ingredients to hydrate and protect. The anti-ageing, rejuvenating benefits of this treatment visibly improve the appearance of the skin, helping to minimise lines and wrinkles, leaving the skin fresh and revitalised.

NEW ESPA SKIN RADIANCE FACIAL

Allow 1hr 30mins

£80

Suitable for all skin types and ages this treatment combines the unique Optimal Skin Pro Cleanser, which gently exfoliates as it melts into the skin, with a deep Clarisonic brush cleanse and brightening mask to remove dead skin cells. An age-defying and sublimely relaxing massage using Rose Quartz crystals follows, finishing with a Lifting and Smoothing Mask and the revolutionary new Skin Radiance Intensive Serum – to powerfully brighten, firm and even skin tone, leaving your complexion smooth, supple and looking radiantly healthy.

ESPA BODY

We offer a comprehensive range of solution led ESPA body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

SALT AND OIL SCRUB

Allow 25mins

£35.00

This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturized, smooth and soft. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage.

LIFE SAVING BACK TREATMENT

Allow 40mins

£48.00

An ideal treatment for problematic skins and a treat for this much neglected area. The back is deeply cleansed, body brushed, exfoliated and a mask applied to help stimulate circulation and cell renewal, and then finish with a luxurious aromatherapy massage.

BLISSFUL BACK, FACE AND SCALP MASSAGE

Allow 1hr 20mins

£71.00

A truly holistic experience combining a deep cleansing back exfoliation with a powerful back massage using essential oils to soothe, relax and balance. This is followed by an ESPA intensive facial tailored to your individual needs and finishes with a therapeutic massage to help clear the mind, calm the spirit and ease tension.

BLISSFUL BACK, FACE AND SCALP

WITH HOT STONES Allow 1hr 30mins £80.00

A powerful stress releasing treatment using hot stones to work on deep seated tension and restore balance to vital energy points. The initial, deep cleansing back exfoliation is followed by the Hot Stone Back Massage with essential oils restoring equilibrium to the mind and body. The facial includes massage and an intensive face treatment mask tailored to your individual needs. Whilst the mask is taking effect, the oriental head massage takes place to help clear the mind calm the spirit and ease tension. The result is rehydrated, nourished and soothed skin combined with a sense of deep relaxation.

LIFT AND FIRM, HIP AND THIGH TREATMENT

Allow 50mins £55.00

A course of 6 treatments is recommended. [BUY 5 GET 6TH FREE](#)

This ESPA body treatment consists of specialised hands on lymphatic drainage techniques along with deep tissue massage to stimulate the circulatory and lymphatic systems. Deep exfoliation with a special blend of seaweed, salt and oil is followed by a detoxifying massage using essential oils of juniper berry, lemon, grapefruit and cypress all of which have stimulating and cleansing effects helping to improve the elimination of excess toxins and fluids in the body.

HOLISTIC TOTAL BODY CARE

Allow 1hr 20mins £75.00

This all-encompassing treatment commences with a full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is then followed by a full body massage and a facial cleanse using a blend of essential oils chosen to suit individual requirements.

HOLISTIC TOTAL BODY CARE

WITH HOT STONES Allow 1hr 30mins £90.00

This all-encompassing treatment commences with a full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is then followed by a full body massage with hot stones and a facial cleanse using a blend of essential oils chosen to suit individual requirements.

DETOX BODY WRAP

Allow 55mins

£65.00

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A body wrap specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation. Following skin brushing and exfoliation, a complete body wrap of Marine Algae combined with Detoxifying Body Oil is blended and applied to help purify the body and hydrate the skin. The treatment ends with a mind calming scalp massage for ultimate relaxation.

SKIN HYDRATING BODY WRAP

Allow 55mins

£65.00

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This personalised body wrap is a tailor-made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap. Following skin brushing and exfoliation a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied to meet your specific needs. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing scalp massage.

PRE AND POST NATAL BODY CARE

Allow 1hr 20mins

£75.00

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This total body treatment has been carefully designed for pregnant mothers to take account of all contraindications and aid in relaxation and tonicity of the skin during this very special time. This treatment includes cleansing, exfoliating and unique massage techniques for your entire body. A body mask is then applied to nourish and hydrate the skin whilst this is taking effect, enjoy the relaxing benefits of an oriental head massage to help clear the mind and ease tension. Note: Must be over 12 weeks pregnant.

SOFT SATIN SKIN

Allow 45mins



£40.00

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The ultimate body exfoliation for satin smooth skin. 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.

CARITA CINETIC LIFT EXPERT

The alternative to cosmetic surgery and the exclusive combination of Micro-currents, Ultrasound and LED futuristic technologies for visibly dramatic results after just one treatment. Tailored expert solutions dedicated to individual skin concerns, CINETIC™ treatments truly deliver the ultimate results in correcting, lifting and firming.

BUY 5 TREATMENTS AND GET THE 6TH FREE!

WE RECOMMEND A COURSE OF 5 TREATMENTS TO ACHIEVE MAXIMUM LONG-LASTING RESULTS. TO MAINTAIN THE ULTIMATE IN HEALTHY RADIANT SKIN WE RECOMMEND A FACIAL ONCE A MONTH.

IDEAL SOLUTIONS

LAGOON HYDRATION (ALL AGES) REFRESHING REPLENISHING CARE - DEHYDRATED SKIN

without CINETIC machine 1hr £60

with CINETIC machine 1hr 30mins £75



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Dive into Polynesian water and give your skin a burst of moisture. Specially designed for dehydrated and tired skin, this treatment immerses the skin in a bath of freshness, leaving it radiant and hydrated.

PAPAYA PURITY (ALL AGES) BALANCING MATIFYING CARE - COMBINATION TO OILY SKIN

without CINETIC machine 1hr £60

with CINETIC machine 1hr 30mins £75



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Infuse the skin with papaya extract and rediscover the freshness of a matte and luminous complexion. Pores are refined and the skin is purified to leave it fresh, even-toned and smoother.

COTTON SOFTNESS (ALL AGES) TENDER SMOOTHING CARE - SENSITIVE SKIN

without CINETIC machine 1hr £60

with CINETIC machine 1hr 30mins £75



Regain skin comfort and softness with cotton extract to soothe away imbalances. Specifically designed for sensitive skin, this "cocooning" treatment will restore the skin and leave it more resistant to irritations and perfectly harmonised.

ANTI-AGEING

SUPREME WRINKLE SOLUTION (30 YRS+) PRECISION ANTI-WRINKLE CARE

without CINETIC machine 1hr £80

with CINETIC machine 1hr 30mins £95



This comprehensive anti-wrinkle treatment offers a multi-dimensional action, to conquer all types of wrinkles. The skin is left luminous, radiant, visibly rejuvenated and glowing with health.

GENESIS OF YOUTH (40 YRS+) REVITALISING TONING CARE

without CINETIC machine 1hr £90

with CINETIC machine 1hr 45mins £110



A deeply relaxing rejuvenating treatment combined with the renowned youth boosting cares containing Vernonia restructuring plant active ingredient to ensure intensive revitalising results. Immediately the skin appears visibly firmer, radiant and shimmering with youth.

HYPER-PIGMENTATION TREATMENT £40

Course of 6 X 30min treatments recommended

This brightening treatment is ideal for dull, devitalised and pigmented skin. Leaving the skin luminous and radiant. Incorporating LED & ultrasound therapy to reduce hyper-pigmentation, enhance radiance and boost cell turnover.

ULTIMATE EXPERIENCE

PRECIOUS DIAMOND FOR EYES (ALL AGES)

with CINETIC machine 45mins £50



With a fusion of plants and diamonds to rejuvenate the eyes. A powerful luxurious eye treatment to visibly reduce the appearance of fine lines and wrinkles as well as eliminate dark circles and puffiness. Transform and reawaken the eye contour. Eyes appear visibly refreshed and smooth.

GOLD PERFECTION (50 YRS+)

without CINETIC machine 1hr 15mins £95

with CINETIC machine 1hr 45mins £120



With Mineral Gold to reawaken the skin's youthfulness. Reawaken the skin's youthfulness and recapture its vitality, with this truly radiance inducing treatment which leaves the facial contours firmer and even-toned thanks to CARITA's bespoke anti-ageing massage techniques and Mineral Gold to leave the skin glowing.

PRECIOUS DIAMOND (ALL AGES)

without CINETIC machine 1hr 15mins £110

with CINETIC machine 1hr 45mins £135



With a fusion of plants and diamonds to stimulate cell renewal. This exquisite luxurious treatment uses unprecedented products which contain a fusion of plants and diamond to stimulate cell renewal and prolong the youth of the skin giving a new lease of life. Intensely transformed, skin is deeply regenerated and visibly flawless and firmer, with ultimate clarity and luminosity. A truly unforgettable experience.

CONGESTED SKIN TREATMENT

£40

Course of 6 X 30min treatments recommended

Complete clearing and matifying ritual, to reduce congestion, minimise pore size and corrects blemishes. Incorporating deep cleansing skin refiner, LED and ultrasound therapy. Leaving the skin calm and purified.

OPTIONAL MILIA REMOVAL

Allow 15mins £15

OPTIONAL FACIAL EXTRACTIONS

Allow 15mins £15

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

TREATMENTS

WAXING

Lip or Chin Wax.....	£12.00
Eyebrow Wax.....	£13.00
Underarm Wax.....	£14.00
Bikini Wax.....	£17.00
Half Arm Wax.....	£17.00
Full Arm Wax.....	£22.00
Lip, Chin or Eyebrow Wax (any two).....	£20.00
Lip, Chin & Eyebrow Wax.....	£25.00
Brazilian Wax.....	£30.00
Hollywood Wax.....	£30.00
Half Leg Wax.....	£21.00
Half Leg Wax & Bikini.....	£34.00
Full Leg Wax.....	£30.00
Full Leg Wax & Bikini.....	£40.00

EYES

Eyebrow Shape.....	£12.00
Brow Tint.....	£12.00
Eyelash Tint.....	£14.00
Eyelash & Brow Tint.....	£19.50

NOUVEAU LASHES®

SEMI PERMANENT EXTENSIONS

Allow 1hr

£60

Longer, thicker, natural looking lashes for up to 8 weeks.

Each one is applied individually and as they are darker than natural lashes you won't need to wear mascara.

Eyelash Extension Top Up: 15mins.....£19.50 30mins.....£37.00

LVL ENHANCE BY NOUVEAU LASHES

Allow 1hr

£65

The revolutionary natural lash treatment.

The treatment straightens your natural eyelashes at the root, so unlike a traditional lash perm it creates the effect of longer, lifted lashes. Last up to 6-8 weeks.

HANDS & FEET

Nail Art.....	from £10.00
File & Polish.....	£16.00
Express Manicure.....	£26.00
Express Pedicure	£26.00
Acrylic Re-fill	£30.00
Full Set of Acrylic Nails.....	£45.00
OPI Luxury Manicure.....	£36.00
OPI Luxury Pedicure	£36.00
Manicure with Hot Stones.....	£40.00
Pedicure with Hot Stones.....	£40.00

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SOAK-OFF GEL POLISH

New long wearing, soak-off gel lacquer.

Lasts for up to 2 weeks and beyond. Flawless wear and colour.

Supplement: £5.00 Soak-off: £12

MASSAGES

ESPA

SWEDISH MASSAGE Allow 1hr £52

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. Includes: Swedish massage to back, legs, arms, abdomen, neck/shoulder massage.

DEEP MUSCLE MASSAGE WITH OR WITHOUT HOT STONES Allow 1hr with hot stones £62 without hot stones £57

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. Includes: Specialised massage to specific areas of concern.

ESPA Full Body Aromatherapy Massage - Allow 1hr	£52.00
ESPA Target Massage - Allow 45mins.....	£42.00
ESPA Target Massage - Allow 30mins.....	£31.00
ESPA Full Body Aromatherapy Massage using Hot Stones Allow 1hr.	£57.00
ESPA Target Massage using Hot Stones - Allow 45mins.....	£47.00
ESPA Target Massage using Hot Stones - Allow 30mins.....	£36.00

INDIAN HEAD MASSAGE £38.00

This massage works on built up stress and tension in the upper back, shoulders and neck - Allow 30mins.

PROFESSIONAL MAKE UP £35.00

For Weddings or a special occasion - Allow 45mins.

EAR CANDLING

Ear candling is an alternative practice that proponents believe will help remove ear wax - Allow 45mins..... £35.00