

# SPA PACKAGES

## SESSIONS SPORTS RECOVERY

ESPA

Allow 3hrs

£123.00

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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 relaxing in the calm peaceful atmosphere.
- ESPA Aromatherapy Face Treatment formulated especially for men.
- ESPA Aromatherapy Full Body Massage to relieve aches and pains.

## SESSIONS STRESS RECOVERY DAY

ESPA

Allow 4hrs 30 mins

£159.00

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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 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.

# HAIR

JIMI  
PARKINSON

ELITE  
STYLIST

SENIOR  
STYLIST

STYLIST

GRADUATE  
STYLIST

## STYLING

Cut & Finish

£56.00

£37.00

£29.00

£24.00

£18.00

## COLOUR

Homme

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£15.00

£15.00

£15.00

£15.00

Colour Weave

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£45.00

£40.00

£35.00

£25.00

Additional Slices or Flashes

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£15.00

£15.00

£15.00

£15.00

KERTASE Express Rituals

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£6.00

£6.00

£6.00

£6.00

## ALL ABOUT COLOUR

We can help advise on the best colour for you and your hair. **Don't hesitate to ask.**

## COLOUR WEAVE

An expert blend of multi-coloured high and low lights.

## HOMME

Blends away some of the grey in 5 minutes.  
Provides full natural coverage.

## CONSULTATION

This complimentary service offers the most professional and up-to-date advice in the area, removing any risk and settling any questions.

## COLOUR PATCH TEST

Before your first hair colour, we colour patch test to ensure there is no risk of infection. This test is done 48 hours before treatment and can be done in your initial consultation.

# DESIGNED FOR YOUR NEEDS

Our extensive range of treatments cater specifically for your needs. From professional hair styling to expert massage, we have a treatment to suit you.

## FACE

### ESPA MINI FACIAL

Allow 25 mins

ESPA  
£37.00

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

### ESPA FACIAL

Allow 55 mins

ESPA  
£63.00

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A unique facial entirely tailored to suit your individual skin type. Our beauty therapists will analyse your skin during an expert consultation. Using 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, revitalised and toned.

## ESPA SKIN RADIANCE FACIAL

Allow 1hr 30 mins

ESPA

£84.00

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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 out skin tone, leaving your complexion smooth, supple and radiantly healthy.

## 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.

## NEW EXPRESS PEEL

Allow 30 mins

CARITA  
PARIS

£45.00

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Discover instantly luminous & radiant skin in just 30 mins by using the New Peeling Gel Mask & Cinetic Lifting Expert Machine. This new Carita Peel delivers pure and potent ingredients into the skin precisely where it needs it most. Skin is left feeling renewed and revitalised with a smooth and refined texture. Suitable for all skin types.

## CARITA IDEAL SOLUTION

CARITA  
PARIS

With CINETIC machine 1hr 30 mins

£95.00

Without CINETIC machine 1hr

£70.00

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This facial begins with a detailed consultation and skin analysis to identify specific requirements, ensuring the treatment is tailored to suit your skin. The products used are designed to provide immediate benefits for every skin type.

## FACIAL ADD ONS

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Express Power Shots for the eyes.....	£8.50
Neomorphose Soothing, Revitalising, Biocellulose Sheet Mask.....	£12.00
Neomorphose Peel.....	£15.00
MILIA removal.....	£18.00
FACIAL extractions.....	£18.00

## BODY

### MASSAGES

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Target Massage - allow 30 mins.....	£32.00
Target Massage using Hot Stones - allow 30 mins.....	£38.00
Target Massage - allow 45mins.....	£45.00
Target Massage using Hot Stones - allow 45 mins.....	£50.00
Swedish & Deep Muscle Massage.....	£55.00
Full Body Aromatherapy Massage - allow 1hr.....	£55.00
Full Body Aromatherapy Massage using Hot Stones - allow 1hr.....	£60.00

### INDIAN HEAD MASSAGE

**Allow 30mins** **£40.00**

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

### SWEDISH MASSAGE

**Allow 1hr** **£55.00**

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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, helping soothe tired, aching muscles and leaving you relaxed & revived.

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

## DEEP MUSCLE MASSAGE

Allow 1hr

With Hot Stones - £60.00

Without Hot Stones - £55.00

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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.

## LIFE SAVING BACK TREATMENT

Allow 40 mins

£50.00

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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, finished with a luxurious aromatherapy massage.

## BLISSFUL BACK, FACE & SCALP MASSAGE

1hr 20 mins

£75.00

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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 finished off with a therapeutic massage to help clear the mind, calm the spirit and ease tension.

## BLISSFUL BACK, FACE & SCALP MASSAGE WITH HOT STONES

Allow 1hr 30 mins

£84.00

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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, enjoy the Oriental Head Massage to help clear the mind, calm the spirit and ease tension. Leave Sessions with rehydrated, nourished and soothed skin combined with a sense of deep relaxation.

## SALT & OIL BODY SCRUB

Allow 30 mins

£37.00

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## EAR CANDLING

Allow 45 mins

£37.00

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An alternative practice that will help remove ear wax.

# ESSENTIALS

## TREATMENTS

Gentleman's Shape & Buff for hands.....	£15.00
Gentleman's Luxury Pedicure.....	£30.00

## TANNING

Tan.....	£30.00
Luxury Tan Application.....	£45.00

## WAXING

Eyebrow Wax.....	£13.00
Back Wax.....	£28.00
Chest Wax.....	£28.00

## EYES

Eyebrow Shape.....	£12.00
Brow Tint.....	£13.00
Eyelash Tint.....	£15.00
Eyelash & Brow Tint.....	£21.00

LVL Lashes.....	£65.00
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The treatment straightens your natural eyelashes from the root, so unlike a traditional lash perm, it creates the effect of longer, lifted lashes. Lasts up to 6-8 weeks.