

# spa saltus

*Saltus*  
spa



TREATMENT MENU  
ESPA



Reawaken your senses with a pampering treatment in one of our individual woodland themed rooms. Then to enhance your experience, relax in our snug overlooking the garden.

Our team of therapists offer a selection of treatments using ESPA products to indulge your body, relax your mind and revive your spirit.

Whether you are looking for an hour of therapy or a complete day of pampering, Saltus is the perfect location.



Saltus  
spa



A woman is lying down, receiving a facial treatment. A therapist's hands, wearing white gloves, are visible near her face. The background is a blurred green, suggesting a spa or wellness environment.

# ESPA FACIALS

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. All 1hr facials include cleansing, exfoliation, a treatment specific face and shoulder massage, mask, scalp massage, intensive serum and a moisturiser tailored to your needs and concerns. All products will be chosen for your individual needs to achieve the best possible results. To maintain the ultimate healthy and radiant skin, we recommend our ESPA Products to use at home on a daily basis.



# SKIN SOLUTIONS

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## SKIN RADIANCE FACIAL

1hr – £95

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

## RE-HYDRATOR FACIAL

1hr – £95

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

## DE-SENSITISER FACIAL

1hr – £95

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished. De-sensitising natural plant extracts and calming Aromatherapy Oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

## SKIN PURIFYING FACIAL

1hr – £95

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

## MEN'S DEEP CLEANSING FACIAL

1hr – £95

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-active formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

## AGE-DEFYING FACIAL

1hr – £105

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.





# SPECIALISED SALTUS TREATMENTS

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## **HOPI EAR CANDLE**

45 minutes - £60

Candles made from beeswax, essential oils and flax act as ear chimneys coupled with head and facial acupressure to enhance the effects. This treatment can alleviate symptoms of sinusitis, hay fever, headaches and tinnitus.

## **ESPA BODY WRAP**

1hr - £95

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 Detoxifying 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.

Includes: Skin Brush; Body Exfoliation; Detox Algae Wrap; Scalp Massage.

## **PRE/POST NATAL MASSAGE (PREGNANCY 12+ WEEKS)**

1hr - £95

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle Back exfoliation (optional), 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.

## **LAVA SHELLS**

Back, Neck & Shoulder Massage 30 minutes – £75

Full Body Massage 1hr – £105

Lava Shells are the world's first self-heating massage tool to induce deep relaxation whilst easing muscle, joint aches and pains. The warmth of the shells with deeply relaxing massage techniques create a sense of balance to the entire body and mind.







# ESPA BODY TREATMENTS

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We offer a huge 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.



# ESPA EXPRESS

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## **PERSONALISED EXPRESS FACIAL**

45 minutes - £65

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.

## **MEN'S DEEP CLENSING EXPRESS FACIAL**

30 minute treatment - £65

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-active formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

## **SHOULDER, NECK & SCALP MASSAGE**

30 minute treatment - £65

This massage focuses on the key areas of tension. It uses an ESPA Body Oil chosen for your specific needs.

## **BACK, NECK & SHOULDER MASSAGE**

30 minute treatment - £65

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

## **INVIGORATING FOOT TREATMENT**

30 minute treatment - £65

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

## **SALT & OIL SCRUB**

45 minutes - £70

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For more sensitive skin Exfoliating Body Polish is applied instead of Salt and Oil Scrub. Also includes a face cleanse and exfoliation to brighten your skin.

## **ESPA LIFESAVING BACK TREATMENT**

45 minutes - £70

Back Cleanse and exfoliation with a Back, Neck and Shoulder Massage. Followed by a Purifying Back Mask and Lower Leg Massage.





# ESPA MASSAGE TREATMENTS



## **ESPA BACK, FACE & SCALP TREATMENT**

1hr30mins – £125

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 Back Massage; Personalised Facial; Scalp Massage.

## **AROMATHERAPY MASSAGE**

1hr – £85

ESPA Aromatherapy Massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. This massage is suitable for clients who like a light pressure.

Choose from the following: Detoxifier; De-Stressor; Muscle Relaxer; Jet-Lag Reviver; Immune Booster; Energiser; Body Toner.

Includes: Aromatherapy Massage to Back; Legs; Arms; Neck and Shoulder Massage.

## **ESPA TOTAL HOLISTIC BODY CARE**

120 minutes – £175

Melt away tension and bring everything back into harmonious balance. Body brushing and exfoliation smooth and soften skin, followed by an indulgent massage with nourishing essential oils to penetrate tired, aching muscles. Finally, relax and unwind with a personalised express facial and comforting scalp massage.

Includes: Full Body Skin Brushing; Exfoliation; Aromatherapy Massage; Facial and Scalp Massage.

## **DEEP MUSCLE REVIVER**

1hr – £95

Restore comfort, suppleness and movement with this intensely effective massage. Specialised massage with expertly blended Aromatherapy Oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Includes: Targeted Massage focusing on areas of concern..







# SKIN SOLUTIONS

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EXPRESS MANICURE	£35
File, Cuticle Work and Traditional Polish	
SALTUS MANICURE	£55
File, Cuticle Work, Scrub, Massage and Traditional Polish	
SALTUS PEDICURE	£60
Foot Bath, File, Cuticle Work, Scrub, Massage and Traditional Polish	
SHELLAC MANICURE	£50
SHELLAC PEDICURE	£50
<b>Both include:</b> File, Cuticle Work, application of Shellac and finished with Cuticle Oil	

**Please Note:** All artificial nails must be removed prior to your appointment, this includes all gel nails and acrylics.

1/2 LEG WAX	£35
1/2 LEG & BIKINI	£50
FULL LEG	£50
FULL LEG & BIKINI	£60
UNDER ARM	£25
UPPER LIP	£15
LIP & CHIN	£30
EYEBROW SHAPE	£20
EYELASH TINT*	£30
EYEBROW TINT*	£25
EYELASH & EYEBROW TINT*	£50

\*Patch Test is required 24 – 48 hours prior to your treatment

**Please Note:** Waxing and eye treatments are only available Tuesdays – Thursdays. Subject to availability



# FULL SPA DAY

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Spa Days include: Robes, Slippers, Towels, light lunch and use of leisure facilities.

## **SALTUS SPA DAY**

1 hour of ESPA Treatments – £149

Choice of 2 of the following: ESPA Mini Facial, ESPA Back, Neck and Shoulder Massage, ESPA Shoulder, Neck and Scalp Massage, ESPA Salt and Oil Exfoliation, ESPA Invigorating Foot Treatment, Express Pedicure and Express Manicure.

## **REVITALISING SPA DAY**

2 hours of ESPA Treatments – £199

ESPA Total Body Care Treatment: Body Brushing; Body Exfoliation; Aromatherapy Massage; Mini Facial; Scalp Massage.

## **UNWINDING SPA DAY**

1 hour 30 mins of ESPA Treatments – £159

ESPA Back Face and Scalp Treatment: Back Cleanse; Exfoliation; Massage and Personalised ESPA Facial.

# HALF SPA DAY

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## **SALTUS RETREAT SPA DAY**

10am – 2pm or 2pm – 6pm

30 minute ESPA Express Treatment - £80

Includes robes, use of leisure facilities, towels and slippers.

Choice of the following: ESPA Mini Facial, ESPA Back, Neck and Shoulder Massage, ESPA Shoulder, Neck and Scalp Massage, ESPA Salt and Oil Exfoliation, ESPA Invigorating Foot Treatment, Express Pedicure and Express Manicure.

Additional Options: Want to upgrade to a 1hr treatment? Or why not add lunch or afternoon tea in the hotel lounge or terrace? Please request upon booking.





# SALTUS

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## **POOLSIDE OPENING HOURS**

Monday to Friday 7am to 9pm; Saturday and Sunday 7am to 9pm.

## **SPA TREATMENTS TIMES**

Monday to Sunday 10am to 6pm; Evening appointments by arrangement.

## **SCHEDULING AN APPOINTMENT**

To schedule an appointment for your perfect treatment, please contact our ESPA @ Saltus Reception Team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend you book in advance. All treatments and packages will need to be paid in advance.

## **ARRIVAL TIME**

Please allow sufficient time before your treatment to complete a Spa Consultation form and or a health questionnaire.

Please be advised that late arrivals will result in a reduced treatment time.

## **SPA FACILITIES AND ACCESS**

The following spa facilities are available at The Balmer Lawn Hotel: Finnish Sauna, Jacuzzi, Indoor Leisure Pool and Seasonal Outdoor Pool.

Spa facilities are included in the resident and Spa Day Packages.

## **CHILDRENS' POLICY**

We are delighted to offer treatments for children under 16 years old however they must be accompanied by an adult for the whole duration apart from manicures and pedicures. We regret no under 16s for massages or facials. Please contact the ESPA @ Saltus Team for details on treatments available for our young guests.

## **CANCELLATION POLICY**

A 100% charge will be incurred for any treatment not cancelled, 72 hours prior to your scheduled time.

## **SPA ETIQUETTE**

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. We request that background noise is kept to a minimum.

## **HEALTH CONDITIONS**

It is essential to advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your Saltus reservation.

## **PREGNANCY**

We have specially designed treatments for expectant woman or nursing mothers. Please allow our Spa Team to guide you in selecting which treatments are most suitable during this special time.

## **GIFT VOUCHERS**

We can provide all of our treatments or spa days in voucher format, or if preferred monetary vouchers, to allow that special loved one the chance to make their own mind up.

## **HOMECARE**

To continue your spa experience at home most products used in our treatments are available at Saltus Reception.

## **VALUABLES**

ESPA @ Saltus accepts no responsibility for loss of valuables and jewellery at any time in the spa premises.

## **LOST PROPERTY**

All lost property found on the premises should be handed in at Saltus Reception. Items will be stored for 2 months, if they are not collected within this time they will be donated to local charities. Liquid, under garments and hairbrushes are kept for 24 hours only.

## **PRICES**

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.

VAT is inclusive at the prevailing rate.





Saltus  
spa



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To make an appointment for the  
perfect treatment, call our team on:  
01590 625709