

## Available Treatments at the Spa

### Body Treatments-

#### **Back, Neck & Shoulder Massage**

A deeply relaxing massage, relieving tension and stress in the back, neck & shoulder area.

This massage will leave you feeling refreshed and relaxed.

**25 minutes    £35**

#### **Full Body Massage**

A massage created to give you an all over experience of manipulative techniques, releasing stress, tension and toxins.

**55 minutes    £60**

#### **Hot Stone Massage**

A luxurious back massage using a combination of warm basalt stones and aromatherapy oils will leave you deeply relaxed and will melt away muscular tension.

**25 minutes £40    55 minutes £65**

#### **Elemis Freestyle Deep Tissue Massage**

Alleviate high stress levels, ease aching muscles and revive the senses with 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.

**25 minutes £ 40    55 minutes £65**

#### **Foot Ritual**

Enjoy a relaxing foot exfoliation with a lime scented hot towel wrap and mini pressure point foot massage.

**20 minutes £25**

#### **Hand Ritual**

Indulge in an intensive hand repair masque with a lavender scented hot towel wrap and mini pressure point hand massage.

**20 minutes £25**

#### **Reflexology**

Working on reflex points in the feet this treatment aids balance and relaxation clearing energy pathways through the body. Reflexology mirrors a reflection of the body on the feet, the left foot representing the body's left side and right foot its right side.

In reflexology practice the technique is applied to the relevant reflex areas to prompt a change in the related part of the body.

**55 minutes £60**

## Packages-

### **Afternoon Delight**

25 minute back, neck & shoulder massage

Use of the spa facilities

Afternoon Tea in the Brasserie

**£60**

### **Bubbly Afternoon Delight**

25 minute back, neck & shoulder massage

Use of the Spa facilities

Afternoon Tea in the Brasserie

Glass of prosecco

**£65**

### **Ladies that Lunch**

A Jessica prescriptive Manicure

Full body massage

Use of the Spa facilities

2 course lunch in the Brasserie

Complementary glass of wine

**£180**

### **Afternoon Tea & Spa Facilities for 2 people**

Full use of the spa facilities

And afternoon Tea in the Brasserie

**£49**

## Nail Treatments-

### **Jessica GELeration Manicure**

Hand exfoliation, cuticle care and free edge tidied, all finished with Jessica's GELeration gel polish.  
**55 minutes £40**

### **GELeration ZenSpa Pedicure**

Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with Jessica's GELeration gel polish.  
**55 minutes £45**

### **Existing Gel Removal**

GELeration gel polish is gently soaked off and a rejuvenating base coat is applied  
**25 minutes £12.50**

Removals prior to a GELeration **£6.50**

### **Jessica Prescriptive Manicure**

Beginning with a nail analysis to treat your nail type, the manicure includes exfoliation, massage and cuticle care. Your nails will be beautifully shaped and finished with the perfect polish.  
**45 minutes £30**

### **Jessica Deluxe Manicure with Thermal Mittens**

This treatment combines the Jessica Prescriptive Manicure with the luxurious added benefits of Thermal Mittens, helping oils and creams to penetrate deep into the skin as well as increasing circulation and relieving stiff, painful joints.  
**70 minutes £45**

### **ZenSpa Pedicure**

Awaken your senses and discover the ultimate in pedicure luxury. Hard skin is removed and feet and legs are massaged with deep conditioning creams to leave them soft and smooth. Cuticles are groomed and toe nails are beautifully shaped and polished.  
**55 minutes £40**

### **File & Polish**

**20 minutes £20**