



## Recover yourself ... At ESPRIT

Our professional massage therapists will provide you with an unforgettable rejuvenating experience through the miracle of various massages that will give you a sense of beauty, harmony and self-confidence.

### MASSAGES

**FULL BODY MASSAGE** 55 min £50

A complete massage of the whole body relaxes all muscles, improves blood and lymph circulation, stimulates metabolic processes, and gives your energy level a boost.

**REJUVENATING MASSAGE** 55 min £55

This full body massage uses relaxing and stimulating movements to relieve tension improve circulation and remove toxins from the body. .

**BACK NECK & SHOULDER MASSAGE** 25 min £35

A totally relaxing and de-stressing treatment for your back, neck & shoulders.

**DOUBLE INDULGENCE** 55 min £100

A treatment where both guests can relax and de-stress at the same time with a shared room massage.

**INDIAN HEAD MASSAGE** 25min £30

A gentle massage to the upper back, shoulders, arms, neck, scalp and face, helps to dispel stress, relieve tension and promote healthy hair and scalp.

**FOOT & LEG MASSAGE** 25 min £35

This is the perfect massage for the end of the day. It will release those tired aches and pains.

**MOTHER –TO-BE MASSAGE** 1.30min £65

This therapy connects mother and baby through the power of touch. Specialised positioning is used to ensure the ultimate is safety, comfort and relaxation.

Helping to relieve tension in the back and alleviating swelling in the hands and feet. Scalp and face massage easing the mind and uplifting the spirit.

**THERMAL STONES FULL BODY MASSAGE** 55 min £60

Heated black basalt stones are used to massage the whole body releasing deep seated tension. This treatment is ideal for anyone suffering with muscular aches and pains.

### BODY THERAPY

**EXPRESS REJUVENATING TREATMENT** 1hr £50

**(30 min thermal stone massage and 30 min facial)**

Maximum results in minimum time. Experience the luxurious hot and cold sensations of this massage and then be treated to anti-ageing facial, designed to smooth and restore youthful radiance.

**PURIFYING BACK TREATMENT** 45min £45

Back exfoliation, detoxifying and anti-inflammatory mask are used to soothe, calm & rebalance the skin.

**ANTI-STRESS BACK THERAPY** 45min £40

Designed to release tension, combat tight muscles, rebalance your energy levels and reactivate your senses.

**THERAPEUTIC SCALP TREATMENT** 45min £30

A relaxing and deeply healing scalp treatment to soothe away stress and tension.

**FACE DRAINAGE** 45 min £30

Using massage and lymphatic drainage techniques the neck, shoulders, face and scalp are massaged to restore circulation, firm and detoxify your body.

## Waxing

1/2 leg	45 mins	£18
Full leg	60 mins	£24
Bikini	30 mins	£15
Eyebrows	15 mins	£12
Underarm	15 mins	£10
Lip or chin	15 mins	£8
Lip and chin	15 mins	£14

## Tint

Eyebrow tint	15mins	£10
Eyelash tint	25mins	£15
Eyelash & brow tint		£23



## Esprit Spa Day

Includes: use of facilities: 19m indoor Pool, Life Fitness Gym, Sauna & Steam Room, any 60 minute Dermalogica Spa Treatment, a choice of Afternoon Tea with a glass of Champagne or 2 Course Lunch in the stylish 2 AA Rosette Caprice Restaurant, complimentary towel & bathrobe hire

**For only £65.00 p/p**

### DERMALOGICA TREATMENTS

**AGE SMART®** **1h 15min** **£45**

Are the signs of ageing more prevalent on your skin? AGE Smart® will give it a revitalising power boost to firm, smooth, nourish, regenerate & energise while controlling the biochemical triggers that lead to skin ageing.

**ULTRA CALMING™** **1h 15 min** **£45**

The Dermalogica UltraCalming™ products are serious relief for sensitised skin that calms, soothes & replenishes the most aggravated, irritated, inflamed skin.

### DERMALOGICA BODY EXFOLIATION

**MINERAL SALT SCRUB THERAPY** **45min** **£30**

Mineral Sea Salts & Seaweed exfoliate while skin-smoothing enzymes help dissolve dead skin cells naturally for a smooth finish. Natural oils & extracts help stimulate the senses while cleansing and conditioning.

**BODY FOLIATION THERAPY** **45min** **£30**

Give your body the customized exfoliation it needs, coupled with the warming sensation it craves! A gentle Oatmeal and Rice Bran powder activates to create a gentle yet effective exfoliant that Whisks away dead skin cells, brightens skin and helps reduce the appearance of sun spots and hyper pigmentation.

### DERMALOGICA BODY WRAP

**POWER RECOVERY THERAPY** **45 min** **£30**

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves. A unique blend of Wheat Protein and Honey act as maximum hydrators while Wasabi, Ginger and White Tea stimulate blood circulation to promote healthier skin.

**NOURISHING SEA MUD THERAPY** **45min** **£40**

Stimulate circulation while smoothing skin with this body wrap therapy that promotes skin nourishment. Natural earth clays draw out impurities while Tropical Asian Ginger and White Tea stimulate circulation.

### FACIALS

**MINI FACIAL** **25 min** **£30**

This treatment will give you a sense of inner calm & well-being. After a cleansing ritual to your whole face, including a gentle exfoliation, you will experience the divine facial and eye massage.

**SKIN SPECIFIC FACIAL** **1h** **£45**

This facial allows the therapist to choose the most appropriate products for your skin's needs.

**EXPRESS RADIANCE** **1.15min** **£50**

The power of radiance ice cubes when applied over the eyes will instantly revive, lift & firm the skin. It is a completely indulgent and truly divine experience, leaves your complexion visibly brightened & glowing.

**FACE, EYES, DECOLLETE TREATMENT** **1.45 min** **£60**

Relaxing facial incorporating a client face, eye and décolleté. This treatment is a complete and effective remedy for removing the stresses of daily life, leaving skin firm, smooth and brilliant.

### HAND AND FEET

**EXPRESS MANICURE** **30 min** **£25**

Cuticles are softened with oils & creams, nails are shaped, tidied & a perfect lasting polish is applied.

**EXPRESS PEDICURE** **30 min** **£25**

Cuticles are softened with oils & creams, nails are shaped, tidied & a perfect lasting polish is applied.

**LUXURY MANICURE** **1 h 15min** **£45**

The hand exfoliation, mask and hydration leaves hands feeling firmer, smoother & softer. Your hand will be massaged, cuticles are cared for with oils and creams, the nail shape is perfected & treatment basecoats & colours are applied for a perfect finish.

**LUXURY PEDICURE** **1 h 15 min** **£45**

The feet exfoliation, mask & hydration leaves feet feeling firmer and smoother. Feet & scalp will be massaged, cuticles are cared for with oils and creams, the nail shape is perfected & treatment basecoats & colours are applied for a perfect finish.

**RELAXING FEET TREATMENT** **30min** **£25**

Exfoliation and hydration replenishes and softens feet, lavishing a rich and healing action on your skin. Feet and scalp massage soothe away tension, warmed oils nourish and condition feet and nails.

**RELAXING HAND TREATMENT** **30min** **£25**

Exfoliation, mask and hydration replenishes and softens hands, lavishing a rich and healing action on your skin. Hand and scalp massage soothe away tension, warmed oils nourish and condition hands and nails.

\* All prices subject to change.

\* Please arrive 15 minutes prior to you appointment to complete a medical questionnaire and prepare for your treatment.

\* Spa treatment times include changing and consultation. All confirmed bookings are subject to a 48 hour written cancellation policy and are chargeable in full if cancelled within 48 hours or in the event of a no show.