

# TREATMENT MENU



the well  
mind • body • soul

Welcome to the sanctuary that is the Well Spa.  
All of our Spa therapies have been devised with your desired results in mind  
Take time for you ....to relax, refresh and revive at the Well Spa

## EXPRESS TREATMENTS

### **Well ESPA Facial £30**

A wonderful pick me up, leaving your skin cleansed and refreshed

### **ESPA Salt and Oil Scrub £30**

An exceptional skin softening treatment using sea salts and nourishing oils, leaving your skin soft and smooth

### **ESPA Body Polish £30**

This complete body exfoliation will cleanse and invigorate your skin

### **Well Spa Back Massage £30**

Relax your muscles and mind with this deeply relaxing massage using natural essential oils

### **Indian Head Massage £40**

This ancient massage technique is used to rebalance your mind and body

### **Hopi Ear Candles £30**

An ancient treatment with relaxing, soothing benefits for those with sinus and ear problems

### **Well Spa Full Body Massage £60**

A therapeutic massage for the whole body, focused on releasing tension

### **Reflexology £70**

This oriental foot pressure zone massage helps to soothe and restore health

## BODY MASSAGES

### **Balinese Massage £80**

A warm oil massage to encourage complete calm and wellbeing

### **Aromatherapy Massage**

This massage uses essential oils personally selected to each individuals needs  
Choose from: Detoxifier, De-stresser, Muscle Warmer, Immune Booster, Body Toner,  
and Jet Lag Reviver £60

## FACIALS

### **Regenerating Facial with Firming Eye Treatment £75**

A nourishing facial designed to firm and tone your skin

### **Re-Hydrator Facial £60**

A great moisture boost treatment for dry, dehydrated skin

### **Re-Balancing Facial £60**

This is a deep cleansing facial designed to help oil control for oily congested skin

### **Desensitiser Facial £60**

A gentle comforting facial for sensitive skins

### **Skin Brightener Facial £60**

This facial is perfect for tired skin in need of brightening

### **Firming Eye Treatment £60**

This treatment concentrates on replenishing lost moisture from the delicate skin around the eye area

## BODY TREATMENTS

### **Prenatal Treatment £75**

Expecting a baby or just had a baby, this treatment is designed just for you to help you relax and nourish your skin, a perfectly safe treat for mums

### **Stimulating Hip and Thigh Treatment £60**

This treatment helps to stimulate the circulation helping with cellulite, fluid retention and dry skin

### **Life Saving Back Treatment £45**

Stress relieving back treatment to deep cleanse and exfoliate followed by a luxurious aromatherapy massage and marine mud application

## ESPA BODY ENVELOPMENTS

### **Detoxifying Algae Envelopment £60**

Skin brushing and mineral mud's help to boost your metabolism and rid the body of toxins

### **Restorative Mud Envelopment £60**

Great for dry skin, marine mud helps nourish the skin whilst you enjoy an oriental scalp massage

### **Warming Oshadi Envelopment £60**

A warm nourishing mask which helps to relieve aching muscles

**Skin Hydrator Envelopment £60**

A luxurious experience, skin brushing, exfoliation, scalp massage and rich oils make for this wonderfully skin smoothing and mind calming experience

**Hot Stone Massage £85**

A traditional massage using aromatherapy oils. Warm stones penetrate the skin to ease muscular tension

**Treatments for Men**

Men's Purifying Facial, Shoulder and Scalp Massage £60

A deep cleansing facial with relaxing massage to include the shoulders and scalp

**Relaxing Back Treatment £45**

Deep cleansing treatment for tight muscles and congestion on the back including a mask application with foot and lower leg massage for relaxation

Tension Release Massage £60

A warming and deeply relaxing full body massage to help relieve tension from mind and body

## FINISHING TOUCHES

Leighton Denny

Immaculate Manicure £30

This manicure exfoliates, nourishes and helps protect your hands and nails

Pristine Pedicure £35

Special care for hard working feet, this treat will leave you feeling like you are walking on air

Bare Essentials Make Up

Make Over £30

The perfect finish!

Make Up Lesson £20

A great introduction to applying your make-up for your desired look

Visit our website at [www.bluestonewales.com/wellspa](http://www.bluestonewales.com/wellspa)

*Terms and conditions:*

*All offers must be booked in advance. All offers are subject to availability. The management reserve the right to change any offer without advance notice. All offers/prices are valid until 30 August 2010.*