

# Treatment list



the well  
mind • body • soul

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## 30 MINUTE TREATMENTS - £40

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### TASTER FACIAL

This treatment will give your skin an instant boost, perfect for those who are looking for an introduction into Espa

### QUICK FIX FACIAL

Perfect for those in a hurry and looking for a quick fix treatment, also perfect for an introduction into Decleor

### INDIAN HEAD MASSAGE

Helps relieve tension from the head, shoulder and neck area, helping you to relax and unwind

### BACK, NECK AND SHOULDER MASSAGE

Helping relieve aches and pains from the back and shoulder area, helping to leave the body feeling relaxed

### HOT STONE BACK MASSAGE

This treatment is warming, relaxing and de-stressing concentrating on the back area

### BODY POLISH

This treatment exfoliates the body from head to toe using peppermint extracts

### SALT AND OIL SCRUB

A beautiful skin softening body exfoliation treatment, using a combination of sea salts and essential oils

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## 60 MINUTE TREATMENTS - £60

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### ESPA FACIAL

Espa facials are designed to provide outstanding instant and long term results, they are each designed and tailor made to suit your specific skin care needs.

### DECLEOR FACIAL

All Decleor facials start with a unique back diagnostic massage, helping your therapist to carry out a reflex reading on the skin, helping you fall into a deep state of relaxation, while helping design the perfect facial to suit you.

### FULL BODY MASSAGE

Designed to help relieve tension from the muscles and relax the mind, body and soul.

### FULL BODY HOT STONE MASSAGE

Using the warmth from the balsamic stones, relaxing the muscles of any tension

### CELTIC COMBO

Perfect for those not sure what treatment to choose as it gives you a taster of both, includes back massage and express facial.

### MATERNITY MASSAGE

A relaxing massage targeted to areas prone to tension during pregnancy

### MATERNITY FACIAL

A tailor made facial to suit your skin type, this treatment includes a face and scalp massage to help relieve any tension as well as leaving the skin feeling and looking radiant

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## 90 MINUTE TREATMENTS - £90

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### HOT STONE MASSAGE & CLEAR CRYSTAL FACIAL MASSAGE

Helps relax the muscles using warm balsamic stones before applying crystal massage techniques designed to soothe and heal.

### CELTIC BLISS MASSAGE

Top to toe full body massage including face, neck and scalp

### WELSH CHOCOLATE DELIGHT

Rich in coco butter and anti-oxidants this treatment leaves the skin feeling soft to the touch. Includes a full body salt scrub before wrapping the body in rich coco butter.

### DETOXIFYING ALGAE WRAP

Gentle exfoliation and algae envelopment rich in minerals, designed to boost the metabolism and speed up the elimination of toxins.

### RESTORATIVE MUD WRAP

Marine mud known for its skin conditioning properties and is ideal for dry/dehydrated skin. This treatment is re-balancing and leaves the skin purified and smooth to the touch.

### PRESCRIPTIVE FACIAL WITH FIRMING EYE AND NECK TREATMENT

Chose from our Declor and Espa range of facials and the treatment will also include a firming eye and neck treatment designed to target the first signs of ageing.

### PRE-NATAL TREATMENT

A deeply nourishing body treatment to comfort and soothe stress and tension during pregnancy

## *The Beauty Lounge*

### 30 MINUTE TREATMENTS

Express manicure	£25
Express pedicure	£25
Male grooming manicure	£25
Male grooming pedicure	£25
Eye treatments: Choose from eyelash or eyebrow tint	£25
Waxing: Choose from eyebrow, underarm, bikini, lip or chin, half leg, chest, abdomen	£25
Spray tan	£25
Make up session	£25

### 45 MINUTE TREATMENTS

Luxury manicure	£40
Luxury pedicure	£40
Full leg wax	£40
Make up lesson	£40

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## THERMAL SUITE ENTRY - £15

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Step inside our thermal and hydrotherapy experience and help leave your worries behind... Un-wind.

Book your two hour session today for just £15 per person

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### OPENING TIMES

10am - 6pm, Monday, Tuesday, Friday

9am - 7pm, Wednesday, Thursday

9am - 8pm, Saturday, Sunday

*\*Minimum of 24 hours for all cancellations on spa treatments*



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