



## Health & Beauty Salon

### ELEMIS

#### Facials | Anti-Ageing 60 mins

Pro-Collagen Age Defy | £80

*Tackle fine lines and wrinkles for beautifully nourished, younger looking skin.*

Pro-Collagen Definition Lift & Contour | £80

*The lifting and contouring facial that delivers a profoundly sculpted effect.*

Dynamic Resurfacing Precision Peel | £80

*The powerful resurfacing treatment to target dull skin tone and the signs of ageing.*

#### Facials | Skin Solution 60 mins

Superfood Pro-Radiance | £75

*The nutritional boost that packs stressed, dull skin with powerfully energising and detoxifying actives.*

Peptide 24/7 Skin Sync | £75

*Target tired skin with powerful botanicals that replenish, leaving a well-rested glow.*

Sensitive Skin Soother | £75

*Fragile skin is calmed and boosted with a combination of soothing ingredients and gentle techniques.*

Anti-Blemish Mattify & Calm | £75

*Regulate oily skin and clear congestion with this oxygenating, mattifying treatment.*

#### Facial | Men

High Performance Skin Energiser | £75

*The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, boosts circulation, decongests and combats the harsh effects of shaving and daily pollutants. Deeply relaxing.*

Also suitable for men: Hot Mineral Body Boost

# DECLÉOR

**60 min Facials:** Relaxing results driven facials with stunning results.

**90 min Facials:** A deluxe, holistic facial, with expert massage techniques, will leave you feeling de-stressed and your skin glowing with health.

## Facials | Anti-Ageing

Smooth & Glow | 1hr £80                      90min £99

Green Mandarin - *Energising & anti-oxidant to preserve youthfulness with bamboo gestures, perfect for dehydration. Suitable for skin age 25-40*

Plump & Lift | 1hr £80                      90min £99

Lavender Fine - *Lifting & firming of deeper lines & wrinkles, great to recharge & revitalise tired skins, with lift yoga gestures. Suitable for skin age 40+ years*

Sculpt & Rejuvenate | 1hr £80                      90min £99

White Magnolia – *Re-densifying for lack of volume & firmness, re-energises, revives & intensely hydrates, with facial Pilates gestures. The ultimate anti-ageing facial. Suitable for skin age 50+*

## Facials | Essentials

Quench & Protect | 1hr £75                      Deluxe 90min £95

*Targeted active ingredients nourish & restore hydration for dehydrated skins that appear dull & lifeless, preventing premature ageing. Anti-pollution*

Cocoon & Repair | 1hr £75                      Deluxe 90min £95

*Cocoon dry skin that is prone to redness & flaking helping to comfort & repair. Great for eczema, psoriasis & sun damaged skins.*

Even & Bright | 1hr £75                      Deluxe 90min £95

*Pigmentation & moisture lacking skins will have radiance & luminosity restored. Leaving the skin bright & rejuvenated.*

Clean & Rebalance | 1hr £75                      Deluxe 90min £95

*Purifying & deep cleansing for oily skins that are lacklustre & sallow. Great for breakouts & skin freshness, perfect for men.*

Calm & Strengthen | 1hr £75                      Deluxe 90min £95

*Fragile skins are instantly soothed & redness reduced. A wonderful facial to calm & cool sensitive, reactive skins.*

Reset & Revitalise | 1hr £75                      Deluxe 90min £95

*A multi-vitamin Facial to restore balance & essential well-being, bespoke to your skin type. Perfect for a combination of conditions, skin will be left radiant & glowing.*

# ELEMIS

## Body Treatments

*A wonderful selection of relaxing Elemis body treatments, wraps and massages to relax, de-tox or energise the mind body and soul.*

### Elemis Body | Energy Boosting & Musclease

Poultice-Powered Muscle release | £ coming soon

90 mins

*Aching muscles are restored with this invigorating and deeply releasing treatment, areas are specifically targeted with the unique Amber and Quartz poultice, to dissolve knots and ease tensions. Completed with a restorative facial massage, tension is dissolved.*

Hot Mineral Body Boost | £75

60 mins

*This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing, and energising wellness. **Re-energising and re-balancing.***

Elemis Musclease Massage | £58

40 mins

*Great for part of a fitness programme, eases muscle pain to backs of legs, back, neck & shoulders.*

### Elemis Body | Massage

Garden of England Rose Restore | £88

90 mins

*Take a walk in an English rose garden with this lavishly hydrating head-to-toe massage/micro wrap. A unique trio of richly fragrant oils leave the skin exquisitely moisturised, intensely supple and delicately scented. Immensely relaxing.*

Life Elixirs Mindful Massage | 40 mins £58

60 mins £70

*A deep tissue massage tailored to your needs. Wishing to feel soothed, focused, grounded, uplifted, or relaxed, there is a LIFE ELIXIRS blend for you.*

*Leaves the body and mind feeling fully rejuvenated.*

Elemis Frangipani Scalp Massage | £52

30 mins

*Relax and unwind whilst conditioning your hair with the Frangipani Monoi 3 in 1 deep conditioning hair and scalp mask. It will restore softness, strength and a healthy shine.*

## **Elemis Body | Detox**

### **Thousand Flower Detox Wrap | £78**

60 mins

*A nutrient-rich detox wrap to encourage super skin health and powerful detoxification with the use of Green Tea products. A deeply nourishing body wrap that will leave you feeling completely reinvigorated.*

### **Targeted Toning Tightener | £88**

90 mins

*A powerful blend of massage and detoxifying clay for targeted toning and tightening on the hips, thighs, abdomen or back of arms. Visibly reduces cellulite, skin is left smoother, tighter and more toned. Clinically proven to reduce cellulite by 59% in just one treatment. Choose two areas per treatment.*

## **Elemis Body | Exfoliation & Wraps**

### **Intensely Cleansing Exotic Salt Scrub | £49**

40 mins

*This exotic salt scrub, fragranced with the choice of Lime & Ginger or Frangipani, will gently slough away dead skin cells, encouraging the regeneration of new cells. The skin is left beautifully soft and nourished with a delicate fragrance.*

### **Exotic Salt Glow | £79**

70 mins

*This luxurious exfoliation is an upgrade to the 40min Exotic Salt Scrub, with the edition of body brushing, a mini facial and a hot oil massage, your skin will feel silky smooth and exceptionally hydrated. Perfect pre or post-holiday treatment.*

### **Body Nectar Nourishing Wrap | £75**

60 mins

*The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.*

## **Elemis Deep Relax | Face & Body Combination**

### **Couture Touch | £135**

2 hrs

*Condition your skin and muscles with this all-embracing experience. Combine any ELEMIS facial with your personalised ELEMIS Life Elixir Mindful Massage, Hot Mineral Body Boost, Rose Restore or Aching Musclease Massage. The perfect combination to work with your skin, your mood, and your needs.*

## Massage | Bespoke

*Each of our massages are tailored to your individual needs with the use of different massage techniques*

Back, Neck & Shoulder Massage | £46

30 mins

Back & Scalp Massage | £56

40 mins

Full Body Massage | £68

60 mins

Elemis Musclease Massage | £58

40 mins

*Great for part of a fitness programme, eases muscle pain to backs of legs, back, neck & shoulders.*

## Massage | Lava Shell

*Lava Shell is an indulgent and relaxing massage, combining the warmth of the Lava Shells with hands-on deeply relaxing massage techniques.*

*For inflammation, restricted movement & tense Muscles, selected Lava Rescue which combines heat & Ice therapy.*

Lava Warming Back massage | £55

40 mins

Lava Relax Full Body massage | £75

60 mins

Lava Rescue Back | £55

40 mins

Lava Rescue Full Body | £80

60 mins

## Massage | Holistic

Reflexology | £55

40 mins

Elemis Frangipani Scalp Massage | £52

30 mins

*Relax and unwind whilst conditioning your hair with the Frangipani Monoi 3 in 1 deep conditioning hair and scalp mask. It will restore softness, strength and a healthy shine.*

Hopi Ear Candles | £45                      add a scalp Massage | £15

30 mins

15 mins

Holistic Trio | £89

75 mins

*A trio of the holistic favourites; Reflex pressure point foot massage, Hopi Ear Candles and Frangipani scalp and décolleté massage.*

## Massage | Mi-kokolokahi

*Our unique, ultra-relaxing, head-to-toe treatment is harnessed by the very best massage techniques from around the world, combined with the use of the kokolokahi massage oils, creating the 'Mi-kokolokahi Massage'. Each oil has been created to evoke an emotion based on the blend of essential oils.*

**The synergy of ingredients combined with our bespoke massage will radiate a balance and harmony to improve your mind, body and soul, leaving you totally relaxed.**

90min | £88

## Massage | Pregnancy

*Relaxing full body massage, concentrated on the areas you need to help ease and relax pregnancy tension, with the use of Japanese Camellia oil*

55min | £70

## Decleor | Revitalise & Relax

*Decleor's top to toe treatment releases tension and boosts the body's energy with the use of essential oils. An ultra-nourishing facial combined with a massage to leave you revitalised and relaxed.*

90min | £115

## Crystal Clear | Microdermabrasion

*Microdermabrasion provides immediate and visible results for dull, tired and ageing skins. It will help reduce open pores, blackheads, pigmentation, some blemish and acne scars, fine lines and wrinkles. An ideal treatment post-holiday and when your skin needs a boost for that special occasion.*

**A course is recommended for best results.**

Microdermabrasion | £78

60 mins

Microdermabrasion | £58

30 mins

Course of 6 | £421

60 mins

## **Nail Care | Hands**

*Shellac is a gel polish that instantly dries using a UV lamp, meaning no smudging, or waiting to dry. Up to 2 weeks of flawless, high shine, beautiful nails.*

### **Shellac Nails | £34**

45 mins

### **Shellac Nails French | £38**

45 mins

*Includes cuticle work, a file & shape, finished with a relaxing hand massage. (Recommended every 2 weeks).*

### **Shellac add-ons | from £6**

*Add a touch of bespoke design to your Shellac nails with a Rock Star Glitter, Ombre, additives or nail art finish.*

### **Shellac Removals**

*Removals are free of charge if painted by us and having a re-application. Removals of someone else's work is charged **from £6** depending on the product & time.*

### **Shellac Removals & Treatment | £18**

25 mins

*Removal of shellac, tidy and buff of nail plate for a natural finish, cuticle oil & hand cream.*

### **Luxury Spa Manicure | £39**

60 mins

*An indulgent treatment for the hands & nails. Warm oil hand soak, gentle exfoliation, natural mask with heated mitts, cuticle work, finishing with a hydrating hand massage & application of standard nail polish.*

**With Shellac | £51**

### **Manicure | £30**

45 mins

*Includes cuticle work, a file & shape, relaxing hand massage and finished with an application of nail straightener or standard nail polish.*

### **File & Polish | £17**

15 mins

*A quick file & buff to the nails, finished with an application of Infinite Shine nail polish.*

### **Paraffin Wax | £14**

10 mins

*An add-on to any of your nail care treatments. Perfect for dry & dehydrated hands helping to deeply nourish & soothe.*

## **Nail Care | Feet**

### **Shellac Toes | £34**

45 mins

### **Shellac Toes French | £38**

45 mins

*Includes cuticle work, a file & shape, finished with a relaxing foot massage. (Recommended every 2 weeks).*

### **Shellac add-ons | from £6**

*Add a touch of bespoke design to your Shellac nails with a Rock Star Glitter, Ombre, additives or nail art finish.*

### **Shellac Removals & Treatment | £18**

25 mins

*Removal of shellac, tidy and buff of nail plate for a natural finish, cuticle oil & hand cream.*

### **Marine Spa Pedicure | £45**

60 mins

*Soothe tired soles with this luxurious pedicure. Mineral foot soak, foot scrub, cooling foot mask, hard skin removal, cuticle treatment, cut and file of the nails, finishing with a hydrating pressure point foot massage and application of nail polish.*

**With Shellac | £57**

### **Mini Marine Pedicure | £38**

30 mins

*Cuticles are treated, nails are cut and shaped, hard skin removal, application of foot cream and nail polish.*

**With Shellac | £50**

### **Callus Peel Foot Treatment | £40**

60 mins

*A foot treatment for extremely hard skin, cracked heels and calluses. It is a four step, intensive, pain free treatment using AHA's to remove the dead skin cells and soften the soles of your feet, leaving them intensively hydrated and smooth. Completed with cuticle work and cut and file of the nails.*

**With Polish | £51**

**With Shellac | £57**

### **File & Polish | £18**

15 mins

*A quick file & buff to the nails, finished with an application of Infinite Shine nail polish.*

## **Hair Removal | Waxing**

Using a combination of Lycon pre and post-treatment care, hot wax and original honey wax.

Eyebrows | £14

Lip | £11

Chin | £14

Lip, Chin & Sides of Face | £29

Nasal | £11

1/2 Leg | £24

3/4 Leg | £28

Full Leg | £33

Under Arm | £15

Forearm | £19

Full Arm | £26

Standard Bikini | £18

Extended Bikini | £23

G-String Bikini | £26

Brazilian Bikini | £32

Hollywood Bikini | £38

*Please ask if you are not sure which type of Bikini Wax you require*

## **Hair Removal | Electrolysis**

Electrolysis is a method of removing individual hairs from the face by destroying the growth centre of the hair with heat energy.

10 Minutes | £18

15 Minutes | £21

25 Minutes | £29

## **Eye | Essentials**

Eyebrow Tint | £12

Eyelash Tint | £19

LVL Lash Treatment | £59

## **Ear Piercing**

The Caflon Ear piercing system is hypoallergenic, using pre-packed sterile earrings, in a choice of silver, gold or coloured gems.

£30

## Men's | Grooming

Most our treatments are suitable for men, here are a few favourites we have selected.

**Eyebrow Wax | £14**

**Back Wax | £31**

**Chest Wax | £25**

**Chest & Abdominal Wax | £35**

**Full Leg Wax | £33**

**Executive Pedicure | £40**

50 mins

*Soothe tired soles with this luxurious pedicure. Mineral foot soak, foot scrub, cooling foot mask, hard skin removal, cuticle treatment, cut and file of the nails, finishing with a hydrating pressure point foot massage.*

**Callus Peel Foot Treatment | £40**

60 mins

*A foot treatment for extremely hard skin, cracked heels and calluses. It is a four step, intensive, pain free treatment using AHA's to remove the dead skin cells and soften the soles of your feet, leaving them intensively hydrated and smooth. Completed with cuticle work and cut and file of the nails.*

**Manicure | £30**

45 mins

*Includes cuticle work, a file & shape, relaxing hand massage and finished with an application of nail straightener*

## Facials

**Elemis High Performance Skin Energiser | £75**

*The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, boosts circulation, decongests and combats the harsh effects of shaving and daily pollutants. Deeply relaxing.*

All other Facials are also suitable for men.

## Massage

All massage treatments are suitable for men.

We recommend the Elemis Musclease Massage, or the Elemis Life Elixir Massage.

Please refer to the massage section.