

Hands & Feet

	PRICE	DURATION
EXPRESS TREATMENT	CHAMPNEYS CALLUS PEEL	£39 25 🇨🇩🇩🇩
	CHAMPNEYS CONDITIONING HAND TREATMENT	£39 25 🇨🇩🇩
	CHAMPNEYS EXPRESS MANICURE	£35 25 🇨🇩🇩
	CHAMPNEYS EXPRESS PEDICURE	£35 25 🇨🇩🇩
	JESSICA GEL SOAK OFF	£20 15 🇨🇩🇩
PAMPERED NAILS	JESSICA GELERATION GEL NAILS SHAPE AND POLISH	£45 25 🇨🇩🇩
	JESSICA PRESCRIPTIVE MANICURE	£49 50 🇨🇩🇩
	CHAMPNEYS LUXURY PEDICURE	£49 50 🇨🇩🇩
ULTIMATE NAILS	JESSICA DELUXE GELERATION GEL OVERLAY MANICURE	£59 50 🇨🇩🇩
	CHAMPNEYS ULTIMATE FOOT TRANSFORMATION	£85 85 🇨🇩🇩🇩
	JESSICA DELUXE GELERATION GEL OVERLAY PEDICURE	£59 50 🇨🇩🇩

Massages

	PRICE	DURATION
DISCOVERY	CHAMPNEYS HEAD IN THE CLOUDS	£49 25 🇨🇩🇩
	CHAMPNEYS PERSONALISED BACK MASSAGE	£49 25 🇨🇩🇩🇩🇩🇩
	CHAMPNEYS PERSONALISED SENIOR MASSAGE	£59 25 🇨🇩🇩🇩🇩
	LAVA SHELL RELAX MASSAGE	£55 25 🇩🇩🇩🇩🇩🇩🇩🇩🇩🇩🇩
PERSONALISED	AROMATHERAPY ASSOCIATES BACK MASSAGE	£49 25 🇨🇩🇩🇩🇩🇩🇩🇩🇩
	AROMATHERAPY ASSOCIATES INNER STRENGTH MASSAGE	£49 25 🇨🇩🇩🇩🇩🇩🇩🇩
	CHAMPNEYS INDIAN HEAD MASSAGE	£65 45 🇨🇩🇩🇩🇩🇩🇩
	CHAMPNEYS PERSONALISED MASSAGE	£79 50 🇨🇩🇩🇩🇩
	CHAMPNEYS PERSONALISED SENIOR MASSAGE	£89 50 🇨🇩🇩🇩🇩
	LAVA SHELL RELAX MASSAGE	£85 50 🇩🇩🇩🇩🇩🇩🇩🇩🇩🇩
ULTIMATE	AROMATHERAPY ASSOCIATES FULL BODY MASSAGE	£85 50 🇨🇩🇩🇩🇩🇩🇩🇩
	AROMATHERAPY ASSOCIATES INNER STRENGTH BODY MASSAGE	£85 50 🇨🇩🇩🇩🇩🇩🇩🇩
	CHAMPNEYS HOT POUULTICE MASSAGE	£109 80 🇩🇩🇩🇩🇩🇩🇩🇩🇩🇩🇩*
	CHAMPNEYS SPORTS MASSAGE	£89 50 🇨🇩🇩🇩🇩🇩🇩*
	COLOUR ENERGY CANDLE MASSAGE	£79 50 🇨🇩🇩🇩🇩
	ELEMIS FREESTYLE DEEP TISSUE MASSAGE	£89 50 🇨🇩🇩🇩🇩🇩🇩
	CLARINS CONTOUR BODY	£89 50 🇨🇩🇩🇩🇩🇩🇩
FACE & MASSAGE	CLARINS EXCLUSIVE FACE AND BODY	£89 50 🇨🇩🇩🇩🇩🇩🇩
	ELEMIS ABSOLUTE SPA RITUAL	£135 110 🇩🇩🇩🇩🇩🇩🇩🇩🇩
	ELEMIS COUTURE TOUCH	£89 50 🇨🇩🇩🇩🇩🇩🇩

Baby

	PRICE	DURATION
AROMATHERAPY ASSOCIATES POST PREGNANCY WRAP	£85	50 🇨🇩🇩🇩🇩
AROMATHERAPY ASSOCIATES PREGNANCY MASSAGE	£85	50 🇨🇩🇩🇩🇩
CHAMPNEYS MASSAGE	£49	25 🇨🇩🇩🇩🇩
CHAMPNEYS MASSAGE	£75	50 🇨🇩🇩🇩🇩
CHAMPNEYS PICK ME UP FACIAL	£45	25 🇩
CHAMPNEYS RADIANCE RENEWAL	£75	50 🇩
CHAMPNEYS HEAD IN THE CLOUDS	£49	25 🇨🇩
JESSICA PRESCRIPTIVE MANICURE	£49	25 🇨🇩🇩
CHAMPNEYS LIGHTER LEGS	£50	25 🇨🇩🇩🇩🇩🇩🇩
CHAMPNEYS LUXURY PEDICURE	£49	50 🇩

Facials

	PRICE	DURATION
DISCOVERY	CHAMPNEYS PICK ME UP FACIAL	£45 25 🇩
	CHAMPNEYS BRIGHT EYES	£45 25 🇩
	ELEMIS SUPERFOOD FACIAL	£55 25 🇩
	CLARINS AROMATIC BALANCER	£55 25 🇩
PERSONALISED	CHAMPNEYS RADIANCE RENEWAL	£75 50 🇩
	ELEMIS PRO COLLAGEN AGE DEFY	£89 50 🇩
	ELEMIS DYNAMIC RESURFACING PRESCRIPTION	£89 50 🇩
	CLARINS RADIANCE REVIVER	£79 50 🇩
ULTIMATE	CHAMPNEYS MOISTURE MIRACLE	£79 50 🇩
	ELEMIS BIOTEC FACIAL	£105 50 🇩🇩🇩🇩🇩🇩🇩🇩🇩
	CLARINS LIFTING REPLENISHER	£89 50 🇩

Beauty

	PRICE	DURATION
LASH PERFECT EYELASH EXTENSION	£50	25 🇩
EYEBROW SHAPE	£20	15 🇩
EYEBROW TINT	£20	25 🇩
EYEBROW & EYELASH TINT	£30	25 🇩
EYELASH TINT	£20	25 🇩
THREADING	£30	25 🇩
MAKE UP LESSON	£50	50 🇩
SUN TOWER	£5	3 🇩🇩🇩🇩🇩🇩
ST TROPEZ SPRAY TAN	£35	25 🇩
BIKINI WAX	£25	15 🇨🇩🇩🇩
FULL LEG WAX	£45	45 🇨🇩🇩🇩
HALF LEG WAX	£35	25 🇨🇩🇩🇩
UNDERARM WAX	£20	15 🇨🇩🇩🇩

Men

	PRICE	DURATION
DISCOVERY	CHAMPNEYS MEN'S PERSONALISED MASSAGE	£49 25 🇨🇩🇩🇩🇩
	EXECUTIVE FOOT TREATMENT	£35 25 🇨🇩🇩
	EXECUTIVE HAND & NAIL TREATMENT	£35 25 🇨🇩🇩
	CLARINSMEN SKIN BLITZ EXPRESS FACIAL	£55 25 🇨🇩🇩
PERSONALISED	CHAMPNEYS MEN'S PERSONALISED MASSAGE	£79 50 🇨🇩🇩🇩
	CHAMPNEYS MEN'S PERSONALISED FACIAL	£69 50 🇩
	ELEMIS HIGH PERFORMANCE SKIN ENERGISE	£89 50 🇩
ULTIMATE	CHAMPNEYS GROOMING EXPERIENCE	£95 80 🇩
	CHAMPNEYS SPORTS MASSAGE	£89 50 🇨🇩🇩🇩🇩*
	ELEMIS FREESTYLE DEEP TISSUE MASSAGE	£89 50 🇨🇩🇩🇩🇩

CONTRA INDICATIONS

🇩🇩 HIGH OR LOW BLOOD PRESSURE	🇩🇩 PREGNANT UNDER 3 MONTHS
🇨🇩 CANCER DURING ACTIVE TREATMENT	🇩🇩 PREGNANCY UNDER 14 WEEKS
🇩🇩 CIRCULATORY PROBLEMS	🇩🇩 OVER OR UNDER ACTIVE THYROID
🇩🇩 CLAUSTROPHOBIA	🇩🇩 WARTS VERRUCAS OR FUNGAL INFECTIONS
🇩🇩 DIABETES	🇩🇩 COLD SORES SKIN INFECTIONS OR EYE INFECTIONS
🇨🇩 EPILEPSY	🇩🇩 THROMBOSIS
🇩🇩 HEART CONDITION	🇩🇩 VARICOSE VEINS/STROKE
🇩🇩 METAL PINS AND PLATES	🇩🇩 LIMITED AVAILABILITY
🇩🇩 MOBILITY PROBLEMS	🇩🇩 SHOWER REQUIRED
🇩🇩 PREGNANT	🇩🇩 RECENT OPERATION UNDER 6 MONTHS
🇩🇩 REQUIRES A PATCH TEST 24 HOURS BEFORE	🇩🇩 RECENT OPERATION UNDER 12 MONTHS

Wellness Therapies For Cancer Patients

NEW	PRICE	DURATION
BESPOKE GENTLE TOUCH MASSAGE	£85	50 🇨🇩🇩🇩🇩
SOOTHING BOTANICAL ROSE AND HONEY HARMONY	£89	50 🇨🇩🇩🇩🇩

Our treatments are unsuitable for guests 24 hours pre-chemotherapy/radiotherapy treatment and two weeks post treatment.

Body

	PRICE	DURATION
DISCOVERY	CHAMPNEYS FULL BODY EXFOLIATION	£55 25 🇨🇩🇩🇩🇩
	CHAMPNEYS BODY WRAP	£49 25 🇨🇩🇩🇩🇩
	CHAMPNEYS LIGHTER LEGS	£50 25 🇨🇩🇩🇩🇩
PERSONALISED	CHAMPNEYS BODY RADIANCE	£79 50 🇨🇩🇩🇩🇩
	CHAMPNEYS DETOX CELLULITE BUSTER	£75 50 🇨🇩🇩🇩🇩
	CHAMPNEYS SPA HEAVEN COCOON	£75 50 🇨🇩🇩🇩🇩🇩
	DETOXIFYING SEAWEED WRAP	£69 50 🇨🇩🇩🇩🇩🇩
ULTIMATE	CHAMPNEYS CITRUS BLUSH BODY RITUAL	£79 50 🇨🇩
	CHAMPNEYS SHARED INDULGENCE	£209 80 🇨🇩🇩🇩🇩
	ELEMIS TARGETED TONING TIGHTENER	£79 50 🇨🇩🇩🇩🇩

Alternative

	PRICE	DURATION
ANGEL CARDS - 25 MINS	£30	25 *
ANGEL CARDS - 50 MINS	£60	50 *
BOWEN TECHNIQUE	£85	50 *
CLAIRVOYANCE	£80	50 *
COLON HYDROTHERAPY	£95	75 🇨🇩*
EMOTIONAL FREEDOM TECHNIQUE	£100	80 *
HYPNOTHERAPY	£90	50 *
PSYCHIC HEALING	£65	50 *
REIKI	£75	50 *
RASUL	£40	50
RASUL - WHOLE CHAMBER	£100	45 🇩🇩🇩🇩🇩🇩🇩🇩🇩🇩
REFLEXOLOGY	£75	50 🇩🇩🇩🇩🇩🇩🇩🇩🇩
SHIATSU	£79	50 🇨🇩🇩
SPIRITUAL HEALING	£80	50 *
TAROT CARD READING - 25 MINS	£29	25 *
TAROT CARD READING - 50 MINS	£55	50 *
THALASSOTHERAPY	£20	25 🇨🇩🇩🇩🇩🇩🇩🇩🇩*
TRANSFORMATIONAL ENERGY	£69	50 *