

## 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 ⓂⓈ

## 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 Ⓢ

## Massages

	PRICE	DURATION
DISCOVERY	CHAMPNEYS HEAD IN THE CLOUDS	£49 25 ⓂⓈ
	CHAMPNEYS PERSONALISED BACK MASSAGE	£49 25 ⓂⓈ
	CHAMPNEYS PERSONALISED SENIOR MASSAGE	£59 25 ⓂⓈ
	CHAMPNEYS SPORTS MASSAGE	£55 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	£75 50 ⓂⓈ
	CHAMPNEYS PERSONALISED SENIOR MASSAGE	£89 50 ⓂⓈ
LAVA SHELL RELAX MASSAGE	£85 50 ⓂⓈ	
ULTIMATE	AROMATHERAPY ASSOCIATES FULL BODY MASSAGE	£79 50 ⓂⓈ
	AROMATHERAPY ASSOCIATES INNER STRENGTH BODY MASSAGE	£79 50 ⓂⓈ
	CHAMPNEYS HOT POULTICE MASSAGE	£109 80 ⓂⓈ
	CHAMPNEYS SPORTS MASSAGE	£89 50 ⓂⓈ
	CLARINS CONTOUR BODY	£89 50 ⓂⓈ
ELEMIS FREESTYLE DEEP TISSUE MASSAGE	£89 50 ⓂⓈ	
COLOUR ENERGY CANDLE MASSAGE	£79 50 ⓂⓈ	
FACE & MASSAGE	CLARINS EXCLUSIVE FACE AND BODY	£89 50 ⓂⓈ
	ELEMIS ABSOLUTE SPA RITUAL	£129 110 ⓂⓈ
	ELEMIS COUTURE TOUCH	£89 50 ⓂⓈ

## Baby

	PRICE	DURATION
AROMATHERAPY ASSOCIATES POST PREGNANCY WRAP	£79	50 ⓂⓈ
AROMATHERAPY ASSOCIATES PREGNANCY MASSAGE	£79	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	50 ⓂⓈ
CHAMPNEYS LIGHTER LEGS	£50	25 ⓂⓈ
CHAMPNEYS LUXURY PEDICURE	£49	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 Ⓢ
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 ⓂⓈ
	CLARINS MEN SKIN BLITZ EXPRESS FACIAL	£55 25 ⓂⓈ
PERSONALISED	CHAMPNEYS MEN'S PERSONALISED MASSAGE	£75 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
- Ⓢ CANCER DURING ACTIVE TREATMENT
- Ⓜ CIRCULATORY PROBLEMS
- Ⓢ CLAUSTROPHOBIA
- Ⓢ DIABETES
- Ⓢ EPILEPSY
- Ⓢ HEART CONDITION
- Ⓢ METAL PINS AND PLATES
- Ⓢ MOBILITY PROBLEMS
- Ⓢ PREGNANT
- Ⓢ REQUIRES A PATCH TEST 24 HOURS BEFORE
- Ⓢ PREGNANT UNDER 3 MONTHS
- Ⓢ PREGNANCY UNDER 14 WEEKS
- Ⓢ OVER OR UNDER ACTIVE THYROID
- Ⓢ WARTS VERRUCAS OR FUNGAL INFECTIONS
- Ⓢ COLD SORES SKIN INFECTIONS OR EYE INFECTIONS
- Ⓢ THROMBOSIS
- Ⓢ VARICOSE VEINS/STROKE
- Ⓢ LIMITED AVAILABILITY
- Ⓢ SHOWER REQUIRED
- Ⓢ RECENT OPERATION UNDER 6 MONTHS
- Ⓢ 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 DRY FLOTATION	£49 25 ⓂⓈ
	CHAMPNEYS FULL BODY EXFOLIATION	£55 25 ⓂⓈ
	CHAMPNEYS BODY WRAP	£49 25 ⓂⓈ
	CHAMPNEYS LIGHTER LEGS	£50 25 ⓂⓈ
PERSONALISED	CHAMPNEYS BODY RADIANCE	£69 50 ⓂⓈ
	CHAMPNEYS DETOX CELLULITE BUSTER	£75 50 ⓂⓈ
	CHAMPNEYS DETOXIFYING SEAWEED FLOTATION	£69 50 ⓂⓈ
	CHAMPNEYS SPA HEAVEN COCOON	£69 50 ⓂⓈ
	DETOXIFYING SEAWEED WRAP	£69 50 ⓂⓈ
ULTIMATE	CHAMPNEYS CITRUS BLUSH BODY RITUAL	£79 50 ⓂⓈ
	ELEMIS TARGETED TONING TIGHTENER	£79 50 ⓂⓈ

## Alternative

	PRICE	DURATION
AROMATHERAPY FLOTATION	£55	50 ⓂⓈ
DRY FLOTATION	£49	25 ⓂⓈ
HEAVENLY FLOTATION	£55	50 ⓂⓈ
INFRA RED THERAPY	£15	25 ⓂⓈ
RASUL	£40	45
RASUL - WHOLE CHAMBER	£100	45
REIKI	£75	50 *
REFLEXOLOGY	£75	50 ⓂⓈ
SHIATSU	£75	50 ⓂⓈ
THALASSOTHERAPY	£20	25 ⓂⓈ

