



## 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	£75 50
	CHAMPNEYS PERSONALISED SENIOR MASSAGE	£89 50
ULTIMATE	LAVA SHELL RELAX MASSAGE	£85 50
	AROMATHERAPY ASSOCIATES FULL BODY MASSAGE	£79 50
	AROMATHERAPY ASSOCIATES INNER STRENGTH BODY MASSAGE	£79 50
	CHAMPNEYS HOT POULTICE MASSAGE	£109 80
	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

## 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
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

## Alternative

	PRICE	DURATION
REIKI	£75	50 *
REFLEXOLOGY	£75	50
THALASSOTHERAPY	£20	25

### 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 VERRUCCAS 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.

## 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

## Body

	PRICE	DURATION
DISCOVERY	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 SPA HEAVEN COCOON	£69 50
	DETOXIFYING SEAWEED WRAP	£69 50
ULTIMATE	CHAMPNEYS CITRUS BLUSH BODY RITUAL	£79 50
	ELEMIS TARGETED TONING TIGHTENER	£79 50

## 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
	ELEMIS FREESTYLE DEEP TISSUE MASSAGE	£89 50

