

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 POULTICE MASSAGE	£109 80
	CHAMPNEYS SPORTS MASSAGE	£89 50
	COLOUR ENERGY CANDLE MASSAGE	£79 50
	ELEMIS FREESTYLE DEEP TISSUE MASSAGE	£89 50
FACE & MASSAGE	CLARINS EXCLUSIVE FACE AND BODY	£89 50
	ELEMIS COUTURE TOUCH	£89 50
	ELEMIS ABSOLUTE SPA RITUAL	£135 110

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
INTIMATE WAXING	£35	45
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	£45 25
	EXECUTIVE HAND & NAIL TREATMENT	£35 25
PERSONALISED	CLARINS MEN SKIN BLITZ EXPRESS FACIAL	£55 25
	CHAMPNEYS MEN'S PERSONALISED MASSAGE	£79 50
	CHAMPNEYS MEN'S PERSONALISED FACIAL	£69 50
ULTIMATE	ELEMIS HIGH PERFORMANCE SKIN ENERGISE	£89 50
	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

	PRICE	DURATION
NEW		
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	£79 50
	CHAMPNEYS DETOX CELLULITE BUSTER	£75 50
	CHAMPNEYS DETOXIFYING SEAWEED FLOTATION	£75 50
	CHAMPNEYS SPA HEAVEN COCOON	£75 50
ULTIMATE	DETOXIFYING SEAWEED WRAP	£69 50
	CHAMPNEYS CITRUS BLUSH BODY RITUAL	£79 50
CHAMPNEYS SHARED INDULGENCE	£209	80
ELEMIS TARGETED TONING TIGHTENER	£79	50

Alternative

	PRICE	DURATION
DEEP ENERGY HEALING	£49	25 *
DEEP ENERGY HEALING	£75	55 *
ACUPUNCTURE	£80	50
CHIROPODY	£50	25 *
CLAIRVOYANCE	£80	50 *
COLON HYDROTHERAPY	£95	75
COLOUR ANALYSIS	£130	50 *
DETOX JOURNEY	£129	110
DRY FLOTATION - MARINE ALGAE	£55	50
DRY FLOTATION - NATURAL MARINE MUD	£55	50
FRIGI THALGO WRAP	£55	50
HOT STONE REFLEXOLOGY	£90	50
HYDROTHERAPY BATH	£50	25
HYPNOTHERAPY	£90	50 *
INFRA RED THERAPY	£15	25
IPULSE - SLIMMING & FIRMING	£65	50
MEDITATION	£80	50 *
NEO QUI	£50	25
OSTEOPATHY	£100	50
OSTEOPATHIC DE-STRESS TREATMENT	£100	50
PERSONAL STYLE AND IMAGE CONSULTATION	£145	80 *
PHYSIOTHERAPY	£50	25 *
	£100	50 *
PRESSOTHERAPY - RE VITA LEGS	£50	25
REIKI	£75	50 *
REFLEXOLOGY	£75	50
SHIATSU	£79	50
SPIRITUAL HEALING	£80	50 *
TENSION HEADACHE RELIEF	£55	25