

## 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	£35 25 🇨🇩🇩
	EXECUTIVE HAND & NAIL TREATMENT	£35 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 VERRUCA'S 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
<b>NEW</b>		
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 🇨🇩🇩🇩*