



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 🕒
	CLARINS AROMATIC BALANCER	£55 25 🕒
	ELEMIS SUPERFOOD FACIAL	£55 25 🕒
PERSONALISED	CHAMPNEYS COLLAGEN GOLD FACIAL	£75 50 🕒
	CLARINS RADIANCE REVIVER	£79 50 🕒
	ELEMIS PRO COLLAGEN AGE DEFY	£89 50 🕒
	ELEMIS DYNAMIC RESURFACING PRESCRIPTION	£89 50 🕒
	CHAMPNEYS ULTIMATE AGE EXCELLENCE	£89 80 🕒
ULTIMATE	CLARINS LIFTING REPLENISHER	£89 50 🕒
	ELEMIS BIOTEC FACIAL	£105 50 🕒🕒🕒🕒🕒🕒🕒🕒🕒

Wellness Therapies For Cancer Patients

NEW	PRICE	DURATION
LUXURY PHYTOCARE BAOBAB BODY AND SCALP RITUAL	£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	£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 🕒🕒
	CHAMPNEYS SHARED INDULGENCE	£209 80 🕒🕒🕒🕒
	ELEMIS TARGETED TONING TIGHTENER	£79 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 🕒🕒🕒🕒
	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 🕒🕒🕒🕒*
	COLOUR ENERGY CANDLE MASSAGE	£79 50 🕒🕒🕒🕒
	CLARINS CONTOUR BODY	£89 50 🕒🕒🕒🕒🕒
ELEMIS FREESTYLE DEEP TISSUE MASSAGE	£89 50 🕒🕒🕒🕒🕒	
FACE & MASSAGE	CLARINS EXCLUSIVE FACE AND BODY	£89 50 🕒🕒🕒🕒🕒
	ELEMIS ABSOLUTE SPA RITUAL	£129 110 🕒🕒🕒🕒🕒🕒
	ELEMIS COUTURE TOUCH	£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	£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

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|----------------------------------|--|
| 🕒 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 |
| | 🕒 RECENT OPERATION UNDER 12 MONTHS |

Baby

	PRICE	DURATION
AROMATHERAPY ASSOCIATES POST PREGNANCY WRAP	£79	50 🕒🕒🕒
AROMATHERAPY ASSOCIATES PREGNANCY MASSAGE	£79	50 🕒🕒🕒
BEAUTIFUL BUMP	£69	25 🕒🕒🕒🕒
CHAMPNEYS MASSAGE	£49	25 🕒🕒🕒
CHAMPNEYS MASSAGE	£75	50 🕒🕒🕒
CHAMPNEYS PICK ME UP FACIAL	£45	25 🕒
CHAMPNEYS COLLAGEN GOLD FACIAL	£75	50 🕒
CHAMPNEYS HEAD IN THE CLOUDS	£49	25 🕒🕒
JESSICA PRESCRIPTIVE MANICURE	£49	50 🕒🕒
CHAMPNEYS LIGHTER LEGS	£50	25 🕒🕒🕒🕒
CHAMPNEYS LUXURY PEDICURE	£49	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	£75	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 *

