

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
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
BEAUTIFUL BUMP	£69	50
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

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
ULTIMATE		
CHAMPNEYS ULTIMATE AGE EXCELLENCE	£89	80
CLARINS LIFTING REPLENISHER	£89	50
ELEMIS BIOTEC FACIAL	£105	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

- HIGH OR LOW BLOOD PRESSURE
- CANCER DURING ACTIVE TREATMENT
- CIRCULATORY PROBLEMS
- CLAUSTROPHOBIA
- DIABETES
- EPILEPSY
- HEART CONDITION
- METAL PINS AND PLATES
- MOBILITY PROBLEMS
- PREGNANT
- 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

	PRICE	DURATION
NEW		
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 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

