



Hands & Feet

	PRICE	DURATION
EXPRESS TREATMENT	CHAMPNEYS CALLUS PEEL	£39 25 ①②③
	CHAMPNEYS CONDITIONING HAND TREATMENT	£39 25 ①①
	CHAMPNEYS EXPRESS MANICURE	£35 25 ①①
	CHAMPNEYS EXPRESS PEDICURE	£35 25 ①①
	JESSICA GEL SOAK OFF	£20 15 ①①
PAMPERED NAILS	JESSICA GELERATION GEL NAILS SHAPE AND POLISH	£45 25 ①①
	JESSICA PRESCRIPTIVE MANICURE	£49 50 ①①
	CHAMPNEYS LUXURY PEDICURE	£49 50 ①①
ULTIMATE NAILS	JESSICA DELUXE GELERATION GEL OVERLAY MANICURE	£59 50 ①①
	CHAMPNEYS ULTIMATE FOOT TRANSFORMATION	£85 85 ①①②
	JESSICA DELUXE GELERATION GEL OVERLAY PEDICURE	£59 50 ①①

Massages

	PRICE	DURATION
DISCOVERY	CHAMPNEYS HEAD IN THE CLOUDS	£49 25 ②②
	CHAMPNEYS PERSONALISED BACK MASSAGE	£49 25 ②②③④
	CHAMPNEYS PERSONALISED SENIOR MASSAGE	£59 25 ②②③④
	LAVA SHELL RELAX MASSAGE	£55 25 ④⑤⑥⑦⑧⑨⑩⑪⑫
PERSONALISED	AROMATHERAPY ASSOCIATES BACK MASSAGE	£49 25 ②③④⑤⑥⑦⑧
	AROMATHERAPY ASSOCIATES INNER STRENGTH MASSAGE	£49 25 ②③④⑤⑥⑦⑧
	CHAMPNEYS INDIAN HEAD MASSAGE	£65 45 ②③④⑤⑥⑦⑧
	CHAMPNEYS PERSONALISED MASSAGE	£75 50 ②③④⑤⑥
	CHAMPNEYS PERSONALISED SENIOR MASSAGE	£89 50 ②③④⑤⑥
ULTIMATE	LAVA SHELL RELAX MASSAGE	£85 50 ④⑤⑥⑦⑧⑨⑩⑪⑫
	AROMATHERAPY ASSOCIATES FULL BODY MASSAGE	£79 50 ②③④⑤⑥⑦⑧
	AROMATHERAPY ASSOCIATES INNER STRENGTH BODY MASSAGE	£79 50 ②③④⑤⑥⑦⑧
	CHAMPNEYS HOT POULTICE MASSAGE	£109 80 ④⑤⑥⑦⑧⑨⑩⑪⑫*
	CLARINS CONTOUR BODY	£89 50 ②③④⑤⑥⑦⑧
	ELEMIS FREESTYLE DEEP TISSUE MASSAGE	£89 50 ②③④⑤⑥⑦⑧
	COLOUR ENERGY CANDLE MASSAGE	£79 50 ②③④⑤⑥
FACE & MASSAGE	CLARINS EXCLUSIVE FACE AND BODY	£89 50 ②③④⑤⑥⑦⑧
	ELEMIS ABSOLUTE SPA RITUAL	£129 110 ④⑤⑥⑦⑧⑨⑩⑪⑫
	ELEMIS COUTURE TOUCH	£89 50 ②③④⑤⑥⑦⑧

Facials

	PRICE	DURATION
DISCOVERY	CHAMPNEYS PICK ME UP FACIAL	£45 25 ①
	CLARINS AROMATIC BALANCER	£55 25 ①
	ELEMIS SUPERFOOD FACIAL	£55 25 ①
PERSONALISED	CHAMPNEYS COLLAGEN GOLD FACIAL	£75 50 ①
	CLARINS RADIANCE REVIVER	£79 50 ①
	ELEMIS PRO COLLAGEN AGE DEFY	£89 50 ①
ULTIMATE	ELEMIS DYNAMIC RESURFACING PRESCRIPTION	£89 50 ①
	CHAMPNEYS ULTIMATE AGE EXCELLENCE	£89 80 ①
	CLARINS LIFTING REPLENISHER	£89 50 ①
	ELEMIS BIOTEC FACIAL	£105 50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲

Beauty

	PRICE	DURATION
LASH PERFECT EYELASH EXTENSION	£50	25 ①
EYEBROW SHAPE	£20	15 ①
EYEBROW TINT	£20	25 ①
EYEBROW & EYELASH TINT	£30	25 ①
EYELASH TINT	£20	25 ①
MAKE UP LESSON	£50	50 ①
SUN TOWER	£5	3 ④⑤⑥⑦⑧⑨⑩
ST TROPEZ SPRAY TAN	£35	25 ①
BIKINI WAX	£25	15 ④⑤⑥⑦
FULL LEG WAX	£45	45 ④⑤⑥⑦
HALF LEG WAX	£35	25 ④⑤⑥⑦
UNDERARM WAX	£20	15 ④⑤⑥⑦

Alternative

	PRICE	DURATION
REIKI	£75	50 *
REFLEXOLOGY	£75	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
THALASSOTHERAPY	£20	25 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲

CONTRA INDICATIONS

- | | |
|---|---|
| H HIGH OR LOW BLOOD PRESSURE | P PREGNANT UNDER 3 MONTHS |
| C CANCER DURING ACTIVE TREATMENT | H PREGNANCY UNDER 14 WEEKS |
| F CIRCULATORY PROBLEMS | T OVER OR UNDER ACTIVE THYROID |
| D CLAUSTROPHOBIA | W WARTS VERRUCAS OR FUNGAL INFECTIONS |
| D DIABETES | I COLD SORES SKIN INFECTIONS OR EYE INFECTIONS |
| E EPILEPSY | T THROMBOSIS |
| H HEART CONDITION | V VARICOSE VEINS/STROKE |
| M METAL PINS AND PLATES | * LIMITED AVAILABILITY |
| M MOBILITY PROBLEMS | S SHOWER REQUIRED |
| P PREGNANT | R RECENT OPERATION UNDER 6 MONTHS |
| | R RECENT OPERATION UNDER 12 MONTHS |

Wellness Therapies For Cancer Patients

NEW	PRICE	DURATION
LUXURY PHYTOCARE BAOBAB BODY AND SCALP RITUAL	£85	50 ④⑤⑥⑦⑧
SOOTHING BOTANICAL ROSE AND HONEY HARMONY	£89	50 ④⑤⑥⑦⑧

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 ④⑤⑥⑦⑧
AROMATHERAPY ASSOCIATES PREGNANCY MASSAGE	£79	50 ④⑤⑥⑦⑧
BEAUTIFUL BUMP	£69	50 ④⑤⑥⑦⑧⑨⑩
CHAMPNEYS MASSAGE	£49	25 ④⑤⑥⑦⑧
CHAMPNEYS MASSAGE	£75	50 ④⑤⑥⑦⑧
CHAMPNEYS PICK ME UP FACIAL	£45	25 ①
CHAMPNEYS COLLAGEN GOLD FACIAL	£75	50 ①
CHAMPNEYS HEAD IN THE CLOUDS	£49	25 ②③
JESSICA PRESCRIPTIVE MANICURE	£49	50 ①①
CHAMPNEYS LIGHTER LEGS	£50	25 ④⑤⑥⑦⑧⑨⑩
CHAMPNEYS LUXURY PEDICURE	£49	50 ④

Body

	PRICE	DURATION
DISCOVERY	CHAMPNEYS FULL BODY EXFOLIATION	£55 25 ④⑤⑥⑦⑧⑨
	CHAMPNEYS BODY WRAP	£49 25 ④⑤⑥⑦⑧
	CHAMPNEYS LIGHTER LEGS	£50 25 ④⑤⑥⑦⑧⑨⑩
PERSONALISED	CHAMPNEYS BODY RADIANCE	£69 50 ④⑤⑥⑦⑧⑨
	CHAMPNEYS DETOX CELLULITE BUSTER	£75 50 ④⑤⑥⑦⑧
	CHAMPNEYS SPA HEAVEN COCOON	£69 50 ④⑤⑥⑦⑧⑨⑩
	DETOXIFYING SEAWEED WRAP	£69 50 ④⑤⑥⑦⑧⑨⑩⑪
ULTIMATE	CHAMPNEYS CITRUS BLUSH BODY RITUAL	£79 50 ④⑤
	ELEMIS TARGETED TONING TIGHTENER	£79 50 ④⑤⑥⑦⑧⑨⑩

Men

	PRICE	DURATION
DISCOVERY	CHAMPNEYS MEN'S PERSONALISED MASSAGE	£49 25 ④⑤⑥⑦⑧
	EXECUTIVE FOOT TREATMENT	£35 25 ④⑤
	CLARINSMEN SKIN BLITZ EXPRESS FACIAL	£55 25 ④⑤
	EXECUTIVE HAND & NAIL TREATMENT	£35 25 ④⑤
PERSONALISED	CHAMPNEYS MEN'S PERSONALISED MASSAGE	£75 50 ④⑤⑥⑦
	CHAMPNEYS MEN'S PERSONALISED FACIAL	£69 50 ①
	ELEMIS HIGH PERFORMANCE SKIN ENERGISE	£89 50 ①
ULTIMATE	CHAMPNEYS GROOMING EXPERIENCE	£95 80 ①
	ELEMIS FREESTYLE DEEP TISSUE MASSAGE	£89 50 ④⑤⑥⑦⑧⑨⑩

