

## Hands & Feet

	PRICE	DURATION
<b>EXPRESS TREATMENT</b>		
CHAMPNEYS CALLUS PEEL	£39	25 ①②③
CHAMPNEYS CONDITIONING HAND TREATMENT	£39	25 ②①
CHAMPNEYS EXPRESS MANICURE	£35	25 ②①
CHAMPNEYS EXPRESS PEDICURE	£35	25 ②①
JESSICA GEL SOAK OFF	£20	15 ②①
<b>PAMPERED NAILS</b>		
JESSICA GELERATION GEL NAILS SHAPE AND POLISH	£45	25 ②①
JESSICA PRESCRIPTIVE MANICURE	£49	50 ②①
CHAMPNEYS LUXURY PEDICURE	£49	50 ②①
<b>ULTIMATE NAILS</b>		
JESSICA DELUXE GELERATION GEL OVERLAY MANICURE	£59	50 ②①
CHAMPNEYS ULTIMATE FOOT TRANSFORMATION	£85	85 ②①②
JESSICA DELUXE GELERATION GEL OVERLAY PEDICURE	£59	50 ②①

## Massages

	PRICE	DURATION
<b>DISCOVERY</b>		
CHAMPNEYS HEAD IN THE CLOUDS	£49	25 ②③
CHAMPNEYS PERSONALISED BACK MASSAGE	£49	25 ②③④⑤⑥
CHAMPNEYS PERSONALISED SENIOR MASSAGE	£59	25 ②③④⑤⑥
LAVA SHELL RELAX MASSAGE	£55	25 ④⑤⑥⑦⑧⑨⑩⑪⑫
<b>PERSONALISED</b>		
AROMATHERAPY ASSOCIATES BACK MASSAGE	£49	25 ④⑤⑥⑦⑧⑨⑩⑪⑫
AROMATHERAPY ASSOCIATES INNER STRENGTH MASSAGE	£49	25 ④⑤⑥⑦⑧⑨⑩⑪⑫
CHAMPNEYS INDIAN HEAD MASSAGE	£65	45 ④⑤⑥⑦⑧⑨⑩⑪⑫
CHAMPNEYS PERSONALISED MASSAGE	£75	50 ④⑤⑥⑦⑧⑨⑩⑪⑫
CHAMPNEYS PERSONALISED SENIOR MASSAGE	£89	50 ④⑤⑥⑦⑧⑨⑩⑪⑫
LAVA SHELL RELAX MASSAGE	£85	50 ④⑤⑥⑦⑧⑨⑩⑪⑫
<b>ULTIMATE</b>		
AROMATHERAPY ASSOCIATES FULL BODY MASSAGE	£79	50 ④⑤⑥⑦⑧⑨⑩⑪⑫
AROMATHERAPY ASSOCIATES INNER STRENGTH BODY MASSAGE	£79	50 ④⑤⑥⑦⑧⑨⑩⑪⑫
CHAMPNEYS HOT POULTICE MASSAGE	£109	80 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯*
CHAMPNEYS SPORTS MASSAGE	£89	50 ④⑤⑥⑦⑧⑨⑩⑪⑫*
COLOUR ENERGY CANDLE MASSAGE	£79	50 ④⑤⑥⑦⑧⑨⑩⑪⑫
ELEMIS FREESTYLE DEEP TISSUE MASSAGE	£89	50 ④⑤⑥⑦⑧⑨⑩⑪⑫
CLARINS CONTOUR BODY	£89	50 ④⑤⑥⑦⑧⑨⑩⑪⑫
<b>FACE &amp; MASSAGE</b>		
ELEMIS ABSOLUTE SPA RITUAL	£129	110 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
ELEMIS COUTURE TOUCH	£89	50 ④⑤⑥⑦⑧⑨⑩⑪⑫
CLARINS EXCLUSIVE FACE AND BODY	£89	50 ④⑤⑥⑦⑧⑨⑩⑪⑫

## 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	25 ②①
CHAMPNEYS LIGHTER LEGS	£50	25 ④⑤⑥⑦⑧⑨⑩
CHAMPNEYS LUXURY PEDICURE	£49	50 ②

## Facials

	PRICE	DURATION
<b>DISCOVERY</b>		
CHAMPNEYS PICK ME UP FACIAL	£45	25 ①
CLARINS AROMATIC BALANCER	£55	25 ①
ELEMIS SUPERFOOD FACIAL	£55	25 ①
<b>PERSONALISED</b>		
CHAMPNEYS COLLAGEN GOLD FACIAL	£75	50 ①
CLARINS RADIANCE REVIVER	£79	50 ①
ELEMIS PRO COLLAGEN AGE DEFY	£89	50 ①
ELEMIS DYNAMIC RESURFACING PRESCRIPTION	£89	50 ①
<b>ULTIMATE</b>		
CARITA CINETIC LIFT AND SCULPT FOR EYES	£55	25 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
CARITA CINETIC LIFT EXPERT BOOSTER FACIAL	£89	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
CARITA CINETIC LIFT EXPERT FACIAL	£129	80 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
CHAMPNEYS ULTIMATE AGE EXCELLENCE	£89	80 ①
CLARINS LIFTING REPLENISHER	£89	50 ①
ELEMIS BIOTEC FACIAL	£105	50 ①②③④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲

## 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
THREADING	£30	25 ①
MAKE UP LESSON	£50	50 ①
SUN TOWER	£5	3 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
ST TROPEZ SPRAY TAN	£35	25 ①
BIKINI WAX	£25	15 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
INTIMATE WAXING	£25	45 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
FULL LEG WAX	£45	45 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
HALF LEG WAX	£35	25 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
UNDERARM WAX	£20	15 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲

## Men

	PRICE	DURATION
<b>DISCOVERY</b>		
CHAMPNEYS MEN'S PERSONALISED MASSAGE	£49	25 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
EXECUTIVE FOOT TREATMENT	£35	25 ②①
EXECUTIVE HAND & NAIL TREATMENT	£35	25 ②①
CLARINSMEN SKIN BLITZ EXPRESS FACIAL	£55	25 ②①
<b>PERSONALISED</b>		
CHAMPNEYS MEN'S PERSONALISED MASSAGE	£75	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
CHAMPNEYS MEN'S PERSONALISED FACIAL	£69	50 ①
ELEMIS HIGH PERFORMANCE SKIN ENERGISE	£89	50 ①
<b>ULTIMATE</b>		
CARITA CINETIC MENS FACIAL	£129	80 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
CHAMPNEYS GROOMING EXPERIENCE	£95	80 ①
CHAMPNEYS SPORTS MASSAGE	£89	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲*
ELEMIS FREESTYLE DEEP TISSUE MASSAGE	£89	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲

### CONTRA INDICATIONS

- ④ HIGH OR LOW BLOOD PRESSURE
- ⑤ CANCER DURING ACTIVE TREATMENT
- ⑥ CIRCULATORY PROBLEMS
- ⑦ CLAUSTROPHOBIA
- ⑧ DIABETES
- ⑨ EPILEPSY
- ⑩ HEART CONDITION
- ⑪ METAL PINS AND PLATES
- ⑫ MOBILITY PROBLEMS
- ⑬ PREGNANT
- ⑭ PREGNANT UNDER 3 MONTHS
- ⑮ PREGNANCY UNDER 14 WEEKS
- ⑯ OVER OR UNDER ACTIVE THYROID
- ⑰ WARTS VERRUCAES OR FUNGAL INFECTIONS
- ⑱ COLD SORES SKIN INFECTIONS OR EYE INFECTIONS
- ⑲ THROMBOSIS
- ⑳ VARICOSE VEINS/STROKE
- ⌘ LIMITED AVAILABILITY
- Ⓜ SHOWER REQUIRED
- Ⓝ RECENT OPERATION UNDER 6 MONTHS
- Ⓞ RECENT OPERATION UNDER 12 MONTHS

## Wellness Therapies For Cancer Patients

NEW	PRICE	DURATION
LUXURY PHYTOCARE BAOBAB BODY AND SCALP RITUAL	£85	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
SOOTHING BOTANICAL ROSE AND HONEY HARMONY	£89	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲

Our treatments are unsuitable for guests 24 hours pre-chemotherapy/radiotherapy treatment and two weeks post treatment.

## Body

	PRICE	DURATION
<b>DISCOVERY</b>		
CHAMPNEYS DRY FLOTATION	£49	25 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
CHAMPNEYS FULL BODY EXFOLIATION	£55	25 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
CHAMPNEYS BODY WRAP	£49	25 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
CHAMPNEYS LIGHTER LEGS	£50	25 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
<b>PERSONALISED</b>		
CHAMPNEYS BODY RADIANCE	£69	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
CHAMPNEYS DETOX CELLULITE BUSTER	£75	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
CHAMPNEYS DETOXIFYING SEAWEED FLOATATION	£69	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
CHAMPNEYS SPA HEAVEN COCOON	£69	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
DETOXIFYING SEAWEED WRAP	£69	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
<b>ULTIMATE</b>		
CHAMPNEYS CITRUS BLUSH BODY RITUAL	£79	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
CHAMPNEYS SHARED INDULGENCE	£209	80 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲
ELEMIS TARGETED TONING TIGHTENER	£79	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲

## Alternative

	PRICE	DURATION
DEEP ENERGY HEALING	£49	25 *
DEEP ENERGY HEALING	£75	55 *
ACUPUNCTURE	£80	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲*
CHIROPODY	£50	25 *
CLAIRVOYANCE	£80	50 *
COLON HYDROTHERAPY	£95	75 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲*
COLOUR ANALYSIS	£130	50 *
DETOX JOURNEY	£129	110 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟
DRY FLOTATION - MARINE ALGAE	£55	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟
DRY FLOTATION - NATURAL MARINE MUD	£55	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟
FRIGI THALGO WRAP	£55	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟
HOT STONE REFLEXOLOGY	£90	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟
HYDROTHERAPY BATH	£50	25 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟
HYPNOTHERAPY	£90	50 *
INFRA RED THERAPY	£15	25 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟
IPULSE - SLIMMING & FIRMING	£65	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟
MEDITATION	£80	50 *
NEO QUI	£50	25 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟
OSTEOPATHY	£100	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟
OSTEOPATHIC DE-STRESS TREATMENT	£100	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟
PERSONAL STYLE AND IMAGE CONSULTATION	£145	80 *
PHYSIOTHERAPY	£50	25 *
	£100	50 *
PRESSOTHERAPY - RE VITA LEGS	£50	25 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟
RAHANNI CELESTIAL HEALING	£80	50 *
REIKI	£75	50 *
REFLEXOLOGY	£75	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟
SHIATSU	£75	50 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟
SPIRITUAL HEALING	£80	50 *
TENSION HEADACHE RELIEF	£55	25 ④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟