



Treatment Menu

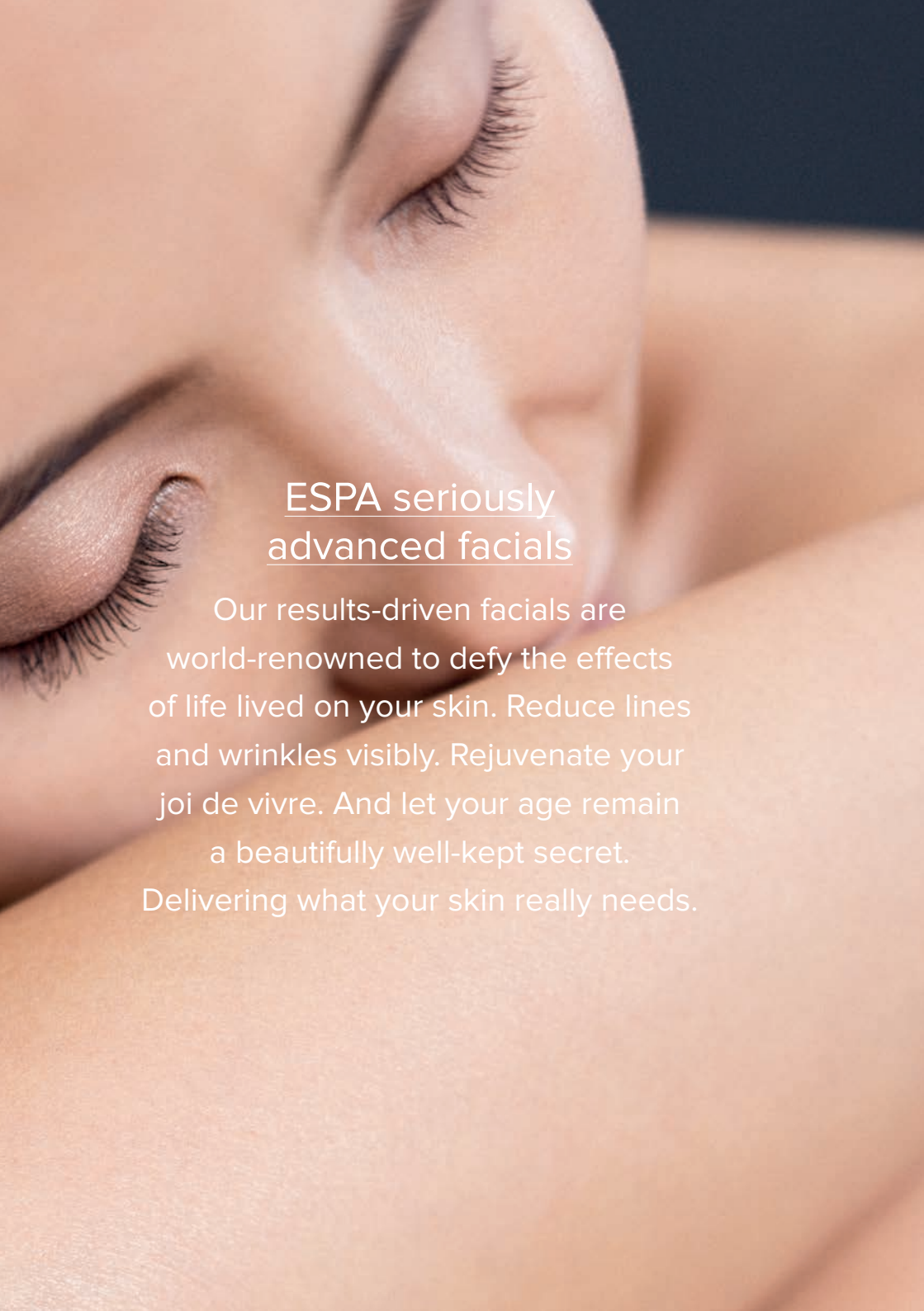
ESPA

Natural Beauty
Inner Calm



At ESPA we are guided
by a holistic philosophy,
caring for your whole wellbeing.

Our aim is to help you
look and feel your best,
for you to have
naturally beautiful skin
and a renewed
sense of inner calm.



ESPA seriously advanced facials

Our results-driven facials are world-renowned to defy the effects of life lived on your skin. Reduce lines and wrinkles visibly. Rejuvenate your joi de vivre. And let your age remain a beautifully well-kept secret. Delivering what your skin really needs.

Intensive and Age-defying Facials

Lift & Firm Facial

85 minutes £115

Enhance tonicity and firmness while stimulating cellular regeneration with this SuperActive™ facial.

Highly effective and entirely personalised, this advanced facial treatment uses specialised lifting massage techniques alongside naturally powerful skincare to stimulate collagen production and help combat the signs of ageing. The results are instant – lines and wrinkles are minimised and the complexion is smoother, firmer, even-toned and instantly rejuvenated.

Includes: Deep cleanse, skin analysis with, SkinVision™ lamp, steam & extraction if required, specialised age defying, contouring and lifting facial massage techniques, Lift & Firm Mask, Scalp Massage and ESPA Lift & Firm product range.

Age Defyer Facial

55 minutes £85

Instantly hydrate and rejuvenate the complexion with this luxurious age-defying facial.

Personalised entirely to your needs, this advanced facial addresses the most visible signs of ageing to leave skin replenished, supple and visibly plumped. Specialised age-defying massage techniques focus on the delicate area around the eyes, neck and lips that are prone to fine lines, while natural active formulations deeply hydrate and smooth.

Includes: Deep cleanse, skin analysis with SkinVision™ lamp, steam & extraction if required, specialized age-defying facial massage techniques, personalised mask & scalp massage.

All of our tailored facials include:

An in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye.

A detailed consultation

Cleansing, exfoliation, steam and extraction where necessary

A treatment specific massage, mask and intensive serum chosen to achieve the best possible results

A tinted moisturiser leaves you ready to face the world again

To maintain the ultimate in healthy radiant skin we recommend a facial once a month

Skin Solutions Facials

Skin Radiance Facial

55 minutes £75

Reawaken a tired complexion and reveal instantly brighter skin with this radiance-enhancing ESPA facial. Indulgent and restorative, it cleanses, soothes and nourishes the complexion plus helps smooth and reduce irregular pigmentation before finishing with a deeply relaxing scalp massage.

Includes: The unique Optimal Skin ProCleanser, skin analysis with SkinVision™ lamp, steam and extraction (if required), facial massage, instant Skin Radiance Mask, scalp massage and the revolutionary Skin Radiance Intensive Serum.

The Rehydrator Facial

55 minutes £75

Intensive and regenerating, leaving dehydrated skin supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

Includes: Triple cleanse, skin analysis with, SkinVision™ lamp, steam and extraction (if required), a rich combination of nourishing massage and a deeply hydrating mask, scalp massage.

The Purifying Facial

55 minutes £75

Rebalancing and cleansing, for oily, congested and problematic skin. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clear complexion.

Includes: Deep triple cleanse, skin analysis with SkinVision™ lamp, exfoliation to refine open pores, steam & extraction (if required), facial massage, a purifying mask and scalp massage.

De-Sensitiser Facial

55 minutes £75

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished. De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

Includes: Triple cleanse, skin analysis with SkinVision™ lamp, gentle exfoliation if appropriate, facial massage, personalised mask and scalp massage.

Optimal Skin Profacial

55 minutes £80

Designed to rebalance, hydrate and revitalise, Tri-Phase cleansing technology is enhanced with Clarisonic brushing for a deep cleanse, while bestselling ProSerum combines the potent natural actives of a serum with the advanced nourishment of a face oil to deliver visible skin health and radiance.

Finally, new ProMoisturiser with responsive hydration intuitively targets the delivery of nutrient-rich, hydrating actives to where your skin requires them most. This facial instantly revives and brightens the complexion while ultimately helping to protect against environmental damage and delay the early, invisible stages of skin ageing.

Includes: Deep brush cleanse, skin analysis with SkinVision™ lamp, steam and extraction if required, facial treatment mask, ESPA Optimal Skin product range, facial and eye area massage, hand & arm exfoliation and treatment.

Lift & Firm Eye Treatment

55 minutes £75

Relieve eye-strain and tension caused by computers, plus address the first signs of aging around the eyes with this instantly effective treatment.

Toning eye-area massage combines with a mask and serum rich in Golden Root to instantly brighten and reduce puffiness, Argan Oil to smooth lines and Larch to tone, lift and firm.

Includes: A cleanse, exfoliation, massage, firming eye mask and application of our Lift & Firm Intensive Eye Serum.



ESPA Body Treatments

We offer a huge range of solution led ESPA body treatments, rituals, massages and wraps, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

ESPA Body Treatments

Back, Face And Scalp Treatment

85 Minutes / 120 minutes with hot stones £120

Often-imitated, never matched, our original Back, Face and Scalp massage combines exfoliation and volcanic hot stones to target the core three relaxation points.

Starting with a gentle Back exfoliation then hot stone back massage to soothe muscles and remove stress. A personalised ESPA facial and soothing scalp massage make this the perfect experience.

Restore calm to mind and body with this renowned 'hero' treatment. Loved by all, this relaxing and deeply effective ESPA experience delivers triple results by focussing on three key areas – the back, the face and the scalp – making it the ideal treatment for anyone.

Includes: Back exfoliation, Back massage with hot stones, Personalised Facial, Scalp massage.

Holistic Total Body Ritual with Hot Stones

1 Hour 50 minutes £150

Melt away tension and bring your body and mind back into harmonious balance.

Body brushing and exfoliation first smooth and soften skin, followed by an indulgent massage using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles. Finally, a comforting scalp massage and gentle stretching allows you to relax and unwind.

Includes: Body exfoliation, Massage with hot stones, Scalp massage.

ESPA Body Ritual

120 minutes £115

This treatment combines a body wrap and massage to restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

Following body exfoliation, a Marine Algae or Mud wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a tailor made aromatherapy massage takes place, leaving you with a sense of well-being, cleansed and revitalised. Choose from the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner.

Includes: Body exfoliation, Detoxifying Algae or Nourishing Marine Mud wrap, scalp massage, Aromatherapy massage .

Body Wraps

60 minutes £100

Purify the body or deeply nourish skin with this instantly effective body wrap.

Detoxify or richly condition with this complete body wrap of Algae or Marine Mud combined with essential oils to rejuvenate skin, before a therapeutic scalp massage unwinds a busy mind.

Includes: Skin brush, Body exfoliation, Detox Algae or Nourishing Marine Mud wrap, Scalp massage

Massage

Personalised Massage

55/85 minutes £85/£100

Comforting, luxurious and indulgent, this targeted body treatment is entirely personalised to your needs.

Following a personal consultation and sensory test, your expert therapist selects the most suitable combination of essential oils and massage techniques to suit your needs and ensure you get the most out of this bespoke body treatment.

Includes: Tailored massage selected from aromatherapy, hot stone, deep muscle, or swedish.

Aromatherapy Massage

55/85 minutes £80/£100

A relaxing massage using a blend of individually chosen espa oils to suit your specific needs.

Choose from the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser.

Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder areas.

Deep Muscle Massage

55/85 minutes £85/£110

A powerful massage designed to alleviate deep-seated tension and muscular stress.

Specialized techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

Includes: Specialized targeted massage to specific areas of concern.

Swedish Massage

55/85 minutes £85/£110

Ease muscular tension and alleviate aches and pains with this stimulating massage.

Firm, targeted techniques effectively release knots and soothe tight muscles and joints, leaving you relaxed and revived.

Includes: Swedish massage to back, legs, arms, abdomen, neck/shoulder massage.

Hot Stone Massage

55/85 minutes £90/£115

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension.

The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

Includes: Hot Stone romatherapy massage to back, legs, arms, abdomen, neck/shoulder massage.

Why not compliment your treatment with;

Salt & Oil Scrub

25 minutes £50

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

Includes: Full body salt and oil scrub.

Body Polish

25 minutes £45

In order to obtain the best possible tan, your skin needs to be prepared to be bared. This is a refreshing exfoliation made with natural ingredients such as peppermint and apricot kernels.

Includes: Body brushing, body exfoliation.

ESPA Maternity

Pre & Post Natal Treatment

55 or 85 minutes £80 / £110

Nourish skin and calm the mind with this regenerating and smoothing treatment.

Focused entirely on your personal needs, a gentle yet effective exfoliation to the back area is followed by a comforting body massage using a pure, unscented blend of deeply nurturing oils to safely target areas prone to stress and tension during or after pregnancy and alleviate muscular aches and pains. Finishing with a soothing and conditioning scalp massage, this blissful treatment will leave you feeling relaxed and restored.

Includes: Back exfoliation (if required), personalised body massage, scalp massage.

Lighter Legs

40 minutes £60

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment from ESPA.

A relaxing foot ritual cleanses and exfoliates the feet and lower legs before they are treated to a rejuvenating massage with pure Jojoba and Sweet Almond Oils and enveloped in a cooling yet deeply nourishing moisturiser.

Includes: Foot Ritual, lower leg and foot exfoliation and massage.

Invigorating Foot Treatment

25 minutes £45

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

Includes: Foot and lower leg exfoliation, foot massage.

Hand & Arm Reviver

25 minutes £35

Relieve stress in the fingers, hands and arms with this smoothing, instantly brightening and reviving treatment.

Includes: Hand exfoliation, Radiance Mask, hand and arm massage





ESPA for Men

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

ESPA for Men

Back, Face & Scalp Treatment with or without Hot Stones

115 minutes £120

Renowned as our 'Hero' treatment and loved by all.

This ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone

Includes: Back exfoliation, back massage (120 mins with hot stones), facial, scalp massage.

Age-Rebel Facial

85 / 90 minutes £115

Instantly energise skin and help reduce fine lines and wrinkles.

Refine, smooth and condition skin while combating the signs of ageing with this invigorating and instantly effective advanced facial.

Includes: Deep brush cleanse, skin analysis with SkinVision™ lamp, Enzyme Peel, personalised mask, scalp massage, Intensive Facial Serum and chosen Moisturiser sealed into the skin using Rose Quartz Crystals.

Advanced Radiance Facial

85 minutes £115

Purify, smooth and energise skin with this invigorating facial treatment.

Deeply cleansing, this stimulating facial effectively removes dull, dead cells, boosts cell regeneration and reawakens your complexion, while personalised massage and a face treatment mask leaves skin toned and supple.

Includes: Deep brush cleanse, Steam and extraction if required, Exfoliation, Facial massage, cooling and toning mask, Hand and Arm or Scalp Massage.

Muscle Reviver

40 minutes £70

This fast-acting, stress-relieving massage focusses on the back, face and scalp, working to alleviate built-up pressure and tightness.

Ideal for those who suffer with tension headaches or neck strain, it effectively soothes tight muscles and calms the mind, leaving you feeling revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep.

Includes: Back massage, facial massage, scalp massage.

Express Treatments

Scalp Soother

25 minutes £45

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

Includes: Hot stone Shoulder and Scalp Massage.

Personalised Express Facial

25 minutes £50

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

Includes: Consultation, double cleanse and exfoliation, application of facial oils tailored to your skin, scalp massage and booster serums.

ESPA Eye Lift

25 minutes £45

Perfect for those who are concerned with signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Includes a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

Includes: Consultation, facial exfoliation, SkinVision™ Analysis, massage focused on eye area, firming eye mask, firming serum.

Express Back, Neck and Shoulder Massage

25 minutes £50

Ease tense, aching areas with this targeted treatment.

Your therapist will skillfully select the most suitable massage techniques and oils where needed. Enjoy Hot Stones to address your bespoke needs.

Includes: Massage to the back, neck and shoulders

Body Polish

25 minutes £45

Ideal pre-massage, this light yet effective express body treatment refines and conditions skin.

Includes: Body brushing, body exfoliation.

Invigorating Foot Treatment

25 minutes £45

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

Includes: Foot and lower leg exfoliation, foot massage.

Salt & Oil Scrub

25 minutes £50

Reveal nourished, smooth and supple skin with this exceptionally softening full body exfoliation. Using your preference of salt and oil scrub or a body polish containing refining Apricot Seed Kernels, cooling Spearmint and conditioning Aloe Vera.

Includes: Full body Salt & Oil exfoliation.

Hand & Arm Reviver

25 Minutes £35

Relieve stress in the fingers, hands and arms with this smoothing, instantly brightening and reviving treatment.

Includes: Hand exfoliation, Radiance Mask, hand and arm massage.

Finishing Touches

HAIR REMOVAL – WAXING

Lip and Chin Wax	£16
Bikini Wax (standard)	£22
Bikini Wax (high cut)	£27
Hollywood	£55
Brazilian	£48
Full Leg	£48
Half Leg & Bikini Wax	£58
Half Leg	£28

Underarm Wax	£16
Half arm Wax	£22
Full arm Wax	£27
Back Wax	£36
Chest Wax	£28

EYE TREATMENTS

Eyebrow Wax	£16
Eyebrow Shape	£16
Eyebrow Tint	£12
Eyelash Tint	£16
Eyebrow & Eyelash Tint	£22

Hands & Feet

Advanced Manicure

55 minutes £65.00

A relaxing arm, hand and nail treatment including a gentle skin refiner, cuticle work. A therapeutic massage using aromatherapy oils. Hands and nails are then treated to a warm envelopment of paraffin wax to intensively nourish before nails are painted to achieve a polished finish.

De Luxe Pedicure

55 minutes £70.00

A soothing foot, leg and nail treatment including gentle exfoliation, cuticle work and a relaxing massage using essential oils. The feet are enveloped in warm paraffin wax to soften, deeply nourish and condition, then toes are painted to achieve a polished finish.

Luxury Manicure 55 minutes £55

Luxury Pedicure 55 minutes £60

Luxury Gel Manicure 55 minutes £60

Luxury Gel Pedicure 55 minutes £60

Gel Removal 15 minutes £40

French Manicure 40 minutes £38

French Pedicure 40 minutes £44

Express Manicure 25 minutes £32

Express Pedicure 25 minutes £37

Re Varnish 15 minutes £16

How to spa

Spa Opening Hours

Spa open from 08:00 to 21:00, Monday to Sunday, Treatments available from 09:00 to finish at 21:00.

Gym Opening Hours

Gym facilities available 24 hours for resident guests, 06:00 – 20:00 for non residents at standard chargeable rates.

Scheduling an appointment

To schedule an appointment for your perfect treatment, please contact our ESPA reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance. All spa treatments and packages will need to be guaranteed with a credit card.

Arrival Time

Please allow sufficient time before your treatment to complete a Spa Consultation Form and/or Health Questionnaire. We recommend you arrive up to 1 hour in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

The spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

Spa Facilities and Access

The following spa facilities are available at The Spa: sauna, steam room, power showers, vitality pool, spa changing relaxation areas.

Gym The gym is equipped with the cardio vascular and strength machines and free weights area.

Cancellation Policy

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

Children's Policy

We are delighted to offer treatments for children under 16 years old however they must be accompanied by an adult for the whole duration apart from manicures and pedicures taken in the Finishing Studio/Nail Studio. Please contact the ESPA reservations team for details on treatments available for our young guests. Access to the rest of the spa including the changing facilities, spa and heat experiences and gym are restricted to over 16's.

Spa Etiquette

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, Blackberry, pager, camera and smoke free zone.

Health Conditions

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

Pregnancy

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

Gift Vouchers

An ideal gift for someone special. Please contact the ESPA reservations team for details.

Homecare

To continue your spa experience at home, most products used in our treatments are available at ESPA reception.

Valuables

The Spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

Lost Property

All lost property found on the premises should be handed in at ESPA reception. Items will be stored for four months, if they are not collected within this time they will be donated to local charities. Liquids, under garments and hair brushes are kept for 24 hours only.

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C A R E .
C O M