

ESPA INTENSIVE FACIALS

All ESPA facials begin with an in depth consultation followed by a detailed skin analysis to identify your individual needs and concerns. This enables your therapist to tailor the treatment to your specific requirements, and offer relevant home care advice to enable you to deliver long term benefits to your skin.

Choose from the following options:

SKIN BRIGHTENER | Hour

This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull, lifeless, sallow skin. This facial includes a special application of Skin Brightener; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet; plus other skin regenerating products rich in antioxidants, which are skin softening, smoothing, and visibly improve the radiance, appearance and texture of the skin.

OIL CONTROLLER | Hour

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance. This deep cleansing, oil-controlling facial helps to regulate oil secretions whilst refining open pores. After cleansing with a naturally foaming cleanser made with Yucca, Sugar Beet and Honey, this facial uses products with naturally decongesting and anti-inflammatory ingredients such as Tea Tree and White Thyme to help soothe, calm, rebalance and encourage a clear complexion.

DE-SENSITISER | Hour

A specifically gentle facial for truly sensitive, fragile skins which are prone to redness and irritation. Soothing, de-sensitising natural plant extracts and aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skins helping to reduce sensitivity and to calm high colour, leaving the skin calmed, nourished and comfortable.

RE-HYDRATOR | Hour

Ideal for dry, dehydrated, flaky and tired skin, this rehydrating facial is an excellent regenerating boost. Gentle deep cleansing and exfoliation helps the skin to improve the absorption of nourishing and moisturising masks, facial oils, Botanical Rescue Balm and moisturisers, which are specifically chosen for their deeply re-hydrating benefits. This facial leaves the skin smooth, soft, supple and nourished.

REGENERATING and FIRMING EYE TREATMENT 30 minutes

Perfect for those who are concerned with the first signs of ageing which appear around the eye area. The eye lift is also a welcome treat for those suffering from eye-strain and computer headaches and contact lens wearers. A blissful firming and hydrating treatment using specific products rich in Seaweed Extract, Green Tea and Vitamin C, which help to reduce the appearance of fine lines and protect against the environment.

ESPA ESSENTIAL BODY MASSAGE AROMATHERAPY MASSAGE

ESPA aromatherapy massage is essential, professional and specific, using a blend of essential oils chosen to suit the needs of the individual. Choose from our luxurious selection of holistic massages. A personal consultation will ensure that you receive a personalised treatment to suit your individual needs.

Choose from the following: 80 Minutes OR 50 Minutes

Detoxifying:	using a detoxifying blend of cleansing citrus oils
Body Toner:	restoring and firming to improve tonicity
Muscle Relaxer:	warming and stimulating essential oils to ease aches and pains
Stress Reliever:	relaxing, calming essential oils to soothe and de-stress

- Immune Booster: using a powerful blend of Tea Tree and Eucalyptus known for their anti-viral and anti-bacterial properties
- Energiser: uplift and rebalance the mind and spirit with a stimulating blend of essential oils
- Jet Lag Eliminator: revive energy levels with an energising blend or relax into untroubled sleep with a soothing blend of essential oils

ESSENTIAL BACK TREATMENT 50 Minutes

An stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with warmed Marine Mud. Ideal for all skin types, including those with congested skin, this relaxing treatment will leave you refreshed and renewed.

ESPA TREATMENTS FOR MEN

PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE 1 Hour

City pollution, environmental stress, travel, business pressures or lack of sleep are reflected in dull, lifeless skin. This relaxing facial works at a deep molecular level to purify, balance and hydrate the skin leaving you feeling de-stressed and renewed. The triple cleanse procedure which includes steaming hot towels to soothe and soften bristles, promotes drainage and aids in preventing blocked pores. Following a relaxing acupressure face massage and purifying mask, a deep shoulder and scalp massage is performed using conditioning hair and scalp mud combined with ESPA Body oil to release tight muscles and tension.

AROMATHERAPY MASSAGE

ESPA aromatherapy massage is essential, professional and specific, using a blend of essential oils chosen to suit the needs of the individual. An intensive massage to relieve physical tension and calm or uplift the spirit.

FINISHING TOUCHES

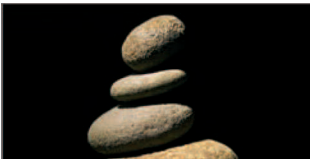
MANICURE 40 Minutes

An essential hand and nail treatment, using the best quality Leighton Denny product this manicure will leave your hands and nails rejuvenated with a glossy polished finish

MAKE-UP APPLICATION 40 Minutes

Day or Evening Make-up with Bare Escentuals Mineral Make-up

Waxing & Tinting are available on the request





TREATMENT MENU