

## **The Spa at The Winchester Hotel - A Tranquil Oasis of Calm and Relaxation.**

We invite you to pamper yourself with our wide range of holistic and beauty therapies in one of our luxury treatment rooms.

We are extremely proud to work closely with World leading brands such as ESPA, Jessica Nails and CACI International and our Spa team will be delighted to offer you advice and guidance on the best treatments to meet your individual needs

The Spa is complemented by our Health Club with pool, spacious poolside lounging area, Swedish sauna, aromatic steam room and Jacuzzi, all available for complimentary use by those clients on a Day Spa package.

### **The Spa – Opening Times**

<i>Monday</i>	<i>09.30 – 18.00</i>
<i>Tuesday</i>	<i>09.30 – 18.00</i>
<i>Wednesday</i>	<i>09.30 – 18.00</i>
<i>Thursday</i>	<i>09.30 – 19.00</i>
<i>Friday</i>	<i>09.30 – 19.00</i>
<i>Saturday</i>	<i>09.00 – 19.00</i>
<i>Sunday</i>	<i>10.00 – 17.00</i>

### **The Spa – Contact**

Please call 01962 709955 to make an enquiry or booking or email [thespa@thewinchesterhotel.co.uk](mailto:thespa@thewinchesterhotel.co.uk)

Our guide to Spa Etiquette and a full copy of our Terms and Conditions are available from our website [www.thewinchesterhotel.co.uk](http://www.thewinchesterhotel.co.uk), and can be e mailed or posted to you on request.

**PLEASE NOTE – ALL TREATMENT TIMES INCLUDE CONSULTATION TIME**

## DAY SPA PACKAGES

Come and visit The Spa for quality 'me time' or relax with a friend. Our spa packages include full use of The Spa and Fitness Facilities, use of luxury robe, slippers and towels, spa lunch and use of our Spa Lounge. Please note that Spa clients are not permitted to use other areas of the hotel such as the Brasserie and Bar unless fully dressed.

**The Spa – Relax** *£82.00 per person Sunday-Friday (£89.00 per person Saturday)*

Your choice of two ½ hour treatments from the following :

- Aromatherapy Back Neck and Shoulder Massage
- ESPA Express Facial
- Jessica Express Manicure
- Jessica Express Pedicure
- ESPA Body Polish

**The Spa - Men's** *£125.00 per person*

- Hand and Nail Treatment
- Foot Care Treatment
- ESPA Back Rescue

**The Spa – 'You and I'** *£199.00 per couple*

- ESPA Express Facial
- Aromatherapy Full Body massage

**The Spa – Indulgence** *£149.00 per person*

- ESPA Skin Radiance Facial
- ESPA Aromatherapy Full Body massage
- Jessica Express Manicure

**Spa packages continued...**

**The Spa - Special Occasion** *£180.00 per person*

- Jessica Prescriptive Manicure
- Jessica Zen Spa Pedicure
- ESPA Hydrator Wrap
- ESPA Body Polish
- ESPA Aromatherapy Back, Neck and Shoulder Massage

**The Spa - Total Spa Experience** *£199.00 per person*

- ESPA Holistic Total Body Care
- Luxury Jessica Manicure
- Luxury Jessica Pedicure
- ESPA Express Facial

## `TEA & TREATMENT` PACKAGES

Why not combine one of our wonderful 25 minute *Signature* treatments with an Afternoon Tea of your choice for a *simply divine* Spa treat!

- The Winchester Cream Tea with ANY *Signature* treatment - £39.50 per person
- Traditional Full Afternoon Tea with ANY *Signature* treatment- £45.95 per person
- Celebration Champagne Afternoon Tea with ANY *Signature* treatment - £51.95 per person

Please choose from one of our wonderful *Signature* treatments: *Signature* Facial, *Signature* Back, Neck and Shoulder massage, *Signature Express* Manicure / Express Pedicure or *Signature* Body Polish.

Our `Tea & Treatment` package is available from Monday to Thursday inclusive and can be booked, subject to availability, up to fourteen days in advance.

## SPA PASSES

*Why not extend your visit by adding a ONE DAY SPA PASS to your Spa treatment or `Tea and Treatment` booking?*

Priced at only £25.00 per person per day these *enable you to use our pool, poolside lounging areas, Swedish sauna, Jacuzzi, aromatic steam room (and air – conditioned fitness suite for our energetic guests!)*

Passes are available for use on Mondays through to Thursdays, from an arrival time each day of 9.30am until 6.00pm and *also* include use of spa robe and slippers during your visit.

## SPA FACIAL TREATMENTS

Focused on naturally improving the condition of the skin to provide outstanding instant and long-term results. Every facial begins with a skin analysis and includes specific double cleansing techniques, gentle exfoliation, a deep cleansing and intensive face mask. Whilst the mask is taking effect, experience a relaxing and therapeutic Oriental head massage with Pink Hair and Scalp Mud, then enjoy specific moisturising and skin protection to suit your needs.

### **ESPA Express** £35.00 (25 minutes)

A relaxing facial which is personalised to suit your individual needs giving you an instant boost. Suitable for all skin types and a great introduction to ESPA products.

### **ESPA Skin Radiance** £58.00 (55 minutes)

A rejuvenating facial which is perfect for all skin conditions, particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull, lifeless, sallow skin. A special application of Skin Brightening Complex, rich in natural AHAs and BHAs from the Hawaiian Algae and Meadowsweet, together with skin regenerating products rich in antioxidants, will visibly improve the appearance and texture of your skin leaving it smooth, soft and radiant.

### **ESPA Sensitizer** £58.00 (55 minutes)

Suitable for sensitive skins prone to redness and irritation, leaving the 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, leaving skin calmed, nourished and comfortable.

### **ESPA Regenerating** £58.00 (55 minutes)

A luxurious and regenerating facial for maturing skin to help combat the visible signs of ageing and sun damage, your therapist will use a selection of age – defying products to replenish and revitalise the skin, leaving your complexion toned radiant and rejuvenated.

## ***Espa Facial Treatments Continued....***

### **ESPA Purifier** £58.00 (55 minutes)

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance. This deep cleansing facial helps to regulate oil secretions whilst refining open pores. Essential Tea Tree and White Thyme Oils, which are naturally decongesting and anti – inflammatory are used to soothe and calm the skin, encouraging a clearer and more balanced complexion.

### **ESPA Re-Hydrator** £58.00 (55 minutes)

Superb for dry, dehydrated, flaky skin in need of hydration and moisture. Gentle deep cleansing and exfoliation prepares the skin for a rejuvenating massage, whilst the nourishing mask drenches the skin with moisture leaving the skin feeling soft, supple and nourished.

### **ESPA Age Defyer** £80.00 (70 minutes)

A totally luxurious regenerating facial treatment especially created to help combat the signs of ageing and sun damaged skin. Special facial massage techniques for those delicate areas around the eyes, neck, lips and jaw line are combined with ESPA's highly effective moisturising products, rich in natural antioxidants, and scientifically advanced natural ingredients to hydrate and protect. The anti-ageing and rejuvenating benefits of this treatment visibly improve the appearance of the skin, helping to minimise lines and wrinkles, leaving the skin fresh, revitalised and nourished.

### **ESPA Regenerating and Firming Eye Treatment** £35.00 (25 minutes)

Perfect for all those concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment using products rich in Seaweed Extract, Green Tea and Vitamin C. The Eye Lift is also a welcome treat for those who suffer from tension from eye – strain and computer headaches or contact lens wearers.

**This treatment can be added to any 55 minute ESPA facial at a reduced price of £20.00. When added to a facial please allow 70 minutes.**

## **ESPA BODY TREATMENTS**

### **ESPA Salt & Oil Scrub** *£35.00 (25 minutes)*

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

### **ESPA Spearmint Body Polish** *£35.00 (25 minutes)*

An exclusive body and skin enhancing treatment which can be used in isolation to remove dead or dry skin, or as a preparation for any massage. This complete exfoliation will cleanse and invigorate the body and is suitable for sensitive skin

### **ESPA Back Face and Scalp Treatment** *£80.00 (85 minutes)*

A truly holistic experience combining a deep cleansing back exfoliation with a powerful back massage using essential oils to soothe, relax and balance. This is followed by an ESPA Intensive Facial tailored to your individual needs and includes a therapeutic head massage to help clear the mind, calm the spirit and ease tension.

### **Deep Cleansing Back Rescue** *£58.00 (55 minutes)*

A stress-relieving treatment massage suitable for muscular tension and congested skin on the back, neck and shoulders. The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal, then calmed and relaxed with an aromatherapy massage and marine mud mask. The lower legs and feet receive a deeply relaxing massage while the mask takes effect.

## ***Espa Body Treatments Continued....***

### **ESPA Total Holistic Body** *£95.00 (85 minutes)*

An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance. Treatment commences with full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is followed by a luxurious body massage and attention is given to the face, neck and scalp using a blend of essential oils chosen to suit individual needs. Ultimate relaxation is achieved.



## **ESPA BODY ENVELOPMENTS**

### **ESPA Detoxifying Algae** £70.00 (55 minutes)

A therapeutic, balancing and detoxifying treatment which involves skin brushing body exfoliation, and the application of an Algae envelopment rich in minerals designed to stimulate, detoxify, firm and tone the skin helping cellulite, fluid retention and bloating.

### **ESPA Restorative Mud** £70.00 (55 minutes)

Marine Mud is known for its skin conditioning properties and is ideal for dry, dehydrated skin requiring nourishment and rebalancing. This wrap includes a full body exfoliation and an Oriental head massage to help ease tension and leave the skin purified and smooth.

### **ESPA Skin Hydrator** £70.00 (55 minutes)

A truly luxurious experience including lymphatic skin brushing, skin smoothing body exfoliation and an envelopment with oils rich in Palma Rosa and Myrrh combined with our Deeply Nourishing Body Cream with Wild Yam and skin conditioning Marine Mud. Tranquillity is achieved with a mind calming Oriental Head Massage.

**Please note that all our body treatments including envelopments are available as a course of 6 treatments for the price of 5.**

## ESPA MASSAGE & HOLISTIC THERAPIES

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation and sensory test will ensure you receive a unique treatment with massage techniques and a blend of essential oils to suit your individual needs.

### **Aromatherapy Back, Neck and Shoulder Massage** £35.00 (25 minutes)

Focusing attention on the back, neck and shoulders your therapist will use a combination of techniques to release tension and stress.

### **Aromatherapy Full Body Massage** £60.00 (55 minutes)

A personalised full body massage tailored to your individual needs helping to reduce, stress, tension or fatigue giving you a sense of relaxation and wellbeing.

### **The Spa Signature De-Stress Massage** £45.00 (40 minutes)

A stress relieving massage of the back, neck, shoulder, face and scalp. Great for deep relaxation and those that suffer from headaches and tension in the upper body.

### **The Spa Signature Back, Neck & Shoulder Massage** £60.00 (55minutes)

The Spa signature Back Massage is for those who suffer With tight, stiff or tense shoulders. Combining Swedish Massage and Deep Tissue Massage Massage movements are applied with Aromatherapy oils to treat the chest, shoulders, upper arms, neck, back and lower back.

### **The Spa Signature Scalp Massage** £35.00 (25 minutes)

Your therapist will combine chakra balancing, friction massage and pressure points on the head, face, chest and shoulders. Good for those that suffers with tension headaches and high stress levels. Includes a conditioning hair treatment.

## ***Massage and Holistic Therapies continued...***

### **The Spa Total Relaxation Massage** *£95.00 (85minutes)*

The ultimate deep relaxation, a full body massage including oriental scalp and face massage, incorporating Swedish and lymph massage to ease the mind, body and soul. Your therapist will guide you through a choice of Aromatherapy Oils to achieve your desire state of mind.

### **Reflexology** *£50.00 (50 minutes)*

The ancient art of reflexology is used by applying pressure to the feet working on the reflex points which correspond to parts of the body. Which is safe, gentle, relaxing and will help achieve a sense of well – being.

**All the above treatments are available to purchase as a course of 6 treatments for the price of 5.**

## **HOT STONE THERAPY**

A technique which has been used for thousands of years for cleansing and relaxing the body. Volcanic lava stones from deep in the earth, rich in minerals are warmed and used for deep body massage and energy work. The stones are placed on the body's natural Chakras points and will help the body clear blocked energy centres, relax, ease stress and will help to relieve aches and pains.

### **Hot Stone Aromatherapy Back, Neck and Shoulder Massage** *£55.00 (40 minutes)*

Focusing attention on the back, neck and shoulders your therapist will use a combination of techniques and hot stones to release tension and stress.

### **Hot Stone Aromatherapy Full Body Massage** *£75.00 (55 minutes)*

A personalized full body massage to include the application of volcanic hot stones, tailored to your individual needs, helping to reduce, stress, tension or fatigue to give you a sense of relaxation and wellbeing.

### **ESPA Hot Stone Back, Face and Scalp Treatment** *£90.00 (85 minutes)*

A truly holistic experience combining a deep cleansing back exfoliation with a powerful back massage combined with hot stones and using essential oils to soothe, relax and balance. This is followed by an ESPA Intensive Facial tailored to your individual needs and includes a therapeutic head massage to help clear the mind, calm the spirit and ease tension.

### **ESPA Hot Stone Total Holistic Body** *£99.00 (90 minutes)*

An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance. Treatment commences with full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is followed by a luxurious body massage with hot stones and then attention is given to the face, neck and scalp using a blend of essential oils chosen to suit individual needs. Ultimate relaxation is achieved.

## LAVA SHELLS

For the ultimate calming massage, the Lava Shell relax treatments are the soothing solution. As the marine polished sea shells glide smoothing over the body, you will instantly drift into a blanket of warmth, falling into a state of utter relaxation and calm.

### **Lava Shell Relax Massage** £75.00 *(55 minutes)*

The shells are worked over the palms, arms, neck and shoulder area, with the focus of the massage surrounding pressure points. Deep tissue work on areas such as feet, legs, back and shoulders ease away all muscle tension, knots and stress points, unblocking an energy flow and releasing a sense of balance to the entire body and mind.

### **Lava Shells back and legs massage** £55.00 *(40 minutes)*

A treatment ideal for both men and women, this is a deep tissue massage using the heated shells focussing on the back and the legs. Tense muscles, knots and stress points are worked on with deep tissue massage to provide immediate relief.

## THE MEN'S ROOM

**Male skin is physiologically different to women's, while all our treatments are unisex we have selected a range of treatments that specifically accommodate and simulate men's skin and lifestyle. Our treatment experiences focus on congested skin, stress related tension, allow for deeper massage pressure and effectively relax and rejuvenate mind and body.**

### **Men's Purifying Facial, Shoulder and Scalp Massage** *£58.00 (55 minutes)*

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 reviving scalp massage using conditioning hair and scalp mud and a deep shoulder massage releases tight muscles and tension.

### **ESPA Back Rescue** *£58.00 (55 minutes)*

A stress-relieving treatment with massage suitable for muscular tension and congested skin on the back, neck and shoulders. The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal, then calmed and relaxed with an aromatherapy massage and marine mud mask. The lower legs and feet receive a deeply relaxing massage while the mask takes effect.

### **Stress Buster** *£80.00 (75 minutes)*

Ideal treatment for those suffering with stress related tension from business pressure, travel and a fast – paced lifestyle. Experience all over skin brushing, full body exfoliation followed by a relaxing full body massage and soothing scalp massage leaving you feeling soothed, revitalised and de-stressed.

## ***The Men's Room Continued....***

### **Aromatherapy Full Body Massage** *£60.00 (55 minutes)*

A personalised full body massage tailored to your individual needs helping to reduce, stress, tension or fatigue giving you a sense of relaxation and wellbeing.

### **Aromatherapy Back, Neck and Shoulder Massage** *£35.00 (25 minutes)*

Focusing attention on the back, neck and shoulders your therapist will use a combination of techniques to release tension and stress.

### **Men's Hand & Nail Treatment** *£23.00 (25 minutes)*

Your hands are exfoliated to remove any dryness and massaged with treatment creams, cuticles are conditioned and groomed and nails are trimmed and perfectly shaped.

### **Men's Foot Care Treatment** *£35.00 (25 minutes)*

A relaxing foot and lower leg treatment. Hard skin is removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother. Your cuticles will be neat and tidy and your toenails will be perfectly shaped.

### **Men's Back/Chest Wax**

30minutes *£25.00*

## CACI ULTIMATE TREATMENTS

**With over 20 years of medical researching CACI are internationally renowned for being the leader in non - surgical face lifting and the system allows our therapists to offer a variety of treatment options.**

As the name suggests the **CACI ULTIMATE** really is the `ultimate` aesthetic treatment system. As the very first treatment system to combine Micro current Facial Toning, Crystal Free Orbital Microdermabrasion and LED Light Therapy Photo Stimulation this system is truly the most versatile treatment system available.

### **CACI Ultimate Booster Facial** *£35.00 (25minutes)*

Perfect Pre Holiday or party treatment includes cleanse, exfoliation and the application of the CACI gel mask which provides intensive hydration and skin firming.

### **CACI Non Surgical Face-lift** *£60.00 (55 minutes) or a course of 10 treatments is £540.00*

This treatment gently lifts, tightens, tones and re-educates the facial muscles whilst smoothing the appearance of fine Lines and wrinkles. Skin is beautifully rehydrated whilst tone and texture is improved, leaving the skin with a wonderful glow and a firmer more supple appearance.

### **CACI Hydratone Enhanced Facial** *£75.00 (75 minutes) or a course of 10 treatments is £675.00*

This Hydratone treatment is a combination of our non-surgical face-lift with the added benefit of a super hydrating mask which is infused with collagen, hyaluronic acid and vitamin C and E. Dehydrated and environmentally damaged skin is quenched, whilst deep lines and wrinkles are plumped out, leaving the skin looking radiant, softer and more youthful.

### **CACI Ultimate Anti-Ageing Facial** **£90.00 (80 minutes)**

The ultimate CACI facial will leave your skin smoother, lifted, plumped and hydrated. Treatment includes Microdermabrasion, non-surgical face lift, use of the wrinkle comb with LED light Therapy and to conclude the hydratone mask.



## ***CACI Ultimate Treatments Continued....***

**ESPA CACI £90.00 (90minutes) or a course of 10 treatments £810.00**

This treatment combines the benefits of Espa, leaving the skin lifted, rehydrated and with a firmer more supple appearance. Treating the mind, body and soul this is the ultimate in facial therapy.

**CACI Crystal Free Microdermabrasion £45.00 (40 minutes) or a course of 10 treatments £405.00**

This skin resurfacing treatment works by gently removing the superficial layer of skin to help skin blemishes, scarring, sun damage, fine lines, wrinkles and stretch marks. The hydro gel mask is applied to hydrate and calm, leaving your skin brighter, more clear and revitalised.

**CACI Wrinkle Revelation £35.00 (25 minutes) or a course of 10 treatments £315.00**

This needle - free non-invasive alternative to collagen injections and dermal fillers softens and smoothes the appearance of fine lines using the Ultra Microlase LED.

**CACI Jowl Lift £25.00 (25 minutes) or a course of 10 treatments £225.00**

This facial treatment helps to improve the appearance of sagging jowls by using the Quad Probes which have been specifically developed to target the muscles around the jawline. Treatment includes facial cleanse and finishing products.

CAN ALSO BE ADDED TO ANY NON SURGICAL TREATMENT EXTRA £10.00

**CACI Eye Revive 30 mins £35 or a course of 10 treatments £315.00**

The CACI Eye Revive treatment uses serum filled CACI microcurrent rollers together with a deeply nourishing Hydro Eye Mask to lift hooded eye lids, reduce puffiness and dark circles and soften the appearance of fine lines and wrinkles around the eyes. CAN ALSO BE ADDED ONTO THE NON SURGICAL FACE- LIFT FOR £15

**A course of 10 treatments is always recommended. A full consultation is conducted prior to commencement of a treatment**

## ALL ABOUT 'Mii' MAKE-UP

A touch of mineral can do wonders for a complexion. Create a flawless coverage, highlight cheekbones or add a touch of sun. Exceptionally versatile and easy to apply, Mii's mineral make-up can be used with any other products in the range.

**Trial Mii** £45.00 *(55 minutes)*

To perfect that radiant look for your special day

**Marry Mii** £60.00 *(55 minutes)*

Make-up on the day

**Treat Mii** £55.00 *(55 minutes)*

Indulge yourself for a special occasion, whether it's to perfect a natural look for lunch or a flawless elegant evening out with friends, we will create the perfect look for you

**Show Mii** £50.00 *(40 minutes)*

We know what it's like to wear make-up for the first time, so we want to help find your signature look with Mii. We will give you an informal introduction with quick and helpful tips that will give you the confidence to express yourself beautifully

## **BILLION DOLLAR BROW**

The must have eyebrow treatment which designs your eyebrows to a shape unique to you. We design your brows to suit your facial shape - including tinting, waxing, trimming and shaping. Your brows will be transformed and facial features enhanced.

*£29.00 (40 minutes)*

## JESSICA HAND AND NAIL TREATMENTS

### **Jessica Express Manicure** £23.00 *(25 minutes)*

After analysing your nails, cuticles are conditioned and nails are treated, finishing with the perfect shape and polish.

### **Jessica Express French Manicure** £28.00 *(40mins)*

### **Jessica Prescriptive Manicure** £28.00 *(40minutes)*

A Treatment manicure which analyses and treats each nail for its specific nail type. Treatment includes exfoliation, nail shaping, massage and cuticle care finishing with the application of colour.

### **Jessica Prescriptive Manicure French** £33.00 *(55 minutes)*

### **Jessica Deluxe Manicure** £35.00 *(55 minutes)*

Treatment combines the Jessica Prescriptive manicure with the luxurious added benefits of thermal mittens to provide deeper penetration of all the oils and creams applied thus softening cuticles, improving circulation and soothing stiff joints.

### **Jessica Deluxe French Manicure** £40.00 *(55 Minutes)*

## **JESSICA FOOT AND NAIL TREATMENTS**

### **Jessica Express Pedicure** *£28.00 (25 minutes)*

After analysing your nails, cuticles are conditioned and nails are treated, finishing with the perfect shape and polish.

### **Jessica Express French Pedicure** *£33.00 (35 minutes)*

### **Jessica Zen Spa Pedicure** *£40.00 (40 minutes)*

A luxury foot and lower leg treatment using aromatherapy based products for softer, smoother feet and legs, hard skin is removed and lower leg and feet massaged with deep conditioning creams. Cuticles are groomed and nails shaped and polished.

### **Jessica Zen Spa Pedicure French** *£45.00 (55 Minutes)*

### **Jessica Deluxe Zen Spa Pedicure** *£45.00 (55 minutes)*

A luxury foot and lower leg treatment using aromatherapy based products for softer, smoother feet incorporating either thermal booties for deeper penetration of oils and creams, softening cuticles and improving circulation and soothing stiff joints or Foot Masque which hydrates, breaks down dead skin cells and boosts cellular repair, soothes while it softens, finishing with perfectly pedicure polished toenails.

### **Jessica Deluxe Zen Spa French Pedicure** *£50 (60 minutes)*

**Following your Jessica treatment we recommend that your hands and feet stay out of the water and away from any heat source for at least 2 – 3 hours.**

**Please wear open toe shoes for our Pedicure treatments.**

## **`GELeration` BY JESSICA**

The beauty of Jessica in a gel. With the health of the natural nail in mind, GELeration's gel formula delivers a long lasting, flawless finish that dries in seconds and protects the natural nail. This is available in Jessica's most popular colours.

**GELeration File and Polish** £30.00 *(25 minutes)*

**GELeration French File and Polish** £35.00 *(40 minutes)*

**GELeration Manicure** £38.00 *(45 minutes)*

Treatment includes hand exfoliation, massage, cuticle care, nail shape and finished with Jessica's GELeration polish.

**GELeration French Manicure** £43.00 *(55 minutes)*

**Deluxe GELeration Manicure** £48.00 *(55 minutes)*

Includes the benefits of the luxurious LeRemedi Hand treatment. Your hands will be smoother, silkier & firmer. Cuticles will be cared for; nails will be shaped and finished with Jessica's GELeration gel polish.

**Deluxe GELeration French Manicure** £53.00 *(60 minutes)*

**ZenSpa Pedicure with GELeration** £50.00 *(60 minutes)* or with French £55.00 *(75 minutes)*

**GELeration removal** £12.00

**GELeration Removal with Express Manicure** £28.00 *(45 minutes)*

This includes a file, prescribed base coat and phenomenon oil application.

**Existing Gel Removal Prior to a GELeration Manicure or Pedicure** £6.00 *(Extra 15mins on top of treatment time)*

## **WAXING**

Hair removal using Tea Tree Cream wax

<b>Half leg (lower)</b>	<i>£20.00</i>
<b>Half Leg (Upper)</b>	<i>£22.00</i>
<b>Three Quarter Leg</b>	<i>£25.00</i>
<b>Full Leg</b>	<i>£28.00</i>
<b>Full Leg, Underarm &amp; Bikini</b>	<i>£50.00</i>
<b>Half Leg, Underarm &amp; Bikini</b>	<i>£40.00</i>
<b>Bikini</b>	<i>£15.00</i>
<b>High Bikini</b>	<i>£18.00</i>
<b>Upper Lip</b>	<i>£8.00</i>
<b>Chin</b>	<i>£9.00</i>
<b>Upper Lip/Chin</b>	<i>£14.00</i>
<b>Eyebrow Tidy</b>	<i>£ 8.00</i>
<b>Eyebrow Shape</b>	<i>£10.00</i>
<b>Underarm</b>	<i>£10.00</i>
<b>Forearm</b>	<i>£12.00</i>
<b>Full Arm</b>	<i>£16.00</i>
<b>Chest / Back</b>	<i>£25.00</i>

## EYE TREATMENTS

Please note, if you haven't had an eyelash or brow tint before at The Spa, or within the last 6 months, it is essential to have a patch test at least 48 hours before your treatment.

**Eyebrow Tidy**                      *£8.00*

**Eyebrow Re-Shape**                *£10.00*

**Eyelash Tint**                        *£14.00*

**Eyebrow Tint**                        *£10.00*

**Lash & Brow Tint**                 *£20.00*