

## TREATMENT LIST

### VOYA TREATMENTS

#### VOYA Facial Experiences

##### VOYA Anti Ageing Reviver Facial

Suitable for all skin types. A skin rejuvenating facial designed using VOYA's organic ingredients that have a combination of anti oxidant algae complexes, pro-collagen organic extracts and a restorative blend of organic ingredients to fight the signs of visible aging, reduce the appearance of fine lines and wrinkles, hydrate and plump the skin texture.

60 minutes

£80.00

##### VOYA Facial Experience

A truly organic holistic facial, finely ground wet organic seaweed is used to gently exfoliate your face and it also acts to moisturise/ hydrate and plump tired skin. Freshly harvested organic seaweed leaves are placed on your face, with its active anti-antioxidants that show visible results. We combine the mask with a light head massage.

45 minutes

£50.00

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#### VOYA Massage

##### VOYA Seaweed Oil Massage

Unique customised massage using powerful organic aromatic massage oils. Benefits: Relaxes muscles, relieves stress and trapped tension. Soothes the mind and promotes quality of sleep. Improves your body's circulation and lymphatic drainage.

60 minutes

£80.00

##### VOYA Herbal Bag Massage

A real sensory treat! Soaked warm bags of herbs & seaweed are gently massaged into the body; releasing the precious seaweed oils on to your body. A combination of the finest organic herbs and seaweed are used to massage your body and gently exfoliate & nourish your skin. Truly a therapeutic treatment that is completely indulgent.

60 minutes

£90.00

Choose from 3 types: chamomile calm, peppermint pleasure, fennel fusion.

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## **VOYA Body Exfoliation**

### **Bladderwrack Body Buff**

100% certified organic powdered seaweed and oil scrub for the health conscious. The certified organic bladder wrack body buff is the ultimate treat for tired and dull skin. The combination of mineral rich organic hand harvest Bladder Wrack and seaweed infused massage oils. The mixture of minerals and anti-oxidants offer a powerful combination. The no frills way to better skin.

45 minutes

£65.00

### **Lavender Sugar Glow**

A wonderful fragrant mix of lavender buds, seaweed and sugar. It's a double action of gently removing dead skin cells with VOYA sugar and healing with VOYA seaweed extracts and lavender essential oils.

45 minutes

£65.00

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## **VOYA Body Wraps**

### **VOYA Signature Seaweed Leaf Wrap**

One of Voya's truly amazing therapies, imagine your body being wrapped from head to toe in seaweed leaves. We use the finest seaweed, harvested by hand from the ocean to ensure that the highest content of bio-actives is preserved.

90 minutes

£120.00

### **Seaweed Coral Wrap**

An organic mineral rich coral red seaweed combine with algae extracts in this truly unique body wrap. The coral red seaweed contains up to 35 times the RDA of numerous minerals and vitamins in each treatment.

60 minutes

£85.00

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## **VOYA Hand & Feet**

### **Hand Retreat**

A pampering hand treat for extra dry or chapped hands. Hands are immersed in a luxurious warm aroma salts soak then delicately scrubbed, massaged and wrapped to allow the nourishing rich coral red seaweed to work its magic.

45 minutes

£55.00

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## ESPA TREATMENTS

### Espa Ayurvedic Treatments

#### Espa Purva Karma Four-Hand Massage

A welcoming foot ritual begins this all-encompassing treatment and is followed by body exfoliation and facial cleanse. Two therapists then connect with polarity balance to work in synchronised harmony for the ultimate in tension releasing deeply relaxing and rebalancing massage to achieve mental and spiritual bliss. Using advanced massage combinations of stretching and rolling movements and long deep strokes, this treatment combines the use of hot stones with oil enriched in fragrant spices of the orient. An Indian head massage completes this ultimate experience.

2 hours

£260.00

#### Espa Ama Releasing Abhyanga

Echoes of the ancient wisdoms of Ayurveda can be sensed in this holistic treatment inspired to create a balance of the elements and chakras in body and spirit. Your experience will commence with a ceremonial foot cleansing ritual, which will allow your therapist to tailor your ritual to meet your specific needs.

The body is stimulated and exfoliated with a salt and oil body scrub, which is followed by a gentle facial cleanse. After a warm shower, surrender to the Ayurvedic Marma point massage as a warm infusion of oils and herbs is applied to the vital energy centres of face and body, to gently release tensions and restore vitality. This ritual concludes with a deeply relaxing Shirobhyanga head massage or Shirodhara oil pouring to the third eye and through the scalp. Achieve ultimate tranquility and prepare to face the world completely restored.

2 hours

£170.00

#### Espa Shirobhyanga

A calming yet energising scalp-massage focusing upon vital energy points. If time is of the essence, this compact treatment will help to reduce tension, increase circulation and leave an improved feeling of well being.

25 minutes

£62.00

#### Espa Padabhyanga

This treatment uses a Dosha specific blend of warm Ayurvedic oils and begins with foot bathing and exfoliation, before continuing with a deeply therapeutic Marma point massage to the feet. A deeply relaxing foot and lower leg treatment to revitalises tired muscles and ease aches and pains.

50 minutes

£75.00

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### **Espa Shirodara**

Traditionally an Ayurvedic treatment, Shirodhara is the process of running a fine stream of warm oil onto the forehead and through the scalp. This special treatment helps ease the stress of the body and calms the emotions of the mind. This treatment may be used in conjunction with ESPA Ayurvedic treatments where appropriate. This treatment cannot be sold separately and has to be added on to another Ayurveda treatment. Some people cannot have this treatment.

15 minutes £30.00

### **Espa Balinese Massage**

Warm aromatherapy oils are poured onto the centre of the body and massaged into the skin using long, stretching sweeping movements for deep relaxation. A sophisticated, soothing and indulgent massage.

80 minutes £130.00

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## **Massage**

### **Spa & Health Club Signature Ritual**

This special ayurvedic influence treatment is the ultimate in luxury. The treatment begins with a welcome foot ritual before embarking on a total body experience. This includes exfoliation, aromatherapy massage, the use of hot basalt stones and the application of luxurious marine mud. This treatment also includes a facial to suit your individual skin type, scalp massage and concludes with an application of body cream.

2 hours 30 minutes £190.00

### **Full Body Massage**

A full body treatment to relax, ease tension, relieves stress and promotes good health. Using nourishing massage oil we will pay particular attention to those areas where your worries and tension manifest leaving you feeling balanced and revived.

1 hour £75.00

### **Aromatherapy Massage**

Using uniquely blended essential oils and acupressure techniques this massage will relax and balance the body on many levels. This massage includes face and scalp massage for the ultimate in relaxation. Your therapist will select the therapeutic oils to ensure you experience a totally luxurious and beneficial treatment.

1 hour 15 minutes £90.00

### **Back, Neck & Shoulder Massage**

An intensive 30-minute treatment designed for the hectic lifestyle. Using nourishing oils to help soften the skin, your therapist will focus on relieving aches and tension in this commonly problematic area.

30 minutes £45.00

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### **Aromatherapy Sports and Fitness massage**

An aromatherapy treatment designed to increase circulation and warm the muscles using essential oils of lavender, clove and West Indian bay. This massage is appropriate before and after exercise to prevent strains and relieve muscular aches and pains.

1 hour

£75.00

### **Jet Lag Reviver**

A full body massage using essential oils blended to combat the effects of air travel, changes in time zones and a need to hit the ground running and yet get a good night sleep. An essential part of this recovery and adjustment is the aromatherapy aftercare your therapist will give to help you rest and be alert when you need to.

1 hour 15 minutes

£90.00

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## **Face**

### **ESPA Advanced Super Active Facials**

New advanced Super Active facials are highly effective treatments proven to treat specific skin conditions, they help to calm, soothe, tone and firm, as well as repair and restore the skin. Three types of Super Advanced Active Facials are available; Calming and Soothing, Toning Lifting and Firming, and Repairing and Restoring.

1 hour 30 minutes

£110.00

### **Holistic Aromatherapy Back, Face and Scalp Treatment**

Awaken your senses with this all embracing experience beginning with a deeply relaxing aromatherapy back treatment to soften, nourish and ease away those hidden stresses and strains. For total relaxation the treatment continues with an aromatherapy facial combining the therapeutic benefits of ESPA active aromatherapy products with acupuncture, lymphatic drainage and oriental head massage techniques.

1 hour 30 minutes

£100.00

### **Deluxe Facial with Firming Eye Treatment**

A unique treatment specially designed for maturing skins, stressed skins and city dwellers. Within this facial we will pay particular attention to the delicate eye area to combat the signs of premature ageing. Relax and unwind with an intensive acupuncture massage, lymphatic drainage to the face, neck and shoulders and a deeply relaxing Oriental head massage to the scalp.

1 hour 15 minutes

£80.00

### **Aromatherapy Facial**

This deeply relaxing aromatherapy facial uses powerful active essential oils, plant extracts and marine extracts to cleanse, refine and hydrate any skin type. Your

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therapist will specifically cater the products to meet your skins needs whilst creating a sense of deep relaxation and balance using acupressure, lymphatic drainage and oriental head massage techniques.

1 hour £70.00

### **Rebalancing Facial**

Skin problems and breakouts can appear unexpectedly and are often caused by stress change of lifestyle, diet or hormonal imbalance. Using specifically formulated aromatherapy products and a purifying mineral mask to decongest the skin, your therapist will bring you back to balance whilst calming the mind and body.

1 hour £70.00

### **Regenerating Facial**

An intensive boost for maturing or stressed skin, this treatment works particularly well to help combat the effects of premature ageing and environmental pollution. Concentrating on regenerating, firming and nourishing, the facial leaves the skin fresh, revitalised and toned.

1 hour £70.00

### **The Rehydrator Facial**

The Rehydrator Facial is designed as an intensive boost and is superb for dry, dehydrated, stressed or tired complexions. This treatment includes a rejuvenating facial massage and nourishing facial mask to drench your skin with moisture, whilst you enjoy a relaxing head massage to clear your mind. The result is exceptionally nourished skin an inner sense of well-being.

1 hour £70.00

### **Skin Brightener**

This rejuvenating facial 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. 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, which are skin softening, and visibly improve the radiance, appearance and texture of the skin.

1 hour £70.00

### **Regenerating & Firming Eye Treatment**

A treatment specifically designed to combat the effects of premature ageing around the delicate eye area and for those suffering irritable, puffy or sensitive eyes. The firming and hydrating treatment uses products rich in seaweed extracts, green tea and vitamin C to help reduce the appearance of fine lines and protect against environmental damages.

30 Minutes £45.00

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## Body

### **ESPA Spearmint Body Exfoliation**

A total body exfoliation to stimulate, soften and smooth the entire body. This treatment is perfect for those with dry, dull skin and is a perfect preparation for further massage treatments, self-tanning application and special occasions such as weddings.

30 minutes

£45.00

### **Full Body Salt and Oil Scrub**

An experience that will leave your body refreshed and cleansed with your skin smooth and revitalised. Carefully blended sea salts and essential oils have been combined to help remove dead skin cells and improve tonicity. As well as exfoliating, the oils will be slowly absorbed to help restore lost vitality and protect against dryness.

30 minutes

£45.00

### **Holistic Total Body Care**

A luxury treatment designed to balance both mind and body whilst softening and smoothing the entire body. This treatment incorporates dry skin brushing and a spearmint exfoliation to brighten and smooth the skin, followed by a deeply relaxing body, face and scalp massage. Your therapist will select a therapeutic blend of essential oils to suit your individual needs.

1 hour 30 minutes

£100.00

### **Life Saving Back Treatment**

An intensive treatment ideal for problematic and sluggish skins or just a treat for this neglected area. The treatment incorporates cleansing, dry skin brushing and spearmint exfoliation to stimulate the circulation and cell renewal followed by a warm marine mud wrap, leaving the skin feeling smooth and soft. The treatment is completed with a relaxing and calming leg massage using luxurious aromatherapy oils selected for their therapeutic properties.

45 minutes

£65.00

### **Prenatal Treatment**

This total body treatment has been carefully designed for pregnant and nursing mothers to aid relaxation and increase the tonicity of the skin in the safest environment. The treatment avoids the use of essential oils as advised by the Aromatherapy Organisation Council. This luxurious treatment uses nourishing calendula infused oil, various mud and creams combined with a specially designed advanced back and shoulder massage to safe areas of women throughout pregnancy.

1 hour 30 minutes

£110.00

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### **Holistic Back, Face and Scalp Hot Stone Treatment**

A totally luxurious treatment combining an aromatherapy facial with a relaxing back, face and scalp massage. Using the heat from the stones you will feel a dispersal of deep tension from the back, neck and shoulders where tension manifests. Your therapist will utilise hot and cold stones on the vital energy points leaving your skin feeling revitalised and the mind and body utterly relaxed.

1 hour 30 minutes	£115.00
2 hours	£150.00

### **Holistic Hot Stone Total Body Care**

A treatment for those who feel the need to totally unwind, your therapist has taken a holistic approach to promote total relaxation and balance. Combining dry skin brushing, spearmint exfoliation and full body aromatherapy massage using heated volcanic basalt stones. These stones are used for a deep tissue massage to release tension from the problematic areas whilst also working on vital energy points along the back, hands, feet and scalp.

2 hours	£150.00
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## **Body Envelopments**

Not just a body wrap, but also a life enhancing experience, which includes lymphatic skin brushing, body exfoliation, and then, a body wrap of Algae, Marine Mud or Oshadi Clay. Ultimate tranquility is achieved with a mind calming Oriental head massage. The body wrap is designed to comfortably raise the temperature and induce perspiration to help eliminate toxins and increase the effects and absorption of the oils and the wrap. These wraps are combined with essential oils and blended to meet your specific needs.

**Marine Algae** - known for its hydrating and detoxifying properties. Particularly beneficial when needing to speed up the elimination of toxins prior to the absorption of essential oils and plant extracts.

**Marine Mud** has nourishing and skin conditioning properties and is ideal for dry, dehydrated skin.

**Oshadi Clay** - mixed with Ginger, Liquorice and Mustard Seed, which warms and hydrates the skin, beneficial for aching muscles and joints.

### **The ESPA Detoxifier**

The Detoxifier improves circulation, speeding up the elimination of toxins and excess fluid. It also helps improve the appearance of the skin, minimising the dimpled appearance of cellulite.

1 hour	£90.00
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**The ESPA Body Toner**

The Body Toner - a luxurious way to restore skin tonicity, ideal after weight loss or pregnancy; deeply nurturing and moisturising, the wrap leaves you smooth, toned and nourished.

1 hour £90.00

**The ESPA Skin Hydrator**

The Skin Hydrator brings true re-hydration to dry, sensitive or flaky skin, leaving it plump, hydrated and soft. Pure luxury, the hydrator is excellent after a holiday and wonderful preparation for a special night out.

1 hour £90.00

**Stimulating Hip and Thigh Treatment**

A specialised treatment to stimulate the circulatory and lymphatic system concentrating on areas of the body prone to 'blockages', cellulite, fluid retention and uneven skin texture. After deep exfoliation with a detoxifying seaweed and salt scrub the treatment continues with a detoxifying massage using essential oils and a stimulating wrap. Whilst enveloped your therapist will stimulate the foot reflex zones and pressure points for your utter relaxation.

1 hour £90.00

Treatment prices include VAT at the prevailing rate. Gratuities are at the client's discretion.

Treatment cancellation policy

Guests will be charged in FULL unless notice of cancellation is received at least twelve hours before the booking time.

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