

Esprit Spa & Wellness





Recover yourself ... At ESPRIT

Our professional massage therapists will provide you with an unforgettable rejuvenating experience through the miracle of various massages that will give you a sense of beauty, harmony and self-confidence.

MASSAGES

1	IVIASSAGES		
	FULL BODY MASSAGE A complete massage of the whole body relaxes all muscles, im lymph circulation, stimulates metabolic processes, and gives ye boost.	-	£69
	REJUVENATING MASSAGE This full body massage uses relaxing and stimulating movemer improve circulation and remove toxins from the body	50 min Its to relieve tension,	£69
24	BACK NECK & SHOULDER MASSAGE A totally relaxing and de-stressing treatment for your back, ne	25 min ck & shoulders.	£45
30 24 15	DOUBLE INDULGENCE A treatment where both guests can relax and de-stress at the s a shared room massage.	50 min same time with	£135
15 15	INDIAN HEAD MASSAGE A gentle massage to the upper back, shoulders, arms, neck, sc helps to dispel stress, relieve tension and promote healthy hai	-	£39
20 24 24	FOOT & LEG MASSAGE This is the perfect massage for the end of the day. It will releas aches and pains.	25 min se those tired	£39
30	THERMAL STONES FULL BODY MASSAGE Heated black basalt stones are used to massage the whole boo deep seated tension. This treatment is ideal for anyone sufferi aches and pains.		£79
*	BODY THERAPY EXPRESS REJUVENATING TREATMENT (30 min thermal stone massage and 25 min facial) Maximum results in minimum time. Experience the luxurious h of this massage and then be treated to anti-ageing facial, desig and restore youthful radiance.		£69 ns
	ANTI-STRESS BACK THERAPY Designed to release tension, combat tight muscles, rebalance reactivate your senses.	50 min your energy levels an	£59 d
and the	THERAPEUTIC SCALP TREATMENT A relaxing and deeply healing scalp treatment to soothe away	50 min stress and tension.	£59
	FACE DRAINAGE Using massage and lymphatic drainage techniques the neck, sl and scalp are massaged to restore circulation, firm and detoxid		£59

Waxing

1/2 Leg	30 mins	£24
Full Leg	45 mins	£30
Bikini	30 mins	£24
Eyebrow	15 mins	£15
Underarm	15 mins	£15
Lip or Chin	15 mins	£15
Lip and Chin	15 mins	£20
1/2 Arm	30 mins	£24
Full Arm	30 mins	£24
Back/Chest	30 mins	£30









Esprit Spa Day

Includes: use of facilities: 19m indoor Pool, Life Fitness Gym, Sauna & Steam Room, any 55 minute Spa Treatment, a choice of Afternoon Tea with a glass of chilled Prosseco or 2 Course Lunch in the stylish 2 AA Rosette Caprice Restaurant, complimentary towel & bathrobe For only $\pm 102 \text{ p/p}$

£69

£69

£45

£69

£69

£35

£35

£65

£65

£35

50 min

25 min

50 min

MONU TREATMENTS ACTIVE COLLAGEN FACIAL

50 min This facial been designed to reduce the signs of aging using freeze-dried collagen. This is an intensive collagen treatment that will improve the skin's ability to retain moisture. After just one treatment, the skin's ability to hold moisture is improved by up to the 75%. After 6 treatments wrinkle depth can be reduced by up to 40%. 50 min

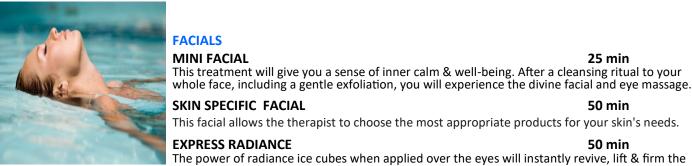
AROMATIC FACIAL

A soothing, beneficial treatment that is suitable for all skin types. All products contain pure essential oils that been carefully selected to help balance the skin and maintain its youthful appearance.

BODY EXFOLIATION

BODY FOLIATION THERAPY

£69 Give your body the customized exfoliation it needs, coupled with the warming sensation it craves! A gentle Oatmeal and Rice Bran powder activates to create a gentle yet effective exfoliant that Whisks away dead skin cells, brightens skin and helps reduce the appearance of sun spots and hyper pigmentation.







- Contraction	This facial allows the therapist to choose the most appropriate products	for your skin's needs.	
	EXPRESS RADIANCE The power of radiance ice cubes when applied over the eyes will instantl skin. It is a completely indulgent and truly divine experience, leaves your brightened & glowing.		£
U	HAND AND FEET EXPRESS MANICURE Cuticles are softened with oils & creams, nails are shaped, tidied & a perf	25 min Tect lasting polish is applic	£ ed.
16	EXPRESS PEDICURE Cuticles are softened with oils & creams, nails are shaped, tidied & a perf	25 min fect lasting polish is applied	£ ed.
لاطو	LUXURY MANICURE The hand exfoliation, mask and hydration leaves hands feeling firmer, sm hands will be massaged, cuticles are cared for with oils and creams, the r treatment basecoats & colours are applied for a perfect finish.		£
	LUXURY PEDICURE The feet exfoliation, mask & hydration leaves feet feeling firmer and smo be massaged, cuticles are cared for with oils and creams, the nail shape is because to 8 colours are applied for a perfect finish		£

25 min Exfoliation and hydration replenishes and softens feet, lavishing a rich and healing action on your skin. Feet and scalp massage soothe away tension, warmed oils nourish and condition feet and nails.

RELAXING HAND TREATMENT

£35 25 min Exfoliation, mask and hydration replenishes and softens hands, lavishing a rich and healing action on your skin. Hand and scalp massage soothe away tension, warmed oils nourish and condition hands and nails.