

**IMPORTANT INFORMATION**  
**FOR SPA USERS**

*If you are currently taking any Medication,  
lost Operative, Pregnant or have any other  
Medical Condition.*

*Heart Disease,*

*High/Low Blood pressure, Diabetes*

*You may need to consult your GP before  
booking Treatments.*

*Also please be aware that certain  
medical conditions may mean you will be  
contra-indicated to  
Some Treatments*

*Elements Spa Operates*

*A Non Smoking and Alcohol Free policy*

*All our Treatments are available to  
Male & Female Clients*

*If you are unsure about anything  
Health related and booking treatments  
please contact the Spa  
for more details*

*Tailor made packages available*  
*Contact reception for further details*

*Elements Spa operates a 24 hr  
cancellation policy*

**ALL PACKAGES MUST BE PAID FOR IN**  
**FULL AT THE TIME OF BOOKING**

**Tel: 00 44 (0)1709 855955/855977**

**Fax: 00 44 (0)1709 855398**

01/11/2010

**SPA ETIQUETTE**

Here is some advice from the professionals on  
getting the most out of the Spa experience that  
awaits you.

First, slow down. To fully enjoy a Spa treatment, do  
not rush to relax, be sure to arrive **15 minutes**  
before your Appointment to allow your mind & body  
to prepare for the whole experience.

Someone will greet you when you arrive where you  
will need to fill in a Health Questionnaire. Then you  
will be informed of the days events that await you.

You will be escorted to the Spa area.  
Lockers, towel, slippers will be provided.  
'All you need to bring is Swimwear'  
And any personal items

All Mobile phones to be switched off before entering  
the Spa and to be kept inside your Locker please.

Shower before using the Hydro-Spa,  
Sauna & Steam.

Do not forget to drink plenty of water during your  
Spa Session as using the Sauna, Steam & the Spa  
may cause de-hydration. Drinking water will  
re-hydrate and prepare you internally for  
detoxification, a natural result of massage and most  
other body treatments.

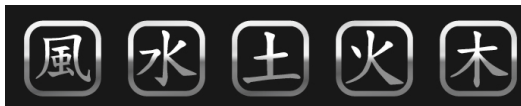
Once your treatment is over, take time to reflect on  
your experience, savour the relaxing or invigorating  
effects of your spa service.

Make sure you check out the retail area, Your  
Therapist may have recommended a product for you  
to purchase and enjoy using at Home Skin & Body  
products are just a few of the items on sale

Finally, the most important tip about Spa treatments,  
Is make them a regular part of your life. Notice how  
wonderful your treatment makes you feel and how  
long that healthy, relaxed, stress-free feeling lasts.

**BOOK YOUR NEXT VISIT NOW**

elements spa



**SPA**

**EXPERIENCES**



## DERMALOGICA THE ULTIMATE DETOX

Welcome Drink on arrival

### **HYDRO ACTIVE MINERAL SALT SCRUB**

Dry body brushing, Friction Massage & gentle cloth buffing, Customising with Hydroxy acids helps remove dulling dead skin cells, And a Botanical Detox complex to rid the body of Toxins

1 hr use of the Hydro-Spa, one of the largest of its kind in the UK with 12 individual water treatments  
+ Sauna + Steam cabinet with Foot Massager

Choice of Salad & Fresh Fruit for Lunch

**SEA MUD WRAP**  
Includes scalp massage

**FULL BODY MASSAGE**

Relax & unwind before your onward journey with a herbal infusion

**£115.00**

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## HEAVENLY BODY EXPERIENCE

Welcome Drink on arrival  
Release the Tension & Re-energise

1 hr use of the Hydro-Spa, one of the Largest of its kind in the UK with 12 individual water treatments  
+ Sauna + Steam cabinet with Foot Massager

**Full Body Aroma Massage**

**Express Facial**

2 Course Lunch with Healthy Juice

**Paraffin Wax Manicure**  
**Paraffin Wax Pedicure**  
(No Nail Paint)

**£120.00**

## SPA RITUAL JOURNEY

Welcome Drink on arrival

To release the Stresses and Strains of everyday Life

### **RADIANT BODY RITUAL**

1 hr use of the Hydro-Spa, one of the largest of its kind in the UK with 12 individual water treatments  
+ Sauna + Steam Cabinet with Foot Massager

**Center yourself Organic Body Wrap**

**Full Body Massage**

2 Course Lunch + Healthy Juice

**Hand Ritual Manicure**

**Foot Ritual Pedicure**

**£190.00**

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## MATERNAL MOMENTS

Welcome Drink on arrival

**1hr Indian Head Massage**  
**Head, Face, Neck & Upper Back**

**Refocus Facial**

2 Course Lunch  
with Healthy Juice

**Choose from the following\***

**Mini Manicure & Mini Pedicure**      or      **Make-up & Blow Dry**

**This Package is also suitable for clients contra-  
indicated to the Spa**

**£105.00**

## INDULGENCE DAY

Welcome Drink on arrival

**Spoil yourself for that Special Occasion**

1 hr use of the Hydro-Spa, one of the Largest of its kind in the UK with 12 individual water treatments  
+ Sauna + Steam cabinet with Foot Massager

**Back Massage**

**Express Facial**  
to include Eyebrow shape

2 Course Lunch + Healthy Juice

**Choose from the following \***

**Mini Manicure Make-up & Mini Pedicure**      **OR**      **& Blow Dry**

**£110.00**

**\* Treatments must chosen when booking appointment**

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## MINI PACKAGES

Welcome Drink on arrival

1 hr use of the Hydro-Spa, one of the largest of its kind in the UK with 12 individual water treatments  
+ Sauna + Steam Cabinet with Foot Massager

**+**

**1 HOUR OF TREATMENTS**

Or choose any 2 from the ½ hr list below

<b>Prescriptive Facial</b>	<b>½ hr Mini Facial</b>
<b>Full Body Massage</b>	<b>½ hr Back Massage</b>
<b>Indian Head Massage</b>	<b>½ hr Head Massage</b>
<b>Gents Sports Facial</b>	<b>½ hr Mini Manicure</b>
	<b>½ hr Mini Pedicure</b>

**£65.00**

**Add a 2 course lunch & refreshments £12.50**