

EAR TREATMENTS

Hopi Ear Candles (BIO-SUN)	£33.00
Ear piercing	£14.00

EYE TREATMENTS

Enhances eyes and is suitable for swimmers, sports lovers, & contact lens wearers.	
Eyebrow & Lash Tint*	£15.00
Eyeshadow Tint*	£10.00
Eyebrow Tint*	£10.00
Eyebrow Trim & Re-Shape	£ 7.50

A Patch Test needs to be taken 24hrs Before Treatment

WAXING

Full Leg	£21.00
¾ Leg	£18.00
½ Leg	£16.00
Bikini	£10.50
Brazilian	£15.50
Hollywood	£20.00
Underarms	£10.00
Upper Lip/Chin/Brows	Each £ 7.50
Back or Chest	From £20.00
Full Arm	£16.00
½ Arm	£13.50

Full Leg, Bikini & Underarm or Upper Lip/Chin/Brows	£33.00
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ELECTROLYSIS HAIR REMOVAL

15 mins	£15.50
30 mins	£21.00

NAIL ENHANCEMENTS

Nail extensions: Acrylic, Silk & Gels	£40.00
Natural overlay: Acrylic, Silk & Hollywood French Gels	£30.00
Infills	£23.00
Repairs	From £ 5.00
Fingers or Toe Nails Tidy & Polish	£13.00
Nail Paint / Nail Art	From £ 7.50
Hollywood French Gel Toes (Can last up to 5 Weeks)	£18.00

MANICURE/PEDICARE

Bronze

Manicure or Pedicare	£18.50
Toenail tidy, cuticle work, moisturise & paint	

Silver

Manicure or Pedicare	£22.00
Nail tidy, cuticle work, exfoliation, paraffin wax, & moisturise massage NO PAINT	

Gold

Manicure or Pedicare	£27.00
Nail tidy, cuticle work, exfoliation (hard skin removal) Mask, moisturise massage and paint	

Platinum

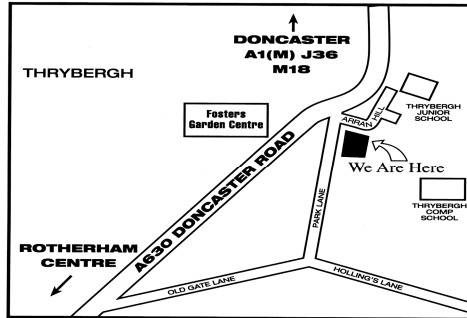
Pedicare	£33.00
Nail tidy, cuticle work, callous peel, hard skin removal, Exfoliation, moisturise massage and paint	

INDOLA APPOINTED HAIR SALON

Shampoo & Set		£16.50
Cut & Blow	Short Hair	£22.00
Cut & Blow	Long Hair	£27.00
Blow Dry	£5 extra for long Hair	£16.50
Wet Cut		£11.00
Woven Highlights Parting		£27.00
Woven Highlights Partial		£37.00
Woven Highlights Full Head	£10 extra for long Hair	£47.00
Full Head Colour	£10 extra for long Hair	£42.00
Tinted Roots		£35.00
Perms from		£57.00
Extra Price on Perms for Spiral Wind/Long Hair		£12.00
Gents Wet Trim		£11.00
Gents Cut & Blow		£12.50
Children's Trim		£ 7.50
French Plait		£20.00
Pin ups	ask your stylist	From £16.00

Make-up

Cleanse, Tone, Moisturise and make-up	£22.00
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OPENING TIMES

MONDAY	CLOSED
TUESDAY	10.00 - 8.00
WEDNESDAY	10.00 - 6.00
THURSDAY	10.00 - 8.00
FRIDAY	10.00 - 6.00
SATURDAY	9.00 - 5.00
SUNDAY	CLOSED

CANCELLATION POLICY

IF LESS THAN 24 HRS NOTICE

72 HRS FOR PACKAGES

CHARGES WILL APPLY

GIFT VOUCHERS AVAILABLE

VALID FOR 3 MONTHS FROM

DATE OF PURCHASE

elements spa



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SPARITUAL TREATMENTS

Through an intuitive process, SpaRitual has custom blended a multipurpose system of Spa Treatments. These versatile formulations have been designed for holistic and streamlined manicure, pedicure and body care. Each treatment has subtle fragrance and therapeutic benefits that energize a specific chakra. SpaRitual uses naturally-coloured vegan ingredients from around the world, including many plant essences that are wild crafted and organic. The system is also naturally coloured and free of synthetic dyes.

Radiant Body Ritual £32.00

Awaken your senses as dead skin cells are sloughed away with a customised exfoliation of your choice of mineral salts. Your polished body is drenched with a nourishing lotion infused with Avocado oil, Aloe & Vitamin A&E to reveal supple, glowing, hydrated and radiant skin. Ideal pre-treatment before going on Holiday.

Centre Yourself Organic Balancing Body Wrap £60.00

Your treatment starts with a dry body brush to help lymphatic flow. In this wrap Amazonian white clay rich in mineral and nutrients stimulate circulation & eliminates toxins. Organic buckwheat, Rice Peptides, Acai & dried plum powders fight free radicals & increase hydration and has a detoxifying effect on all systems. A full body moisturise and Chakra balance concludes this treatment.

Back To Nature £37.00

Begin your journey with a customised exfoliation, balance your chakras with a back wrap, finish with a relaxing massage to relieve tension & stress.

Healing Hands Massage £50.00

A Facial massage using our distinctively loving oils will relax & prepare you for your full body massage, this will revitalise, re energise and renew your Senses by balancing your chakras.

Aura Balance Hand Ritual £27.00

This aroma Manicure balances the body's full chakra system. Using Relax, Uplift, Inspire, or Connect Mineral salts to gently remove any dry skin. File & Cuticle work gives perfect shape. A healing hand massage using a hydrating therapy blend of essential oils of geranium, eucalyptus, frankincense, ginger & Jasmine followed by a nail paint from our Spa Ritual range of colours

Aura Balance Foot Ritual £27.00

This aroma Pedicure balances the body's full chakra system. Using Relax, Uplift, Inspire, or Connect Mineral salts to gently remove any hard skin. File & Cuticle work gives perfect shape. A healing foot massage using a hydrating therapy blend of essential oils of geranium, eucalyptus, frankincense, ginger & Jasmine followed by a nail paint from our Spa Ritual range of colours

DERMALOGICA FACIAL TREATMENTS

Express Facial. £25.00

A Facial to introduce you to Dermalogica products. Revitalises the skin. Inc cleanse, tone, massage, mask & moisturise.

Prescriptive Facial * £40.00

Deep cleanse, exfoliation, Steam/extractions. Face, Neck & Shoulder massage, a customised mask and soothing massage to the Hands or Feet is followed by a moisturiser.

Men's Sports Facial. (as prescriptive) £40.00

Alpha Hydroxy Acid Exfoliation [AHA's] £50.00

Dermalogica's purifying skin exfoliant system using a blend of Hydroxy acids, enzymes and vitamins, helps remove dulling surface debris & stimulate cell renewal. A customised exfoliation treatment Ideal for acne prone skin.

*** Millia Extractions** £ 7.50

DERMALOGICA BODY TREATMENTS

Massage

Back Massage £28.00

Full Body Massage £38.00

Indian Head & Face Massage £28.00

Indian Head, Face, Neck & Upper Back Massage £38.00

Hydro-Active Mineral Salt Scrub. £30.00

Dry body brushing, friction massage. Customised with Hydroxy acids to help remove dulling dead skin cells, with a botanical Detox complex to rid the body of toxins.

Body Micro-foliation £30.00

A gentle, soothing & super smoothing alternative for sensitised & prematurely aging skin

Multi Vitamin Power Recovery Pack £60.00

Begins with Body Micro-foliation, The recovery pack is an Intense treatment to deliver nourishment to prematurely aging skin. Treatment finishes with customised moisturiser.

Enzymatic Sea Mud Wrap. £60.00

Hydro Active Mineral Salt Scrub prepares the skin for the purifying seaweed and mineral mud poultice infused with aromatic botanical extracts and fruit enzymes. Includes dry body brushing. Enjoy a deeply relaxing scalp massage whilst cocooned in a warm relaxing wrap,

Back Purification £37.00

Treat your Back to a Deep Cleanse, Exfoliation, Steam & Extractions, Mask, Massage & Moisturise.

Thermal Treat £60.00

Melt on a warm wheat pillow to soothe tired muscles whilst experiencing a relaxing Prescriptive Facial, followed with Therapeutic Back massage

HYDRO – SPA

HYDRO-SPA SESSIONS 60 mins £27.00

10 Sessions £220.00

Private bookings arranged for 10 persons max £220.00

One of the largest of its kind in the UK 28 feet long, 14 feet wide & 4 feet deep. The Hydro-Spa has 13 individual water treatments within one unit which inc 6 SEATS With a system of jets that gently massage the back. 4 AIRBEDS massage the whole body. 2 WATER CANNONS High pressure jets to massage Head, Neck & Shoulders. 1 VOLCANO that erupts from the bottom of the Spa.

inc use of Sauna & Steam Cabinet.

Towels & Lockers are provided.

Dressing gowns & Slippers on 1/2 & full day packages

REFLEXOLOGY FOOT TREATMENT

Research indicates that the reflex zones of the feet affect the levels of stress, wellness and energy in the body. £38.00

REIKI TOTAL BODY REBALANCER

1 Session £38.00

COLONIC HYDROTHERAPY

1st Session £80.00

Repeat sessions £69.00

Course of 3 (within one Month) £220.00

4 Day Detox Diet follows this treatment (ask for details)

STAY YOUNG (Anti Ageing Face Treatments)

Facial £40.00

Eye Treatment for Crows feet wrinkles etc £27.00

Facial & eye treatment £55.00

TANNING TREATMENTS

ST-TROPEZ ORIGINAL

Exfoliation to remove dead skin cells, then a moisturising Cream, followed by St Tropez Total glow tanning treatment. £35.00

ST-TROPEZ AIRPORT

For an all over Mediterranean tan let us Air brush you using The latest technology, see your tan develop before your eyes £30.00

SUNBED [Stand-up-capsule]

3 mins £ 2.00

6 mins £ 4.00

9 mins £ 6.00

Courses buy 5 get 1 free

**SEE OUR IN-HOUSE SELECTION OF
SPA EXPERIENCES
TAILOR MAKE YOUR OWN PACKAGE
SPECIAL OCCASION OR CORPORATE EVENT
EXECUTIVE ROOM £5 EXTRA**