

Body Rituals

Hawaiian Body Polish ~ Using an exclusive range of exotic products to leave your skin simply irresistible. Approx 30 minutes..... £33


✓ Soft Delight Exfoliation ~ A gentle exfoliation treatment for those with more sensitive skin. Approx 30 minutes £32

✓ Sun Initiation ~ A gentle exfoliation, followed by an application of our self tanning hydra cream to give a natural golden tan. Approx 1 hour..... £36


Slimness Escapade ~ An amazing wrap to instantly eliminate toxins and relieve excess water in the body. Approx 45 minutes £44

Tonic Bust ~ A firming treatment specifically designed for the bust area. Approx 1 hour £42 

✓ Hanakasumi Ritual ~ A sophisticated and nourishing Japanese body ritual, which ensures total relaxation and peace of mind. Approx 1 hour 30 minutes £49

Detoxifying Marine Wrap ~ A stimulating treatment, incorporating our awakening prelude, exfoliation, wrap and our finale ritual. Approx 1 hour 30 minutes £60 

Anti-Eau Cocktail ~ A stimulating and revitalising treatment to fight fluid retention and relieve tiredness in the legs. Approx 1 hour 30 minutes..... £60

✓ Velvet Skin Miracle ~ A nourishing treatment for the body, includes exfoliation, gentle massage and a warm envelopment. Approx 1 hour 30 minutes £60 

Mineral Enchantment ~ A soothing and relaxing treatment including an exfoliation, massage and marine wrap. Approx 2 hours..... £65



Body Rituals

Slimness Worship ~ A slimming and detoxifying treatment including an exfoliation, massage and seaweed wrap. Approx 2 hours.....£70

Secrets De Sothys ~ The ultimate in luxury anti-ageing, de-stressing face and body care. Approx 2 hours 30 minutes£105

- ✓ **Intensive Stretch Mark Treatment** ~ A result driven treatment to minimise stretch marks regardless of their age and stage. This treatment will strengthen the skin's tissue and improve the appearance of marks on any area of the body.
1 Area - 1 hour £50
2 Areas - 1hr 15mins £55
3 Areas - 1hr 30mins £60

Ultimate Anti-Cellulite Treatment ~ Specific treatment targeted for bums & thighs to restore its smoothness and fight the 'orange peel' appearance of the skin. Approx 1hr 30mins£60

Massage Treatments

All of our massage rituals are uniquely designed and use influences from Bali, Hawaii, Morocco and Thailand.

- ✓ **Indian Head Massage** ~ A relaxing massage to the shoulders, neck, scalp and face to reduce stress and tension. Ideal for relief of headaches and sinus pain. Approx 30 minutes.....£26
- ✓ **Swedish Massage** ~ A deep and meaningful massage, stimulates circulation, eases stress and relieves tension.
Full Body ~ 1 hour£44
Back, neck & shoulders ~ 30 minutes..... £33

Slimness Metamorphosis ~ A slimming full body massage using essential oils, which has great relaxation & detoxification results. Approx 1 hour.....£44



Massage Treatments



- ✓ **Peace for the Senses** ~ A deeply relaxing full body massage using soothing essential oils. Approx 1 hour.....£44

Orient Sensations ~ A warming and relaxing massage, using aromatic bags, infused with ginger and spices. Approx 1 hour.....£58

Orient Essences Ceremony ~ Inspired by the spa rituals of South East Asia. A full body exfoliation is followed by a deeply relaxing massage, using aromatic bags and hot stones, infused with spices and soaked in hot oil. Guaranteed to transport you to another world!
Approx 1 hour 30 minutes£70

Reflexology ~ This treatment is a form of Chinese foot massage, by stimulating 'nerve endings' it promotes overall relaxation, encouraging our body to work more efficiently and creates a feeling of wellbeing.
60mins£30

Secrets de Sothys Body Massage ~ Allow a magical atmosphere to embrace you with candlelight, relaxing music and sensuous fragrance... a protective cocoon where time is suspended. Your sensory experience begins with a precious oil infused with the delicate Secrets de Sothys fragrance and our exclusive massage technique. This hour of pleasurable indulgence will leave you totally relaxed with the radiance of a deeply nourished and satin-smooth skin. 60mins£50

Facials Treatments



- ✓ **Revital-Eyes** ~ A complete treatment for the delicate eye area to relieve tiredness, free congestion & smooth the skin. Reduces wrinkles, bags & dark circles. Approx 30 minute£34


Nature's Secret ~ A purely organic beauty treatment for all skin types. Skin is instantly smooth, with a radiant complexion. Approx 50 minutes£38

- ✓ **Seasonal Facial** ~ An express treatment to provide rapid skin illumination & maximum relaxation. Receive a gift of a 10-day homecare serum to maintain the results of the treatment. Approx 45 minutes£40





Facials Treatments



Clarifying Correcting ~ This treatment is the answer to all oily & problematic skins. The skin is soothed, regulated and purified.

Approx 50 minutes £44

Resurfacing Peeling Care ~ A double action exfoliation treatment for all skin types. This treatment will resurface the skin whilst removing all particles of pollution. Repairs and protects the skins deeper layers to provide a smooth, healthy and glowing complexion. 60mins..... £45

Morning Dew (Hydroptimale) ~ The ultimate hydration & relaxation treatment for all skin types presenting areas of dehydration.

Approx 1 hour 15 minutes£55

Collagen Hyaluronique ~ This advanced anti-ageing treatment effectively treats lines & wrinkles according to the 'cosmetic' age of the skin. Skin is left firmer with a more youthful looking appearance.

Single treatment approx 1 hour 20 minutes £66

3 courses (includes 2 homecare products) £210



Secret De Sothys ~ A spectacular new concept created to treat stressed, mature and menopausal skins, to restore youth and vitality.

Approx 1 hour 15 minutes £82

Dermal-Roller Therapy ~ Dermal-roller Therapy is a natural skin rejuvenation treatment that utilises advanced skin-needling. Skin needling stimulates the skin and prompts regeneration and repair. The Dermal-roller is a barrel like roller comprising tiny micro-needles which are rolled across the skin creating tiny pin pricks that encourage this rejuvenation and collagen production, filling out wrinkles and depressed acne or surgical scars. **(Can be added on to any facial treatment for an additional £10.00)**






Spa Packages










Prepare for your spa experience by being wrapped in a cosy robe and slippers, before letting our expert therapists work their magic and help you drift into a world of pure bliss! All Spa Day Appointments are required to pay a 50% deposit on day of booking.

Spa Packages

Quick Fix Beauty ~

-  Flash Beauty or Nature's Secret Facial
 -  Express Manicure
 -  Express Pedicure
 -  Hot Tub
 -  Lunch and complimentary glass of champagne
- Approx 3 hours£90 per person


Abz..phrodite ~ Experience the ultimate pampering of a true Greek Goddess!

-  Flash Beauty or Nature's Secret Facial
 -  Hawaiian Body Polish
 -  Orient Sensations
 -  Enchanting Foot Ritual
 -  Hot Tub
 -  Lunch and complimentary glass of champagne
- Approx 5 hours£135 per person 

His & Hers ~

-  Back Massage
 -  Seasonal Facial
 -  Hot Tub
 -  Express Pedicure
- Approx 2 hours 30 minutes£135 per couple 


Pamper Parties ~ The perfect treat for birthdays, hen parties or even the beginning of a night out!

-  Hawaiian Body Polish
 -  Flash Beauty Facial
 -  Express Manicure
 -  Hot Tub
 -  Chocolate Fondue with fresh fruit & marshmallows
 -  Lunch and complimentary glass of champagne
- Approx 4 hours£95 per person 





Spa Packages




The following are treatment combinations that compliment each other. These are our best sellers! You may also choose to customise your own spa package. For further information, please contact Abbie or Melissa on 01224 823070.

The Shangri-La Experience ~ Take a journey to paradise with this harmonious package!

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|-------------------------------|-------------------------------|
| ✦ Light Breakfast on Arrival | ✦ Enchanting Foot Ritual |
| ✦ Hanakasumi Ritual | ✦ Private Hot Tub |
| ✦ Velvet Skin Wrap | ✦ Deluxe Lunch with Champagne |
| ✦ Conditioning Hair Treatment | ✦ Shangri-La Fruit Cocktail |
| ✦ Nature's Secret Facial | ✦ Complimentary SOTHYS Gift |
-£220 per person

The Tropical Escape ~ This exceptional experience is designed to revitalise the senses and rejuvenate the body and mind!

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|------------------------------|-------------------------------|
| ✦ Light Breakfast on Arrival | ✦ Spa Pedicure |
| ✦ Hawaiian Body Polish | ✦ Private Hot Tub |
| ✦ Mineral Envelopment | ✦ Deluxe Lunch with Champagne |
| ✦ Exotic Body Massage | ✦ Hawaiian Fruit Cocktail |
| ✦ Hydroptimale Facial | ✦ Complimentary SOTHYS Gift |
-£220 per person

The Secret Sensation ~ Indulge yourself in this luxurious pampering delight!

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|---------------------------------|-------------------------------|
| ✦ Light Breakfast on Arrival | ✦ Private Hot Tub |
| ✦ Soft Delight Exfoliation | ✦ Deluxe Lunch with Champagne |
| ✦ Secret de Sothys Facial | ✦ Secret Fruit Cocktail |
| ✦ Secret de Sothys Body Massage | ✦ Complimentary SOTHYS Gift |
| ✦ Spa Manicure | |
-£220 per person



Bridal Packages

Your wedding day is one of the most precious days of your life, so let us help you make it truly memorable.

Princess Cut ~

Express Manicure

Express Pedicure

Make-up Trial

Make-up on the day..... £66

Bridal Bliss ~

Seasonal Facial

Express Manicure

Express Shape

Express Pedicure

Make-up trial

Make-up on the day..... £86 

Simply Stunning ~

Fake Bake Spray Tan

Hawaiian Body Polish

Seasonal Facial

Express Manicure

Express Pedicure £104 

Make-up £30


Bridal Make-up w/trial £50

Call out charge..... £40 






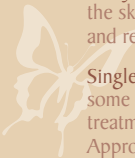
Just For Him



Chest Wax	£20
Chest & Stomach Wax.....	£25
Shoulders Wax.....	£20
Back Wax.....	£30
Back & Shoulders.....	£45
Eyebrow Wax.....	£7
Eyelash Tint	£12
Eyebrow Tint.....	£8
Eyelash & Brow Tint.....	£25



Purifying Back Treatment ~ This super grooming back treatment decongests the skin, working overtime to eliminate blocked pores, neutralise impurities and relieve specific stress and muscle tension. Approx 1 hour..... **£50**



Single Malt Facial ~ A treatment especially designed for male skin, using some of the finest Scottish ingredients. Immediate results after the very first treatment include increased comfort, relaxation, radiance and detoxification. Approx 1 hour..... **£40**



Eye Essentials

- ✓ Eyelash Tint
 - ✓ Eyebrow Tint.....
 - ✓ Eyelash & Brow Tint ~ Tinting makes lashes appear thicker, longer & darker and gives eyebrows more definition. Results last for up to 4 weeks. If you require a free patch test, just drop in by.
- Eyelash Perm ~ This treatment gives the lashes a natural curl effect which can last up to 6 weeks.

Eye Essentials

Earpiercing ~ Includes your choice of beautiful stud earrings, aftercare and cleansing solution. £15

✓ Ladies Lycon Waxing

This revolutionary wax will prevent hair breakages, redness and the associated painful sting. Amazingly our wax will remove stubborn hair as short as 2mm, leaving your skin soft & smooth with no sticky residue.

Full Leg Wax	£20
Eyebrow Wax.....	£9.50
3/4 Leg Wax.....	£18
1/2 Leg Wax Wax	£16
Hollywood Wax	£40
Californian Wax.....	£30
Bikini Line Wax	£20
Full Arm Wax.....	£15
Playboy Wax.....	£36
Eyebrow & Upper Lip Wax.....	£12.50
Upper Lip Wax.....	£7.50
Chin Wax.....	£6.50
Upper Lip & Chin Wax	£10
Brazilian Wax.....	£26
Underarm Wax	£11
Forearm Wax.....	£12



✓ Ladies Lycon Waxing

Holiday Retreat ~


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- ✓ 1/2 Leg Wax
 - ✓ Underarm Wax
 - ✓ Bikini Wax
 - ✓ Eyebrow Wax
 - ✓ Eyelash Tint
 - ✓ Spa Pedicure

..... £82



Manicures & Pedicures

The Rinato Spa...simply sensational ~ Sit back, relax and let the Rinato take you to the new generation of pedicures. This soft, inviting seat features a built-in roller and vibrating massage, heated seats, whirlpool bath & all at the touch of a button!



Enchanting Foot Ritual ~ Pampering delight, soak those precious pedis in our whirlpool jet bath with aromatherapy oils. Includes callous-softening & removal, cuticle & nail shaping and a delightful scrub & masque, followed by a heavenly lower leg massage. You will leave the salon feeling like you're floating on air!

- Colour Polish..... £36
- French Polish..... £38

- ✓ Spa Pedicure ~ Treat your feet. Relax while you soak your feet in warm, aromatic water. Pressured jets will gently massage away those aches & pains. Includes nail shaping, cuticle work, scrub and lower leg massage.
 - Colour Polish..... £28
 - French Polish..... £29
- ✓ Spa Manicure ~ Indulge yourself in a soothing, therapeutic hand treatment. Nails are shaped while oils revive & re-hydrate cuticles, a relaxing massage soothes tired muscles and relieves tension.
 - Colour Polish..... £27
 - French Polish..... £28
- ✓ Express Manicure/Pedicure..... £16 each / £27 both

Manicures & Pedicures



- ✓ Minx Nails ~ Minx has fast become the latest 'must have' fashion accessory, with hundreds of designs to choose from. This treatment is definitely for those who like to stand out from the crowd!

Express Pedicure & Minx.....	£22
Spa Pedicure & Minx.....	£34
Minx Removal & Tidy.....	£16

Treatments available on request ~

Acrylic Nails

IPL Hair Removal

Skin Rejuvenation

Line Softening Injections and Restylane

Reiki

Special Treats



- ✓ Fake Bake Pro Air ~ Using the latest airbrushing equipment, this self tanning lotion is sprayed as a fine mist onto the skin, ensuring an even application. It is important that you do not wax, shave or apply deodorant, perfume or body lotion on the day of your tanning. £30

Hot Tub Sessions ~ Can also be added before any other treatment for extra relaxation. NB not advised for before waxing treatments.

30 minutes.....	£5 per person
1 hour.....	£8 per person

Gift Vouchers Are Available



Mum-to-be? Any treatment marked with a ✓ is suitable for pregnant women.



Spa Etiquette

Spa Arrival ~ We ask that you arrive 15 minutes prior to your spa day to allow time for filling in client consultation cards. Please be aware that late arrivals will not receive an extension to their treatment.

Health Conditions ~ Kindly advise us of any health conditions, allergies or injuries, which could affect your choice of treatment when making your spa reservation.

Age Requirements ~ The minimum age requirement for access into the spa and to experience treatments is 16.

What to Bring ~ For your comfort we will provide you with a luxurious robe, towels and slippers to use throughout your visit. We would like to advise you, however, to bring a bathing suit if you wish to use our hot tub facility.

Spa Reservations ~ To make an appointment for the perfect treatment, please contact the spa where we will be delighted to assist you. Please note, reservations cannot be confirmed or secured without credit or debit card details.

Cancellation Policy ~ As a courtesy to our therapists as well as other clients, we ask for 24 hours notice for cancelling or rescheduling booked appointments. For Spa Days we require at least 72 hours notice. We reserve the right to charge a 50% cancellation fee.

Opening Times

Monday ~ Closed

Tuesday ~ 10am to 8pm

Wednesday ~ 10am to 8pm

Thursday ~ 10am to 6pm

Friday ~ 10am to 5pm

Saturday ~ 9.30am to 4pm

Sunday ~ Closed

