



Abzolute 
BEAUTY SPA




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All treatments can be adapted for Males and Females


Body Rituals ♀♂


Hawaiian Body Polish ~ Using an exclusive range of exotic products to leave your skin simply irresistible. Approx 30 minutes.....£40

Purifying Back Treatment ~ An ideal treatment for problematic skins and a treat for this much neglected area. The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal, then calmed and relaxed with a luxurious aromatherapy massage. Approx 1 hour£60

- ✓ **Hanakasumi Ritual** ~ Experience the ancient art of beauty with this relaxing and enchanting body ritual inspired by Japanese tradition. Your journey commences with the application of a warmed exfoliating cream with Cherry Blossom & Rice Powder. A unique foot massage based on reflexology revives vital energy complete with a full body massage of melted aromatic Shea butter bringing blissful relaxation. Approx 1 hour 15 minutes£65 

Sensorial Escape ~ This customised and unique ritual with delicate aromas offers total relaxation and a sensorial experience. The ritual will begin with a sweet and salty exfoliation for velvety soft skin. A superbly relaxing body massage with your choice of essential oils is added to this ritual to make it a truly one-of-a-kind experience. Approx 1 hour 15 minutes..... £65

Executive Escape for Men ~ A smoothing salt and sugar scrub is followed by a relaxing body massage using your choice of delicious warm melting butter, oil or cream combined with your chosen scent, putting your wellbeing at the centre of each individual treatment. Approx 1 hour 15 minutes £65 


Secret de Sothys Ritual ~The ultimate unique face and body ritual. Where sensoriality and technicity come together as one...Elegant, stylish, an unforgettable well-being experience. Approx 2 hours 30 minutes..... £195 





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.....£40


✓ **Swedish Massage** ~ A deep and meaningful massage, stimulates circulation, eases stress and relieves tension.
Full Body ~ 1 hour..... £55
Back, neck & shoulders ~ 30 minutes.....£40

✓ **Peace for the Senses** ~ A deeply relaxing full body massage using soothing essential oils. Approx 1 hour.....£55

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 £75



Exotic Bamboo Massage ~ This fresh and natural approach combines Swedish and Deep Tissue massage strokes with a beautifully crafted set of warmed aroma oil-soaked Bamboo tools to roll, slide, knead and tap you into a deep state of relaxation. Approx 30 minutes£40

Candle Massage ~ When lit, the massage candle turns into a warm sumptuous massage oil. This warm oil is then drizzled over the skin for a wonderful massage treatment to melt away tension and delicately nourish the skin.
Approx 45 minutes£48

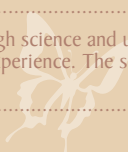
Light Legs ~ An express treatment to target puffiness and poor circulation in the legs. This protocol is designed to drain the legs using fabric bands soaked in a refreshing lotion to restore the balance and comfort in the legs and ankles. Approx 45 minutes.£48

Slimness Modelling ~ An express toning & firming body treatment to aid the removal of toxins, excess water and help breakdown cellulite. Approx 45 minutes.£48

Facials Treatments



- ✓ **Revital-Eyes** ~ A complete facial to maintain and protect the beauty of the eye contour. Combining an exclusive eye complex and our unique massage porcelains, this treatment will help combat; tiredness, dark circles, puffiness and reduce the appearance of fine lines & wrinkles. Can also be combined as a 20 minute add-on to all facial treatments.
Approx 55 minutes £48 Add - on Treatment..... £22
- ✓ **Seasonal Facial** ~ An express treatment to provide a dose of minerals to boost the skin's defence system before winter and a cocktail of vitamins to revitalise the skin before summer. For revitalised and resplendent skin.
Approx 45 minutes £48
- Skin Detox for Men** ~ The ultimate detoxifying and energising treatment for male skins, to protect against pollution and daily aggressions such as shaving.
Approx 1 hour £48
- Revita-Lift** ~ From the cheekbones to the bust, a treatment specially designed to preserve the youth of the facial contour and décolleté.
Approx 45 minutes £55 Add - on Treatment..... £26
- Glysalac Pro Peel** ~ Formulated with Glycolic and Salicylic acid for an effective and deep skin exfoliation with a professional facial protocol. This treatment will resurface the skin whilst removing all particles of pollution. The skin is refined, renewed with a radiant complexion. Approx 45 minutes ... £55
- ✓ **S.O.S Intensive Treatment** ~ The ultra-gentle textures of this treatment have been formulated to respect the sensitivity of all skin. The skin is more comfortable and soothed in just 1 hour! 25% reduction in skin sensitivity (demonstrated by stinging test). Approx 1 hour £55
- ✓ **Hydra 3H Intensive Treatment** ~ This innovative complete hydrating treatment targets all dehydrated and dry skin types whilst preventing the signs of ageing. Sothys have created a unique triple Hyaluronic acid approach to restore, reactivate and rejuvenate all the key elements of skin hydration. Hydration is improved by up to 71% after one treatment. Approx 1 hour 15 minutes. £68
- 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. Approx 1 hour 20 minutes..... £70
- Siberian Ginseng** ~ An intensive facial combining Sothys's exclusive Siberian Ginseng and massage techniques to restore luminosity, radiance, energy and youth to the complexion. A clinically proven energy treatment with long lasting results. Approx 1 hour 30 minutes £75
- Sothys Secrets** ~ Elegantly and stylishly combines high science and unique massage techniques to deliver the ultimate Sothys experience. The skin dazzles with beauty and appears visibly younger.
Approx 1 hour 30 minutes £135



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.

L'Spa ~ Come and enjoy our spa facilities pre or post treatment and extend your 'me' time. Our unique spa area consists of :

- ✦ Aroma-steam Room
 - ✦ Infra-red Sauna
 - ✦ Two Luxurious Hot Tubs
- Up to 2 hours £18 per person

Precious Moments ~ Perfect for those of us with less 'me' time in our day!

- ✦ Revital-Eyes
- ✦ Express Manicure
- ✦ Express Pedicure
- ✦ Full use of L'Spa
- ✦ Refreshments £99 per person








Lounging Ladies ~ The perfect pamper for Birthdays, Hen Parties, Christmas treats or just because...!

- ✦ Swedish Back Massage or Hawaiian Body Polish
- ✦ Seasonal Facial
- ✦ Express Manicure or Pedicure
- ✦ Full use of L'Spa
- ✦ Lunch
- ✦ Chocolate Fondue with fresh fruit & marshmallows
- ✦ Refreshments £140 per person









Spa Packages ♀♂

Damsels in De-Stress ~ Escape your everyday and enter our world of calm and wellbeing...

-  Hydra 3H Treatment or Hanakasumi Ritual
-  Spa Manicure or Pedicure with Polish
-  Express Manicure or Pedicure with Gel
-  Lunch
-  Full use of L'Spa
-  Chocolate Fondue with fresh fruit & marshmallows
-  Refreshments£145 per person

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

-  Secret de Sothys Face & Body Ritual
-  Exotic Frangi-Mani or Enchanting Foot Ritual
-  Lunch
-  Full use of L'Spa
-  Chocolate Fondue with Fresh Fruit & Marshmallows
-  Refreshments£240 per person

Baby on Board Pamper Package ~ Complete mother-to-be indulgence!

-  Relaxing Back Massage
-  Bump Boney (exfoliation, massage & nourishing wrap)
-  Soul-to-Sole Foot Ritual£94 per person





Couple's Retreat ♀♂





Enjoy a relaxing Spa experience for just the two of you, in our exclusive couple's suite! A party of two can enjoy private side-by-side treatments performed individually by two therapists. Ideal for couples, family or friends.

Tea for Two ~ Time to unwind and catch up!

-  Infra-red Sauna Session
-  Seasonal Facial or Candle Massage
-  Tea & Cake served in Relaxation Lounge







.....£66 per person

Just the Two of Us ~ Drift away on a tranquil journey together!

-  Infra-red Sauna Session
-  Swedish Back Massage or Indian Head Massage
-  Seasonal Facial for Her or Skin Detox for Him
-  Refreshments

.....£85 per person

V.I.P. Double Indulgence ~ A truly amazing side-by-side experience for Two!

-  Full use of L'Spa
-  Refreshments
-  Exotic Bamboo Massage
-  Hydra 3H Intensive Treatment
-  Spa Manicure or Pedicure
-  Lunch

.....£160 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..... £90

Bridal Bliss ~

Seasonal Facial

Express Manicure with gel

Eyebrow Wax

Make-up trial

Make-up on the day..... £130

Make-up..... £40 


Bridal Make-up w/trial..... £65

Call out charge..... £50






Mens Waxing

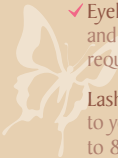


Chest Wax	£25
Chest & Stomach Wax.....	£32
Back Wax.....	from £25
Back & Shoulders Wax.....	from £32
Eyebrow Wax.....	£10



Eye Essentials



- 
- ✓ Eyelash Tint £16
 - ✓ Eyebrow Tint..... £10
 - ✓ 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. £20
 - Lash Lifting ~ (includes tint) ~ This treatment will add length, volume and lift to your natural lashes without the need for lash extensions. Results can last up to 8 weeks. Approx 1 hour. £38
 - ✓ Eyelash Tint, Eyebrow Tint & Eyebrow Wax £30

✓ 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	£24
3/4 Leg Wax.....	£22
1/2 Leg Wax Wax	£20

✓ Lycon Waxing ♀♂

Hollywood Wax	£42
Playboy Wax.....	£38
Californian Wax.....	£33
Brazilian Wax.....	£30
Bikini Line Wax	£22
Full Arm Wax.....	£18
Forearm Wax.....	£16
Underarm Wax	£14
Eyebrow Wax.....	£10
Upper Lip Wax.....	£9
Chin Wax.....	£9
Eyebrow & Upper Lip Wax.....	£15
Upper Lip & Chin Wax.....	£14
Eyebrow, Upper Lip & Chin Wax.....	£24

✓ Holiday Retreat ~

 1/2 Leg Wax	 Eyebrow Wax
 Underarm Wax	 Eyelash Tint
 Bikini Wax	 Spa Pedicure
.....	
	£95

✓ Beach Beautiful ~

 Full Leg Wax	 Underarm Wax
 Brazilian Wax	 Eyebrow Wax
.....	
	£68

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 peds 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.....	£38
French Polish.....	£40
OPI Gel Polish.....	£48
Minx Nails.....	£48

- ✓ 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.....	£32
French Polish.....	£34
OPI Gel Polish.....	£40
Minx Nails.....	£40

Exotic Frangi-Mani ~ Indulge your tired hands with this Hawaiian inspired ritual infused with your choice of frangipani or green tea. This deeply hydrating treatment includes a warm, aromatic soak and exfoliation followed with a heavenly application of frangipani foam. This delightful treatment is completed with a beautiful paint application. (includes file, cuticle work and buff).

Colour Polish.....	£38
French Polish.....	£40
OPI Gel Polish.....	£48

- ✓ 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.....	£32
French Polish.....	£34
OPI Gel Polish.....	£40

- ✓ Spa Manicure & Spa Pedicure ~

Colour Polish.....	£58
French Polish.....	£60
OPI Gel Polish.....	£75

✓ Express Manicure/Pedicure ~ Don't have time for the full works? Then these express treatments are perfect. They each include nail shaping, cuticle work and polish of your choice.

Express Manicure/Pedicure with Polish	£22
Express Manicure + Pedicure with Polish.....	£40
Express Manicure/Pedicure with OPI Gel Polish	£30
Express Manicure + Pedicure with OPI Gel Polish.....	£55
Express Pedicure with Minx	£26

Fake Bake ♀♂

✓ 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 

Earpiercing ♀♂

Includes your choice of beautiful stud earrings, aftercare and cleansing solution.

£18 

Treatments available on request ~

IPL Hair Removal

Skin Rejuvenation

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 is 18 and to experience treatments is 16.

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

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.

All prices are subject to change.

Opening Times



Summer (April ~ October)

Monday ~ Closed

Tuesday ~ 10am to 6pm

Wednesday ~ 10am to 9pm

Thursday ~ 10am to 9pm

Friday ~ 10am to 5pm

Saturday ~ 9.30am to 4pm

Sunday ~ Closed

Winter (November ~ March)

Monday ~ Closed

Tuesday ~ 10am to 6pm

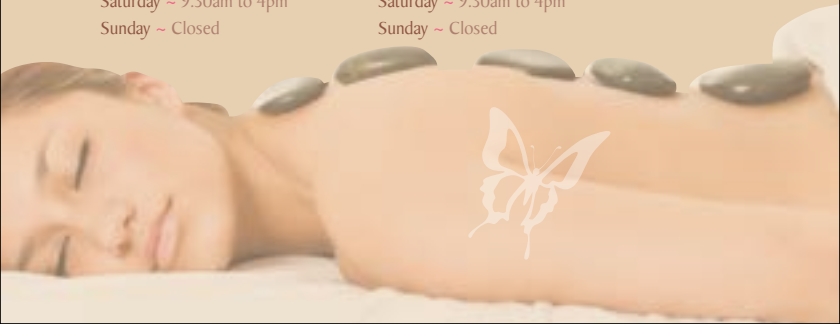
Wednesday ~ 10am to 8pm

Thursday ~ 10am to 8pm

Friday ~ 10am to 5pm

Saturday ~ 9.30am to 4pm

Sunday ~ Closed



O·P·I

Lycon
precision waxing™



 SOTHYS
PARIS


HAWAIIAN
BODY PRODUCTS



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