



RECEPTION

## ESPA FACIAL TREATMENTS

**ESPA AROMATHERAPY FACIAL** 1 hour  
Suitable for all skins; this deep cleansing, relaxing aromatherapy facial, purifies, refines and hydrates. Acupressure massage, lymph drainage and oriental head massage are all included in this facial.

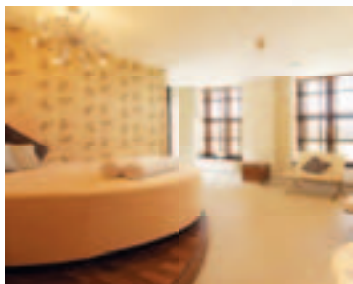
**ESPA REBALANCING FACIAL** 1 hour  
Suitable for problem, oily skins. Massage techniques combined with warm marine mud will decongest skin leaving it calm, clear and rebalanced.

**ESPA SKIN BRIGHTENING FACIAL** 1 hour  
This rejuvenating facial is suitable for dull lifeless skin. Hawaiian algae and meadowsweet help improve the radiance and texture of the skin. A pink hair mud is massaged in to the scalp to relax body and mind.

**ESPA RE-HYDRATOR FACIAL** 1 hour  
This facial is designed to give an instant boost for dry, dehydrated stressed skins. A combination of massage techniques and ESPA products will leave an exceptionally nourished skin, and an inner sense of well being.

**ESPA REGENERATING FACIAL WITH FIRMING EYE TREATMENT** 1 hour 15 mins  
A relaxing facial especially designed for mature skin types. Pressure points and lymphatic drainage techniques help to combat the effects of premature ageing. This facial also combines the firming eye treatment.

**ESPA REGENERATING FIRMING EYE TREATMENT** 25 mins  
This treatment is designed to combat the effects of premature ageing and stress to the eye area and is also of benefit to those who suffer from irritable, puffy or sensitive eyes.



RELAXATION ROOM

## ESPA BODY TREATMENTS

**ESPA HOLISTIC TOTAL BODY CARE** 1 hour 30 mins  
This all-encompassing treatment commences with full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is then followed by a deep body, face and scalp massage using a blend of essential oils chosen to suit individual requirements. Sheer Indulgence!

**ESPA AROMATHERAPY FULL BODY MASSAGE** 1 hour  
Experience the benefits of massage and individually chosen essential oils in one of the finest anti-stress treatments available. This complete face, scalp and body massage helps to strengthen the nervous system, thus restoring lost energy.

**ESPA AROMATHERAPY BACK MASSAGE** 30 mins  
This tailor made massage helps to relieve tired aching muscles of the back, neck and shoulders.

**ESPA HOLISTIC BACK, FACE & SCALP** 1 hour 30 mins  
This all embracing treatment includes a full ESPA facial with oriental head massage. The back is exfoliated and followed by a deeply relaxing back massage with aromatic oils bringing de-stressing benefits to mind and body.

**SALT & OIL SCRUB** 25 mins  
This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised, soft and smooth. A compact treatment with dramatic results.

**ESPA DETOXIFYING ALGAE WRAP** 1 hour  
This therapeutic, balancing and detoxifying treatment involves skin brushing, gentle exfoliation and an algae envelopment rich in minerals and enzymes and is designed to boost the metabolism and speed up the elimination of toxins. The treatment includes a full scalp treatment for total relaxation.

**ESPA RESTORATIVE MUD ENVELOPMENT** 1 hour  
A therapeutic treatment ideal for superficial skin problems using marine mud rich in trace minerals. This wrap is designed to leave skin purified and smooth and includes a full body exfoliation and a deep scalp treatment to ease tension.

**ESPA OSHADI ENVELOPMENT** 1 hour  
Oshadi, giver of life, is the Ayurvedic term for plants and herbs used in traditional healing practices. After a sea salt and oil exfoliation, plants and spices are infused to form a nourishing mask which warms and hydrates the skin and helps to relieve aching muscles and joints. This also includes an oriental head massage.

**SKIN HYDRATOR BODY WRAP** 1 hour  
A truly luxurious experience including lymphatic skin brushing and skin smoothing exfoliation, and an envelopment of oils rich in palmarosa and myrrh. Ultimate tranquility is achieved with a mind calming oriental head massage.

## ESPA TREATMENTS FOR MEN

**ESPA HOLISTIC AROMATHERAPY BACK, FACE AND SCALP TREATMENT** 1 hour 25 mins  
This all-embracing treatment includes a full ESPA intensive facial with acupressure, face and oriental head massage. The initial, deep cleansing, back exfoliation is followed by a deeply relaxing back massage with aromatic oils bringing powerful de-stressing benefits to mind and body.

**ESPA AROMATHERAPY FACE TREATMENT FOR MEN** 1 hour  
Specifically formulated for the male complexion, this treatment uses natural balms and oils to help purify, hydrate and revitalise the skin. Ideal for city dwellers, frequent air travelers and those with a stressful or hectic lifestyle.

**ESPA AROMATHERAPY BACK MASSAGE** 30 mins  
This tailor made massage helps to relieve tired aching muscles of the back, neck and shoulders.

**ESPA LIFESAVING BACK TREATMENT** 1 hour  
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.

## THE ESCAPE SPA PROGRAMMES

**THE ESCAPE SPA DAY**  
This day can be designed to suit your needs with tailor made treatments for groups, special occasions or simply just a day on your own. Call The Escape team for advice on planning your perfect day. Enjoy the benefits of soothing spa treatments set in luxurious surroundings.

## BEAUTY

**ESPA HOLISTIC HAND AND NAIL TREATMENT (ESPA manicure)** 1 hour  
This treatment includes a gentle skin refiner and a therapeutic massage with the appropriate aromatherapy massage oil chosen for your individual needs. A therapeutic mud is applied to the hands along with heated mittens to rehydrate the hands and nails. This treatment also includes a colour of your choice.

**ESPA HOLISTIC FOOT AND NAIL TREATMENT (ESPA pedicure)** 1 hour  
This treatment includes gentle exfoliation and a relaxing pressure point massage with the appropriate aromatherapy massage oil for your individual needs. A therapeutic mud is applied to the feet along with heated booties to rehydrate the feet and nails. This treatment also includes a colour of your choice.

**WAXING**  
An effective method of removing unwanted hair.

Full Leg Wax (Inc. Bikini Line)  
Half Leg Wax  
Bikini Wax  
Under Arm Wax  
Lip or Chin Wax  
Eyebrow Tidy  
Eyebrow Re-shape

**TINTING**  
A perfect treatment for enhancing eyelashes and eyebrows without the need for make-up.  
Eyelash Tint  
Eyebrow Tint

**TANNING**  
Palmer-Cutler Tan  
This deluxe tanning treatment is designed to give a healthy glow to all skin types. The skin is prepared with Palmer-Cutler exfoliant containing cucumber essence followed by moisturiser with water chestnut. This tan dries in seconds, doesn't streak and is odourless. Press coverage states that Victoria Beckham and plenty of celebs take advantage of this amazing tan.

**MAKE-UP** 1 hour  
Make-up application perfect for brides or special occasions.

## PRICE LIST

### ESPA FACIAL TREATMENTS

ESPA Aromatherapy Facial	£45.00
ESPA Rebalancing Facial	£45.00
ESPA Skin Brightening Facial	£45.00
ESPA Rehydrator Facial	£45.00
ESPA Regenerating Facial with Eye Treatment	£55.00
ESPA Regenerating Firming Eye Treatment	£25.00

### ESPA BODY TREATMENTS

ESPA Holistic Total Body Care	£60.00
ESPA Aromatherapy Full Body Massage	£40.00
ESPA Aromatherapy Back Massage	£25.00
ESPA Holistic Aromatherapy Back, Face and Scalp	£60.00
Salt & Oil Scrub	£35.00
ESPA Detoxifying Algae Wrap	£55.00
ESPA Restorative Mud Envelopment	£55.00
ESPA Oshadi Envelopment	£55.00
Skin Hydrator Body Wrap	£55.00

### ESPA TREATMENTS FOR MEN

ESPA Holistic Aromatherapy Back, Face and Scalp Treatment	£60.00
ESPA Aromatherapy Face Treatment For Men	£45.00
ESPA Aromatherapy Back Massage	£25.00
ESPA Lifesaving Back Treatment	£45.00

### THE ESCAPE SPA DAY

£90.00

### BEAUTY

ESPA Holistic Hand and Nail Treatment	£25.00
ESPA Holistic Foot and Nail Treatment	£33.00

### WAXING

Full Leg Wax (Inc. Bikini Line)	£28.00
Half Leg Wax	£14.00
Bikini Wax	£9.00
Under Arm Wax	£8.00
Lip or Chin Wax	£6.00
Eyebrow Tidy	£8.00
Eyebrow Re-shape	£10.00

### TINTING

Eyelash Tint	£14.00
Eyebrow Tint	£8.00

### TANNING

£30.00

### MAKE-UP

£30.00