



Massage and Holistic Treatments

Decleor Aroma Body Massage Full body aromatherapy massage	55 min	£52.00
Full Body Massage Full body Swedish massage	55 min	£52.00
Back, Neck & Shoulder Massage Swedish massage focusing on areas of tension	25 min	£32.00
Sports Therapy Massage A deep manipulation of muscles to treat injuries or maintain flexibility	55 min	£55.00
Tranquility Scalp Massage	25 min	£26.00
Indian Head Massage	55 min	£45.00
Reiki	55 min	£41.00
Reflexology	55 min	£50.00
Hopi Ear Candles Holistic ear cleansing technique	45 min	£36.00



Tanning Treatments

St Tropez Original Tanning This luxurious treatment includes full body exfoliation and custom blending of St Tropez bronzing lotion to achieve a natural looking deep bronze finish. Now with Aromaguard fragrance technology that eliminates the tell-tale aroma by a minimum of 70%. Develops in 4-8 hours Lasts for 5-9 days Waxing must be done 24 hours prior to tanning	55 min	£45.00
---	---------------	---------------



Men's Specific Treatments

Express Energy Facial An express facial designed to instantly refresh and revitalise the skin.	25 min	£32.00
Men's Hand and Nail Grooming	25 min	£26.00
Men's Foot Grooming	25 min	£26.00

See also Massage and Holistic treatments





Jessica Hand and Feet Treats

Essential Manicure	25 min	£26.00
Deluxe Manicure	55 min	£36.00
Deluxe Trio Manicure	75 min	£41.00
Essential Foot Care	25 min	£26.00
Zen Spa Pedicure	55 min	£41.00

GELeration Gel Nails

The beauty of Jessica in a gel. With health of the nail in mind, our gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the nail. GELeration is available in Jessica's most popular colours.



GELeration Gel Overlay Manicure **60 min** **£35.00**

Includes hand massage, cuticle care, nail shape and finished with Jessica's GELeration gel polish. Add an extra 15 minutes for French Manicure

Zenspa Pedicure with GELeration **75 min** **£45.00**

Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with Jessica's GELeration Gel polish. Add an extra 15 minutes for French Manicure



Existing Gel Removal **30 min** **£10.00**

If a client has existing gel nails to be removed this treatment time should be added to the above treatment times with the additional charge.

Make Up

Using our 100 % natural bare minerals make up

Bare Minerals Classic Make-under **55 min** **£36.00**

Cleanse and make-up leaving you flawless. Tailored to your needs, day, evening or even as a lesson

Bridal Make Up including Trial **55 min** **£61.00**

Trial recommended a minimum one month prior to your big day.





Waxing

Half Leg	30 min	£14.00
Three Quarter Leg	30 min	£17.00
Full Leg	45 min	£23.00
Full Leg and Bikini	55 min	£29.00
Half Arm	30 min	£11.00
Full Arm	30 min	£15.00
Under Arm	15 min	£11.00
Bikini	15 min	£13.00
Back/Chest Wax	30 min	£23.00
Eye Brow Wax	15 min	£11.00
Upper Lip and Chin	15 min	£ 7.00



Eye Treatments

24 hour patch test is required before initial tinting.

Eyelash Tint	20 min	£11.00
Eyebrow Tint	15 min	£ 9.00
Eyebrow & Lash Tint	30 min	£16.00
Eyebrow Tint & Reshape	30 min	£19.00





The Park Experience Packages

Choose one of our 3 experience packages for you and a friend to come and enjoy all the benefits of The Park. Whether it be simply relaxing by the pool, using the sauna, steam room and Jacuzzi, or invigorating exercise in the gym, we endeavor to make your day special.

Health Day Experience	Monday – Friday	£20.00
	Wk/end & Bank Hol	£27.00

Includes use of the Leisure Facilities for up to 2 people.



Pamper Experience	Monday – Friday	£49.00
	W/end & Bank Hol	£71.00

Includes 1 x 25 minute treatment for 1 person and use of the facilities for 2 people.

Luxury Pamper Experience	Monday – Friday	£79.00
	W/end & Bank Hol	£99.00

For 2 people to share. Includes a 25 minute treatment each* together with the use of the Leisure facilities. Choose from a Back, Neck and Shoulder Massage, a Revitalise Facial, Mini Manicure or Mini Pedicure.

* The same treatment may not be taken twice.

Ultimate Body Zone Experience	Monday – Friday	£154.00
	W/end & Bank Hol	£176.00

Includes four treatments (or two treatments per person*): 55 minute Full Body Massage, 55 minute Deluxe Facial, 25 minute Manicure and 25 minute Pedicure, together with use of the Leisure Facilities for 2 people.

*The same treatment may not be taken twice.

All Experiences can be purchased as vouchers which are valid for 6 months.





Treatment Descriptions

Decleor Mother To Be Treatment

This treatment can be given from 3 months up to 8 months. A specialised treatment focusing on preventing the appearance of stretch marks, the elasticity of the skin, reducing water retention. Includes a relieving back diagnostic massage, leg relief, stomach massage, specialised firming mask, facial and full body moisturise.

Indian Head Massage

This is an ancient healing system which works on both physical and mental states. It concentrates on the back, neck and face focusing on areas of tension and stress, leaving you feeling energised. The treatment induces a state of calm whilst boosting the immune system helping to fend off disease and stress related disorders.

Reiki

Reiki is the vital life energy which flows through all living things. It is a spiritual healing discipline which originates from ancient Buddhist teachings. The Reiki therapist channels the energy through their hands to the recipient activating the body's ability to heal itself.

Reflexology

Reflexology is a form of natural healing that is thousands of years old. It is a unique science that works on the feet in a form of massage. Reflex points on the feet correspond to organs, glands and all parts of the body. It is ideal for balancing the body and to help people cope with the everyday stresses and tensions of life.

Hopi Ear Candles

This thermal auricular therapy is used to restore calm and balance within the body. The treatment is particularly effective for conditions such as blocked ears, tinnitus, vertigo, insomnia and stress, while the candles instil a feeling of peace and warmth into the body. It also includes a relaxing neck, face and scalp massage.

Men's Hand Grooming

An express treatment incorporating cuticle work, shape and hand massage.

Men's Foot Grooming

This treatment includes a foot exfoliation, file and foot massage.

Deluxe Manicure

The deluxe manicure is a luxury treatment for the hands. It helps the hands feel softer, smoother, firmer and more attractive. The treatment includes a relaxing hand massage, cuticle care, heated mitts, shape and polish

Deluxe Trio Manicure

Same as deluxe manicure but also includes the La Remedi treatment.

Manicure Essential

An express treatment incorporating cuticle work, shape and polish.

Foot Care Essential

This treatment includes a foot exfoliation, file and polish

Zen Spa Pedicure

A revitalising treatment for the feet using the Jessica Zen Spa Pedicure Range including exfoliation, cuticle restoration, a relaxation foot massage, heated booties and polish.





Spa Etiquette

Reservation:

We recommend that all treatments be reserved in advance of arrival, to ensure that you receive the treatment and the therapist whom you require.

Arrival:

Please check in at the Leisure Reception at least 5 minutes before your scheduled appointment to ensure you receive the maximum treatment time. The treatment times are inclusive of time for you to change/prepare for your treatment. Due to the busy structure of the salon, guests who arrive late will only be entitled to the remainder of their treatment time. Alternatively guests can rebook for another time.



Special Consideration:

Guests will be asked to complete a consultation form before every treatment, we ask you to be as honest as possible to ensure complications are avoided. Please consult your doctor if you have any conditions to avoid disappointment on arrival.

Cancellation Policy:

We ask that any cancellations or changes to treatments are done so 24 hours beforehand. We will charge 50% of the treatment cost if cancelled after this time. Any vouchers must be presented before treatments otherwise full payment will be required until a valid voucher is received.



Payment:

We accept all major credit cards. Your treatment may also be charged to your room account or settled by cash prior to your treatment.

Salon Atmosphere:

We would like to ask all guests to switch off mobile phones before entering the salon. For health and safety reasons as well as to maintain the ambience, we will ask you to refrain from bringing children into the salon.

Privacy:

Your privacy will be respected at all times. You shall be left in total privacy whilst changing and shall be discreetly covered throughout the treatment. To ensure your comfort during each treatment, a therapist will ask you to leave your underwear on or provide disposable underwear for certain treatments. For pedicure treatments please bring alternative footwear i.e.: flip flops.

Valuables:

We recommend that no jewellery be worn at the salon. The salon holds no responsibility for lost items in the spa building.

At Your Service:

Please do not hesitate to contact the Manager or Leisure receptionists on 01622 632007 should you require any assistance or recommendations.

