

# SPA DAYS

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Our Spa Day packages\* include a welcome refreshment ritual, a choice of afternoon tea or light lunch with a glass of prosecco, full use of the poolside facilities with a reserved lounge, and use of robes, towels and flip-flops.

<b>SIMPLE SPA DAY</b>	<i>From £59.00PP</i>	<b>HALF DAY SPA ESCAPE</b>	<i>From £78.00PP</i>
<ul style="list-style-type: none"><li>• Full use of the poolside facilities</li><li>• Available Monday to Friday</li></ul>		<ul style="list-style-type: none"><li>• Choice of treatment (25 min) or Rasul Mud Therapy Experience (45 min)</li><li>• Available 9:30-14:30, Monday to Thursday</li></ul>	
<b>ESSENTIAL SPA DAY</b>	<i>From £85.00PP</i>	<b>RELAX AND UNWIND SPA DAY</b>	<i>From £105.00PP</i>
<ul style="list-style-type: none"><li>• Rasul Mud Therapy Experience (45 min)</li></ul>		<ul style="list-style-type: none"><li>• Choice of treatment (40 min)</li></ul>	
<b>LADIES' DAY SPA DAY</b>	<i>From £112.00PP</i>	<b>SIGNATURE SPA DAY</b>	<i>From £115.00PP</i>
<ul style="list-style-type: none"><li>• Mii File &amp; Polish on fingers or toes (25 min)</li><li>• Rasul Mud Therapy Experience (45 min)</li></ul>		<ul style="list-style-type: none"><li>• Seasonally inspired treatment (55 min) <i>Please see our website for our current offer</i></li></ul>	
<b>MUM-TO-BE SPA DAY</b>	<i>From £125.00PP</i>	<b>TIME TOGETHER SPA DAY</b>	<i>From £145.00PP</i>
<ul style="list-style-type: none"><li>• ESPA Express Facial with your choice of Bumps a Daisy or Lighter Legs treatment (70 min)</li></ul>		<ul style="list-style-type: none"><li>• Choice of massage (55 min)</li><li>• Rasul Mud Therapy Experience (45 min)</li></ul>	
<b>HEAD-TO-TOE ESPA EXPERIENCE SPA DAY</b>	<i>From £160.00PP</i>	<b>ULTIMATE HARMONY SPA DAY</b>	<i>From £185.00PP</i>
<ul style="list-style-type: none"><li>• Choice of ESPA Inner Calm Full Body Massage or Inner Calm Facial (55 min)</li><li>• ESPA Invigorating Foot Treatment (25 min)</li></ul>		<ul style="list-style-type: none"><li>• Rasul Mud Therapy Experience (45 min)</li><li>• Mii Manicure or Pedicure (55 min)</li><li>• Full Body Massage or ESPA Inner Beauty Facial (55 min)</li></ul>	
<b>TWILIGHT SPA</b>			<b>£35.00PP</b>
<ul style="list-style-type: none"><li>• Full use of the poolside facilities</li><li>• Includes a glass of prosecco and complimentary use of robe, towels and flip-flops</li><li>• Available 17:30-21:30, Monday or Friday</li></ul>			

*\*Excludes Twilight Spa*

# ESPA FACIALS

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ESPA PERSONALISED EXPRESS FACIAL (25 MIN)	£38.00	ESPA MEN'S DEEP CLEANSING FACIAL (55 MIN)	£70.00
ESPA INNER BEAUTY FACIAL (55 MIN)	£70.00	ESPA ACTIVE NUTRIENTS GLOW FROM WITHIN FACIAL (55 MIN)	£75.00

# ESPA MASSES

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	55 MIN	85 MIN		55 MIN	85 MIN
ESPA INNER CALM FULL BODY MASSAGE	£67.00	£92.00	ESPA HOT STONE FULL BODY MASSAGE	£71.00	£99.00

# BODY TREATMENTS

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ESPA BODY POLISH (25 MIN)	£35.00	BE BACK READY (40 MIN)	£55.00
ESPA INVIGORATING FOOT TREATMENT (25 MIN)	£35.00	THERAPEUTIC FULL BODY MASSAGE (55 MIN)	£65.00
ESPA LIGHTER LEGS (40 MIN)	£40.00	LAVA SHELL FULL BODY MASSAGE (55 MIN)	£70.00
THERAPEUTIC BACK, NECK & SHOULDER MASSAGE (25 MIN)	£43.00	ESPA HERO BACK, FACE AND SCALP TREATMENT (85 MIN)	£98.00
LAVA SHELL BACK MASSAGE (25 MIN)	£50.00	ESPA HERO BACK, FACE AND SCALP TREATMENT (115 MIN)	£123.00
THERAPEUTIC BACK, FACE & SCALP MASSAGE (40 MIN)	£50.00		

# NEOM TREATMENTS

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	25 MIN	55 MIN	85 MIN
NEOM MOOD BOOST TREATMENT	£42.00	£69.00	£91.00
NEOM DE-STRESS TREATMENT	£42.00	£69.00	£91.00
NEOM SLEEP TREATMENT	£42.00	£69.00	£91.00

# RASUL MUD THERAPY EXPERIENCE

RASUL MUD THERAPY EXPERIENCE (45 MINUTES - INCLUDES APPLICATION TIME)  
Minimum 2, maximum 4 guests

£35.00PP

## HAMMAM & HYDROTHERM TREATMENTS

Enjoy an exclusive range of treatments to revitalise both the body and mind on our heated Hammam stone bed or heated Hydrotherm water bed.

Treatment information coming soon...

## ANTI-AGEING TREATMENTS

### CACI NON-SURGICAL FACE & EYE LIFTING

	PER SESSION	PER 10 SESSIONS
CACI JOWL LIFT TREATMENT (25 MIN)	£40.00	-
CACI EYE REVIVE TREATMENT (40 MIN)	£49.00	£441.00
CACI NON-SURGICAL FACELIFT WITHOUT HYDROTONE MASK (55 MIN)	£65.00	£585.00
CACI NON-SURGICAL FACELIFT WITH HYDROTONE MASK (70 MIN)	£76.00	£684.00
CACI ULTRA (85 MIN)	£82.00	£738.00

### CRYSTAL CLEAR COMCIT™

	PER SESSION	PER 6 SESSIONS
CRYSTAL CLEAR MICRODERMABRASION (55 MIN)	£63.00	£315.00
CRYSTAL CLEAR OXYGEN THERAPY (40 MIN)	£67.00	£335.00
CRYSTAL CLEAR OXYGEN THERAPY ELITE (55 MIN)	£77.00	£385.00
CRYSTAL CLEAR RED CARPET FACIAL (55 MIN)	£80.00	£400.00
CRYSTAL CLEAR RED CARPET ELITE (70 MIN)	£105.00	£525.00
CRYSTAL CLEAR FROZEN FACIAL (55 MIN)	£105.00	£525.00
CRYSTAL CLEAR FROZEN FACIAL ELITE (70 MIN)	£120.00	£600.00

# PRE & POST-NATAL TREATMENTS

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	55 MIN	85 MIN	BUMPS A DAISY MOTHER TO BE MASSAGE (70 MIN)	£69.00
ESPA PRE-NATAL MASSAGE	£67.00	£98.00		
ESPA POST-NATAL MASSAGE	£67.00	£98.00	THE CONSCIOUS HEALER POST-PREGNANCY TREATMENT (70 MIN)	£75.00
			PERSONALISED MUM-TO-BE TREATMENT (70 MIN)	£78.00

## JENNIFER YOUNG

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Jennifer Young is a bespoke wellness brand specialising in cancer care treatments. This enables us to provide safe treatments for people with cancer or post-cancer recovery.

JENNIFER YOUNG TIME PRECIOUS FACIAL (25 MIN)	£42.00	JENNIFER YOUNG ABSOLUTE RELAXER FACIAL (55 MIN)	£69.00
JENNIFER YOUNG INDULGENT BACK MASSAGE (25 MIN)	£43.00	JENNIFER YOUNG TOP TO TOE (85 MIN)	£80.00
JENNIFER YOUNG INDULGENT FULL BODY MASSAGE (55 MIN)	£65.00		

## MII NAILS

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INDULGE BY MII MANICURE		INDULGE BY MII PEDICURE	
POLISH (55 MIN)	£40.00	POLISH (55 MIN)	£45.00
FRENCH POLISH (55 MIN)	£42.00	FRENCH POLISH (55 MIN)	£47.00
GEL POLISH (55 MIN)	£45.00	GEL POLISH (55 MIN)	£50.00
TREAT BY MII MANICURE		TREAT BY MII PEDICURE	
POLISH (40 MIN)	£36.00	POLISH (40 MIN)	£43.00
FRENCH POLISH (55 MIN)	£39.00	FRENCH POLISH (55 MIN)	£45.00
GEL POLISH (55 MIN)	£42.00	GEL POLISH (55 MIN)	£48.00
FLY BY MII FILE & POLISH ON HANDS OR FEET (25 MIN)	£24.00	GEL REMOVAL (25 MIN)	£15.00