



## SPA TREATMENT MENU

### SPA PACKAGES

Enjoy a day of relaxation and pampering in the fabulous grounds of the Combe Grove estate with far-reaching views over ancient woodland and the hills and valleys beyond

Your Spa Day will include lunch and full use of our facilities including Steam Room, Sauna, Hydro Beds, Swimming Pool and Gym. You can also take part in one of our popular studio classes or enjoy a game of tennis.

#### 'TOTAL INDULGENCE' PAMPER DAY £85.00

*Treatment time 110 mins*

Get away from it all and indulge in a combination of luxurious treatments to leave you feeling refreshed and radiant. Select two of the following - Décléor vitamin glow facial, Aromatherapy body massage, Jessica deluxe manicure or Jessica deluxe pedicure.

#### 'FACE & NAILS' PAMPER DAY £75.00

*Treatment time 80 mins*

A beautiful combination of treatments to get you ready to party. Deluxe Jessica manicure plus Décléor express facial or Décléor Soft feet treatment.

#### 'MUM TO BE' PAMPER DAY £65.00

*Treatment time 60 mins*

Some much needed me time during your 9 month stretch - A wonderful way to soothe tired muscles and reduce fluid retention. Décléor pregnancy treatments are suitable for all expectant mothers over 12 weeks pregnant.

#### 'CREATE YOUR OWN' PAMPER DAY £65.00

*Treatment time 50 mins*

A chance to create your own spa day choose two treatments from a selection of our most popular therapies. Select any two of the following - Back, Neck and Shoulder massage, Décléor discovery facial, Jessica express manicure, Jessica express pedicure or Scalp massage

#### MORNING BOOSTER SESSION £40.00

*Treatment time 25 mins*

Treat yourself to a morning of pampering and leave feeling revived and energised to enjoy the rest of your day. Choose one of the following - Back, Neck and Shoulder massage, Décléor discovery facial, Jessica express manicure, Jessica express pedicure or Scalp massage Enjoy making full use of the facilities between 9am-1pm (Monday to Friday).

*All prices include lunch, robes, slippers and use of the facilities.  
All spa packages incur a £5.00 surcharge at weekends.*

### FACE

#### ULTIMATE VITAMIN GLOW £60.00

*Treatment time 55mins*

Power-packed with vitamins and anti-oxidants, this award winning facial melts away stress. Combines a rebalancing essential oil elixir plus warm, de-congesting mask for skin that's purified, perfectly replenished and glowing.

#### MOISTURE QUENCH £60.00

*Treatment time 55 mins*

This super-hydrating facial quenches the thirstiest skin. Includes gentle exfoliation to smooth then a nutrient-rich mask to intensively rehydrate for skin that's supple and cashmere soft.

#### AROME LISSE FACIAL £65.00

*Treatment time 55 mins*

Perfect daily defence for the skin to slow appearance of the signs of ageing. Using hyaluronic acid and mandarin serum and balm, the skin is deeply regenerated and immediately smoothed and wrinkles are reduced.

#### EXPRESS FACIAL £30.00

*Treatment time 25 mins*

Put the sparkle back! Featuring repairing and intensively hydrating eye masks, this targeted treatment fights fatigue, quenches moisture loss and helps erase wrinkles for a sparkling, rested eye zone.

### BODY

#### AROMATHERAPY BODY MASSAGE £56.00

*Treatment time 55 mins*

Relax, detoxify, tone or stimulate with one of these tension-releasing holistic treatments. Stresses and strains blissfully melt away and skin all over is left revitalised and velvety.

#### DEEP TISSUE MUSCLE ENERGISER MASSAGE £60.00

*Treatment time 55 mins*

Pure therapeutic relaxation to alleviate stress deep down and release the discomfort of aching muscles. 100% natural essential oil balms enhance the experience, leaving your mind calmer and muscles intensely soothed.

## DEEP TISSUE BACK AND SHOULDER MASSAGE £45.00

Treatment time 25 mins

Highly targeted treatment focussing solely on releasing tension in back and shoulders with a powerful deep tissue massage. Intensely de-stressing to actively revitalise mind and body.

## TRANQUILITY BACK MASSAGE £39.00

Treatment time 25 mins

Relax with a Back, Neck and Shoulder Massage

## HOT STONES FULL BODY MASSAGE £60.00

Treatment time 55 mins

Hot Stone Massage is extremely energising and warming for the body, it nourishes the soul and relaxes the mind. By using the stones in combination with traditional massage techniques, Hot Stone Massage is able to reach deeper levels than regular massage. Hot Stone Massage is ideal for back pain, along with stress related conditions and sluggish systems.

## HOT STONES BACK, NECK AND SHOULDERS £45.00

Treatment time 35 mins

Using basalt stones, this is the ultimate relaxation therapy. The warmth of the stones provides thermal therapy to relax the muscles and release the knots.

## RADIANT MUM 2 BE £55.00

Treatment time 60 mins

Relax while your highly trained therapist safely and gently treats your tummy, legs and face to a truly nurturing experience that helps reduce the risk of stretch marks, relieves 'heavy' legs and brightens skin. Suitable for pregnancies over 12 weeks.

## PEPPER & GRAPEFRUIT SLIM EFFECT £55.00

Treatment time 60 mins

Rebalancing and results focused, this invigorating detoxifying wrap attacks cellulite and re-mineralises skin. Leaves mind and body re-charged and in better shape.

## ANTI-FATIGUE CITRUS ENERGY BOOST £55.00

Treatment time 60 mins

A super-stimulating envelopment to improve poor circulation, ease aching muscles and fight fatigue. Excellent for treating cold hands and feet, ideally suited to those who enjoy an active lifestyle.

## TRANQUILITY SCALP £45.00

Treatment time 25 mins

Intensely de-stressing scalp treatment to banish tension and aid restful sleep. Power point massage includes rosemary and lavender essential oils to invigorate and soothe leaving a feeling of pure serenity.

## SOFT HANDS £30.00

Treatment time 25 mins

Nurture hard-working hands with an indulgent blend of skin smoothers and softeners. Dry, damaged skin is repaired and weak or brittle nails strengthened; a hand and arm massage blissfully relaxes too.

## SOFT FEET £30.00

Treatment time 25 mins

Treat sore and aching feet to a restorative purifying exfoliation, deeply relaxing massage and nourishing mask to banish dry, cracked heels and even improve the look of calluses leaving skin smoother and brighter.

## JESSICA DELUXE MANICURE / PEDICURE £50.00

Treatment time 55 mins

Enjoy a relaxing soak, massage and mask

## EXPRESS MANICURE / PEDICURE £30.00

Treatment time 25 mins

## GEL OVERLAY MANICURE / PEDICURE £35.00

Treatment time 55 mins

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## SMOOTH TOUCHES

### FULL LEG WAX £30.00

Treatment time 45 mins

### HALF LEG WAX £22.00

Treatment time 30 mins

Add bikini £8.00

### CHEST OR BACK WAX £20.00 / £20.00

Treatment time 30 mins

### CHEST AND BACK WAX £30.00

Treatment time 50 mins

### BIKINI WAX £12.00

Treatment time 30 mins

### UPPER LIP OR CHIN WAX £7.00 / £7.00

Treatment time 15 mins

### UPPER LIP AND CHIN WAX £10.00

Treatment time 20 mins

### BRAZILIAN WAX £20.00

Treatment time 30 mins

### UNDERARM WAX £12.00

Treatment time 15 mins

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## FINISHING TOUCHES

### EYE PACKAGE £29.00

Treatment time 45 mins

Includes Eye Brow Shape, Eye Brow Tint, Eye Lash Tint

### EYE BROW AND LASH TINT £22.00

Treatment time 30 mins

### EYELASH TINT £16.00

Treatment time 25 mins

### EYE BROW SHAPE £12.00

Treatment time 15 mins

### EYE BROW TINT OR WAX £12.00

Treatment time 15 mins

TO ENQUIRE ABOUT ANY TREATMENTS OR PACKAGES PLEASE CALL 01225 834644 OR EMAIL SALES@COMBEGROVE.COM