

For The Face

Intense Re-Generating Facial *55 min... £73*

Visibly diminish wrinkles and fine lines with this age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

Skin Purifying Facial *55 min... £73*

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Tymes oils are used to soothe and calm the skin, encouraging a more balanced complexion.

Spa Ultimate Lift & Firm Facial *85 min... £115*

Restore youthful vitality and improve skin tonicity and firmness. Using Tri-Active ingredients combined with specialised massage lifting techniques, this facial helps combat the signs of ageing, stimulate collagen production, and deliver intensive results.

Inner Beauty Facial *55 min... £73*

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skins precise needs, Tri-active formulas work immediately to transform your complexion while pure aroma therapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful.

ESPA Active Nutrients Glow from Within Facial *55 min... £73*

This nutrient rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood for skin that glows with vitality. Packed with nutrient rich ingredients to brighten and refresh dull, lethargic complexions. The massage in this facial will stimulate the lymphatic and circulatory systems to help boost the flow of blood and nutrients to the skin.

For The Body

Life Saving Back *55 min...£73*

A stress relieving back treatment with deep cleansing, body brushed and exfoliation to help stimulate circulation & cell renewal, followed by a luxurious aromatherapy massage & body mask using individually chosen essential oils combined with a warmed marie mud.

ESPA Inner Calm Full Body Massage *55 min...£73*

Quieten your mind, release tension, and nourish your skin with this restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse, or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation.

ESPA Hot Stone Massage *85 min...£90*

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress.

ESPA Hero Back, Face & Scalp Treatment *85 min...£99*

Unravel tension, instantly boost your complexion & restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly personalised facial look and feel your very best

ESPA Pre-Natal Relax & Restore *55 min...£73*

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

ESPA Swedish Full Body Massage *55 min...£73*

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boost circulation, alleviates tight, aching muscles and awakens the body from top to toe.

ESPA Deep Muscle Full Body Massage *55 min...£80*

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Fingers & Toes

Deluxe Manicure

55 min... £55

Indulge in a luxurious and highly effective deluxe manicure. Finished with your choice of artistic colour gloss polish or gel polish. (Please ensure you have no gel/acrylic on your nails as removal is not included in your treatment time)

Deluxe Manicure & Pedicure

120 min... £99

Combine a luxurious and highly effective deluxe manicure with a luxury pedicure. Finished with your choice of artistic colour gloss polish or gel polish. (Please ensure you have no gel/acrylic on your nails as removal is not included in your treatment time)

Deluxe Pedicure

55 min... £55

Indulge in a luxurious and highly effective deluxe pedicure. Finished with your choice of artistic colour gloss polish or gel polish. (Please ensure you have no gel/acrylic on your nails as removal is not included in your treatment time)

Add on Experiences

25 minute ESPA express experiences are designed for you to enjoy when you are limited on time and need a boost to get you back to your fantastic self. These express experiences can also be added on to complement your existing spa experience, when you need a little more time to yourself.

ESPA Express Facial

25 min...£45

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

ESPA Back, Neck & Shoulder Massage

25 min...£45

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

ESPA Eye Lift

25 min...£45

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

ESPA Shoulder, Neck & Scalp Massage

25 min...£45

This massage focuses on the key areas of tension in the upper body, using an ESPA body oil chosen to your specific needs.

Invigorating Foot Treatment

25 min...£45

Perfect for tired post shopping or party feet suffering with heavy legs, this mini miracle will reduce puffiness, soothe aches and pain while indulging you with a refreshing exfoliation combined with a deeply therapeutic foot and lower leg massage.