

## PACKAGE OPTIONS

### For The Face

#### Intense Re-Generating Facial *55 min*

Visibly diminish wrinkles and fine lines with this powerfully 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*

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, which are naturally decongesting and anti-inflammatory are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

#### Inner Beauty Facial *55 min*

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, and inner cal is blissfully restored.

#### ESPA Active Nutrients Glow from Within Facial *55 min*

This invigorating 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 movements in this facial will stimulate the lymphatic and circulatory systems and help boost the flow of blood and nutrients to the skin.

### For The Body

#### Life Saving Back *55 min*

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

#### ESPA Inner Calm Full Body Massage *55 min*

Quieten your mind, release tension, and nourish your skin with this holistic, ultimately 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. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

#### ESPA Pre-Natal Relax & Restore *55 min*

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*

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*

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.

\*\*PLEASE NOTE: THIS TREATMENT IS ONLY INCLUDED ON THE LUXURY PACKAGE & THE INDULGENCE PACKAGE\*\*