

Reflexology 43.00

A zone therapy treatment based on the reflexes in the feet relating to each organ and all parts of the body. It is a form of foot massage using thumb pressure techniques on the reflex points of the feet. Energizing these points can have an overall balancing effect on the body.

Hopi Ear Candles 30.00

A deeply relaxing non-invasive treatment of the ear. Known to benefit compacted ear wax, tinnitus, sinusitis, headaches, migraine, and vertigo. This calming treatment also includes a facial drainage massage.

Spa Pedicure 36.00

Indulge your feet, release stress and improve appearance. This pedicure will refresh and revitalize with a foot soak and exfoliation, a moisturizing mask from knee to toe, an invigorating massage and a polish application. A well-deserved treat providing additional relaxation.

Spa Manicure 34.00

For the ultimate in hand and nail pampering, allow us to soak and exfoliate your hands, apply a moisturizing mask from elbows to nails, and release all tensions with a gently hand massage. For a final touch, we will shape and polish your nails.

Mini Pamper Day 88.00

Elemis Spa Manicure or Pedicure • Stress Away Back Massage • Elemis Skin Specific Facial

Luxury Spa Day 155.00

Elemis Spa Manicure & Pedicure • Aqua Detox Stress Away Back Massage • Elemis Skin Specific Facial • Lunch

Each of our spa therapies begins with the "Welcome Touch" - a warm aromatic compress on your feet - a cleansing ritual to remove the urban environment, focus your senses and centre your thoughts.

At the end of your treatment you will have time to change and prepare yourself to rejoin the world, totally relaxed.

Gift Vouchers

Choosing and giving a present isn't always easy. Gift Vouchers make the ideal gift for any special occasion. Valid for 6 months.

Opening Hours

Monday	9am – 3pm
Tuesday	9am – 7pm
Wednesday	9am – 7pm
Thursday	9am – 7pm
Friday	9am – 6pm
Saturday	9am – 1pm

Booking and Cancellation Policy

We require 24 hours notice to cancel or re-schedule appointments. A charge will be made for missed appointments.



Features
■ ■ BEAUTY CLINIC ■ ■

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Features

■ ■ BEAUTY CLINIC ■ ■

Day Spa

Walk into a place where life slows down enough for you to see it. Leave the pressures of everyday life at the door and escape into a world of calm.

Elemis



Elemis Anti-Ageing Facials

Elemis Pro-Collagen Quartz Lift Facial 64.00 **For fine lines and wrinkles**

This advanced anti-ageing facial has been independently tested, with phenomenal results. Clinically proven after just one treatment, this facial reduces the number of wrinkles by up to 94% and improves skin firmness by up to 57%. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment effect. Leaving a firmer, uplifted, more youthful looking appearance.

This superior treatment is further enhanced by a luxurious hand and arm massage and de-stress scalp treatment.

Elemis Visible Brilliance Facial 64.00 **For ageing, stressed and slackened skin**

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40% after just one treatment. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

This superior treatment is further enhanced by a luxurious hand and arm massage and de-stress scalp treatment.

Elemis Pro-Intense Facial 62.00 **Shapes, lifts and firms.**

A super lifting facial with visible results after one treatment. Powerful lifting techniques target sagging jowls, cheeks, chin and neck, whilst helping to reduce the puffiness and fluid retention associated with sagging skin along the jawline.

96% of women stated that their facial contours appeared firmed, lifted and shaped.

90% of women stated that the sagging on their cheeks and neck was visibly improved.

82% of women stated that they would delay facial surgery and /or Botox following a course of facials.

Elemis Tri-Enzyme Resurfacing Facial 62.00

The precision layering of three targeted enzymes stimulates and accelerates the skin's biological exfoliation process by up to 75% and increases skin smoothness by 32% in just one treatment. These advanced resurfacing techniques safely and effectively remove the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant bringing a renewed level of evenness and clarity to the complexion. Minimizing the appearance of uneven pigmentation, acne and superficial scarring, fine lines and wrinkles.

Elemis Biotec

The unique fusion of Actives, Touch & Technology.

Elemis Biotec delivers 8 NEW highly effective, super-charged facial treatments to re-boot cellular performance, enhancing the skin's ability to repair, renew and re-tone. Each treatment targets specific skin needs to deliver immediate, visible long-lasting results.

Micro Firm-A-Lift Facial 70.00

Super-lifting facial to help firm and tighten cheeks, neck and jawline.

Triple-Tec-Anti-Wrinkle Facial 70.00

The ultimate wrinkle-smoothing facial to help rejuvenate aging skin.

Sonic Skin-Resurfacing Facial 65.00

Revolutionary resurfacing facial to help even skin tone, reduce blemish marks and smooth fine lines.

Sonic Skin-Radiance Facial 60.00

Radiance-boosting, bio-electric facial to help energise tired, dull and stressed skin.

L.E.D. Blemish Control Facial 60.00

Deep cleansing, light therapy facial to help visibly clear and re-balance oily, blemish prone skin.

O2 Sensitive Skin Smoothing Facial 60.00

De-sensitising anti-redness facial, to help soothe and calm a delicate skin.

Sonic White Brightening Facial 60.00

A powerful white brightening facial, dynamically treating uneven skin tone, discolouration and age spots.

Super-Charge Facial For Men 60.00

High performance facial for men to help de-grease, de-age and calm a stressed, dehydrated skin.



Elemis Skin Specific Facials

The Elemis Skin Specific Facials are the perfect skin maintenance facial, combining exceptional skin conditioning plant actives with unique Eastern massage techniques to deeply cleanse the face, whilst renewing radiance and treating the skin.

Elemis Fruit Active Glow 45.00

For dull, lifeless, skin

Elemis Exotic Moisture Dew 45.00

For dry skin

Elemis Herbal Lavender Repair 45.00

For combination and oily skin

Elemis Body Therapy

Deep Tissue Muscle Massage 50.00

Focusing to relieve specific stress and muscle tension, this deep rhythmical pressure massage gives the whole body a vigorous workout. Combined with specially blended massage oils, this treatment can be tailor made to suit the individual needs of the client.

Absolute Spa Ritual 95.00

From the soles of the feet to the crown of the head this customised face and body treatment is the ultimate skin-therapy. Choose from one of the unique Elemis Advanced Anti-Ageing or Advanced Performance Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage to achieve dramatic results instantly.

Exotic Lime & Ginger Salt Glow 42.00

An exotic exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously all over the body before Elemis Exotic Lime and Ginger Salt Glow is applied. Your skin is deeply cleansed, polished and softened to perfection, completed with the Exotic island Flower Body Lotion leaving the skin glowing and vibrant, replenished and moisturized.

Full Body Massage 40.00

This traditional massage incorporates regulated pressure to release knots and tensions in the body. Stimulating effleurage and long, strong movements effectively ease the tired, aching back and limbs.

Stress Away 45 min Back, Neck and Shoulder Massage 26.00

Aromatherapy 45.00

Indian Head Massage 36.00

Feel your stress, aches and pains disappear with this wonderfully relaxing therapeutic experience. Indian Head Massage has been practiced in India for over a thousand years and is renowned for relieving the anxiety that accumulates in the head, face and neck.