

ESPA

ESPA Treatments

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Restore and nourish in a complete sense with this inspired collection of personalised treatments from world-renowned spa experts, ESPA.

Results-focussed facials, high performance body treatments, immersive massages and signature rituals await, to nurture your body, calm your mind and leave skin looking radiantly and naturally beautiful.

ESPA Facials

Reveal skin that glows each day with natural health and beauty.

By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, results-focussed facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored.

ESPA Inner Beauty Facial

60 minutes

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage.

ESPA Express Facial

30 minutes

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.

Includes: Skin analysis with Skin Vision™ lamp – double cleanse – exfoliation – personalised mask – scalp massage.

Active Nutrients Glow from Within Facial

60 minutes

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glow with vitality.

Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining steaming, exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

Includes: Skin analysis with Skin Vision™ lamp – cleanse & exfoliation (including Foreo) steam–Gua Sha facial massage – double mask – hand & arm Gua Sha massage.

ESPA Instant Radiance Facial

90 minutes

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges, and your natural glow is restored.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse (including deep brush cleanse) – exfoliation – steam and extraction (if required) – Tri-Active™ Regenerating Resurface & Brighten Mask – age-defying Rose Quartz crystal massage – professional Lifting & Smoothing Mask – scalp massage.

ESPA Intense Regenerating Facial

60 minutes

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.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – age-defying facial massage – mask – scalp massage.

ESPA Mindful Facial

90 minutes

Soothe your skin and your soul as you alleviate stress and restore natural beauty with this holistic and re-balancing facial. Guided breathing and visualisation combine with pure, calming blends and deeply therapeutic facial massage in this immersive facial experience. Skin feels toned, nourished and back to its very best, while inner peace and a positive spirit are blissfully restored.

Includes: Breathing and visualisation – Skin analysis with Skin Vision™ lamp – triple cleanse – facial massage with warm herbal poultice and Rose Quartz Crystals – Overnight Hydration Therapy – scalp massage.

ESPA Natural Face Lift

90 minutes

Reveal visibly resilient, healthy-looking, youthful skin.

This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

Includes: Skin analysis with Skin Vision™ lamp – double cleanse – steam – Japanese Kobido inspired facial massage – stimulating Jade rollers – sculpting & lifting massage techniques – Lifting & Smoothing Mask – scalp massage.

ESPA Eye Lift

25 minutes

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.

Includes: Skin analysis with Skin Vision™ lamp – cleanse – exfoliation to face and eye contour – eye contour massage – firming eye mask.

ESPA For Men

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

ESPA Deep Cleansing Facial

60 minutes

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage.

ESPA Strength & Resilience Massage

90 minutes

Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

Includes: Yogic stretching – reflex zone foot massage – back massage – sinus release – scalp massage.

ESPA Deep Muscle Massage

60/90 minutes

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.

Includes: Targeted massage, with or without hot stones, focussing on areas of concern – scalp massage.

ESPA Muscle Reviver

45 minutes

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored.

Includes: Back massage – facial massage – scalp massage.

ESPA Massage

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed, and you emerge energised with renewed focus and lasting positivity.

ESPA Inner Calm Massage

60/90 minutes

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.

Includes: Breathwork – full body aromatherapy massage – scalp massage with Rose Quartz Crystals.

ESPA Back, Neck & Shoulder Massage

25 minutes

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.

Includes: Massage to the back, neck and shoulders.

ESPA Hot Stone Massage

60/90 minutes

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, recharge spirits and leave you feeling rejuvenated.

Includes: Full body aromatherapy massage with hot stones – scalp massage.

ESPA Swedish Massage

60/90 minutes

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 boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Includes: Full body Swedish massage – scalp massage.

ESPA Deep Muscle Massage

60/90 minutes

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ESPA Strength & Resilience Massage

90 minutes

Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

Includes: Yogic stretching – reflex zone foot massage – back massage – sinus release – scalp massage.

ESPA Mindful Massage

90 minutes

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

Includes: Breathwork and visualisation – massage to metamorphic zones of the feet – full body massage – scalp massage with warm Rose Quartz Crystals.

ESPA Positivity Massage

90 minutes

Unwind and escape the pace of everyday life, emerge feeling positive, self-confident and experience a renewed sense of optimism.

Experience total relaxation as an ESPA Expert helps calm both mind and body through guided breathing and visualisation.

Areas on the feet are gently massaged using metamorphic techniques to rebalance and ground you, before a soothing massage is performed. Finishing with a re-energising scalp massage, using warm rose quartz crystals.

Includes: Breathwork and visualisation – massage to metamorphic zones of the feet – full body massage – scalp massage with warm Rose Quartz Crystals.

Invigorating Foot Treatment

25 minutes

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

Includes: A refreshing exfoliation -deeply therapeutic foot and lower leg massage.

ESPA Body Treatments

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced, and skin's natural beauty is restored.

ESPA Back, Face & Scalp Treatment – Hero Treatment

90/120 minutes

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Includes: Back exfoliation – back massage with or without hot stones – Inner beauty facial – scalp massage.

ESPA Pre-Natal Relax & Restore

60/90 minutes

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.

Includes: Back exfoliation (if required) – focussed body massage – scalp massage.

Lighter Legs

40 minutes

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. Cleanse and smooth hardworking feet and lower legs, then treat them to a rejuvenating and intensely reviving massage – restoring cool comfort and leaving you ready for another active day.

Includes - Foot Ritual – lower leg and foot exfoliation and massage.

ESPA Body Wrap

60 minutes

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Includes: Skin brush – body exfoliation – algae or mud wrap – scalp massage.

ESPA Salt & Oil Scrub

25 minutes

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes: Skin brush – salt & oil full body exfoliation.

MODERN ALCHEMY

SARANI LUNA SHANTI

90 minutes

PATH | MOON | PEACE

Influenced by the power and symbolism of the full moon, this deeply meditative journey is defined by the fluid circularity of its massage movements.

Beginning with a foot bathing ceremony that uses healing basalt magma stones, feet are gently cleansed with The Grounding Crystals while The Anointing Oil is smoothed onto your hands in slow circles, softening the skin as you slowly inhale its soothing aromatic.

Using the curvature of the Kansa wand - a time-honoured Indian tool believed to calm the nervous system - cycles of infinity flow over the body creating a hypnotic rhythm that brings peace to your mind, freeing you from thoughts and feelings that no longer serve you.

The purifying scent of sage signals the end of your journey, slowly bringing your awareness back to your surroundings leaving you feeling blissfully relaxed and liberated.

SARANI LUNA SHAKTI

90 minutes

PATH | MOON | POWER

This invigorating journey is influenced by the symbolism of the new moon, a lunar phase representing an awakening of the spirit that invites us to plant new desires and intentions.

After a cleansing foot bathing ceremony using basalt magma stones and The Grounding Crystals which fills the air with a soothing aromatic, attention moves to the rest of the body.

The Anointing Oil smooths and nourishes the skin, while swift massage movements flow from your left side to your right, balancing your energy centres. The long linear strokes and firm pressure work on the base of the muscle tissue to release tension with an intensity that's enhanced by Green Jade rollers - a crystal venerated for centuries for its empowering properties.

The purifying scent of sage signals the end of your journey, slowly bringing your awareness back to your surroundings leaving you feeling uplifting and revitalised.

SARANI LUNA SAMATA

90 minutes

PATH | MOON | BALANCE

The start of this transformative journey is marked by placing a moonstone in your palm. Channelling the moon's energy to encourage emotional equilibrium, this crystal symbolises the reassuring rhythm of the lunar cycle and the natural flow of night and day.

Cleansing begins with a foot bathing ceremony using The Grounding Crystals. The Purifying Polish is then applied to your whole body with a fluid symmetry that's deeply harmonising for the skin and the mind. The creamy balm transforms into a smoothing exfoliator while you are gently massaged in even figure of eight movements to ease tension and release the scrub's soothing aromatic blend.

After showering and changing into a warm pair of cotton pyjamas, the massage moves to your feet using a Kansa Bowl and The Nourishing Balm. Then, allowing energy to flow to your head, deep strokes move across your scalp, jawbone and behind your ears.

Finally, the focus travels to your third eye with a soothing Shirodhara treatment. The steady flow of warm oil streaming onto your forehead is renowned for its powerful effect and creates a profound sense comfort and unity.

The purifying scent of sage signals the end of your journey, slowly bringing your awareness back to your surroundings leaving you feeling greater clarity and balance.

Ayurvedic Influenced Treatment Descriptions

Ayurvedic Inspired Rituals

120 minutes

A combination of body exfoliation, Body Wrap and Hot Stone massage are personalized to suit your Ayurvedic Dosha type and needs of the moment. After a detailed consultation, your therapist will determine your Dosha and suitable treatment using cleansing Algae or restorative Marine Mud to envelop your body and personalize the hot stone massage with a combination of Essential and Ayurvedic Oils, ideal for you. Choose from the following:

Pitta *Cooling, calming and soothing*

Kapha *Energising, balancing and purifying*

Vata *Nourishing, hydrating and replenishing*

Ama Releasing Abhyanga

120 minutes

This unique treatment is ideal for those experiencing high stress levels or poor sleep patterns, to provide a renewed sense of wellbeing and sense of calm.

The body is exfoliated to stimulate and smooth the skin; the face is cleansed and soothed. Using Ayurvedic massage techniques and a warm infusion of oils, this ritual concludes with a deeply relaxing and de-stressing scalp massage which may include the pouring of oil onto the forehead and through the scalp.

Optimal Release

120 minutes

This Thai inspired massage uses free flowing invigorating movements to massage, assist in stretching and joint mobility to improve flexibility.

Ideal for anyone in need of deep tension release and those who exercise regularly. This fast paced, free flowing energetic treatment is perfect for slowing busy minds, stretching and elongating tight muscles, and helping to soothe and reduce tension.

Purva Karma Four-Hand Massage

120 minutes

The ultimate indulgent experience for those who find it difficult to unwind.

A unique treatment starting with a welcome foot ritual, a body exfoliation and facial cleanse. Two therapists then connect to commence the four handed, tension releasing body massage. Using long sweeping movements, this treatment features the pouring of warm oil and use of hot volcanic stones, finishing with a balancing and soothing therapeutic head massage to achieve relaxation and total bliss.

Hamмам Treatments

Indulgence Hammam Ritual

60 minutes

A total body experience that caresses your skin, revitalises your body and calms your mind. This traditional experience starts by deeply cleansing the skin with a revitalising body scrub, followed by a full body foam massage, a nourishing marine mud body mask and finishes with a refreshing hair cleanse and hydrating conditioning scalp massage treatment.

Includes - Scrub – foam massage – hair wash and conditioning treatment - mud body mask - steam - body cleanse.

Revitalising Hammam Cleanse

20 minutes

This deeply cleansing full body scrub, using a traditional Kесе mitt and black olive soap, will leave your skin refreshed, revitalised and feeling like silk.

Includes: Scrub – steam.

Softening Hammam Ritual

40 minutes

A nurturing full body treatment combining a traditional Hammam exfoliation and full body foam massage to purify and soften the skin, with a hair cleanse and divine scalp massage using an ESPA nourishing hair and scalp treatment.

Includes: Scrub – foam massage – hair cleanse and conditioning treatment – steam – cleanse.

Ultimate Hammam Ritual

120 minutes

The Indulgence Hammam Ritual plus a 50-minute ESPA Inner Calm Massage.

Rituals and Advanced Experiences

ESPA Body Ritual

120 minutes

Purify and revive body and mind with this deeply cleansing ritual. Body exfoliation combines with a nourishing wrap, full body massage and reviving scalp massage. Skin feels refreshed, smooth and intensely nourished. Toxins are eliminated, tension alleviated and your body and mind re-energised.

Includes: Body exfoliation – marine or algae wrap – Inner Calm massage – scalp massage.

ESPA Sleep Ritual

90 minutes

The definitive answer to a truly blissful night's sleep. Quieten your mind and release physical tension and emotional anxieties with this tailor-made experience. Returning mind and body to a perfect balance, guided breathing and visualisation combine with deeply therapeutic massage to help clear the mind and enable you to completely switch-off, ensuring an uninterrupted and blissful night's sleep.

Includes: Breathing and visualisation techniques – full body massage with hot stones – therapeutic scalp massage.

ESPA Mindful Facial

90 minutes

Soothe, nurture and revitalise skin and mind with this holistic personalised facial. Naturally advanced formulas and warmed herbal poultices unite with therapeutic hands to deeply cleanse, hydrate and rejuvenate skin while also calming a busy mind. Feel negative energies fade as your therapist expertly guides you through Breathing and visualisation techniques, before long, lifting strokes using warmed poultices sculpt and tone the facial contours while nourishing the skin. Finishing with your choice of a soothing scalp massage or hand and arm massage, you emerge feeling relaxed, nurtured and with beautifully smooth, radiant and nourished skin.

Includes: Breathing and visualisation techniques, Triple cleanse, Personal SkinVision™ analysis, Facial massage with herbal poultice and Rose Quartz Crystals, Overnight Hydration Therapy, Scalp or Hand and Arm massage.

Balinese Massage

60/90 minutes

Immerse yourself in deep relaxation and calm as elongated, sweeping strokes and rhythmical massage movements with therapeutic aromatherapy oils ease muscular pressure and warm your entire body. A supremely gentle and comforting massage for those who prefer a lighter touch.

Includes: Full body Balinese Massage with or without hot stones.

Active Abdominal Detox

65 minutes

A highly effective stomach treatment ideal for those with stomach bloating, who feel sluggish, tired or just want to enhance their stomach tone. Specialised massage techniques combined with detoxifying products to help cleanse and purify the colon.

Detoxifying Body Cleanse

120 minutes

A full body treatment providing an intense detox and vitality boost. Designed for those who live a fast-paced lifestyle, overindulge all too often, feel lethargic or have a sluggish digestive system. This cleanse is the perfect treatment to kick-start a healthy eating program or to accompany a detox programme.

Bamboo Joint Release Experience

120/90 minutes (massage only)

A full body treatment using bamboo to massage, assist in stretching, joint mobility and improve flexibility. Ideal for anyone in need of deep tension release and those who exercise regularly. This fast paced, free flowing and energetic treatment is perfect for slowing busy minds, stretching and elongating tight muscles, whilst helping to soothe and reduce tension.

Includes: Foot ritual, body exfoliation, facial cleanse, full body joint release incorporating stretching joint rotations followed by full body massage using essential oils and bamboo sticks and scalp massage.

Contour & Firm Treatment with or without G5

120 minutes

A specialised body treatment that combines a detoxifying wrap and advanced body massage to tone and firm the skin. First of all, circulation is stimulated through body exfoliation using warm and iced mitts, a body wrap is then applied to address problem areas prone to cellulite, fluid retention and uneven skin texture. Lastly, a lymphatic drainage massage follows to help the body eliminate toxins, tone the skin and revitalise the mind. A course of treatments is recommended to maximise the effects.

Foot Reflex Zone Massage

60 minutes

Foot massage is a fundamental element of Traditional Chinese Medicine. This foot massage is designed to ease the flow of 'Qi' along energy channels whilst subtly relaxing fatigued feet. Following the foot cleansing ritual, reflex zones and pressure points on the feet are massaged in this relaxing yet effective treatment.

Poultice Massage

120 minutes

The poultice treatment is designed to give a revitalizing and cleansing effect to the mind and body, achieved by the use of stimulating exfoliation and warm herbal poultices. This gives heat to muscles and joints at the same time increasing circulation and is followed by a purifying and rebalancing massage.

Deep Cleansing Back Treatment

60 minutes

A tension releasing massage for tight muscles and congested skin on the back, neck or shoulders. The back is deep cleansed and exfoliated to help stimulate circulation and refresh the skin. A marine mud mask is then smoothed onto the back to remove impurities; lower legs and feet receive a deeply relaxing massage while the mask takes effect. Finally soothe away tension from the back with a calming back massage.

Discontinued

ESPA Optimal Skin Health Facial

55 minutes

Visibly revive skin's natural beauty, balance and health. Achieving instant results with long-lasting benefits, this intelligent facial harnesses nature's most potent actives alongside high performance massage to deeply cleanse, refine and hydrate skin. You emerge with a smooth, profoundly nourished complexion, glowing with natural health.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse (including deep brush cleanse) – exfoliation – steam and extraction (if required) – facial massage – mask – hand & arm.

ESPA Instant Radiance Facial

85 minutes

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges, and your natural glow is restored.

Includes: Skin analysis with Skin Vision™ lamp, triple cleanse (including deep brush cleanse), exfoliation – steam and extraction (if required) – Skin Radiance Mask – age-defying Rose Quartz crystal massage – professional Lifting & Smoothing Mask – scalp massage.

ESPA Targeted Hip and Thigh Treatment

60 minutes

Transform the appearance of your hips, thighs and legs with this revitalising, results-focused treatment. Working swiftly and effectively, powerfully detoxifying actives combine with targeted massage to instantly diminish cellulite and fluid retention, dispel toxins and boost circulation. Skin looks smooth, supple and beautifully toned.

Includes: Skin brushing hip, thigh and abdominal areas – salt & oil scrub with iced mitt removal – detoxifying and lymphatic drainage massage techniques – deep cleansing abdomen massage – body moisturiser application.

ESPA Ultimate Lift & Firm Facial

85 minutes

Restore youthful vitality and improve skin tonicity and firmness with this advanced facial. Using Tri-Active™ ingredients combined with specialized facial massage lifting techniques, this facial helps combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – steam and extraction (if required) – specialised age-defying, contouring and lifting facial massage – Lift & Firm Mask – scalp massage.

Discontinued – Skin Solution Facials

ESPA Refining Enzyme Facial

90 minutes

Profoundly refine, hydrate and firm with this high-performance facial. Infused with nature's most effective extracts, a stimulating Pumpkin Enzyme peel works alongside signature Tri-Active™ blends to boost cell renewal while intensely smoothing and lifting your complexion. Skin's timeless beauty is instantly revived.

Includes: Skin analysis with Skin Vision™ lamp – deep brush cleanse – Pumpkin Enzyme Peel – age-defying Rose Quartz crystal massage – Lifting & Smoothing Mask – scalp massage.

Skin Radiance Facial

55 minutes

This revitalising facial treatment helps refresh tired skin giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturiser; rich in Natural AHA'S and BHA'S FROM Hawaiian Algae and meadowsweet, helps to smooth, reduce irregular, pigmentation and brighten the skin to deliver instant results.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – mask – scalp massage.

Re-Hydrator Facial

55 minutes

An intensive and regenerating facial for dry /dehydrated skin leaving it supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves the skin smooth and feeling rejuvenated.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – mask – scalp massage.

Skin Purifying Facial

55 minutes

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

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – mask – scalp massage.

De-Sensitiser Facial

55 minutes

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calm and nourished. De-sensitising natural plant extracts and calming aromatherapy oils such as chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – mask – scalp massage.

Discontinued – Ayurvedic Influenced Treatment Descriptions

Shirobhyanga

25 minutes

A calming, yet energising scalp massage focusing upon vital energy points.

If time is of the essence, this compact treatment will help to reduce tension, increase circulation and leave an improved feeling of wellbeing.

Padabhyanga

50 minutes

A relaxing foot and lower leg treatment to revitalise tired muscles and ease aches and pains.

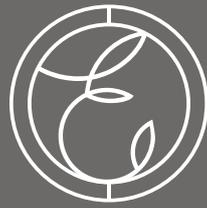
This treatment begins by bathing and exfoliating the feet; a Dosha specific blend of warm Ayurvedic oils is then used for a deeply therapeutic pressure point massage, to strengthen and restore energy to the feet and balance the whole body.

Shirodhara

15 minutes

This traditional Ayurvedic treatment is the practice of warm oil poured onto the forehead and through the scalp to help ease the stress of the body and calm the emotions of the mind.

While not offered as a stand-alone treatment, it is a wonderful addition to many of our Ayurvedic treatments.



ESPA