



## Welcome

Welcome to the Essentia Spa UK where you can forget your worries for a little while and relax, allow us to calm and soothe you, as you deserve! In a world full of stress and tension you need to grab that piece of YOU time with both hands! You need time out, to revive yourself, refresh, its essential and here at Essentia Spa UK is the place to do it.

## Bookings/Cancellation policy

Here at Essentia Spa UK we want to offer a service which is both efficient and fair to all, so with this in mind we have in place a 24-hour cancellation policy. When we take your booking we will ask for a debit/credit card number in order to secure the appointment, in the event of you not being able to make the appointment or you need to amend it, we require 24-hours notice without this you will be charged accordingly. All packages and courses require pre payment or a deposit and are non-refundable or transferable.

## Pevonia Botanica Skincare Range

All of our treatments and retail products utilise Pevonia Botanica, the No.1 spa range in the U.S.A. Pevonia are respected worldwide, they are non-retail and are only available in appointed spa throughout the world. They follow a holistic philosophy which combines nature with the latest scientific technology to deliver truly effective skincare.

## Gift Vouchers

We offer gift vouchers which are redeemable against any of our treatments or retail. They are a great idea for a gift for anyone. They suit all occasions and are available for specified treatments or certain amount i.e. 5,10,20. All vouchers are non-refundable and must be used within 6 months of purchase date.

## Members 10% loyalty discount

All members of the Gold's Gym are entitled to receive a 10% discount off any treatment of an hour or longer. Discount does not apply to half hour treatments or any other offer.

## Spa Packages

### REFRESH

**£95**

Cleanse your body of impurities with nature's most abundant element, detoxifying your mind, body, and soul, leave feeling refreshed inside and out.

**60 minute Detox Aromatic seaweed Wrap**

**30 minute Purifying Hydrotherapy Bath**

**60 minute Prescriptive Facial**

### RELAX

**£95**

Detach yourself from the world outside and allow your body to be transported into a state of tranquillity.

**60 minute Warming Desert Heat Wrap**  
**30 minute Anti-stress Hydrotherapy Bath**  
**60 minute Prescriptive Facial**

**REVIVE**

**£95**

Awaken your senses; invigorate your mind and body. Recharge your energy levels and be restored to your old new self!

**60 minute Aromatic Moor Mud Wrap**  
**30 minute Aromatic Seaweed Hydrotherapy Bath**  
**60 minute Prescriptive Facial**

**MIRACLE WORKER**

**£125**

A complete lifting, toning, firming, smoothing treatment to prepare yourself for the special occasion, night on the town, or simply a well earned treat top yourself!

**60 minute Elasto-firm Mask**  
**30 minute De-stress Eye Treatment for wrinkles/Puffiness & dark circles**  
**30minute Youthful lip treatment**  
**60minute Firming Kigelia Bust Treatment**

**WELLNESS PACKAGE**

**£95**

De-stress, unwind and re-energise yourself!  
**30 minute Anti-stress Hydrotherapy Bath**  
**30 minute Reviver Facial**  
**90 minute Aromatherapy Massage & Facial**

**BEAUTY BOOSTER**

**£85**

The ultimate in top to tow indulgence!

**30 minute Aromatic Seaweed Hydrotherapy Bath**  
**30 minute Full body Polish**  
**30 minute oxygenating Reviver Facial**  
**30 minute De stress Eye Treatment**

We also cater for small parties of up to 6-8 people, hen parties, birthdays etc.

## Professional Facial Treatments

All our Facial treatments use the wonderful Pevonia Botancia line and produce immediate results. All facials include facial and neck/shoulder massage and either hand/foot massage.

**60 MINUTE PRESCRIPTIVE FACIAL**

**£40**

An introductory facial, which through consultation and diagnosis, will be tailored to meet your skins individual requirements.

**60 MINUTE AROMATHERAPY FACIAL**

**£40**

Soothes the skin with a holistic approach, healing mind, body and soul. Includes a deeply relaxing pressure point massage and eye mask.

**60 MINUTE ULTIMATE DEEP CLEANSE**

**£45**

Excellent for normalising oily/congested or acne prone skins. Uses a combination of steam and galvanic techniques.

**60 MINUTE PLANTOMER LIFT OFF MASK**

**£45**

Suitable for all skins types, especially sensitive. This facial uses a unique hydrating/mineralising mask with soothes, heals and strengthens the skin. Excellent for natural irritation/sensitivity.

**60 MINUTE LUMINOUS 'C' & SEA FACIAL**

**£47**

An exceptional hydrating & detoxifying mask due to its high seaweed content. Contains stabilising vitamin C, which is vital for collagen production & strengthening skins elasticity. Counteracts fine lines and photo ageing, renders the skin luminous, smooth, bright and glowing.

**60 MINUTE ANTI-FREE RADICAL MASK**

**£45**

A blue clay thermal mask scented with lavender and peppermint essential oils. Excellent for dry/dehydrated skins, it soothingly warms then cools to a refreshing chill. Contains micronised vitamins, giving anti-free radical action. Tighten skin and leaves it radiant and refreshed.

**60MINUTE RS2 ROSACEA TREATMENT**

**£47**

A wonderful anti-inflammatory, anti-bacterial mask, formulated especially for sensitivity and broken veins/capillaries. Rich in French Rose oil and liquorice it totally calms and defuses redness, as well as reducing menopausal or hormonal problems.

**60 MINUTE OXY VITAL MASK** **£45**  
Rich in Azulene & Aloe Vera, this mask soothes traumatized skin. Excellent for irritation such as sunburn, it cools, soothes, heals, & hydrates.

**60 MINUTE ELASTO-FIRM MASK** **£45**  
Otherwise known as our 'non surgical face lift!' This mask tightens & firms the skin surface leaving you with radiant complexion & noticeable lift!

**60 MINUTE FLORACIDE TREATMENT**  
This exfoliating facial offers complete complexion improvement. It improves texture & brightens up the skin, lightens hyper pigmentation on all skin types, reduces sebum production – so a most for clogged pores or acne prone skin. Even skin texture & restores balance.  
For a successful treatment it is necessary for you to use home care products alongside the treatment.

**RECOMMENDED COURSE OF 6** **£45**  
**£225**

#### **MICRO-DERMABRASION**

Our skin revive Micro-Dermabrasion treatment gives you immediate results, and an overall tone and improvement. Safe and effective, alternative to the use of chemical acid peels. This treatment evens out skin tone and texture, dilates open pores, pigmentation, scarring, fine lines, stretch marks and wrinkles. Ultra-fine crystals are aluminium-oxide to remove the top layer of skin. (DISCOUNT NOT APPLICABLE WITH THIS TREATMENT.)

**45 MINUTE £50**  
**RECOMMENDED COURSE OF 6 FOR THE PRICE OF 5! £250**

**\*SPECIAL OFFER, SAVE £10!\***

**YOU MAY ALSO WISH TO BOOK A DE-STRESS EYE TREATMENT OR A YOUTHFUL LIP TREATMENT WITH ANY FACIAL, AT REDUCED PRICE OF £15**

## **Eyes, Lips, & Décolleté**

**DE-STRESS EYE TREATMENT FOR WRINKLES** **£25**  
**30MINUTE**  
Alleviates the problem of wrinkles & crepiness around the eye area, using freeze dried collagen. Hydrates & plumps reducing the appearance of fine lines, firms and tightens.

**DE-STRESS TREATMENT FOR** **£25**  
**DARK CIRCLES & PUFFINESS - 30MINUTE**  
Gingko Biloba extracts help stimulate the lymphatic capillaries, to effectively drain toxins for the eye area which are the main cause of dark circles & puffiness.

**YOUTHFUL LIP SMOOTHING TREATMENT 30 MINUTE** **£25**  
An excellent treatment to re-define the lip contour. Smooths wrinkles, furrows & improves elasticity. Retinol rich, the results leave you with visibly more youthful looking lips

**KIGELIA BUST FIRING TREATMENT 30 MINUTES** **£45**  
This treatment uses the fruit pulp of the sacred Kigelia Africana tree. It enhances the smoothness & tightness of the skin, its highly active treatment that hydrates, firms and lifts the bust.

## **Complementary Therapies**

#### **AROMATHERAPY MASSAGE**

Aromatherapy works on the mind, body, and soul, restoring balance and calm, whilst removing stress and tension. It is beneficial for headaches, migraines, digestive complaints as well as general aches and pains.

**30 MINUTE £25**  
**60 MINUTE £40**  
**90 MINUTE £65**

#### **SWEDISH MASSAGE**

Traditional Swedish massage uses a variety of techniques to relieve tension in the muscles, soothes aches and pains and balances the body.

**30 MINUTE £20**  
**60 MINUTE £35**

### **THAI MASSAGE**

The application of slow, rhythmic compressions and stretches along ten of the most important "sen" (the body's energy lines) using the palms of the hands, thumbs, elbows and feet. Therapists position the body into yoga-like poses and gently rock the body to more deeply open joints and facilitate limbering. This treatment can be adjusted to suit specific clients needs.

**30 MINUTE £25**  
**60 MINUTE £40**

### **THAI-STYLE MASSAGE**

This one hour treatment uses deep massage with heated compresses full of natural ingredient and finishes with fragrant blends of essential oils. Toxins and fluids that make us sluggish and lethargic, are given a kick start as this powerful spa treatment rejuvenates and stimulates your body and mind. . Its natural holistic lifestyle treatment is the ultimate in detoxification rebalancing and relaxation.

**30 MINUTE £30**  
**60 MINUTE £50**

### **REFLEXOLOGY**

An ancient art of healing, which works on specific pressure points on the feet and hand. This gentle relaxation therapy eases and promotes the body's self heading mechanism, bringing about balance and harmony within the body.

**30 MINUTE £20**  
**60 MINUTE £35**

### **30 MINUTES INDIAN HEAD MASSAGE £25**

This specific massage targets tension in the upper body neck, shoulders, upper back, and scalp. Using Marma and acupressure point's congestion and tension will be broken down giving you relief from chronic neck and shoulder pain, migraines, headaches and general stress. Great for office bound workers.

### **60 MINUTE LYMPHATIC MASSAGE £40**

A specific massage which concentrates on lymphatic nodular areas to release toxins, and decongest the lymphatic system. Excellent for water retention and areas of cellulite.

### **60 MINUTE PREGNANCY MASSAGE £45**

A valuable treatment for any pregnant lady, this soothing massage will concentrate on all those painful, swollen areas, especially the lower back, ankles, feet thighs and arms. The massage will stimulate the lymphatic

system to drain away excess fluid and reduce water retention; it will also assist with digestive complaints, headaches and insomnia.

### **30 MINUTE BABY MASSAGE £20**

a light massage that will soothe and calm any baby, as well as being beneficial for colic, cradle cap, hyperactivity and sleeping problems. No more sleepless nights for the both of you!

## **Professional Body Treatment**

All our body treatments are carried out in our hydrotherapy wet rooms, or in our dry rooms. Please bring along a swimsuit or shorts for any wet treatment.

### **30 MINUTED FULL BODY POLISH £25**

An amazing full body polish exfoliation which turns dry, old rough skin into super smooth, gleaming skin! Not only does the treatment refine the texture and appearance of the skin, it hydrates it too, so it's left super soft all over!

### **60 MINUTES AROMATHERAPY SALT GLOW £35**

Marine sea salts saturated in essential oils are used in this deep cleansing scrub. The salts are rubbed in all over to remove dead cells and impurities. Once the exfoliation is complete you will be taken to have a nice relaxing shower to remove traces of salt.

### **60 MINUTES SKIN FIRMING CELLULITE TREATMENT £50**

Smooths the skin, stimulating & invigorating the skins tissues. Tightens and firms the epidermis, improving elasticity. Excellent treatment to have during weight loss.

### **COURSE OF TREATMENT £250**

### **60 MINUTES DETOX AROMATIC SEAWEED WRAP £45**

Using as blend of the finest seaweed harvested off the French coast of Brittany, this treatment contains no less than 104 trace elements. Combined with essential oils this treatment will alleviate retention and detoxify the body.

**60 MINUTES NATURAL CANADIAN MOOR WRAP £45**

Relieves muscular tension and aches & pains, excellent for arthritis & rheumatism. Boosts the body's immune system as it is rich in essential nutrients.

**60 MINUTE BACK WRAP £35**

**60 MINUTE DESERT HEAT £45**

Comprised of Arizona desert heat which is rich copper, magnesium and zinc, this is a self heating wrap! Soothes painful joints & muscles, and aids skin repair. Leaves the skin nourished and hydrated with a lasting tingle!

**60 MINUTES TOTAL BACK RITUAL £40**

A total treatment to aid all back complaints, your skin will be buffed smooth, deep cleaned and treated to remove any congestion. After steaming we will apply a treatment mask to balance out the skin, we finish with a soothing back massage to relieve tight muscles.

**MORROCAN RASSOUL MUD COCOON**

Rassoul is an extraordinary mud which comes from fertile valleys of Morocco. It contains an array of essential elements such as: Magnesium, Iron, Calcium, & Sodium. It is able to heal Dermatitis and other problem conditions such as, Psoriasis with its deep hydrating action and mineralization. Whilst on the head it treats scalp conditions and dryness, as well as relieving tension headaches

**60 MINUTE FULL BODY COCOON £55**

**WRAP & HAIR/SCALP TREATMENT £25**

**LITHOCAL PEEL £40**

Mineralising, exfoliating body treatment rich in seaweed elements. Lithocal bathes the skin in calcium, iron, zinc, magnesium and more. Has stimulating energising & oxygenating effects on the body. The skin is left vibrant and silky smooth.

**GREEN COFFEE WRAP**

This treatment is excellent for weight loss. It contains activated cellulite gel and green coffee powder, which breaks down fatty deposits and evens out orange peel affects in the skin. Tightens and tones the skin.

**60 MINUTE £50**

**COURSE OF TREATMENT £250**

## Beauty Essentials

**AMBERMIST TAN 30 MINUTE £25**

A instant spray on tan, fine mist, un-perfumed, "A must to all year round occasions. This treatment is a DHA chemical free tan.

**60 MINUTE SPA HAND TREATMENT £25**

A luxury, effective treatment for the hands, beginning with exfoliating to remove dead skin cells, you hands are then massaged and a hydrating mask is applied. We then tidy nails and cuticles, remove the mask and finish with a lick of paint from the O.P.I professional range.

**FRENCH MANICURE/PEDICURE £5 EXTRA**

Get a great polished look which compliments a suntan so well!

**60 MINUTE SPA FOOT TREATMENT £28**

A luxury and effective for those hard working feet! Beginning with a soothing foot soak, we will then remove all dry skin and calluses with an ultra effective foot peel. We will then massage the feet and apply a nourishing mask while we tidying the nails and cuticles. Your feet are then finished off with a nail colour of your choice from O.P.I professional range.

Chiropodist available. Contact for further details.

**TIDY, SHAPE AND RE-PAINT (HAND 30 MINUTE, FOOT 45 MINUTE) £20**

This treatment applies to the hands or feet, we will neaten up your nails as well as applying a fabulous hydrating mask to soften the skin.

**GEL OVERLAYS (Bio Sculpture)**

Bio Sculpture Gel (protein based) is a one component nail treatment that strengthens and promotes the growth of natural nails. Applied onto a prepared nail our product cures under a UVA light, leaving the nail strong but flexible with a natural glossy finish. Available in colours aswell.

**GEL EXTENSIONS £35**

**GEL OVERLAY £25**

**GEL INFILS £20**

**FRENCH £5 EXTRA**

**WAXING**

We choose to use the PhD waxing system which is the most hygienic from the body waxing; you are guaranteed silky smooth skin for weeks at a time. Please leave at least 3-4 weeks hair growth before your waxing treatment.

<b>Full leg</b>	<b>£19</b>	<b>lip</b>	<b>£7</b>
<b>Half Leg</b>	<b>£15</b>	<b>Chin</b>	<b>£7</b>
<b>Full leg &amp; bikini</b>	<b>£26</b>	<b>Eye Brows</b>	<b>£7</b>
<b>Bikini</b>	<b>£10</b>	<b>Full Arm</b>	<b>£12</b>
<b>Half arm</b>	<b>£8</b>	<b>Underarm</b>	<b>£10</b>
<b>Full arm &amp; underarm</b>	<b>£20</b>	<b>Back</b>	<b>20</b>
<b>Hollywood</b>	<b>£20</b>		
<b>Brazilion</b>	<b>£16</b>		

### **ELECTROLYSIS**

Permanent hair removal by the process of inserting a fine, solid, pre-sterilized needle into a hair follicle and applying a small amount of electrical current to permanently destroy the hair growth cells. Galvanic and blend method used

**15 MINUTE £15**  
**20 MINUTE £20**

### **THREADING**

The ancient art of threading delivers accurate, sculpted eye-brows, as well as effective hair removal for the rest of the face.

<b>Eye-brow threading – shaping</b>	<b>£5</b>
<b>Lip/Chin threading</b>	<b>£4</b>
<b>Full face threading</b>	<b>£14</b>

### **EYE TREATMENTS**

Perfect for the summer months and the holiday season, or even if you just don't like the idea of mascara! Why not try a tint?

<b>Eyelash Tint</b>	<b>£10</b>
<b>Eyebrow Tint</b>	<b>£6</b>
<b>Eyelash/brow Tint</b>	<b>£15</b>
<b>Eyebrow shape – tweezers</b>	<b>£6</b>

We advise you to visit the spa 48 hours before your appointment for a patch tint test.

### **EYELASH PERMING 45 MINUTES £35**

Now long luscious curly lashes can be yours! Eyelash perming is a safe way to keep permanent curl in your lashes. It's a simple process of sticking tiny rollers to the lashes, applying a solution and waiting for them to develop. Suitable to contact lens wearers. Results last up to 3 months.

## **Gentleman's Grooming**

### **60 MINUTES MENS FACIAL £40**

Designed to alleviate and reduce shaving rash. Rich in Propolis, which is renowned for its healing and hydrating qualities. It gently soothes and calms the skin and leaves the complexion glowing.

### **60 MINUTE TOTAL BACK RITUAL £40**

A total treatment to aid all back complaints, your skin will be buffed smooth, deep cleansed and treated to remove any congestion. After steaming we will apply a treatment mask to balance out the skin, we finish with a soothing back massage to relieve tight muscles.

### **45 MINUTE MENS SPA HAND TREATMENT £22**

A nourishing treatment for hand working hands, beginning with cleanse and exfoliation. We then massage the hands and apply a hydrating mask. Cuticles and nails are then tidied and buffed for a polished look.

### **45 MINUTE MENS SPA FOOT TREATMENT £25**

Following the same procedure as above but with the addition of a foot peel to remove stubborn hard skin and calluses. Feet are left super smooth and soft.

### **CHEST OR BACK WAXING £26**

**Essentia Spa UK Ltd**  
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