

Heaven Treatments



1. E'spa Aromatherapy Body and Scalp Massage.

Uplifting the senses, the magical properties of essential oils throughout the ages have proven their effectiveness of relaxing body, mind and spirit.

2. Reiki and Therapeutic Massage.

A gentle massage with laying on of hands, healing energy flows throughout the body with a feeling on inner peace and calm.

3. Stone Therapy and Therapeutic Massage.

A gentle massage incorporating warm stones and crystals. The gentle heat slowly penetrates into the surrounding skin and muscles aiding circulation and deep relaxation.

4. E'spa Luxury Back, Face and Scalp Treatment.

Starting with a relaxing back massage followed by a aromatherapy facial and a pink mud scalp treatment conditioning skin, scalp and hair.

5. Serenity.

This Treatment starts with a reflex point massage of the back, feet and hands, aiding the flow of chi (energy) followed by a aromatherpy facial that will reduce signs of stress.

6. Ginger Rub Experience.

Fresh grated ginger, coarse oats and warm detox oils are briskly applied to the body then allowed to soak into the skin, within a warm heated blanket whilst your scalp is massaged. The ginger is brushed off and the skin is massaged with essential oils.

7. Massage Therapy.

Restores the physical, emotional and mental balance of the body. Relaxes muscular tension, increases the flow of blood circulation and natural elimination of toxins.

8. Total Therapeutic Hand and Foot Treatment.

Soaked in warm milk and almond oil. Clipped, pruned and filed. Then crème drenched, massaged and envelopment of paraffin wax.

Earth Treatments



1. E'spa Essence of Earth.

A complete body envelopment using warmed marine mud, rich in earth minerals to aid aches and pains, soothe skin and release tension.

2. E'spa Detoxifying Sea of Senses.

Nurturing elements harvested from the earth and oceans provide vitamins, minerals and essential nutrients to detoxify, re-energise and soothe the system.

3. Reflexology with Grounding Foot Treatment.

Removal of dry skin precedes reflex foot massage. Gentle pressure applied to certain points of the feet correspond to the different parts of the body. To detect tiny deposits of tension which block vital energy pathways. Finishing with a warm envelopment of paraffin wax to leave feet luxuriously soft.

4. The Harley Body Wrap.

An inch loss and detoxifying treatment which also improves skin texture, good for stretch marks and cellulite. Very effective and definitely down to earth.

5. St. Tropez Tanning Treatment.

Body exfoliation, shower and application of dark rich tan, allow 4 hrs to dry, to leave you with a après holiday look.

6. E'spa Facials.

Tailored to your individual needs, rich in essential oils, plant extracts and marine elements. Natural ingredients with outstanding results.

7. Darphin Facials.

Advanced skin care that works on a three dimensional level, with excellent results on the most sensitive and problematic of skin types.

8. Darphin Face Treatment for Men.

Incorporating warm towels.

Star Treatments



1. E'spa Body Exfoliation.

Invigorating, soothing or purifying ingredients will prepare the skin for further treatment or just leave it feeling like silk.

2. E'spa Back, Neck and Shoulder Massage.

This soothing massage will help relieve tension, aching muscles and headaches.

3. E'spa Deep Cleansing Back Treatment.

This treatment deep cleanses the back by body brushing and exfoliation to help stimulate circulation and cell renewal, a calming relaxing massage follows.

4. E'spa or Darphin Radiance Facial.

Includes cleansing, toning, exfoliation, mask and moisturise.

5. E'spa or Darphin Eye Treatment.

Specially formulated to combat signs of stress and aging. This delicate area is refreshed, hydrated and soothed. Includes eyebrow shape.

6. Scalp Treatment.

This treatment includes scalp massage and friction, stimulating blood circulation to the hair follicles, followed by intensive pink mud treatment rich in Iron and Iodine, which conditions skin and hair.

7. Indian Head Massage.

You remain clothed and sitting. Massage and pressure points of shoulders, neck, scalp and face. Total Bliss.

8. G5 Massage.

A deep massage ideal for cellulite, congested areas of hips, bottom and thighs. Aids the dispersal of toxins and impurities.

9. Jessica Manicure with Polish or Warm Mitts.

10. Pedicure with Polish or Warm Booties.

11. Make Up.

Application and advice on tips and fashion.

Spa Days



All days half and full include:

- Consultation and Refreshments
- Robe and Slipper hire
- Use of Spa Facilities
- 25 Metre Swimming Pool
- Hydrotherapy Pool
- Sauna and Steam Room
- Light Lunch

Also available on request:

- State of the art Gym
- Meditation
- Workshops
- Sun Shower
- Keep Fit Classes



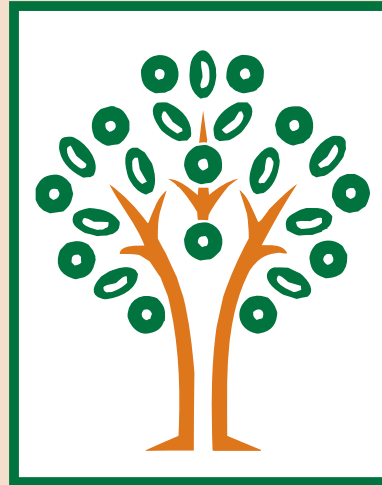
Tariff

Star (Half Day) £60.00
Choose two Star treatments.

Heaven on Earth (Half Day) £80.00
Choose one Heaven or Earth and one Star treatment.

Heaven and Earth (Full Day) £130.00
Choose one Heaven, one Earth and two Star treatments.

Star for the Day (Full Day) £165.00
Choose one Heaven, two Earth and two Star treatments.
Bucks Fizz, lunch and Gift.



Spa Days

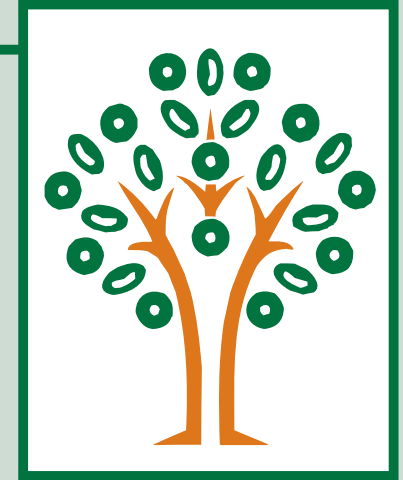
Individuals, groups, hen parties, corporate and special occasions. Gift vouchers available. All bookings are only confirmed with a 50% booking fee.

Cancellation

Please allow 24 hours notice to avoid a full charge. Deposits are non-refundable.

Please remember to bring your swimming costume, personal toiletries and towel.

Please inform us of any health problems in advance as this may affect your treatment choice.



HEAVEN & EARTH

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for men and women

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