

# Spa Body Treatments

‘RENEWAL OF BODY & SOUL’

## PEVONIA BODY POLISHES

These wonderful body polishes are ideal as a treatment on their own or in conjunction with any Pevonia body treatment, Wrap, Massage, Facial, Manicure or Pedicure.

### BODY POLISH

A rich creamy-textured skin refining body scrub to remove impurities and rough skin. Gentle and deep-cleansing, pevonia's body polish uses natural jojoba granules to activate the blood circulation without harming the fine capillaries, leaving skin soft, silky and smooth.

30 MINS

£30.00

Incorporate a Body Polish into any Body Wrap.

£10.00

### AROMA SALT GLOW

A holistic approach to Silky, smooth skin. This deep cleansing and exfoliating treatment uses a blend of aromatic salts, mineral salts and essential oils to stimulate circulation leaving skin radiant. Choose from; *Contour* or *Anti-Stress*.

30 MINS

£35.00



## PEVONIA WRAPS

Created by drawing on health rituals from around the world Pevonia Botanica has developed these magnificent therapies to renew the body and calm the mind.

### DESERT HEAT

A warm, soothing, bubbly wrap formulated to overcome fatigue and stress and promote health, mental balance and relaxation. Leaves skin mineralised, hydrated, nourished, toned and shiny.

1 HOUR

£55.00



### BACK WRAP WITH AROMATIC MOOR

A luxurious back treatment incorporating the wonderful Aromatic Moor Mud. This thermal mud aids muscular tension, aches and pains. This treatment is ideal prior to a massage.

45 MINS

£40.00



### AROMATIC MOOR MUD WRAP

This unique holistic warm aromatic moor mud rich in 350 natural vitamins, minerals and enzymes offers a gentle thermal action which stimulates and invigorates the body bringing a state of deep relaxation and well being, easing aches and pains and boosting the body's immune system.

1 HOUR 15 MINS

£55.00



### MOROCCAN COCOON WITH RASSOUL

Renowned for its ability to heal sensitivity. This warm mud stimulates the release of impurities. As your skin absorbs the enriching minerals, your body radiates healthy purification and deep hydration smoothing rough and scaly skin for a delightful sense of complete renewal. Recommended for sensitive skins, dermatitis, eczema and psoriasis.

1 HOUR 15 MINS

£55.00



## SLIMMING WRAPS

These remarkable treatments are scientifically formulated to decrease cellulite while also tightening 'spongy' looking areas on the body.

### GREEN COFFEE BODY WRAP

The ultimate answer to effectively treat cellulite. Slim and tone your body with this cutting-edge treatment. This wrap stimulates your body's ability to break down fat and transform it into energy, increases metabolism and eliminates water retention.

1 HOUR 15 MINS

£60.00



### DETOX THALASSO WRAP

A remarkable treatment for body contouring, using a blend of the finest seaweed, renowned for their therapeutic properties. This effective treatment detoxifies and re-mineralises dry, depleted skin, as stress and toxins are eliminated, the entire body is replenished with 104 vitamins, minerals and enzymes.

1 HOUR 15 MINS

£60.00



## TROPICALE DE-AGING

Pioneering and effective de-aging treatments through the union of science and nature; Pevonia Tropicale is a Groundbreaking anti-aging therapy derived from organic extracts.

### TROPICAL ESCAPE

Drenched with papaya and pineapple, this tropical wrap is enriched with Potent anti aging ingredients such as collagen and elastin polypeptides. A glorious sensory escape, leaving you nourished and rejuvenated, revealing an astonishing decrease in body crepiness and wrinkles.

1 HOUR 15 MINS

£60.00



### TROPICAL OASIS

Combining the tropical extracts of Mango and Passion Fruit this wrap rich rejuvenating ingredients, will transport you to a sublime tropical oasis where your senses will be gently awakened and phenomenal visible results obtained. The skin smoother, firmer and vividly brighter. Great for a dull, sallow pigmented skin type.

1 HOUR 15 MINS

£60.00



### TROPICAL SALTMousse GLOW

This Spa exfoliating treatment will remove dead skin cells and impurities whilst releasing negative ions to counteract damaging environmental pollutants. This aromatic scrub. rehabilitates the skin leaving a youthful smooth surface. Select from *Repairing*, *smoothing* and *rejuvenating* or *Firming*, *brightening* and *invigorating*.

30 MINS

£38.00



## Your Key to Healthy Treatments

If you suffer from any of the following Conditions/allergies or if you are pregnant, we have provided a key to those treatments to avoid

- High/low Blood Pressure
- Heart Conditions
- Thyroid Problems
- Pregnancy
- Claustrophobia
- Fish Allergies
- Iodine Allergies
- Nut Allergies
- Collagen Intolerance



pevonia  
BOTANICA

## Holistic Therapies

Full Aromatherapy Treatment 1 HOUR 30 MINS	£60.00
Aromatherapy Body Massage 1 HOUR	£50.00
Aromatherapy Back, Neck & Shoulder Massage 30 MINS	£40.00
Swedish Body Massage 1 HOUR	£45.00
Back, Neck & Shoulder Massage 30 MINS	£35.00
Face & Scalp Massage 20 MINS	£25.00
Reflexology 45 MINS	£35.00
Indian Head Massage 30 MINS	£35.00

## EYE TREATMENTS

Eyelash Tint	£12.00
Eyebrow Tint	£9.00
Lash and Brow Tint	£16.00
Eyebrow Shape	£10.00
Eyebrow Wax & Tint	£15.00

## WAXING

Half Leg	£15.00
Full Leg	£25.00
Bikini	£10.00
High Bikini	£14.00
Full Leg & Bikini	£28.00
Underarm	£9.00
Lip	£7.00
Chin	£7.00
Lip & Chin	£11.00
Arm	£12.00
Eyebrow Wax	£10.00
Chest	£20.00
Back	£20.00
Chest & Back	£34.00

## HANDS & FEET

Manicure	£20.00
Deluxe Manicure	£25.00
OPI Gel Nails	£35.00
Infills	£17.50
File and Paint	£10.00
Nail Mend (per nail)	£3.50
Pedicure	£27.00

## SPA PEDICURE

Our feet are often prone to fatigue and hard skin. Provide your feet with the care and attention they deserve to go barefoot confidently and reveal fresh, silky-soft, hydrated feet.

1 HOUR 15 MINS

**£35.00**



## MINX

The ultimate Fashion Weapon, prepare to get noticed. A long lasting smudge free nail finish with no drying time.

HANDS OR FEET

**£25.00**

## FISH PEDICURE

A foot spa with our fantastic Garra Rufa fish. These amazing fish cleanse and exfoliate your feet, leaving healthy skin untouched. This treatment will leave your feet feeling revitalized 15 minutes

**£10.00**

## DELUXE FISH PEDICURE

A foot spa with our cleansing and exfoliating Garra Rufa Fish. Followed by a foot massage 30 minutes

**£25.00**

## SPRAY TANNING

St Tropez Ultimate Air, A natural looking tan  
**£25.00**



# Spa Packages

## ‘SPOIL YOURSELF’



### RELAX & UNWIND

Reviver Facial  
Back, Neck & Shoulder Massage  
File & Paint for Hands & Feet



**£65**



### REVITALISE

Reviver Facial with De-stress Eye Treatment  
Full Body Polish  
Manicure  
Blow Dry  
Light Lunch



**£80**



### AROMATIC & DETOXIFYING

Full Body Polish  
Detox Seaweed Thalasso Body Wrap  
Aromatherapy Body Massage  
Full Use of Health Club Facilities



**£85**



### HOLISTIC RETREAT

Aroma Facial  
Back, Neck & Shoulder Massage  
Reflexology  
Light Lunch



**£85**



### TIME FOR MUM

Plantomer Facial  
Back, Neck & Shoulder Massage  
Foot Massage with File & Paint



**£85**



### SKINFIT FOR HIM

Mens Skinfrit for Him Facial  
Moor Mud Heated Back Wrap  
Back, Neck & Shoulder Massage  
Full Use of Health Club Facilities



**£90**



### DAY SPA

Prescriptive Facial  
Swedish Body Massage  
Deluxe Manicure  
Spa Pedicure  
Cut & Blow Dry  
Full Use of Health Club Facilities  
Light Lunch



**£150**



Facials



Body Treatments



Hand Treatments



Foot Treatments



Hairdressing



Light Lunch



Use of Health Club Facilities

## RELAX

### STAY ANY NIGHT SUNDAY—THURSDAY

Dinner, Bed & Breakfast

#### Spa Package Includes:

Reviver Facial  
Back, Neck & Shoulder Massage  
Body Polish  
Light Lunch  
Use of Robe & Slippers

**£125PP** Including Spa Package

**£60.50PP** Without Spa Package

Based on 2 people sharing a Standard Twin / Double Room, Upgrades are available.

Please ask reservations for rates for extra nights stay.

## INDULGE

### STAY ANY NIGHT SUNDAY—THURSDAY

Dinner, Bed & Breakfast in a Superior Room plus Champagne & Strawberries

#### Spa Package Includes:

Prescriptive Facial  
Tropical Saltmousse Glow  
Manicure  
Holistic Candle to take home  
Light Lunch  
Use of Robe & Slippers

**£159PP** Including Spa Package

**£89PP** Without Spa Package

Based on 2 people sharing a Twin / Double Room

# Spa Facials

## 'SOOTHE & REJUVENATE'

### DR SE CO OI MA SA PR DE SU OP PI SC PRESCRIPTIVE FACIAL

This facial is personalised and tailored to accommodate the needs of your skin. Includes professional skin diagnosis, deep cleansing, ampoule, massage and mask. An ideal facial to introduce your skin to the unadulterated pure and active products within the Pevonia Botanica line.

1 HOUR  
£40.00

### DR SE CO OI MA SA PR DE SU OP PI SC AROMATHERAPY FACIAL

A relaxing Facial that treats the skin with a holistic approach, via unique massage techniques for the face, neck and décolletage. An ideal Facial for those wishing to Relax and unwind

1 HOUR  
£40.00

### DR SA DE SU REVIVER FACIAL

Oxygen is vital for healthy and youthful skin; by oxygenating the surface of the skin this offers a phenomenal visual result. Instantly hydrating, softening and brightening, this facial will leave the skin looking fresh, clear and truly radiant. Ideal for all occasions where the skin needs an instant boost. Not suitable for Sensitive or acne skin types.

30 MINS  
£30.00

### DR CO MA SA DE SU PI LUMINOUS 'C' AND SEA MASK

This refreshing, soft lift-off mask will restore a youthful appearance as the complexion is renewed, firmed and left extremely smooth, rendering the skin nothing but luminous. Ideal for reducing fine lines, strengthening elasticity and providing relief for dull, sun damaged skin

1 HOUR  
£55.00

### SE MA PR DE PLANTOMER MASK

Visibly enhance your skins texture and maximise hydration. This refreshing, soft lift-off mask combines the hydrating benefits of seaweed with revitalising propolis a natural healing and desensitising substance rich in natural antibiotics and vitamin A. Soothing, nourishing and calming, it renders the skin undeniably radiant with highly visible results.

1 HOUR  
£50.00

### DR MA DE SU OP SC ELASTO-FIRM MASK

A firming facial rich in elastin, to rebuild skins strength, firme and tightened. The complexion is left hydrated, radiant and youthful. A perfect enhancement to an anti-aging regime and the ultimate answer to supple skin.

1 HOUR 15 MINS  
£50.00

### SE SU OXY-VITAL MASK

Rich in Aloe Vera, natures answer to soothing traumatised skin combined with azulene a derivative of chamomile to act as an anti-inflammatory. This mask desensitises, hydrates and heals the skin post-operative and post sunburn.

1 HOUR  
£50.00

### SE MA PR SKINFIT FACIAL FOR HIM

This treatment introduces the latest proven-effective anti-aging discovery specifically formulated for him. This unique tri-phase treatment combines rejuvenating Caviar and repairing. Freeze dried escutox to replenish the skin while counteracting the signs of aging, razor burn, folliculitis and sensitivity.

1 HOUR 15 MINS  
£55.00

### SE RS2 CALMING MASK

This alleviating thermal clay mask provides soothing relief and visible results to dilated capillaries, congestion, blotchiness, and irritability. Comforting and healing ingredients such as: Rose, Green Tea, Chamomile and liquorice, provides a welcome relief for those suffering from severe sensitivity, broken capillaries, rosacea and acne rosacea.

1 HOUR  
£55.00

### DR MA SA DE SU OP ANTI-FREE RADICALS MASK

This effective clay thermal mask first warms encouraging the absorption of vitamins into your skin, then cools to seal the rejuvenating benefits. Micro-emulsified Vitamins A and E maximise your skin's protection against free radicals and premature ageing. Your complexion is left velvety-smooth and deeply hydrated with improved texture and refined pores.

1 HOUR  
£55.00

### DR MA DE SU ESCUTOX FREEZE-DRIED ANTI WRINKLE TREATMENT

Upgrade your Facial with Escutox, Pevonias exclusive formulation of hibiscus extract has been designed to stimulate the nerve endings Escutox will repair the skin, relax wrinkles, increase hydration and skins suppleness resulting in a visibly youthful skin. The natural alternative to Botox.

1 HOUR  
£50.00

### DR CO OI MA SA PR DE SU OP PI SC THE PEVONIA LUMAFIRM® LIFT & GLOW

in-spa facial treatment renders your skin ultra-luminous with a firmer, tighter and more youthfully defined appearance. Exclusively formulated with the latest in freeze-dried technology, this remarkable treatment with cumulative benefits is ideal for any skin type showing signs of aging, or works as the perfect instant repair boost when you want to look your absolute best.

1 HOUR  
£65.00

## Compliment your facial

### DE-STRESS EYE TREATMENTS

Available as a stand alone treatment that includes both treatments (Wrinkles & Puffiness) or either treatment can be incorporated into any facial.

#### De-stress Eye treatment wrinkles

Intensely hydrates and plumps the skin using pure freeze dried collagen to repair the delicate eye contour, reducing the appearance of fine lines, wrinkles and crepiness.

#### De-stress Eye treatment Puffiness

This refreshing eye treatment utilises Ginkgo Biloba and Vitamin C to reduce the appearance of puffiness and lightens and brightens the eyes, alleviating dark circles.

30 MINS  
£33.00

Incorporate either De-stress Eye Wrinkles or De-stress Eye Puffiness treatment into a Facial £12.50

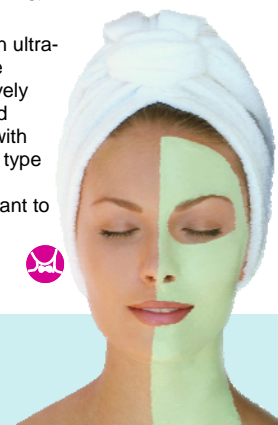
### YOUTHFUL LIP SMOOTHING TREATMENT

Incorporating Retinol using time-release technology, this treatment visibly smoothes expression lines and wrinkles around the mouth, leaving your lips smooth, plump and youthful.

30 MINS  
£33.00

Incorporate Youthful Lip Smoothing treatment into a Facial £12.50

DR	DRY
SE	SENSITIVE
CO	COMBINATION
OI	OILY
MA	MATURE
SA	SALLOW
PR	PROBLEMATIC/ACNE
DE	DEHYDRATED
SU	SUN DAMAGED
OP	OPEN PORES
PI	PIGMENTATION
SC	SCARRING



TO BOOK OR FOR MORE INFORMATION  
TELEPHONE: 01244 350035

#### OPENING HOURS

Monday	10.00am-6.00pm
Tuesday	10.00am-6.00pm
Wednesday	10.00am-6.00pm
Thursday	11.00am-7.00pm
Friday	11.00am-7.00pm
Saturday	10.00am-6.00pm
Sunday	10.00am-6.00pm

#### APPOINTMENTS

To make appointment please call:01244 350035.  
The treatment times in this brochure are approximate and therefore should be used only as a guide. We cannot offer treatments to anyone under the age of 16.

#### ARRIVAL

Please arrive 15 minutes before your appointment time, to ensure that we can take your details. If you arrive late for your appointment time we will endeavour to accommodate you, but we cannot promise your full treatment time. You will still be charged the full price of the treatment(s) booked.

#### DEPOSITS

Group bookings and treatment(s) over £50 require 50% deposit at time of booking. All other treatments must be secured with credit/debit card details. Clients booking treatments for that same day, need to pay in full at the time of booking.

#### CANCELLATION POLICY

As a courtesy to other guests and our Therapists, please give us at least 72 hours notice if you need to cancel a treatment or Spa Package. Cancelling treatments less than 72 hrs in advance, results in being charged 50% of the treatment. Cancelling on the day of treatment or failing to show up, results in being charged the full price of the treatment(s)

#### GIFTS VOUCHERS

If you would like to treat that special someone we have a range of gift vouchers available for treatments & Packages.

#### MOBILE PHONES

As a courtesy to other spa customers, we would kindly like to request that customers switch off mobile phones when entering the spa.

#### MEDICAL CONDITIONS

At the Mill Hotel and Spa your Health and safety is priority. All Spa Customers will be asked to complete a medical form to let us know of any medical conditions that may affect your visit.

All treatments booked are subject to medical status. Limitations on treatments for a number of conditions are indicated in this brochure and suitability of treatments will be reconfirmed on arrival. If you have a medical condition and would like to discuss the options available to you, we will be happy to offer guidance and assistance.

All Prices Subject to Change

A big thank you to Pevonia UK for letting us use their images in this brochure.



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All Major Charge Cards Accepted

New Prices  
valid from  
5th September  
2011

MILL HOTEL & SPA  
"DESTINATION"

Spa Treatments & Packages

USING PRODUCTS BY  
pevonias<sup>®</sup>  
BOTANICA