

Spa Etiquette

Pre arrival information

To make the most of your Spa Experience we advise you to arrive 15 minutes before your appointment to ensure you have time to fill out a consultation form, we also ask to please respect other guests by switching off all mobile and pager devices within the spa.

Health Conditions

If you suffer with any of the following conditions that are listed below please inform the spa receptionist when booking, you will also need to provide a doctors letter to experience any Spa treatments.

- If you have cancer or are currently receiving radio therapy or chemotherapy for the treatment of cancer
- If you are suffering with or have suffered with heart condition or circulatory related conditions
- If you have received any kind of surgery within the last 12 weeks

Pregnancy

Please allow us to guide you in selecting which treatments are most suitable for you, the spa team will try to make you feel as comfortable and relaxed as possible.

Unfortunately we are unable to offer any holistic spa treatments during the first 12 weeks of pregnancy

Age Requirement

Out of the consideration to other spa guests, children are not permitted in the spa. The minimum age requirement to access the spa and experience treatments is 16 proof of age may be required.

Deposits

Group booking and treatments over £50 require a 50% deposit at the time of booking. Clients booking for that same day need to pay in full at the time of booking.

Cancellation policy

As a courtesy to the other guests and the therapist, please give us at least 72 hrs in advance when Cancelling treatments, less than 72 hrs before results in charges of 50% of the booking, Cancelling on the day or not showing up results in being charged the full value of the booking

Spa Homecare

To ensure ongoing results we recommend using Pevonia homecare products after your treatments.

Gift vouchers

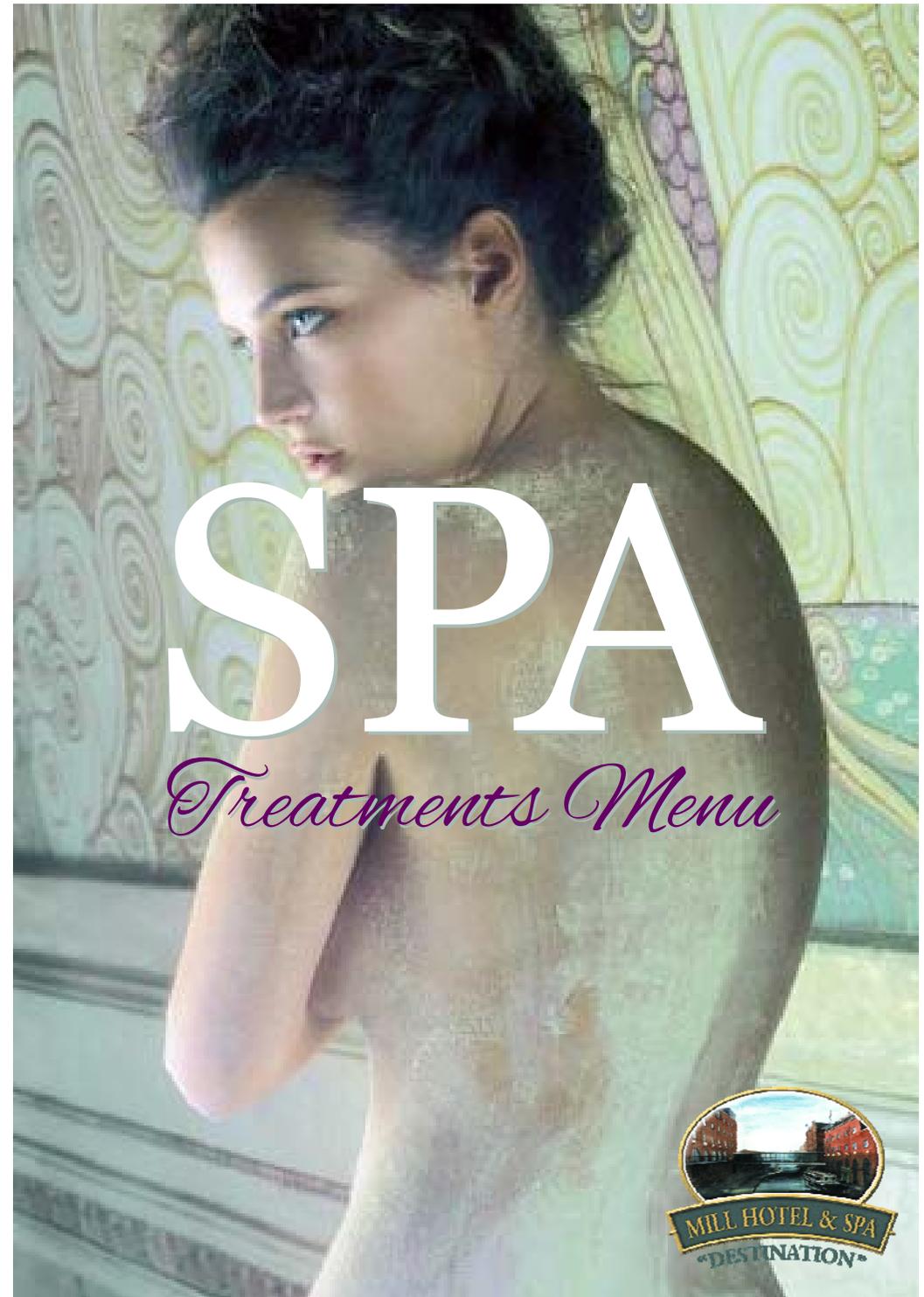
If you would like to treat that special someone we have a range of gift vouchers available for treatments and packages.

	SPA	HAIR
Monday	10.00am-6.00pm	Closed
Tuesday	10.00am-6.00pm	10.00am-6.00pm
Wednesday	10.00am-6.00pm	10.00am-6.00pm
Thursday	11.00am-7.00pm	10.00am-8.00pm
Friday	10.00am-6.00pm	10.00am-6.00pm
Saturday	9.00am-5.00pm	9.00am-5.00pm
Sunday	10.00am-4.00pm	Closed



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pevonia
BOTANICA

The natural way forward

Pevonia Botanica Spa Treatments and Home skin care products incorporate nature's purest holistic botanical and marine elements with high-tech manufacturing to create products that offer outstanding visible results and an unsurpassed spa experience.

Well-being and preventative maintenance for the skin are at the heart of Pevonia's philosophy. To ensure your beauty needs are specifically, reputedly and reliably fulfilled, Pevonia's formulations and technologies constantly evolve and progress parallel to your skin care concerns and the world's scientific development, whilst keeping an affinity with nature.

Pevonia maintains a harmonious balance with precious resources by offering fully recyclable, completely biodegradable packaging and refraining from any form of animal testing.

-  Paraben Free
-  No Artificial Colours
-  Sulfate Free
-  Formaldehyde Free
-  Alcohol Free
-  Lanolin Free
-  Mineral Oil Free
-  PABA Free
-  Urea Free
-  Cruelty Free
-  Green



Spa Body Treatments

Pevonia Botanica has created these magnificent therapies to renew the body and calm the mind. Created by drawing on health rituals from around the world, these wondrous experiences incorporate the most exotic and revered ingredients available today. Keep your skin looking its absolute best and of peak radiance with a choice of pevonian spa body envelopments. These wondrous body wraps not only make you feel nurtured and pampered, but incorporate nature's most advanced ingredient formulations offering complete body wellness.

DE STRESS WRAPS

Aromatic Moor Mud Tension Relief Wrap

1 hour 15 mins

Warm aromatic Moor Mud rich in natural vitamins, minerals and enzymes is generously applied to the entire body, alleviating sore muscles, aches and pains. It is renowned for relieving pain from rheumatism and arthritis, helping to control cramps and boosts the body's immune system.

£60.00

Back Ritual with Aromatic Moor Mud

45 mins

A luxurious back treatment incorporating Moor Mud. Alleviate muscular tension, aches and pains, escape into a state of deep relaxation as we perform the highly relaxing cocoon massage techniques.

£45.00

Lumafirm Body Firm and Glow Body Wrap

1 hour

Enriched with 26 dynamic ingredients including an exclusive combination of anti-ageing extracts, Lumafirm® Lift & Glow Body Wrap! Deeply repairing, hydrating, smoothing and de-ageing, this luxurious wrap leaves every inch of your skin velvety soft while rendering your body visibly rejuvenated, instantly firmer and more toned.

£70.00

SLIMMING WRAPS

Detox Seaweed Thalasso Wrap

1 hour 15 mins

This effective treatment detoxifies and re-mineralises dry, depleted skin whilst the body is covered with warm micronized Seaweed and gently wrapped. Eliminating stress and toxins and replenishing the entire body with 104 vitamins, minerals and enzymes. Recommended in a course of treatments set out by your Pevonia Skincare Specialist.

£70.00

Cellulite Smoothing Green Coffee Body Wrap

1 hour 15 mins

This wrap stimulates your body's ability to break down fat and transform it into energy, increase metabolism and eliminate water retention. The 100% pure micronized Green Coffee, will smooth and enhance the skin's overall texture thus visibly reducing spongy, dimply, cellulite areas. Recommended in a course of treatments set out by your Pevonia Skincare Specialist.

£65.00

EXFOLIATE AND POLISH

Body Polish

30 mins

A rich, creamy-textured skin refining body scrub to remove impurities and rough skin, using natural jojoba granules to activate the blood circulation without harming the fine capillaries, leaving skin soft, silky and smooth.

£30.00

Incorporate a Body Polish into any Body Wrap. £10.00

Silky Skin Seaweed Body Scrub

30 mins

A contouring and detoxifying, full body exfoliation, using micronized algae to re-mineralise dry skin dispersing stress and toxins. The Seaweed in this exfoliation helps with absorption of products, allowing for quicker penetration of any further products applied.

£32.00

Tropical Saltmousse Glow

30 mins

A spa exfoliating treatment unlike any other! This Saltmousse Glow will remove dead skin cells and impurities whilst releasing negative ions to counteract damaging environmental pollutants. Naturally rehabilitating the skin leaving a youthful smooth surface.

£38.00

Spa Facials

Pevonia's professional treatments are precise, meticulously crafted and scientifically formulated. Using of powerful ingredients, exceptional products and the healing hands of educated and skilled professionals to achieve truly astonishing results. nature's answer to healthier skin, pevonía offers an extensive selection of speciality treatments;

CALMING, SOOTHING AND SPECIALTY FACIALS

Plantomer Hydrating Facial 1 hour

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.

£55.00

Rosacea Facial 1 hour

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.

£60.00

Oxy Vital Soothing Facial 1 hour

Rich in Aloe Vera, nature's 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.

£55.00

ESSENTIAL PRESCRIPTIVE FACIALS

Reviver Facial 30 mins

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.

£30.00

Aromatherapy Facial 1 hour

A relaxing Facial that treats the skin with a holistic approach, via unique massage techniques for the face, neck and décolletage.

£45.00

Prescriptive Facial 1 hour

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.

£45.00

Deep Pore Cleansing Facial 1 hour

A thorough, irreplaceable deep cleansing treatment that will eliminate blackheads and congestion, leaving the skin feeling 'squeaky clean'! Ideal for an Oily/ Congested skin type. Recommended in a course of treatments to achieve maximum results.

£50.00

Gentlemen's Facial

This treatment specifically targets clogged pores, sensitivity, and razor burn while promoting total relaxation. This facial includes deep cleansing, steaming, and extraction. As a final step, a treatment mask is applied to refine the pores, soothe and condition the skin.

£45.00

ESPECIALLY HIGH PERFORMANCE TREATMENTS AND MASKS

Skinfit Facial 1 hour 15 mins

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.

£65.00

Lumafirm Lift and Glow Facial 1 hour

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.

£75.00

Anti-Free Radicals Facial 1 hour

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 protection against free radicals and premature ageing. Your complexion is left velvety-smooth and deeply hydrated with improved texture and refined pores.

£60.00

Luminous C and Sea Facial 1 hour

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

£60.00

Elasto Firm Facial 1 hour 15 mins

A firming facial rich in elastin, to rebuild skins strength, firm 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.

£55.00

EXFOLIATING TREATMENTS

Spa Clinica Pro Peel & Recapture 1 hour

A dynamically anti-ageing facial treatment featuring a unique formula to reveal an evenly toned, porcelain-smooth complexion. This high performance treatment combines a deep cleansing, potent yet gentle peel, and Micro-Retinol treatment to recapture smoother, denser and younger-looking skin - instantly.

£70.00

Lacto-Flora Peel Facial 1 hour

This innovative facial peel uses Lactic Acid, Pyruvic Flower Acid, Alpha Hydroxy Acid and Green Tea to gently exfoliate and hydrate the skin, great for skin with uneven texture, thickened epidermis, hyper pigmentation or Acne. Avoid if lactose intolerant/dairy allergy.

£55.00

Eyes

Total care for those extra delicate areas

Lumafirm Lift and Glow Eye Contour Treatment

Formulated with an amazing lift-action complex, this phenomenal treatment instantly repairs your delicate eye zone as it reduces puffiness and dark circles. Active ingredients; Sorghum, Kombucha, Diacetyl Boldine will take your eyes back in time as they firm, lift, brighten and smooth wrinkles .

£35.00

De stress Eye Treatment

Treatment for Lines and Wrinkles; with Cryo-Collagen 100% pure freeze-dried collagen to repair the delicate eye contour and intensely hydrate and plump the skin reducing the appearance of fine lines, wrinkles and crepiness. Treatment for Puffiness and Dark Circles; utilising Ginkgo Biloba to stimulate the lymphatic capillaries to drain excess fluid, thus reducing the appearance of puffiness and vitamin C to alleviate dark circles.

£33.00

Alternatively incorporate either a De-stress Eye Wrinkles or Puffiness treatment into a facial

£12.50

For Your Eyes Only

Eyebrow Shape or Thread	£12.00
Party Lashes	£15.00
Eye Lash Tint *	£12.00
Eyebrow Tint *	£10.00
Lash and Brow Tint *	£18.00
Eyebrow Shape and Tint *	£16.00
HD Brows	£30.00

* Please note a patch test is required 24hrs prior to all tinting and eyelash treatments



Everything Else

THERAPEUTIC HEALING

Full Aromatherapy Treatment £70.00

A tip to toe Massage with Essential Oils tailored to suit your specific needs.

Aromatherapy Body Massage - Aroma £60.00

A therapeutic massage for complete relaxation using a blend essential oils. Selected by your therapist to suit your individual needs.

Aromatherapy Body Massage - Serenity £60.00

A pure concentration of Lavender extract renowned for relieving stress, fatigue, tension and aches, aiding mental or physical release. Your therapist will target specific pressure points, stretching and deep tissue technique to invigorate, re-align and restore balance.

Aromatherapy Body Massage - Vitality £60.00

Awaken your senses and enhance your mood with this energising and revitalising treatment using an infusion of Rosemary and Grapefruit extracts combined with specialised massage techniques to uplift the spirit, stimulate alertness, and counteract lethargy.

Aromatherapy Body Massage - Recovery £60.00

Incorporating therapeutic eucalyptus and camphor which unite to promote warmth and healing, improving respiration, circulation and lymph flow combined deep-tissue anti-inflammatory massage therapy to boost your immune system.

Swedish Body Massage £50.00

Back, Neck and Shoulder Massage £38.00

Aromatherapy Back, neck and Shoulder Massage £42.00

Indian Head Massage £40.00

Hot Stones Back, Neck and Shoulder Massage £45.00

Tranquility Face & Scalp Massage £25.00

Aroma Foot Ritual £20.00

Ear Candling £40.00

Developed by North American Hopi Indians, Ear Candling is particularly beneficial for earache, headaches, migraines, snoring, and sinus problems. This deeply relaxing treatment is complimented by a facial massage.

WAXING

Half Leg £15.00

Full Leg £27.00

Bikini £12.00

High Bikini £16.00

Full Leg & Bikini £32.00

Underarm £11.00

Lip £7.00

Chin £7.00

Lip & Chin £11.00

Arm £12.00

Eyebrow Shape £12.00

Chest £25.00

Back £25.00

Chest & Back £40.00

Full Facial Thread £30.00

FINISHING TOUCHES

Spa Pedicure £40.00

Pedicure £32.00

Deluxe Manicure £30.00

Manicure £25.00

Shape and Polish £12.00

Shellac £25.00

French Finish £5 extra please request when booking

St Tropez Spray Tan £25.00

HAIR

Cut & Finish £34.00

Restyle & Finish £40.00

Gents Cut & Finish £15.00

Wash & Finish £15.00 - £25.00

Hair Up £30.00 - £40.00

Semi Permanent Colour £28.00

Full head Tint Permanent £35.00

Half Head Highlights £45.00

Full Head Highlights £60.00 - £70.00

All Colour service prices exclude styling



Spa Experience Packages

- All Packages include use of Robes and Slippers.
- All Day Spa Packages include full use of our Health Club Facilities and Robe and Slipper hire.
- To dine in the Peppermill Trattoria an additional £5.00 can be added onto your Package. All Lunches must be booked in advance.
- To make you day extra special you can purchase a baby bottle of prosecco for £5 from the spa.

The Essentials Package

- Reviver Facial
 - Silky Skin Seaweed Body Scrub
 - Express Manicure or Express Pedicure
- £75.00**

Rejuvenation Escape

- Body Brush
- Aroma Foot Ritual
- Back, Neck and Shoulder Massage
- Prescriptive Facial
- Light Lunch

£90.00

Holistic Retreat

- Aromatherapy Facial
- Back, Neck and Shoulder Massage
- Ear Candling
- Light Lunch

£90.00

Time For Mum

- Plantomer Facial
- Back, Neck and Shoulder Massage
- Foot Massage with Shape and Polish

£85.00

Detoxify and Replenish Ritual

- Body Polish
- Seaweed Wrap
- Aromatherapy Body Massage

£95.00

Indulgence For Him

- Gentlemen's Facial
- Back Ritual with Aromatic Moor Mud
- Back, Neck and Shoulder Massage

£95.00

Our Signature Day Spa Experience

- Reviver Facial with Lumafirm Eye Contour Lift and Glow
- Lumafirm Body Firm and Glow Experience
- Manicure
- Pedicure
- Wash and Finish with an intense conditioning treatment
- Light Lunch

£150.00

Relax

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

£140.00

Per person based on 2 people sharing a Standard Twin / Double Room, Upgrades are available. For Guest s not wishing to take spa treatments we can offer Dinner, Bed and Breakfast only for £70.00 per person

Available any night Sunday—Thursday

Spa Break