



*the  
House*

— TREATMENT TARIFF —  
01224 586699

Opening Times:  
Monday 9:00am - 5:00pm  
Tuesday - Friday 9:00am - 9:00pm  
Saturday 9:00am - 5:00pm  
Sunday - Closed

# ESPA Body

## Body Massage

### **Back, Neck & Shoulder Massage (20mins) £30.00**

A Back, Neck and Shoulder Massage using Espa Nourishing Body Oil.

### **Full Body Aromatherapy Massage (50mins) £50.00**

A full body massage using a blend of ESPA aromatherapy oils specially selected for your individual needs, whether the aim is to relax or stimulate, the choice is yours.

### **Hot Stone Back, Neck & Shoulder Massage (20mins) £37.00**

### **Hot Stone Full Body Massage (1hr) £80.00**

Massage using hot stones and specially selected oils to suit your individual needs for soothing and relaxing muscles. The use of warm stones allows for a deeper massage for those who enjoy a firmer pressure to relieve tension.

### **Life Saving Back Treatment (45mins) £50.00**

An ideal treatment for problematic or sluggish skins and a treat for this much neglected area. The back is deep cleansed, skin brushed and exfoliated to help stimulate circulation and cell renewal. A luxurious aromatherapy back massage completes this calming and relaxing experience.

### **Skin Hydrator Body Wrap (1hr) £60.00**

Invigorating skin brushing and full body exfoliation prepare the skin for this luxurious body wrap. A blend of marine mud, essential oils and hydrating body cream are applied to the skin to boost skin hydration levels. This treatment is especially good for dry, problematic and ageing skin and a great treatment pre or post holiday. This treatment includes an oriental head massage.

### **Detoxing Body Wrap (1hr) £60.00**

Designed to help boost the metabolism and speed up elimination of toxins. Invigorating skin brushing and gentle exfoliation prepare the skin for this stimulating body wrap. Algae, rich in minerals and enzymes, are applied to the skin. Especially good for increasing the detox process or dieting. Helps sluggish and dull skin types. This treatment includes an oriental head massage.

### **Oshadi Body Wrap (1hr) £60.00**

Spices and plants are infused to form a nourishing mask which warms and hydrates the skin. This treatment starts with a Full Body Skin Brushing and Exfoliation to prepare the skin for this warming wrap. Spices and Plants are infused to form a nourishing mask which warms and hydrates the skin. This treatment includes a head massage.

## ESPA Face

All ESPA facials are tailored to suit your individual skin requirements. A consultation will be carried out with a qualified Therapist to ascertain needs prior to treatment.

### Essentials Facials

#### **Facial Cleanse (20mins) £32.00**

A special introduction to our ESPA products. A facial cleanse tone and massage which leaves the skin feeling clean and refreshed.

#### **Regenerating & Firming Eye treatment (20mins) £30.00**

Formulated to combat the effects of stress on the eye area, leaving this delicate area refreshed, hydrated and soothed.

### Deluxe Facials

#### **Aromatherapy Facial (45mins) £50.00**

Suitable for all skins. This deeply relaxing aromatherapy facial, cleanses, refines and hydrates. Specific active aromatherapy products are combined with acupressure massage, lymph drainage and oriental head massage to leave the mind clear and the skin radiant and toned.

#### **Rebalancing Facial (45mins) £50.00**

Pollution, stress, hormonal imbalance and diet can cause skins to become sensitised, irritated and problematic. Natural aromatherapy products combined with relaxing and purifying techniques will help to calm, soothe and decongest, leaving the skin radiant.

#### **Regenerating Facial (45mins) £50.00**

Blended specifically for maturing, stressed or tired skin. The richly comforting formulas in the regenerating range will firm and smooth to leave the skin soft. Supple and Rejuvenated.

#### **Skin Brightening Facial (45mins) £50.00**

A rejuvenating facial which includes a special application of skin brightener, rich in natural Hawaiian algae, meadowsweet and skin regenerating anti-oxidants. These products are softening and soothing and visibly improve the radiance, appearance and texture of skin.

#### **Luxury Facial with Firming Eye Treatment (55mins) £55.00**

Optimise your skins natural moisture balance whilst paying special attention to the delicate tissues of the eyes and neck. This facial helps minimise the appearance of fine lines. Intensive acupressure massage and lymph drainage to the face, neck and shoulders and a deeply relaxing scalp massage bring harmony and tranquillity.

## Advanced Facials

### **Age Defier Facial (1hr 5mins) £65.00**

Advanced Techniques are used in this facial to combat the signs of ageing using advanced massage movements teamed with intensive, regenerating products to leave your skin smooth, soft, toned and firmed. Excellent for conquering lines and wrinkles.

## **Specialised Espa Treatments**

### **Pre & Post Natal Treatment (1hr) £65.00**

A treatment designed for pregnant and nursing mums. Gentle back exfoliation is followed by a nourishing massage, then a moisture rich body mask is applied. Finally a truly relaxing head massage is carried out to help you feel rejuvenated, uplifted and relaxed. Before receiving this treatment, mums must be 12 weeks + into pregnancy.

### **Oriental Head Massage £30.00**

A relaxing treatment, concentrating on the scalp and neck to reduce stress and ease tension.

### **Holistic Total Body Care (1hr 45mins) with Stones £100.00**

**without Stones £85.00**

The all-encompassing treatment commences with skin brushing and exfoliation leaving you feeling soft and smooth in preparation for a full body, face and scalp massage using hot stones. The truly holistic experience will bring harmony to mind, body and spirit.

### **Holistic Back, Face & Scalp (1hr 15mins) with Stones £85.00**

**without Stones £75.00**

The all-encompassing treatment incorporates a full ESPA facial, Oriental Head Massage and a deep cleansing back exfoliation. This is followed by a Hot Stone back, neck and shoulder massage. Bringing powerful de-stressing benefits to mind, body and spirit.

### **Stimulating Hip & Thigh Treatment (55mins) £60.00**

**Courses available x 5 £245.00**

This treatment starts off with skin brushing and exfoliation to the legs and abdomen. An energetic massage is then performed followed by a soft massage this is a great treatment for clients who want to tone and define this often neglected area. This treatment is best done in a course but can be done individually.

### **Salt & Oil Body Scrub (20mins) £30.00**

A nourishing body exfoliating treatment which helps remove flaky, dry skin. Natural sea salts and skin softening oil leave skin nourished, smooth and toned. Excellent to prepare the skin for massage or wrap, or an ideal stand alone treatment.

### **Mum To Be Package £120.00**

Pre Natal Treatment

Facial Cleanse

Mini Foot Treatment

Tea/Coffee & Lunch

\* Use of the spa is not advised whilst pregnant.

## ESPA Gents

### **Travellers Tonic (1hr 10mins)**

**£70.00**

The ultimate indulgence. Your treatment begins with a back, neck and shoulder massage using ESPA aromatherapy body oils, followed by a personally tailored facial for your individual needs. The treatment will leave you feeling relaxed and revitalised.

### **Restful Remedy (1hr 10mins)**

**£75.00**

A great treatment to help you wind down from the stress of the day. Your treatment begins with a de-stressing full body massage followed by a personally tailored Cleanse facial. This treatment will leave you relaxed in body and mind.

### **Stress Busting Duo (45mins)**

**£50.00**

Good for anyone wanting to de-stress. Excellent treatment to ease away tension and stress. A deep tissue back massage, followed by an Oriental Head Massage using ESPA aromatherapy essential oils.

### **Sportsman's Rescue (45mins)**

**£50.00**

Ideal for the keen sportsman. After deep cleansing, body brushing and exfoliation, a tension draining massage is performed to relax and unwind the muscles of the upper and lower back and lower leg. The skin is left feeling silky and smooth.

## Additional Treatments

### **Dermaplaning**

**£60.00**

Dermaplaning is a simple and safe procedure to exfoliate the skin of dead skin cells and fine vellus hair "peach fuzz". This gives you healthier, brighter looking skin and helps make-up sit better on the skin opposed to sticking to vellus hairs. Hair will not grow back darker or heavier as it is vellus hair it will grow back just the same as before.

Treatments can be done every 3 weeks.

### **Hopi Ear Candles**

**£30.00**

This treatment is an ancient art of healing designed to relieve pressure of the ears, nose and forehead. A light suction gives a feeling of warmth and creates a balance of pressure in the sinuses. The treatment helps relieve pressure before and after flying.



# *The Spa*

## **Spa Packages**

The house offer a range of different spa packages to enjoy. The day entitles use of the facilities which include the hammam room, aroma room, rock sauna and hydro massage pool, followed by a light lunch. All packages can be purchased as gifts in store with free delivery or in store. Spa use while pregnant is not advised.

### Half Day Packages

**Serenity at The House** £85.00

Any two 20 minute treatments

**Feel it in my Fingers, Feel it in my Toes** £95.00

Gelish F&P Hands

Gelish F&P Toes

Mini Hand or Foot Treatment

### Full Day Packages

**Refresh & Revive** £130.00

Back, Face & Scalp

Hopi Ear Candles

**Hydrator** £130.00

Skin Hydrator Body wrap

Aromatherapy Facial

**A Day In Paradise** £180.00

Aromatherapy Full Body Massage

Deluxe Manicure or Pedicure

Aromatherapy Facial

Blow Dry

## **Sparty's**

**Start from £350 for a minimum of 10 children from ages 5 to 15 years old.**

The party lasts 2 and a half hours. The children receive use of the spa facilities, they get their hair done and also get their nails done.

**All party food is supplied including cupcakes so no need for a birthday cake.**

## Nail Extensions

Acrylic nails and toes from our self employed members of staff, contact reception for an appointment ( No vouchers accepted cash or cheque only).

## Hand Treatments

<b>File &amp; Polish</b>	<b>£25.00</b>
<b>Deluxe Manicure</b>	<b>£43.00</b>
<b>Deluxe Pedicure</b>	<b>£43.00</b>
<b>Removal &amp; Mini Manicure</b>	<b>£20.00</b>



**File & Polish** **£18.00**

**Deluxe Spa Manicure with thermal mitts** **£40.00**

A luxurious treatment consisting of nail filing and shaping, cuticle work and revitalising exfoliation of the hand finished with hot mitts and a relaxing massage.

**ESPA Holistic Arm, Hand & Nail Treatment with Hot Stones** **£40.00**

This holistic hand and nail treatment, includes a gentle skin polish, cuticle work and a therapeutic massage using ESPA oils to suit your individual skin requirements. Heated mitts are applied to deeply nourish the hands and nails. ( Please note this treatment does not include a polish).

## Foot Treatments

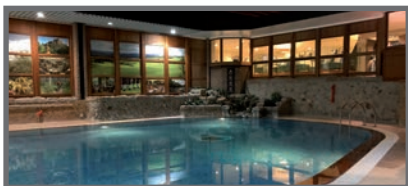
**File & Polish** **£18.00**

**Spa deluxe Pedicure with thermal booties** **£40.00**

A luxury treatment that removes excess dry skin, filing of nails, cuticle work, exfoliation followed by a relaxing massage, Thermal booties will help absorb products applied for soft pampered feet.

**ESPA Holistic Foot & Nail Treatment with Hot Stones** **£40.00**

This holistic foot & nail treatment, includes a lovely salt scrub, cuticle work and a therapeutic massage using ESPA oils to suit your individual skin requirements. Heated boots are applied to deeply nourish the foot and nails. (Please note this treatment does not include a polish).



Treat yourself or a loved one to one of our luxurios treatments by purchasing a gift voucher!

**For more information please see our website.**

[www.thehousespa.co.uk](http://www.thehousespa.co.uk)

## Lycon Waxing

Lycon hot wax removes stubborn hairs as short as 1mm. Over a period of time hair removal becomes a more comfortable experience and causes less irritation to the skin.

FACE	Eyebrows	£12.00
	Lip	£10.00
	Chin	£10.00
ARM	Full Arm	£20.00
	Underarm	£15.00
LEG	Full Leg	£30.00
	3/4 Leg	£22.50
	Thigh	£18.00
	Half Leg	£17.50
BODY	Hollywood	£50.00
	Playboy	£45.00
	Californian	£35.00
	Brazilian	£30.00
	Bikini	£20.00

### A Must Wax for Men

Back Wax	£30.00
Back, Neck & Shoulder Wax from	£40.00
Chest Wax	£30.00

Manicures and pedicures can also be adapted for men.

## Eyelash / Eyebrow Treatments\*

Eye Lash Tint	£15.00
Eye Brow Tint	£12.00
Eye lash & Brow Tint	£25.00
Eye Lash Perm	£38.00

\*A patch test required at least 24 hours before tinting and perming appointments.

## Eye Lash Extensions

Nouveau lashes are state-of-the-art, semi permanent lash extensions that give longer, thicker, very natural looking lashes.

Full set from	£58.00
In fills from	£35.00
Removal	£10.00

*A patch test must be done at least 24 hours before any tinting, perming or extension treatments just pop in the salon at least 24 hours before the appointment to have this done no appointment required for patch testing.*



## Make Me Over At The House

Make-Up Trial	£40.00
Make-Up on the day (Bridal or Occasion)	£40.00
Trial & On the day (Must be paid in full at trial)	£70.00

## Fake Tan

ST. TROPEZ

### Fake Bake/St. Tropez Manual Tan £50.00

Treatment includes full body exfoliation prior to tan application, takes between 8-10 hours to develop.

### St. Tropez Spray Tan £30.00

We advise to exfoliate at least 24 hours before having a tan and to bring loose dark clothing.

### St. Tropez Spray tan with exfoliation £45.00

We advise you to wear loose dark clothing and open toed shoes after any tan.

## Shrinking Violet 1 treatment £60.00

### A course of 6 Treatments £300.00

Shrinking Violet is a painless effortless process that can be successfully remove fat in stubborn problem areas.

## Hair at 'The House'

Ladies cut and finish cut	from £42.00
Gents cut	from £22.00
Ladies wet cut	from £29.00
Girls"under 16" Cut and Finish	from £30.00
Child under 12	from £15.00
Blow Dry	from £20.00
Hair up/ with set	from £30.00
Whole Head Highlights	from £95.00
Half Head Highlights	from £85.00
Tint I Fashion Colour	from £67.00
Tint Roots only	from £65.00
Semi Permanent Colour	from £65.00
Perms	from £65.00
Bridal trial	from £35.00
On the day	from £50.00

## Gift Vouchers

Gift vouchers are available in store or online with free delivery for any treatment or amount, giving you the chance to personalise your voucher. Vouchers are valid for twelve months please call prior to arrival to book appointments.

*\*If gift vouchers are lost they can't be redeemed.*

*\* The House vouchers (including online vouchers) can not be used for any self employed members of staff or the Aesthetic room.*

## Booking Policy

A 50% deposit will be required to secure your appointment when booking any packages, group bookings, or multiple treatments.

## Cancellation Policy

A fee of 50% will be charged if an appointment is cancelled within 24 hours. Due to the nature of our business children under the age of 5 years are not allowed.







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