



## ESPA Body

### **Back Massage**

#### ***Back, Neck & Shoulder Massage (20min) - £33***

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

### **Inner Calm Massage (50min) - £53**

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 Massage**

#### ***Back, Neck & Shoulder (20min) - £38***

#### ***Hot Stone Full Body Massage (1hr) - £70***

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 (45min) - £53**

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) - £65**

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) - £65**

Designed to help boost the metabolism and speed up the 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.

### **Oriental Head Massage (20mins) - £33**

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

### **Salt & Oil Scrub (20 mins) - £33**

A nourishing body exfoliating treatment that helps remove flaky, dry skin. Natural sea salts and skin-softening oil leaves skin nourished, smooth and toned.

## Treatment Tariff

01224 586699

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

### **Opening Times**

Monday - Closed

Tuesday - Thursday - 9:00am - 7:30pm

Friday - Saturday - 9:00am - 5:00pm

Sunday - Closed

# ESPA

Loved all around the world, formulations created by ESPA experts contain unique combinations of plant extracts, marine actives and essential oils to create the most effective, natural products that help you to look and feel your best every day.

We are proud to offer vegan alternatives on many of our ESPA treatments. Please let us know at the time of booking.

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

# 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

### **Espa Express Facial (20min) - £33**

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

### **Espa Eye Lift - (20min) - £33**

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

## Advanced Facials

### **Age Defier Facial (1hr 5 mins) - £68**

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 formed. Excellent for conquering lines and wrinkles.

### **ESPA Natural Face Lift (1hr 20 mins) - £88**

Reveal visibly resilient, healthy-looking, youthful skin. This specialised facial is the complete approach to healthy skin using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age-defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

## Deluxe Facials

### **Inner Beauty Facial (45min) - £55**

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.

### **Active Nutrients Glow From Within Facial (60min) - £67**

A naturally powerful nutrient-rich treatment embracing ESPA's holistic approach to restoring radiance. An invigorating ritual for optimal glow. Lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage, helping boost the flow of blood and nutrients to the skin.

### **Intense Regenerating Facial (55min) - £60**

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.

## The Light Salon

### **L.E.D Light Only (30min) - £59**

Suitable for all skin types. The LED Light Therapy Treatment produces clinically proven results for a profound improvement in the skins appearance, texture and tone.

### **L.E.D Light and Mask (30min) - £69**

Suitable for all skin types. The LED Light Therapy Treatment produces clinically proven results for a profound improvement in the skins appearance, texture and tone. Includes hydrogel sheet mask which plumps and rehydrates the skin, delivering instant radiance.

### **L.E.D & Nano-Dermabrasion Tri-Active Treatment (1hr) - £130**

One of a kind facial that's exclusive to ESPA. Designed to enhance your skin's own natural rejuvenation process and complement ESPA's naturally powerful formulations, the LED Light Therapy Treatment produces clinically proven results for a profound improvement in the skins appearance, texture and tone.

## Specialised ESPA Treatments

### **Pre - Natal Relax + Restore (1hr) - £70**

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.

### **Holistic Total Body Body Care (1hr 45mins) with Stones - £110, without Stones - £95**

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.

### **Back, Face & Scalp Hero Treatment (1hr 15mins) with Stones - £95, without Stones - £85**

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.

### **Mum To Be Package - £130**

Pre-natal treatment, facial cleanse, mini foot treatment & cream tea

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

## ESPA Gents

### **Travellers Tonic (1hr 10min) - £80**

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 10min) - £80**

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 (45min) - £55**

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 (45min) - £55**

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.

## Gift Vouchers

**Give the gift of ultimate relaxation with The House Spa Gift Vouchers, the ultimate gift of luxury that everyone loves to receive.**

SEE OUR WEBSITE FOR VOUCHERS

[WWW.THEHOUSESPA.CO.UK](http://WWW.THEHOUSESPA.CO.UK)

## Additional Treatments

### **Express Dermaplaning - (30mins) - £34**

### **Luxury Dermaplaning - (1hr) - £64**

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 as 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 (30mins)- £33**

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.

## Gel Bottle

**The GelBottle Inc™ gel polishes are rich, highly pigmented, chip-resistant and offer extreme long lasting shine. The good news doesn't end there because we are also VEGAN and CRUELTY FREE.**

### **File & Polish - £28**

### **Gel Bottle Remove and Recoat**

**Toes - (£38)**

### **The Gel Bottle Remove and**

**Recoat-(£38)**

**Deluxe Manicure - £45**

**Deluxe Pedicure - £45**

**Removal - £12**

## Hand Treatments

### **File & Polish - £20**

### **Deluxe Spa Manicure with thermal mitts - £40**

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 £45**

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 - £20**

### **Spa Deluxe Pedicure with thermal booties - £40**

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 - £45**

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.*

### **Reflexology - (1hr) - £48**

Reflexology is a technique that applies gentle pressure to your feet or hands. It aims to bring about a state of relaxation and help the body's own healing process. Reflexology works in a similar way to acupuncture and acupressure. Reflexologists believe there are certain points on the feet and hands.

[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 - £13  
Lip - £12  
Chin - £12

### Arm

Full arm - £24  
Underarm - £18

### Leg

Full leg - £34  
3/4 leg - £25  
Thigh - £22  
Half Leg - £22

### Body

Hollywood - £50  
Playboy - £45  
Californian - £38  
Brazilian - £34  
Bikini - £24

## A Must Wax for Men

Back Wax - £34  
Back, Neck & Shoulder Wax - from £42  
Chest Wax - £34

*Manicures and pedicures can be adapted for men.*

## Shrinking Violet

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

1 Treatment - £65  
A course of 6 Treatments - £325.00

## Eyelash / Eyebrow

Eyelash tint - £17  
Eyebrow tint - £13  
Eyelash & brow tint - £25

## Eyelash Extensions

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

Full set - from £58  
Infills - from £35  
Removal - £10

*A patch test is required at least 48 hours before any tinting, perming or extension treatments. Just pop in o the salon at least 48 hours before the appointment to have this done, no appointment is required for patch testing.*

## Lash Bomb

**Lash bomb Lash Lift is an innovative method of giving the illusion that natural lashes are longer and have more volume using formulations and products made in the UK.**

Lash Bomb lift - £42

LASH BOMB  
THE ULTIMATE LASH LIFT

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

bondi  
sands

Inspired by Australia's most iconic beach, Bonds Sands formulas work to give you an even, naturally golden tan that hydrates and nourishes your skin meaning you stay bronzed for longer.

## Bondi Sands - Fake Tan

**Bondi Sands Manual Tan (no scrub) - £42**  
8-10 hours developing time.

**Bondi Sands Spray Tan (no scrub) - £25**  
We advise you to exfoliate at least 24 hours before having a tan and to bring loose dark clothing.



## Hair at 'The House'

Ladies cut and Finnish - *from* £45

Gents cut - *from* £25

Ladies wet cut - *from* £32

Girls 'under 16' cut and finish - *from* £33

Child under 12 - *from* £18

Blow-dry - *from* £23

Whole head highlights - *from* £99

Half head highlights - *from* £89

Tint / fashion colour - *from* £70

Tint roots only - *from* £68

Semi-permanent colour - *from* £68

Perms - *from* £70

## 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 12 months. Please call prior to arrival to book.

\* 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.

## 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. A fee of 100% will be charged for failure to show up for an appointment.

Due to the nature of our business, children under the age of 5 years are not allowed.

## 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  
Due to COVID Safety  
our 'Spa Packages' are  
currently unavailable.

Serenity at The House - £85  
Any two 20 minute treatments

Feel Good Full Body Massage  
Gelish F&P  
Hands Gelish F&P Toes  
Mini Hand  
Please check our website for our  
latest information as we hope to  
open this again very soon.

## Full-Day Packages

Refresh & Revive - £130  
Back, Face & Scalp Hopi Ear Candles

Hydrator - £130  
Skin Hydrator Body wrap Aromatherapy Facial

A Day In Paradise - £180  
Aromatherapy Full Body Massage Deluxe Manicure or  
Pedicure Aromatherapy Facial Blow Dry

## Sparty's

Our Sparty's are truly like no other, with two and a half hours of pampering fun! Guests receive use of the spa facilities, get their hair and nails done, with party food supplied including cupcakes - so no need for a birthday cake! The perfect indulgent celebration!

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

Due to COVID Safety  
our 'Spartys' are  
currently unavailable.

Please check our website for our  
latest information as we hope to  
open this again very soon.