



ESPA

TREATMENT LIST



2020



THE SPA AT PENDLEY MANOR



Massages

Swedish Back, Neck and shoulder Massage	25 Mins	£35.00
Swedish Full Body Massage	55 Mins	£58.00
Indian Head Massage	40 Mins	£47.00
Lava Shells Back, Neck and Shoulder massage	25 Mins	£48.00
Lava Shells Full Body Massage	55 Mins	£75.00
Lava Shells Full Body Massage Including Face and Scalp	70 Mins	£90.00

ESPA Body Treatments

Deep Tissue Muscle Massage	55 Mins	£73.00
Deep Tissue Back Massage	25 Mins	£48.00
ESPA Inner Calm Massage	90 Mins	£88.00
ESPA Back, Neck and Shoulder Massage	25 Mins	£47.00
ESPA Aromatherapy full body massage	55 Mins	£67.00
ESPA Aromatherapy Full Body Massage Incl Face & Scalp	70 Mins	£78.00
ESPA Body Ritual	120 Mins	£99.00
ESPA Pre & Postnatal Treatment	85 Mins	£88.00
ESPA Lighter Legs	40 Mins	£47.00
ESPA Detoxifying Wrap	55 Mins	£76.00
ESPA Hydrating Wrap	55 Mins	£76.00
ESPA Salt & Oil Scrub	25 Mins	£38.00
ESPA Hand & Arm Reviver	25 Mins	£30.00

ESPA *Facial Treatments*

ESPA Eye Lift	25 Mins	£39.00
ESPA Intense Regenerating Facial	55 Mins	£73.00
ESPA Optimal Skin Health	55 Mins	£72.00
ESPA Iconic Back, Face and scalp Treatment	85 Mins	£82.00
ESPA Inner Beauty Facial	55 Mins	£68.00
ESPA Express Facial	25 Mins	£32.00

Hands and Feet

File & paint Hands or Feet	25 Mins	£20.00
Jessica Prescriptive Manicure	45 Mins	£30.00
Jessica Prescriptive Manicure with Thermal heated mittens	55 Mins	£45.00
Zen spa Pedicure	55 Mins	£32.00
Zen spa Pedicure with Thermal heated booties	70 Mins	£47.00
Geleration Gel File & paint hands or Toes	30 Mins	£25.00
Geleration Gel Removal	25 Mins	£15.00
Geleration Manicure	45 Mins	£35.00
Geleration Pedicure	55 Mins	£37.00

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JESSICA®

Professional
GELeration™
Soak-Off Gel Polish





Waxing

1/2 Leg	30 Mins	£24.00
Full Leg wax	45 Mins	£30.00
Full Leg & Bikini Wax	75 Mins	£39.00
Standard Bikini	25 Mins	£14.00
Extended Bikini	25 Mins	£18.00
Under Arm Wax	15 Mins	£14.00
Eyebrow wax	15 Mins	£12.00
Forearm wax	25 Mins	£14.00
Lip or Chin	15 Mins	£9.00
Lip & chin	15 Mins	£16.00

Tinting

Eye Lash Tint	15 Mins	£12.00
Eyebrow tint	15 Mins	£10.00
Eyebrow & lash Tint	25 Mins	£20.00
Patch test (must have 24hrs prior to treatment)		



Men Treatments

Chest wax	30 Mins	£25.00
Back wax	30 Mins	£25.00
ESPA Deep Cleansing Facial	55 Mins	£68.00
ESPA Deep muscle massage	55 Mins	£73.00
ESPA muscle Reviver	40 Mins	£55.00
Executive footcare for men	30 Mins	£36.00
Gentlemen's club hand & nail care	25 Mins	£26.00





Add on Treatments

Hand and Arm Massage
15 Mins
£15.00

Foot and Leg Massage
15 Mins
£15.00

Scalp Massage
15 Mins
£15.00



ADD-ONS



Spa Upgrade Menu

Lava shells Massage	£10
Deep Tissue Massage	£10
Aromatherapy Massage	£10
Reflexology	£10

Have More Time to Relax?

Add an Extra 25-minute treatment	£25
Add an extra 15-Minute treatment	£15

Product Upgrades

Why not upgrade the products used in your treatment today to ESPA or Jessica Geleration for your nails?

Upgrade	£10
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Spa day

PACKAGES

PENDLEY MANOR EXPRESS SPA DAY

- 1 x 25 Minute treatment
Choose from Back Massage, Facial or Body Scrub
- Use of Spa Facilities between 9am-1pm or 2pm-6pm
- Afternoon Tea (12pm or 1pm)

Mon-Thurs	£66pp
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Fri-Sun	£76pp
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ELEGANT SPA DAY

- 2 x 25 minute treatments
Choose from Back Massage, Facial or Body Scrub
- Use of Spa Facilities between 9am-6pm
- Two course Lunch

Mon-Thurs	£101pp
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Fri-Sun	£118pp
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TOP TO TOE EXPERIENCE

- 1 x 25 Minute Treatment
Choose from Back Massage, Facial or Body Scrub
- Jessica Manicure or Pedicure
- Use of Spa Facilities between 9am-3pm
- Afternoon Tea (3pm)

Mon-Thurs	£112pp
Fri-Sun	£131pp

TWILIGHT PACKAGE

Package only available 4pm-8pm (Monday – Thursday)

- 1 x 25 minute treatment
Choose from Back Massage, Facial or Body Scrub
- Use of Spa Facilities between 4pm-8pm
- Three course dinner

Mon-Thurs	£85pp
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THE ULTIMATE SPA DAY

- Full Body Scrub
- 1 x 55 minute Massage or Facial
- Manicure or Pedicure
- Use of Spa Facilities 9am-6pm
- Two course Lunch

Mon-Thurs	£167pp
Fri-Sun	£198pp

TRANQUILLITY FOR TWO

- 1 x 55 minute Massage or Facial per person
- Use of Spa Facilities between 9am-6pm
- Two course Lunch

Mon-Thurs	£204pp
Fri-Sun	£229pp



Booking Guidelines

& HELPFUL HINTS

BOOKING INFORMATION

Treatments and Spa Days must be booked in advance to avoid disappointment. At the time of booking, we respectfully ask for full payment in advance.

If you require any advice on treatments or packages, please do not hesitate to contact one of our friendly, professional experts who will be happy to help.

To enjoy your full experience, we advise you to arrive at least 15 minutes prior to your appointment in order to check in, complete a consultation form and unwind before you treatment begins.

TREATMENT TIMES

To gain the most out of your experience, your therapist will need to find out your expectations and concerns prior to your treatment. This allows your therapist to personalise and adapt your treatment to your individual needs. Your therapist will include a consultation, treatment prescription and aftercare advice in the treatment times listed.

MEDICAL INFORMATION

Please read prior to booking your spa treatments as your well-being is our priority. Please provide us with any relevant information at the time of booking. Be aware that if you are pregnant, it is advisable not to use any of the heat experiences in the spa area.

We will need to know if you have undergone any recent operations or have any of the following medical conditions:

Cancer

Heart condition

Liver problems

Kidney disease

If you have any further questions or concerns about your treatment, or whether you would be affected by any of our treatments following a period of medical care then please contact us on 01442 891891



THE SPA AT PENDLEY MANOR

ESPA



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