

ESCAPE

SPA & BEAUTY

treatment menu

welcome

to escape spa & beauty

Booking information

Treatments will require a £10 deposit when booking. This will be taken off the final amount on the day. Cancellations require 48-hour's notice, after this time the deposit will be non-refundable. If cancelled with appropriate notice, or due to illness deposit can be transferred to another appointment on one occasion only. Arrive 10 - 15 minutes before appointments to allow time to fill in consultation forms.

Cancellation policy

To ensure we are offering all clients the safest experience possible, we ask that if you are feeling unwell to contact us as soon as possible, so that we can re-arrange your appointment.

For Saturday appointments or large bookings, we will require a 50% deposit, however, if you must cancel due to illness, we are able to transfer this deposit to another appointment on one occasion only. Further cancellations will result in loss of deposit.

Spa etiquette

We politely request that you respect other guests and the ethos of the spa. Please switch your phone to silent during your visit. Please leave your personal belongings and valuables in lockers.

Medical & allergy information

Some treatments are not suitable for certain medical conditions, please inform us on booking of any pre-existing medical conditions and we strongly recommend you consult your doctor before booking any treatments. You must declare any surgery that has taken place in the last 12 months before your appointment. If surgery had taken place in the last 12 months your treatment may be cancelled.

Any conditions requiring life maintaining medication will not be accepted. A patch test may be required 24 hours prior to certain treatments, please consult our spa therapists if you have any skin conditions, such as Psoriasis or Eczema, as well as any other allergies or conditions that may affect your treatment, for example a nut allergy. To avoid disappointment please consult a medical professional and bring a Doctor's note clearing you for any treatments. Treatments may be cancelled at the discretion of our spa therapists.

Terms and conditions

The minimum age requirement for spa treatments is 18 years old. If you are thought to be under the influence of alcohol or drugs you will be refused your treatment.



eyelash treatments

Semi-permanent eyelash extensions

Semi-permanent eyelashes can be for a one-off occasion, however, if you are going to keep the lashes, they require a maintenance appointment every 2-3 weeks. All semi-permanent eyelash treatments will require a patch test at least 24 hours before appointment.

Classic eyelashes

Simple, natural and elegant. Classic lashes are applied on a 1:1 ratio, whereby one extension is applied to one natural lash, allowing you to achieve an understated natural look.

treatment time - 75 minutes	£49.00
maintenance - 45 mins every 2-3 weeks	£28.00

Russian eyelashes

Ultra-fine lashes made from the same soft fibre as a classic lash, but much finer. These lashes are individually handmade into fans by your therapist and applied to each natural lash. The fan can be anything between 2-8 lashes. The fan-like shape gives more volume to the lashes.

treatment time - 120 minutes	£70.00
maintenance - 60 mins every 2-3 weeks	£30.00

Hybrid eyelashes

The hybrid lash involves mixing both classic and Russian lashes. This style can be customised to each client's preference, with just a few Russian lashes to thicken out the classics and keep them natural, or half and half to achieve a mid-way balance between the two styles.

treatment time - 90 minutes	£60.00
maintenance - 60 mins every 2-3 weeks	£29.50

Eyelash Lift*

A lash lift is an all-natural, semi-permanent procedure which enhances the natural lashes to appear longer and fuller. The lashes are lifted from the root, giving them a lifted, lengthened appearance.

A lash lift will last 6-8 weeks, the treatment includes a complimentary eyelash tint to add more emphasis to the lashes.

treatment time - 60 minutes	£47.00
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Eyelash Tint*

treatment time - 10 minutes	£12.00
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eyebrow treatments

Eyebrow Lamination*

Perming solution is applied to the brows making them easier to manipulate. This allows the hairs to be brushed into a fuller style, giving the illusion of thicker eyebrows. Includes a complimentary shape & tint.

treatment time - 60 minutes	£42.00
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Celebrity definition brows*

A unique combination of shaping, tinting and styling to customise the brows and give the illusion of a more lifted face.

treatment time - 25 minutes	£26.50
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Brow shape & Tint*

treatment time - 15 minutes	£22.00
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Brow shape

treatment time - 10 minutes	£11.00
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Brow tint*

treatment time - 10 minutes	£11.00
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Eyelash and brow tint*

treatment time - 20 minutes	£21.00
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Microblading

treatment time - 90 minutes	£155.00
top up - 60 mins	£55.00



*Patch test required at least 24 hours before appointment.

nail treatments

Elim luxury manicure

Nails cleansed, cut and filed. Hands are exfoliated, cuticles treated and trimmed, followed by hand massage and heated mittens. Nails polished.

treatment time - 75 minutes	£40.00
upgrade to gel polish	£10.00

Gel file & polish

Nails cleansed, trimmed, and filed. Cuticles are treated and trimmed. Followed by gel polish of choice.

treatment time - 60 minutes	£29.50
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Gel polish maintenance

Includes the removal of current gel, nails re-shaped, filed and cuticles treated, followed by application of gel.

treatment time - 75 minutes	£31.50
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BIAB manicure

BIAB stands for 'builder in a bottle'. With builder gel, you create the same look as a gel manicure except the gel has a thicker consistency. This consistency adds strength to the nail without damaging the natural nails. Builder gel also contains vitamins which promote growth. Builder gel gives a longer lasting finish than regular gel.

treatment time - 75 minutes	£34.00
maintenance - 60 mins every 2-3 weeks	£31.50

ELIM luxury pedicure

Elim is a medical grade pedicure treatment. Using state of the art ingredients to remove hard skin and calluses from the feet. Includes the application of gel polish.

treatment time - 60 minutes	£57.00
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ELIM express heel peel

Calluses are treated, feet are exfoliated and massaged. Finished off with application of polish.

treatment time - 45 minutes	£36.50
upgrade to gel polish	£10.00

massage treatments

Escape massage

Escape daily stresses with a stimulating massage using Swedish techniques to relieve muscular tension.

Back neck & shoulder	
treatment time - 30 minutes	£40.00

Full body	
treatment time - 60 minutes	£70.00

Pregnancy massage

Escape daily stresses and relieve tension on your back and hips.

Back neck & shoulder	
treatment time - 30 minutes	£39.00

Full body	
treatment time - 50 minutes	£68.00

Hot stone massage

Ideal for those who suffer from muscular pain, stress, anxiety or insomnia. Different sized heated volcanic stones are combined with hand pressure to promote a relaxed state allowing for a deeper massage, to encourage healing and relieving aches and pains.

Back neck & shoulder	
treatment time - 30 minutes	£49.00

Full body	
treatment time - 60 minutes	£78.00

Thalgo Marine wellbeing massage

Inspired by the infinite power of the oceans, this massage incorporates the powerful techniques of Shiatsu and Swedish massage, together with ocean-reflecting movements. Beginning with a welcome massage, followed by specific movements over the body and energising digito-pressures on the face, allowing you to truly let go.

treatment time - 55 minutes	£75.50
deluxe - 85 minutes	£94.50

facial treatments

Discovery facial

The perfect express facial if you're on the go, tailored to your skin type. Featuring Thalgo's signature discovery of the sea welcome massage, unique brush cleanse and exfoliation, skin-specific mask and moisturiser, you will be refreshed and relaxed with beautifully glowing skin.

treatment time - 30 minutes £47.50

Heart of the ocean facial

A personalised Thalgo signature facial. Beginning with the discovery of the sea welcome massage, skin specific cleanse and exfoliation. The heart of the ocean massage then recreates the rhythmic motions of the sea to relax the facial muscles and relieve tension in the arms, shoulders and neck. A skin specific mask and moisturiser is applied to correct any skin concerns, leaving complexion restored to its natural beauty.

treatment time - 60 minutes £68.00

Thalgo peeling marin treatment

A peel both effective and kind to the skin. Thalgo's peeling marin treatment with acids from fermented micronized marine algae combined with glycolic and gluconic acids and algae polyphenols gives a new skin effect in 25 minutes, leaving the complexion smooth and radiant with an even skin tone.

Recommended as a course of 2-3 sessions for maximum results. £40.00

Thalgo Hyalu-procollagene wrinkle correcting treatment

The first 4-step wrinkle by wrinkle treatment combining three hyaluronic acids, marine pro-collagen and 3 unique roller booster tools. After immersion in a marine bubble of relaxing cleansing and energising acupressure, the concentrated active ingredients of the wrinkle correcting serum is applied using gentle dermastim stretching movements. The marine mask is applied and wrinkles are worked on in succession using a unique roller booster to amplify the smoothing, filling and plumping effect. Skin feels plumped and even established wrinkles see visible results.

treatment time - 60 minutes £84.00

add a marine shot of peach flavoured collagen £10.00
10000 to enhance the anti-ageing effect.

Derma plane Facial

Dermaplaning is a procedure that exfoliates your skin and gets rid of dirt, vellus hair better known as 'peach fuzz'. The exfoliation and hair removal leaves the skin brighter and smoother, softening fine lines and easing pigmentation.

Express derma plane

Cleanse, tone, derma plane, vitamin C serum, moisturiser.

treatment time - 30 minutes £36.50

Deluxe derma plane

Double cleanse, tone, derma plane, nourishing mask, jade roller facial massage, vitamin C serum, moisturiser.

treatment time - 60 minutes £47.00

LED light therapy

LED light therapy is a non-invasive treatment which treats various skin conditions and concerns, such as acne, fine lines and psoriasis. Recommended as an add on to your facial.

treatment time - 15 minutes £15.00

add cold stones + £5.00

add high frequency + £5.00

scrubs

Island Body Scrub

A bi-phase scrub with pure white sand from Bora Bora, sea salt, coconut shells and plants oils to nourish and exfoliate skin.

treatment time - 30 minutes £47.50

THALGO
LA BEAUTÉ MARINE

elim
THE SCIENTIFIC SOLUTION

spa rituals

Thalgo Joyaux Atlantique spa ritual

A revitalising journey inspired by 'marine lithotherapy', this spa ritual uses the power of semi-precious stones to restore the body's vital energy stores. A scrub with grains of pink sand and delicate white quartz crystals leaves the skin beautifully soft and smooth, whilst the energising massage with rock crystals and traditional African techniques intensely stimulates and invigorates the body.

treatment time - 90 minutes £99.00

Thalgo deeply nourishing marine body ritual

The ultimate lipid-rich nourishing body treatment, designed to restore comfort to dry skin, this ritual begins with a deeply moisturising body wrap to soothe the skin and restore a feeling of comfort. During the wrap, a scalp massage eases tension, before a massage of the entire body, including the hands and feet, deeply relaxes.

treatment time - 60 minutes £78.00

Thalgo 3 algae wrap

The original marine algae wrap, harnessing all the benefits of seaweed; it activates circulation, increases metabolism, relieves aches and pains and can improve certain dry skin conditions. After a relaxing welcome massage and body exfoliation, Thalgo's patented seaweed wrap is applied, infusing its minerals vitamins and micro-nutrients. Excellent for detox and general well-being.

treatment time - 60 minutes £62.00

waxing

ladies waxing

Full leg £29.00
treatment time - 60 minutes

Half leg £26.50
treatment time - 45 minutes

Bikini £21.00
treatment time - 20 minutes

High Bikini £26.50
treatment time - 30 minutes

Underarm £18.50
treatment time - 15 minutes

Lip £10.50
treatment time - 10 minutes

Chin £10.50
treatment time - 10 minutes

Sides £15.75
treatment time - 15 minutes

Full face £31.50
treatment time - 30 minutes

gents waxing

Back £26.50
treatment time - 30 minutes

Chest £26.50
treatment time - 30 minutes

Back & chest £47.50
treatment time - 60 minutes

spa day packages

quick luxury

£85 Wed-Fri
£90 Sat

- 2-course lunch at Signatures Restaurant*
- Glass of prosecco
- 30 minute treatment of choice
- Robes, towels, slippers
- Use of spa facilities for 1 hour
- Tea / coffee and chocolate

self care

£105 Wed-Fri
£115 Sat

- 2-course lunch at Signatures Restaurant*
- Glass of prosecco
- Robes, towels, slippers
- 30 minute facial
- 30 minute massage
- Use of spa facilities for 1 hour
- Tea / coffee and chocolate

polished

£80

- 2-course lunch at Signatures Restaurant*
- Glass of prosecco
- Elim manicure
- Elim heel peel pedicure
- Robes, towels, slippers
- Use of facilities for 1 hour



*Terms and conditions apply.

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