



AS

AMMARA SPA

KESWICK REACH

IMPORTANT INFORMATION

BOOKING

Full payment of spa packages, any treatments and use of the spa facilities is required at time of booking.

Please ensure that you arrive at the spa at least 15 minutes prior to your appointment in order to make full use of your treatment time and consultation.

CANCELLATION

Spa treatments must be cancelled within 24 hours prior to booking.

Spa packages, group bookings and spa facilities must be cancelled within 48 hours prior to booking.

If notice is not given, the full cost of the treatment may be charged.

TERMS & CONDITIONS

The minimum age required for spa treatments and use of spa facilities is 16. Jessica nail treatment 8 – 16 years.

When concerning our range of treatments available for minors under the age of 18, there must be parent's written consent. Parents must sit in the room with their child for the full duration of the treatment.

Treatments will not go ahead without parent's written consent.

If you are thought to be under the influence of alcohol or drugs you will be refused your treatment.

MEDICAL & ALLERGIES

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 is 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.

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. Clients having spa packages or using the spa facilities, please leave your personal belongings and valuables in lockers.

Underwear/Swimwear must be worn throughout the treatments.



*almost everything works
again if you unplug...*
including you

If you are looking for a little pampering or a soothing massage, our highly trained therapists are on hand to offer a range of Aromatherapy Associates treatments and therapies suited for any emotional or physical need.

Our spa also has a choice of luxurious treatments for the hands and feet through our partnership with Jessica Nails, providing manicures and pedicures for both men and women.

So if you wish to unwind, release a bit of tension, experience a rejuvenating facial or simply need a pedicure or manicure, a trip to our spa will do wonders and so much more.

INTENSIVE MUSCLE RELEASE

This deeply restorative treatment is specifically designed for tight, stressed, and aching muscles. The use of Swedish and cross muscle fibre techniques, with stretching and draining provides an intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

TREATMENT TIME

30 minutes
60 minutes

THE ULTIMATE AROMATHERAPY EXPERIENCE

This hero treatment starts with a consultation to find out what your emotional & physical needs are. From that we carry out an aroma test to allow you to choose the oil for you. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and Neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation.

TREATMENT TIME

30 minutes
60 minutes
90 minutes

ULTIMATE PREGNANCY MASSAGE

Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment.

TREATMENT TIME

30 minutes
60 minutes

14 WEEKS + ONLY - PLEASE TALK TO A SPA THERAPIST BEFORE BOOKING.

ULTIMATE WELLBEING FACIAL

Scalp, face and décolleté massage release areas of tension, improve blood flow and activate pressure points to encourage lymphatic drainage and a gentle abdominal massage using warm oil supports top to toe physical and emotional wellness. Skin is twice cleansed and exfoliated using expertly formulated, high performance natural products that contain botanical actives. Serum, oil, and moisturiser are applied for optimum hydration, alongside a specialised massage and mask for tired eyes.

TREATMENT TIME

90 minutes



ULTIMATE GLOW FACIAL

Built to combat tired and dull skin, this uplifting and energising facial helps skin, mind and body recover. The face is cleansed and exfoliated using botanical actives and carefully crafted essential oils to rejuvenate tired skin, targeting skin and mind for immediate results. Tailored scalp, face, and décolleté massage work to release areas of tension and stimulate circulation for a glowing complexion. A powerful combination of serum, oil and moisturiser provide maximum hydration, leaving your skin and mind revitalised.

TREATMENT TIME

30 minutes

60 minutes

ULTIMATE REBALANCING FACIAL

Unwind with the Ultimate Rebalancing Facial to combat aggravated skin. It locks in moisture by providing a double cleanse, exfoliating away dead skin cells and applying serum, oil and moisturiser to repair skin under strain. Scalp, face, and décolleté massage address your skin, body, and mind to relieve areas of tension. Each product contains a unique blend of essential oils, botanical actives, and skin stress relief technology to target the cause and effect of internal and external aggressors. Help your body to help your skin; stress response is lowered, mind and body are in equilibrium and skin radiance is restored..

TREATMENT TIME

30 minutes

60 minutes

UNWIND & DE-STRESS

Perfect for times of stress and over-activity, this treatment helps the mind unwind and refocus, getting you back on track. A double layer of products is applied to de-stress both the mind and body, soothing a heavy head of stressful thoughts with ayurvedic scalp massage and pressure point techniques.

TREATMENT TIME

60 minutes
90 minutes

AROMA POLISH

A relaxing all over exfoliation and layering of richly nourishing products to leave the skin looking radiant and feeling wonderfully smooth. This treatment leaves your skin radiant, soft and smooth and your spirits bright and uplifted.

TREATMENT TIME

30 minutes

JESSICA PRESCRIPTIVE MANICURE

Jessica's prescriptive manicure includes exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect polish.

TREATMENT TIME

45 minutes

JESSICA LE REMEDI MANICURE

The ultimate in hand and nail care. All the benefits of the Jessica Prescriptive Manicure using Le Remedi hand treatment, plus the addition of heated mittens for deeper penetration of oils and creams.

TREATMENT TIME

60 minutes

ZENSPA PEDICURE

A luxury foot and leg treatment, where hard skin will be removed and you will be massaged with a deep conditioning cream. Skin will be left smoother and softer, while cuticles groomed and nails trimmed and colour polish of your choice will be added.

TREATMENT TIME

60 minutes

LUXURY ZENSPA PEDICURE

Jessica's ZenSpa pedicure with the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils & creams. Excellent for increasing circulation and relieving stiff, painful joints. Colour polish of your choice will be added.

TREATMENT TIME

75 minutes

GEL REMOVAL

Removal of previous gel.

TREATMENT TIME

15 minutes

GEL MANICURE OR PEDICURE

ADD TO ANY MANICURE OR PEDICURE IN PLACE OF POLISH.

TREATMENT TIME

Additional 15 minutes

CHILDREN'S FILE POLISH

From ages 8 - 16 years.

TREATMENT TIME

30 minutes

GELERATION FILE & POLISH

Nails are filed, shaped & finished with Jessica's GELeration gel polish.

TREATMENT TIME

45 minutes

FILE & POLISH

Nails are filed, shaped & finished with your choice of colour from a range of Jessica's nail polish

TREATMENT TIME

30 minutes





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