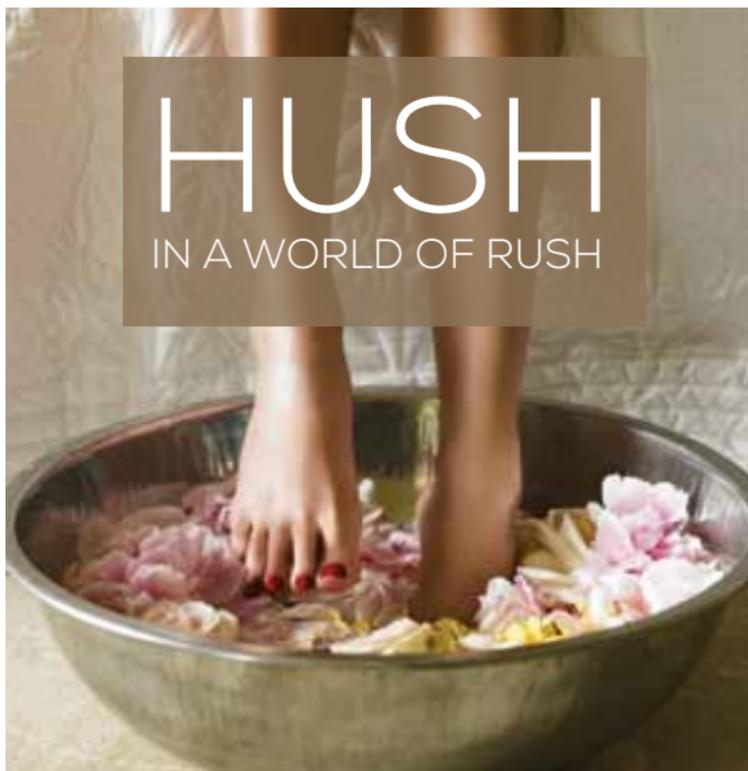

CHAMPNEYS

THE HEALTH SPA

SPA MENU



FACIALS

THERAPIST SENIOR
THERAPIST

CHAMPNEYS RELAXING FACIAL 25 MINS

£35

£37

A relaxing Champneys facial incorporating a massage to the face, neck and shoulders.

CHAMPNEYS SPA FOR HIM FACIAL 55 MINS

£55

£60

This targeted shoulder, neck and facial treatment is 'one for the boys'. From shiny, congested skin and shaving rash to dry patches with redness, we can help to rebalance any skin condition.

CHAMPNEYS COLLAGEN GOLD FACIAL 55 MINS

£60

£65

To experience the illuminating and lifting benefits of gold in skin care, pamper yourself with our new Golden Collagen Facial. You'll luxuriate in a gold face mask and your skin will be treated with our Ultimate 24 Carat Gold Serum to nourish and brighten your complexion. Suitable for all skin types, the sumptuous gold face mask is also certified as Halal.

CHAMPNEYS GOLDEN BRIGHT EYES 25 MINS

£35

£37

Treat yourself to our newest luxury treatment for tired eyes. This opulent eye treatment, which includes a gold eye mask, will revitalise your eyes and plump out any fine lines leaving you feeling totally relaxed and looking rejuvenated: perfect for brides to be or before a big event or meeting.

NO 7 BEAUTIFULLY BALANCED FACIAL 55 MINS

£45

£48

The perfect treatment for those with oily or congested skin. This balancing facial will deep cleanse the skin, removing impurities to leave skin clear and fresh. A luxurious face, neck and shoulder massage encourages circulation to bring a healthy glow to sluggish, dull skin. A purifying mask combines exfoliation with a pore cleansing heat treatment to leave skin feeling clean and oil-free.

	THERAPIST	SENIOR THERAPIST
<p>NO 7 HEAVENLY HYDRATION FACIAL 55 MINS</p> <p>This hydrating facial deals with dry and dehydrated skin to deeply nourish. Skin is cleansed and exfoliated to remove dead, dry skin cells from the surface, allowing deeper penetration of the hydrating mask. A pampering face, neck and shoulder massage will bring nutrients to the skin's surface and will leave you feeling totally relaxed.</p>	£45	£48
<p>CACI NON-SURGICAL FACELIFT 55 MINS</p> <p>Considered to be the most advanced non-surgical facial toning procedure available, CACI has become known as the non-surgical facelift. CACI utilises a combination of specific waveforms, frequencies and tiny electrical impulses that work in harmony with the body's own bio-electrical field to painlessly tighten and tone facial muscles.</p>	£60	£65
<p>CACI WRINKLE REVOLUTION 25 MINS</p> <p>Provides a needle free alternative to collagen injections and dermal fillers. CACI's unique wrinkle comb technology is used in combination with CACI's Amino Lift Peptide Complex to effectively reduce the appearance of lines and wrinkles after just one treatment. Perfect monthly boost or in preparation for a special occasion.</p>	£40	£43
<p>CACI ACNE/BLEMISH FIX 25 MINS</p> <p>The healing energy of red light and the calming action of blue light is used in combination with CACI's exclusive skin resurfacing technology to achieve a clearer complexion. Perfect for problematic skin prone to skin breakouts</p>	£45	£48
<p>CACI SUPER ANTI-AGEING FACIAL 1 HR 25 MINS</p> <p>This ultimate anti-ageing facial lifts, firms and tones to redefine facial contours, plumps out deep lines and wrinkles and intensively hydrates the skin to leave a softer, revitalised and more youthful looking complexion.</p>	£75	£80

	THERAPIST	SENIOR THERAPIST
<p>CACI JOWL LIFT 30 MINS The new CACI Quad probes have been designed to specifically target loose sagging muscle around the jawline. Tightening and firming the skin. You will feel the difference from your first session.</p>	£45	£43
<p>CACI EYE LIFT 25 MINS A combination of exclusive CACI technologies helps reduce under eye puffiness and dark circles, lift drooping eyelids and soften the appearance of fine lines and wrinkles around the eye area.</p>	£40	£43
<p>CACI Course of 10 55 MINS A Course of 10 Non-Surgical Facelift treatments.</p>	£520	£540
<p>DECLÉOR DISCOVERY FACIAL 25 MINS The effective rescue remedy for perfectly radiant skin. Discover what makes Decléor facials world famous with this divine 'taster'. When you're short of time but want to bring back an irresistibly healthy complexion, this is the perfect rescue remedy. For rapid results your expert therapist uses a combination of massage, essential oils and a gentle polish to smooth and revitalise tired skin leaving it fresh and radiant.</p>	£40	£43
<p>DECLÉOR ULTIMATE VITAMIN GLOW FACIAL 55 MINS Decléor's award winning iconic vitamin facial leaves your skin visibly radiant. This internationally renowned, multi-award winning facial is power-packed with vitamins and antioxidants. Stress simply melts away thanks to five deeply relaxing massage techniques and the ideal rebalancing aromatic elixir for your complexion. Our deliciously warm and decongesting mask softly cocoons skin, providing the perfect environment for it to flourish. Skin is left deep cleansed, perfectly replenished and glowing with vitality.</p>	£65	£70
<p>DECLÉOR HYALURONIC ACID WRINKLE RESIST 55 MINS Hyaluronic acid and powerful youth-boosting ingredients combine with gentle exfoliation to target lines and wrinkles and deliver immediate, dramatic results. A potent mask packed with antioxidants and Galanga Extract lifts, plumps and firms for a luminous, younger-looking complexion.</p>	£75	£80

BODY TREATMENTS

THERAPIST SENIOR
THERAPIST

CHAMPNEYS BODY RADIANCE 55 MINS

Radiate your way out of a body scrub that will smooth and brighten the skin. Then enjoy a massage that gently calms the mind.

£55

£60

CHAMPNEYS ENERGISING LIME BODY BUFF 25 MINS

Experience an energising full body buff which will remove dead skin cells and improve circulation. Dull, lifeless skin will be stimulated leaving you feeling smooth and zingy; the energising lime will also awaken the senses. Your skin will feel smooth, hydrated and refreshed.

£40

£43

CHAMPNEYS FULL BODY EXFOLIATION 25 MINS

Experience an invigorating full body scrub that will stimulate dull, lifeless skin, leaving you feeling smooth and conditioned.

£40

£43

CHAMPNEYS AROMATHERAPY BACK MASSAGE 25 MINS

£38

£40

CHAMPNEYS FULL BODY AROMATHERAPY MASSAGE 55 MINS

Gentle massages using aromatherapy oils to enhance the mood and relax your body. Let our experienced therapists help you select a blend of essential oils to suit your specific needs.

£55

£60

CHAMPNEYS BACK, NECK AND SHOULDER MASSAGE 25 MINS

£38

£40

CHAMPNEYS FULL BODY MASSAGE 55 MINS

£55

£60

Massages to increase blood and lymphatic flow, which promotes a sense of wellbeing and relaxation and can improve muscle tone and skin texture. Ask your therapist to concentrate on specific areas of concern. The pressure of the massage can be adjusted to suit your needs.

	THERAPIST	SENIOR THERAPIST
<p>CHAMPNEYS HOT STONE MASSAGE 25 MINS</p> <p>This is the perfect treatment for anyone who would like an introduction to Stone Therapy. You will experience the warmth and comfort of the healing stones and the careful placing of the stones, combined with a flowing back massage, will melt back tension away.</p>	£42	£45
<p>CHAMPNEYS HOT STONE FULL BODY MASSAGE 55 MINS</p> <p>Hot Stone Massage is an amazing treatment that combines classic massage with the use of aromatic oils and natural volcanic hot stones which retain their heat when placed on key points on the body. The hot stones are used to massage directly over the body which release tight and painful areas of tension and will help to soothe the mind and soul.</p>	£65	£70
<p>CHAMPNEYS INDIAN HEAD MASSAGE 45 MINS</p> <p>Ideal for any head, neck and shoulder tension. Includes a neck and shoulder massage, followed by a reviving scalp massage to improve circulation and to relax you. Finishes with a soothing head massage using pressure points and drainage techniques to help ease headaches and sinus problems.</p>	£50	£55
<p>CHAMPNEYS BAMBOO MASSAGE 55 MINS</p> <p>This specialised massage technique uses silky bamboo canes throughout to deeply stretch and massage the body. This unique massage releases muscle tension and tightness, improves the circulation and lymphatic flow to aid in detoxification of the body, has a regenerating and revitalising effect and leaves the body feeling deeply relaxed. Overall flexibility, balance and inner wellbeing are improved with specific reflexology points being activated. The skin is left feeling silky and smooth.</p>	£65	£70

	THERAPIST	SENIOR THERAPIST
<p>CHAMPNEYS HEAD IN THE CLOUD 25 MINS</p> <p>Let your mind unwind with a shoulder, neck and head massage that will release tension and ease away the stresses of the day. Massage oil and balm will be applied to the scalp for an intensive hair and scalp treatment.</p>	£35	£37
<p>CHAMPNEYS MINERAL DETOX CELLULITE BLITZ 25 MINS</p> <p>This localised treatment specifically target areas that are prone to cellulite. A combination of body brushing and exfoliating techniques combined with a drainage massage resulting in legs feeling firm, smooth and toned.</p>	£40	£43
<p>CHAMPNEYS MINERAL DETOX CELLULITE BUSTER 55 MINS</p> <p>This treatment will target areas prone to cellulite and fluid retention. This invigorating experience includes body brushing, exfoliation, a unique lymphatic drainage massage and the application of a seaweed based body mask to stimulate and detoxify.</p>	£55	£60
<p>CHAMPNEYS SPA HEAVEN COCOON 55 MINS</p> <p>A top to toe luxurious pampering treatment including an exfoliation, warm body cocoon and head massage. Indulgent spa products will leave your skin feeling smooth, silky and conditioned.</p>	£60	£65
<p>CHAMPNEYS CHOCOLATE WRAPPER 55 MINS</p> <p>Chocolate lovers treat yourself! Start with a full body exfoliation to prepare your skin for a delicious warm chocolate body wrap. Enjoy the distinctive aroma of chocolate and relax with a scalp massage. Body butter is massaged into the skin to leave you intensively moisturised and with a guilt free feel-good factor.</p>	£55	£60

	THERAPIST	SENIOR THERAPIST
<p>CHAMPNEYS BEAUTIFUL BUMP 55 MINS</p> <p>Relaxing and pampering for expectant mothers, your treatment starts with a soothing foot soak and back massage. This is followed by a localised collagen boosting body mask enriched with olive, Shea, mango and cocoa butters. A relieving foot, leg and scalp massage completes this wonderful pre-natal treatment.</p>	£55	£60
<p>REFLEXOLOGY 55 MINS</p> <p>An ancient treatment working on the key pressure points of the feet. Reflexology can help to energise, relax and restore the body's balance. An initial consultation with our fully qualified reflexologist will provide you with information about your lifestyle, general health and medical history.</p>	£60	£65
<p>DECLÉOR FACE & BODY ULTIMATE ESCAPE 55 MINS</p> <p>Nothing can beat a heavenly aromatherapy massage for blitzing tension from mind and muscles. Skin is treated to a wonderfully soothing sensation and exquisite aroma of a warm Decléor Aromessence™ Balm that's perfectly matched to your precise needs. The expert touch of your therapist's hands literally melts away stress and eases tense, tired muscles to unwind body and spirit, leaving you with renewed energy.</p>	£75	£80
<p>DECLÉOR AROMATHERAPY MASSAGE 55 MINS</p> <p>Choose from Relax, Detox, Flow or Tonic oils. Say goodbye to everyday stresses and strains with this heavenly aromatherapy massage experience. Your skin is treated to the incredibly soothing sensation of warm aromatherapy balms which contain an exquisite elixir of essential oils. These blends are selected to suit your needs whilst the expert touch of your therapist's hands melt away stresses, ease tension and tired muscles and leaves your body with renewed energy.</p>	£75	£80

	THERAPIST	SENIOR THERAPIST
DECLÉOR LEMON & MANGO INTENSE BODY FIRING WRAP 55 MINS	£65	£70
<p>At the heart of this treatment is a rich, creamy mask full of essential oils and plant extracts, chosen according to your needs and applied all over your body. For a beneficial, comforting sensation, enjoy the pleasure of a heated blanket whilst the products work their magic and your face or scalp will be relaxed with beautiful aromatic balms. Instantly increases skins radiance with a unique blend of toning, firming and anti-ageing ingredients.</p>		

DECLÉOR RED ISLAND EXFOLIATING RITUAL 55 MINS	£65	£70
<p>Inspired by the magical island of Madagascar, powdered fruit seeds of orange and apricot plus essential oils and spices are used to polish and perfect skin leaving it in supreme condition. A delightfully relaxing massage with warm aromatherapy oils then allows your therapist to focus on any areas of tension and stress, re-energising and restoring vitality for skin that is beautifully nourished and exceptionally soft all over.</p>		

AROMATHERAPY ASSOCIATES

THE ULTIMATE AROMATHERAPY EXPERIENCE

BACK MASSAGE 25 MINS	£40	£43
FULL BODY MASSAGE 55 MINS	£65	£70

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous systems, Swedish and neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation. Stresses and strains are dissolved away.

HANDS & FEET

		THERAPIST	SENIOR THERAPIST
CHAMPNEYS EXPRESS MANICURE	25 MINS	£25	£27
CHAMPNEYS FRENCH MANICURE	55 MINS	£38	£40
CHAMPNEYS LUXURY MANICURE	55 MINS	£38	£40
CHAMPNEYS EXPRESS PEDICURE	25 MINS	£25	£27
CHAMPNEYS LUXURY PEDICURE	55 MINS	£40	£43
CHAMPNEYS FILE & PAINT	55 MINS	£18	£20

CHAMPNEYS CALLUS PEEL 25 MINS

£30

£32

Don't just dream about pretty feet, let your therapist simply peel away your hard skin and calluses. The treatment targets the hard skin on your feet with skin softening patches, then the hard skin is scraped away, leaving your feet feeling soft and revitalised. (For optimum results avoid swimming and water treatments 30 minutes prior to the treatment and continue with the advised home care plan.)

JUST GEL

Long lasting gel nail colour with zero risk of smudging for instantly dry high gloss colour: the perfect on the go manicure or pedicure.

JUST GEL MANICURE	30 MINS	£30	£32
JUST GEL PEDICURE	30 MINS	£30	£32
	45 MINS	£40	£43

SPRAY TAN

ST. TROPEZ SPRAY TAN

CLASSIC £20

£22

Let our skilled Champneys therapists give you a St Tropez spray tan so you don't need to worry about getting it wrong when you want a speedy colour boost. For best results fully exfoliate the night before you are due to have your treatment. Please wear loose, dark clothing and be prepared not to shower or bath for at least eight hours after treatment, or ideally overnight. The next morning, take a shower and gently pat dry your body. Your stunning tan will last for five-eight days.

WAXING

	THERAPIST	SENIOR THERAPIST
HALF LEG	£20	£22
FULL LEG	£28	£30
FULL LEG & BRAZILIAN	£45	£48
HALF LEG & BRAZILIAN	£38	£40
FULL LEG & HOLLYWOOD	£50	£53
HALF LEG & HOLLYWOOD	£40	£43
FULL LEG AND BIKINI	£35	£37
HALF LEG AND BIKINI	£30	£32
BIKINI WAX	£15	£17
THONG	£20	£22
BRAZILIAN	£28	£30
HOLLYWOOD	£30	£32
UNDERARM	£10	£12
CHIN	£8	£10
LIP	£7	£9
LIP AND CHIN	£13	£15
CHEST	£18	£20
BACK	£25	£27
FULL FACE	£18	£20
FULL ARM	£15	£17
HALF ARM	£10	£12
TUMMY	£15	£17

Hot wax available, please add £5 for this service.

EYEBROWS & EYELASHES

THERAPIST SENIOR
THERAPIST THERAPIST

EYEBROW SHAPE

£12

£14

HD BROWS

£35

£37

Thanks to a unique seven-step brow-shaping treatment, you can have the ultimate in well-groomed, high definition eyebrows. From Hollyoaks to Hollywood, celebrities understand how important your brow shape is to your face and that's why they're turning to HD Brows. HD Brows not only puts celebrity beauty within your reach, it is also very affordable but be warned, once you've tried this there'll be no turning back! Whether yours are overgrown or over plucked, HD Brows can sculpt your brows into the perfect shape for your face and transform the way you look and feel about yourself. Your eyebrows are a vital part of your personality. Not only do they frame your face, over 70% of your facial expressions depend on them. A 48hr patch test is required prior to the treatment.

EYELASH EXTENSIONS

Made from naturally curved synthetic material, which looks identical to human lashes, these are applied individually to your natural lashes creating the illusion of fuller, thicker and more defined lashes.

FULL SET

1 HR 30 MINS

£75

£80

OUTER LASHES

1 HR

£50

£55

INFILLS

30 MINS £35/45 MINS

£50

£55

EXPRESS LASHES

30 MINS

£40

£43

Patch test required 24hrs prior

LASH & BROW TINTING

LASH & BROW TINT

£16

£18

EYEBROW TINT

£12

£14

EYELASH TINT

£12

£14

Patch test required 24hrs prior

TREATMENT PACKAGES

	THERAPIST	SENIOR THERAPIST
FINISHING TOUCHES 3 HRS Luxury Manicure, Luxury Pedicure, Body Radiance	£120	£130
VIP 4 HRS Champneys Collagen Gold Facial, Luxury Manicure and Pedicure, Spa Heaven Cocoon	£150	£160
MENS 3 HRS Spa for Him Facial, Massage, Express Manicure and Pedicure	£125	£135
PREGNANCY 3 HRS Beautiful Bump, Luxury Pedicure and Collagen Gold Facial.	£120	£130
HEN HEAVEN 1 HR Manicure or Pedicure, Champneys Relax Facial, make-up application. (Minimum of six people must book onto this package).	£50	£53
CACI COURSE OF 10 55 MINS A course of 10 non-surgical facelift treatments.	£520	£540

INFORMATION

PRIVATE IN-SPA PARTIES

Ask in-store about hosting your own private spa evening.

GIFT CARDS

The gift of pampering, from only £10. If you're unsure about what to choose for a friend or relative, why not buy a gift card? Everyone will love a gift of pure luxurious pampering and quality time for relaxation.

OPENING TIMES

Visit us online to book and for further details. www.champneys.com.

TREATMENT ADVICE

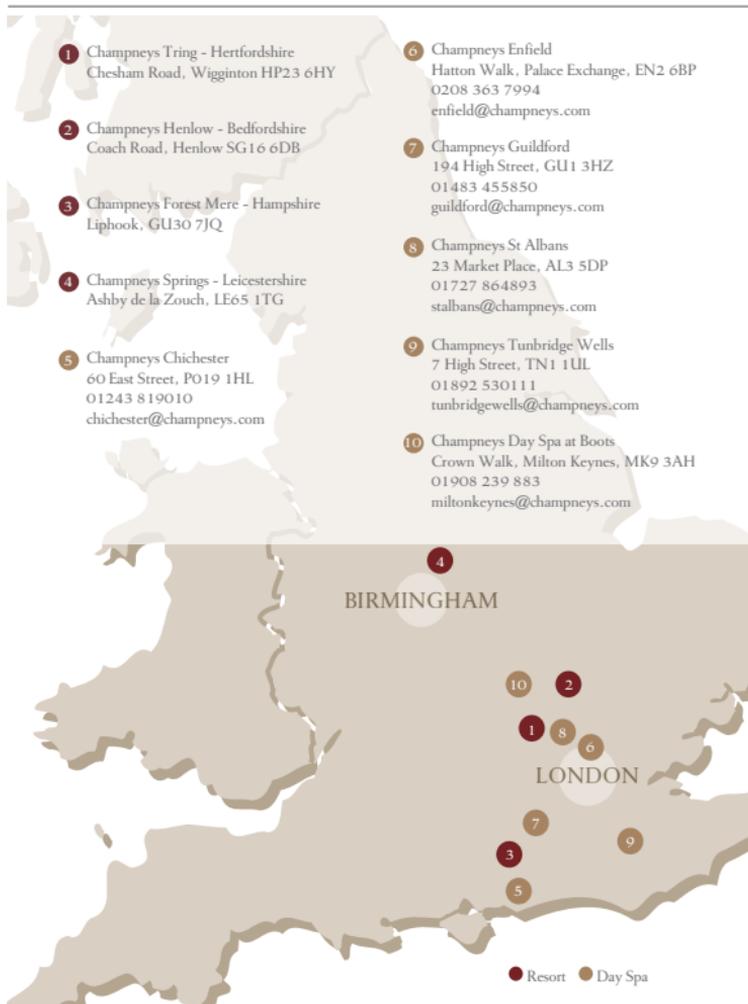
Please note it will be necessary to have a patch test 24 hours prior to some treatments. Please enquire when booking.

CANCELLATION POLICY

Twenty four hours notice is required to avoid being charged.

Due to insurance requirements, we do not treat any clients under the age of 14.

Clients aged 14-16 must be treated with a parent or guardian present. Clients aged 16-18 will be required to provide authorisation from a parent or guardian. We apologise for any inconvenience this may cause.



GET IN TOUCH

Please visit us at champneys.com/day-spas
to find your nearest spa and to book online.