

CHAMPNEYS



Spa Menu

## Facials

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Our expert therapists will personalise your facial choosing products from the famous Champneys spa skincare range to cleanse, balance, rehydrate, tighten and brighten your skin.

### **Personalised Facial**

**55 mins   £50**

This facial is tailor-made to suit your individual skin care needs. Your therapist will analyse your skin and decide on specific products that will deliver the results you are looking for, whether you want to balance the skin, rehydrate and nourish or prevent the signs of ageing. Your facial will include cleansing, exfoliation and the use of a selected treatment mask, along with a relaxing massage to the décolleté, neck and face.

### **Relaxing Facial**

**25 mins   £35**

### **Spa for Him Facial**

**55 mins   £55**

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.

### **No 7 Beautifully Balanced Facial**

**55 mins   £45**

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.

### **No 7 Heavenly Hydration Facial**

**55 mins   £45**

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.

The award winning CACI Anti-Ageing treatment system uses a combination of exclusive technologies to deliver truly visible and corrective results without the need for surgery or invasive procedures.

**CACI – Non-Surgical Facelift** **55 mins** **£60**

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 the facial muscles.

**CACI Wrinkle Revolution** **25 mins** **£40**

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.

**CACI Super Anti-Ageing Facial** **85 mins** **£75**

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.

**CACI Eye Lift** **25 mins** **£40**

A combination of exclusive CACI technologies help reduce under eye puffiness and dark circles, lift drooping eyelids and soften the appearance of fine lines and wrinkles around the eye area.

**CACI Course of 10** **55 mins** **£520**

A Course of 10 Non-Surgical Facelift treatments.

Decléor's holistic approach to beauty combines quality and excellence using 100% pure Essential Oils with natural Plant Extracts. The skincare products and professional treatments are designed to work in harmony with your lifestyle, relaxing mind and body for the ultimate spa experience.

## Decléor Facials

All Decléor Luxury Facials begin with an exclusive Diagnostic Back Massage and include a deeply relaxing Accupressure facial massage using 100% natural Aromatherapy Balms. Hands will be treated to a massage whilst professional products work their magic to leave your skin glowing. Each one of our treatments features the distinctive Decléor style; a welcoming diagnostic back massage and facial tailored to the specific nature of your skin.

### Decléor Discovery Facial

**25 mins £40**

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 instead.

### Decléor Ultimate Vitamin Glow Facial

**55 mins £65**

Award winning vitamin facial to leave your skin visibly radiant.

This internationally renowned, multi-award winning facial is power-packed with vitamins and anti-oxidants. 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.

### Decléor Bio Retinol Wrinkle Smoothing Facial

**55 mins £75**

Youth-boosting anti-wrinkle treatment.

This is the secret to eternal youth! Using bio retinol ap2™ - one of the most innovative new anti-ageing ingredients - plus powerful youth-boosting botanicals, this pampering facial intensively targets lines and wrinkles. The mineral-loaded mask lifts, plumps and firms while gentle exfoliation refines skin texture. Bringing dramatic and immediate results, expression lines and wrinkles are smoothed ensuring skin looks luminous.

## Decléor Body Treatments

### Decléor Lemon & Mango Intense

#### Body Firming Wrap

55 mins £65

At the heart of these treatments is a rich, creamy mask full of Essential Oils and Plant Extracts, chosen according to your needs and applied all over the body. For a beneficial, comforting sensation, enjoy the pleasure of a heated blanket, whilst the products work their magic, 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.

### Decléor Aromatherapy Massage

55 mins £75

Choose from Relax, Detox, Flow or Tonic. Say goodbye to everyday stresses and strains with this heavenly aromatherapy massage experience. Your skin is treated to the incredibly soothing sensation of the 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 therapists hands melt away stresses, ease tension and tired muscles and leaves your body with renewed energy.

### Decléor Red Island Exfoliating Ritual

55 mins £65

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's beautifully nourished and exceptionally soft all over.

### Decléor Face & Body Ultimate Escape

55 mins £75

Nothing can beat a heavenly aromatherapy massage for blitzing tension from mind and muscles. Skin is treated to the 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.

## Massage

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**Back, Neck and Shoulder Massage** 25 mins £38

**Full Body Massage** 55 mins £55

A massage 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.

**Aromatherapy Back Massage** 25 mins £38

**Full Body Aromatherapy Massage** 55 mins £55

A gentle massage 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.

**Hot Stone Back Massage** 25 mins £42

**Hot Stone Full Body Massage** 55 mins £65

Hot and cold stones are used alternately to create a unique and individual treatment to relax, revive, refresh and re-balance the whole body. This treatment is a healing technique that involves the incorporation of basalt lava stones into a massage or body work session to energise and balance the human energy field.

**Indian Head Massage** 45 mins £50

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. Finishing with a soothing hand massage using pressure points and drainage techniques to help ease headaches and sinus problems.

**Reflexology** 55 mins £60

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 them with information about your lifestyle, general health and medical history.

## Body Treatments

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**Spa Heaven Cocoon** 55 mins £60

A top to toe luxurious pampering treatment including an exfoliation, warm body cocoon and head massage. Indulgent spa recipes will leave your skin feeling smooth, silky and conditioned.

**Full Body Exfoliation** **25 mins £40**

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

**Body Radiance** **55 mins £55**

A body scrub of your choice that will smooth and tone. Then enjoy a back massage that gently calms the mind, followed by an ultra smoothing application of body moisturiser, leaving you wonderfully polished.

**Head in the Clouds** **25 mins £35**

Let your mind unwind... 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.

**Chocolate Wrapper** **55 mins £55**

Chocolate lovers treat yourself! Start with a full body exfoliation to prepare your skin for the 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.

**Bamboo Massage** **55 mins £65**

This specialised massage technique uses silky bamboo canes throughout to deeply stretch and massage the body. The treatment releases muscle tension and tightness, improves the circulation and lymphatic flow to aid in detoxification of the body. The skin is left feeling silky and smooth.

**Mineral Detox Cellulite Blitz** **25 mins £40**

This localised treatment specifically targets areas that are prone to cellulite. A combination of body brushing and exfoliating techniques combined with a drainage massage results in legs feeling firm, smooth and toned!

**Mineral Detox Cellulite Buster** **55 mins £55**

This treatment will target areas prone to cellulite and fluid retention. This invigorating experience includes body brushing, exfoliation, a unique bamboo massage, lymphatic drainage massage and the application of a seaweed based body mask to stimulate and detoxify

**Energising Lime Body Buff** **25 mins £40**

Experience an energizing 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 awaken the senses. Your skin will feel smooth, hydrated and refreshed.

## Essential Grooming

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Express Manicure	25 mins	£25
French Manicure	55 mins	£38
Luxury Manicure	55 mins	£38
Express Pedicure	25 mins	£25
Luxury Pedicure	55 mins	£40
File and Paint	20 mins	£18
Lash and Brow Tint		£16
Eyebrow Shape		£12
Eyebrow Tint		£12
Eyelash Tint		£12

## Lash Extensions

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

Full Set	1 hr 30 mins	£75
Outer Lashes	1 hr	£50
Infills	30 mins	£35
	45 mins	£50
Express Lashes	30 mins	£40
Patch test required		



45 mins £35

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. 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!

## ST.TROPEZ

The ultimate tanning system combining the speed of spray tanning with the skill of our Champneys therapist. 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 8 hours after treatment, or ideally overnight. The next morning take a shower and gently pat dry your body. The stunning tan will last for 5-8 days.

Classic £20



30 mins    £30

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

## CALGEL.

Applied over the natural nails with your choice of clear, colour or French gel application for long lasting, easily maintained manicure or pedicure.

Calgel Nails Natural Nail Overlay	45 mins	£40
Calgel Nails Soak Off and New Set	60 mins	£40
Calgel Nails Soak Off and Manicure	60 mins	£40

## Waxing

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Half Leg Wax	£20
Full Leg Wax	£28
Bikini Wax	£15
Full Leg and Bikini Wax	£35
Half Leg and Bikini Wax	£30
Brazilian Wax	£28
Hollywood Wax	£30
Underarm Wax	£10
Chin Wax	£8
Lip Wax	£7
Lip and Chin Wax	£13
Full Leg & Brazilian	£45
Half Leg & Brazilian	£38
Full Leg & Hollywood	£50
Half Leg & Hollywood	£40
Chest Wax	£18
Back Wax	£25
Full Face Wax	£18

Hot wax available please add £5 for this service

## Threading

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Eyebrow	£12
Lip and Chin	£12

## Pregnancy

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### Beautiful Bump

**55 mins £55**

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.

## Packages

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### Finishing Touches

**3 hr**

**£120**

Luxury Manicure, Luxury Pedicure, Body Radiance.

### VIP

**4 hr**

**£150**

Champneys Facial, Luxury Manicure and Pedicure, Spa Heaven Cocoon.

### Mens

**3 hr**

**£125**

Spa for Him Facial, Massage, Express Manicure and Pedicure.

### Pregnancy

**3 hr**

**£120**

Beautiful Bump, Luxury Pedicure, Champneys Facial.

## Opening Times

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Treatments available 7 days a week.

Visit us online to book and for further details. [www.champneys.com](http://www.champneys.com)

## Gift Cards

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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.

## Private In-Spa Parties

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

\*Please note it is necessary to have a patch test 24hrs prior to tint and St.Tropez treatments.

Appointments not always necessary.

Cancellation Policy: 24 hours notice is required to avoid being charged.

Please note: The only treatments Champneys can provide to under 16 year olds, with the consent and in the presence of their parent or guardian, is a manicure or pedicure. Clients aged between 16 and 18 may receive any treatment with the written consent of their guardian or parent who should be present at the time of the treatment.

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[www.champneys.com](http://www.champneys.com)