



The Spa at Thornton Hall

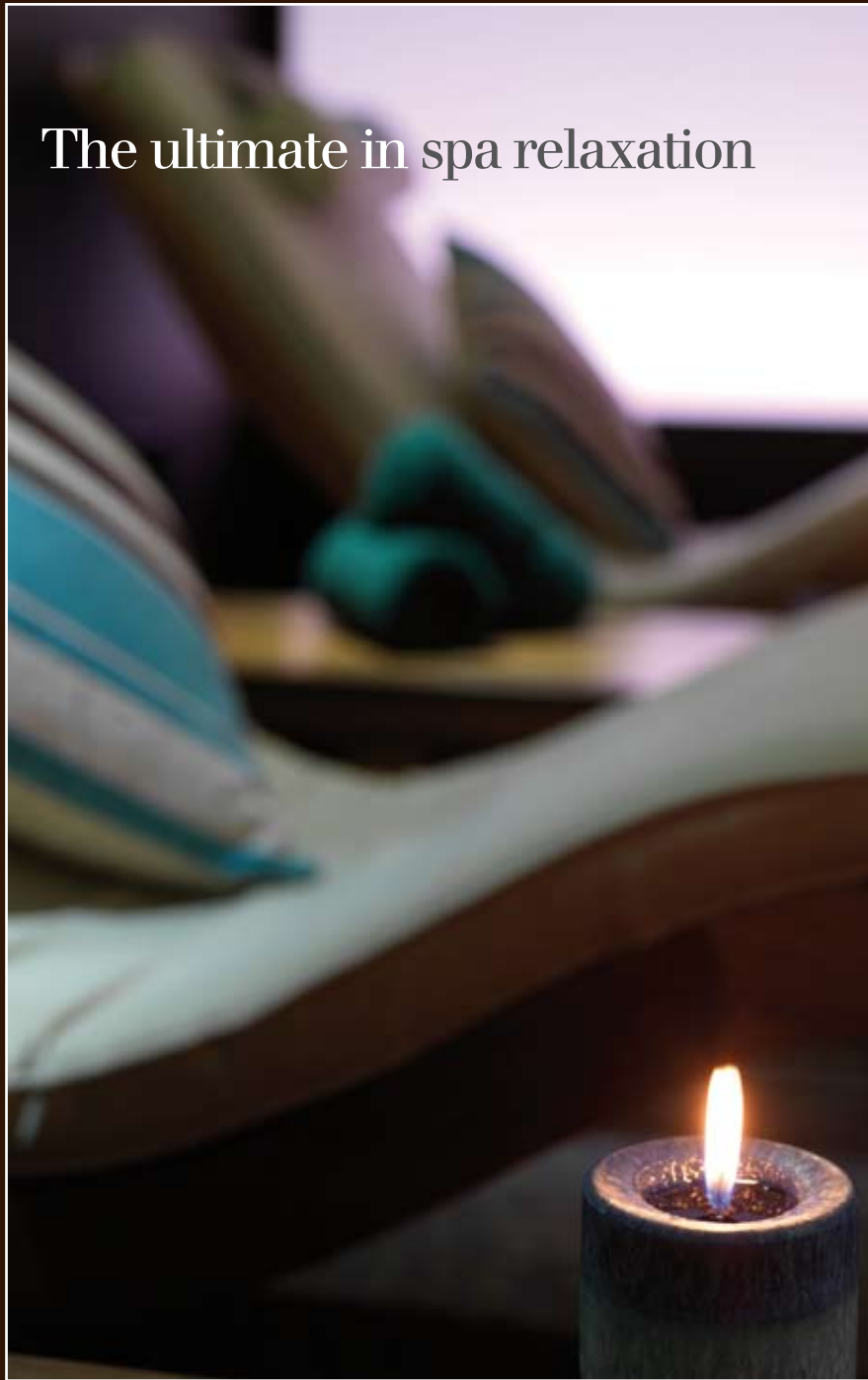
Treatment Menu



Your experience starts here....



The ultimate in spa relaxation



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ESPA Advanced Super Active Facials

These advanced facials are performed by hand-selected, highly qualified Therapists to deliver an outstanding results-driven experience, the benefits of which can be seen immediately. Choose from the following Super Active Facial list to suit your needs:

ESPA Super Active Calming & Soothing Facial £85 1 Hour 25 Mins

This technically advanced super active facial cools and comforts irritated skin that is prone to redness. Using super active products (that contain a myriad of active ingredients to improve microcirculation and help strengthen capillary walls), and specially selected quartz crystals, the facial is particularly effective in providing soothing relief. The beneficial effects are enhanced by the specific therapeutic techniques used. Redness is visibly reduced and the skin is left calmed, soothed and hydrated.

ESPA Super Active Toning, Lifting & Firming Facial £85 1 Hour 25 Mins

A highly effective treatment developed to help improve tonicity, firmness and combat the early signs of ageing. The powerful concentrate of super active ingredients produces instant, visible results, renewing collagen production and enhancing cellular communication. Using the most advanced facial techniques, the treatment is performed by hand selected, highly qualified therapists to deliver a deeply relaxing yet intensive experience, the benefits of which can be seen immediately.

ESPA Super Active Repairing & Restoring Facial £85 1 Hour 25 Mins

Designed to help counter the effects of harsh products and aggressive treatments, this super active facial helps sensitised skin that requires restoring and rebalancing. The super active products, rich in plant oils and phyto-active extracts, together with scientifically advanced techniques help create evenness of skin tone, to visibly alleviate the effects of this specific skin condition, and restore vibrancy and lustre to the skin. Only highly trained skilled therapists perform this exceptional facial which delivers instant results.

Age Defying Facial £68 1 Hour 25 Mins

A totally luxurious regenerating facial treatment specially created to help combat the signs of ageing and sun-damaged skin. Special facial massage techniques for those delicate areas around the eyes, neck, lips and jaw line are combined with the ESPA seriously effective moisturising products, rich in natural anti-oxidants and scientifically advanced natural ingredients to hydrate and protect. The anti-ageing, rejuvenating benefits of this treatment visibly improve the appearance of the skin, helping to minimise lines and wrinkles, leaving the skin fresh, revitalised and nourished.

Aromatherapy Facial £55 1 Hour

Suitable for all skin types, this deep cleansing, relaxing aromatherapy facial purifies, refines and hydrates. Specific active aromatherapy products are combined with acupressure massage, lymph drainage and Oriental Head Massage to leave the mind clear and the skin radiant and moisturised.

ESPA Re-Hydrator Facial £55 1 Hour

Ideal for dry, dehydrated, flaky and tired skin, this rehydrating facial is an excellent regenerating boost. Gentle deep cleansing and exfoliation helps the skin to improve the absorption of nourishing and moisturising masks, facial oils, Botanical Rescue Balm and moisturisers, which are specifically chosen for their deeply re-hydrating benefits. This facial leaves the skin smooth, soft, supple and nourished

Re-Balancing Facial £55 1 Hour

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance. This deep cleansing, oil-controlling facial helps to regulate oil secretions whilst refining open pores. After cleansing with a naturally foaming cleanser made with Yucca, Sugar Beet and Honey, this facial uses products with naturally decongesting and anti-inflammatory ingredients such as Tea Tree and White Thyme to help soothe, calm, rebalance and encourage a clear complexion.

Regenerating Facial £55 1 Hour

An intensive boost for maturing, stressed or distressed skin. Products from the ESPA Concept range are included in this facial to give concentrated protection and nourishment. Focussing on regenerating, firming and nourishing, this facial leaves the skin fresh, revitalised and toned.

Skin Brightener Facial £55 1 Hour

This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull, lifeless, sallow skin. This facial includes a special application of Skin Brightener, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet; plus other skin regenerating products rich in anti-oxidants, which are skin softening, smoothing, and visibly improve the radiance, appearance and texture of the skin.

Holistic Back, Face & Scalp Treatment £75 1 Hour 25 Mins

A truly holistic experience combining a deep cleansing back exfoliation with a powerful back massage using essential oils to soothe, relax and balance. This is followed by an ESPA Intensive Facial tailored to your individual needs and finishes with a therapeutic head massage to help clear the mind, calm the spirit and ease tension.

Regenerating Firming Eye Treatment £35 25 Mins

This treatment is designed to combat the effects of premature ageing and stress to the eye area and is also of benefit to those who suffer from irritable, puffy or sensitive eyes. Incorporating massage and relaxation techniques, using regenerative products to firm this delicate area.



Advanced anti-ageing facials, these superior face treatments are further enhanced by luxurious hand, arm and scalp massage sequences for the ultimate in scientific skin therapy.

Pro Collagen Quartz Facial £68 1 Hour 10 Mins

Anti-wrinkle facial with proven results! Clinically proven, after just 1 treatment this facial reduces the number of wrinkles by up to 94% and improves skin firmness by up to 57%. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum efficacy, leaving a firmer, uplifted, more youthful looking appearance. Independent clinical trials 2004.

Visible Brilliance Facial £68 1 Hour 10 Mins

To combat ageing, stressed tired skin! Independently tested with revolutionary results, this anti-ageing face & eye treatment instantly firms, rejuvenates and plumps the skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven by up to 61% and elasticity by 40% after just 1 treatment. Independent clinical trials 2004.

Tri-Enzyme Resurfacing Facial £63 1 Hour

Peel away the years for smoother, more radiant skin! This ground breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just 1 treatment. Independent trials 2006.

Skin Specific Facials £55 1 Hour

Exotic Moisture Dew

Treat your skin to a moisture boost! Following a specialised facial massage, the skin is fed with thirst quenching actives that will bring back that healthy, dewy look to the skin.

Fruit Active Glow

Bring back the glow to a lifeless complexion! Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning ingredients nourish and renew vital radiance.

Herbal Lavender Repair

For perfect restoration of skin balance! Deep cleansing to draw out skin impurities, this facial helps reduce unwanted shine, refines pores and treats skin breakouts.

Modern Skin Facial £57 1 Hour

Designed for skin challenged by modern living. Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results: remineralised, rebalanced and renewed skin.

Elemis Taster Facial £32 25 Mins

This introductory mini facial provides a quick and instant pick-me-up for any occasion.

Elemis Skin Solutions Facials

Oxygen Skin Calm Facial £60 1 Hour

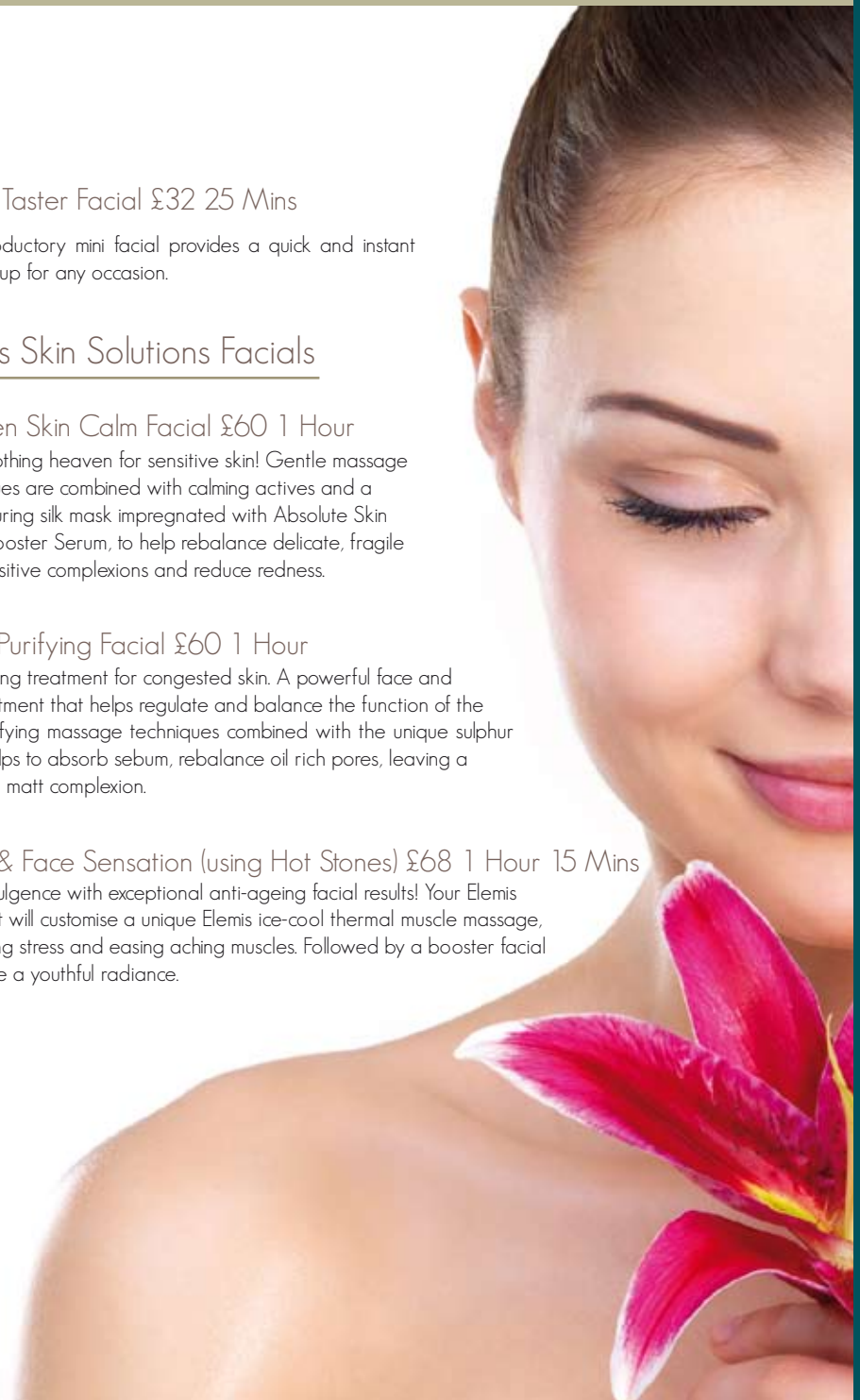
Pure soothing heaven for sensitive skin! Gentle massage techniques are combined with calming actives and a restructuring silk mask impregnated with Absolute Skin Calm Booster Serum, to help rebalance delicate, fragile and sensitive complexions and reduce redness.

S.O.S Purifying Facial £60 1 Hour

A purifying treatment for congested skin. A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique sulphur mask helps to absorb sebum, rebalance oil rich pores, leaving a beautiful matt complexion.

Body & Face Sensation (using Hot Stones) £68 1 Hour 15 Mins

Pure indulgence with exceptional anti-ageing facial results! Your Elemis therapist will customise a unique Elemis ice-cool thermal muscle massage, alleviating stress and easing aching muscles. Followed by a booster facial to restore a youthful radiance.



Discover bareMinerals

Bare Escentuals started the revolution in mineral makeup with the introduction of our award winning 100% pure bareMinerals.

bareMinerals looks like powder, feels like a cream and buffs on like silk, giving skin a natural luminosity. Free of preservatives, talc, oil, fragrance and other harmful chemicals, bareMinerals provides impeccable coverage for every skin type, skin tone and concern yet it doesn't feel like you're wearing any makeup at all.



And bareMinerals are just the beginning. Our makeup line also offers complete colour cosmetics and treatments designed to enhance your natural beauty, such as lipcolours, lip glosses, mascaras, skin preps, flawless application brushes and more.

Bare Escentuals Make-Up

Make-Up One-To-One £30 45 Mins
Trying different colours and application techniques under expert guidance will help you achieve a fresh and flattering new look. Whether you want a whole new make-up look or ideas for a special occasion, prepare to be inspired.

Make-Up One-To-One with trial £50
Perfect solution for brides-to-be or bridesmaids, discuss your ideas and colour prior to the big day.



MD Formulations

With results being more important than promises, MD Formulations Professional Skincare System delivers the results that others can only promise. Not hope in a bottle, just beautiful proof of younger looking skin!

Illuminating Facial £55 1 Hour
Calms and brightens all skin types. Especially effective for the treatment of pigmentation and uneven skin tone.

Clearing Facial £55 1 Hour
Clears and clarifies skin impurities to leave the skin feeling clean and refreshed.

Moisture Defense Antioxidant Facial £55 1 Hour
Ideal for all skin types restores moisture to dull or dry skins and protects skin against free radical damage.

Age Control Facials £55 1 Hour
The ultimate "Anti-Ageing" facial utilises high potency vitamin A to repair and renew damaged skin.

Rosacea Management £55 1 Hour
Gentle yet effective products help to soothe and calm irritated skins. The powerful combinations of camomile and liquorice restores skin security and calm.

Extreme Care £55 1 Hour
Designed to take the heat out of stressed and sensitive skin - a calming, soothing and rebalancing treatment.

Formulations Glycolic Peel £45 30 Mins
Intensely exfoliating facial, smoothes and refines all skin types including mature, acne, and sun damaged and pigmented skins.

Course of 6 Glycolic Peels £270
Course price includes 30ml facial corrector and 50ml Total Protector SPF 30 (Products worth £45)

Detoxifying Algae Wrap £60 55 Mins
This therapeutic, balancing and detoxifying treatment involves skin brushing, gentle exfoliation and an algae envelopment rich in minerals which is designed to boost the metabolism and speed up the elimination of toxins. The treatment includes a full head massage using individually chosen essential oils for total relaxation.

Restorative Mud Envelopment £60 55 Mins
Marine Mud is known for its skin conditioning properties and is ideal for dry, dehydrated skin requiring nourishment and rebalancing. This wrap includes a full body exfoliation and an Oriental head massage to help ease tension and leave the skin purified and smooth.

Oshadi Envelopment £60 55 Mins
Oshadi, giver of life, is the Ayurvedic term for plants and herbs used in traditional healing practices and therapies. After a full body exfoliation, plants and spices are infused with essential oils to form a nourishing mask which warms and hydrates the skin and helps to relieve aching muscles and joints.

Salt & Oil Scrub £32 25 Mins
This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised, smooth and soft.

Lifesaving Back Treatment £42 45 Mins
A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with warmed Marine Mud. Ideal for all skin types, including those with congested skin, this relaxing treatment will leave you refreshed and renewed.

Total Holistic Body Care £70 1 Hour 15 Mins
This all-encompassing treatment commences with full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is then followed by an essential body massage and scalp massage using a blend of essential oils chosen to suit individual requirements.

ESPA Aromatherapy Body Massage £55 1 Hour
ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from one of the following intensive massages to relieve physical tension and calm or uplift the spirit.

- Detoxifier - using a detoxifying blend of cleansing citrus oils.
- De-Stresser - with relaxing and calming essential oils to soothe and de-stress.
- Intensive Muscle Warmer - warming and stimulating essential oils ease aches and pains.
- Jet-Lag Reviver - rebalance energy levels with an energising blend or relax into untroubled sleep with soothing essential oils.
- Immune Booster - using a powerful blend of tea tree and eucalyptus essential oils known for their natural anti-viral and anti-bacterial properties.
- Body Toner - A combination of Sweet Orange, Myrrh and Palmerosa essential oils have a toning and firming effect.

Back, Neck & Shoulder Massage £32 25 Mins
Choose from a range of specialised Aromatherapy massage blends to suit your mood or lifestyle.

Pre & Post Natal Treatment £68 1 Hour 25 Mins
This total body treatment has been carefully designed for those who are expecting or have just had a baby. Taking account of all contra-indications, this treatment avoids the use of essential oils and is a luxurious treat using a Calendula infused oil, Pink Clay Mud and various nourishing creams with advanced massage techniques to safe areas. This treatment improves the tonicity and comfort of the skin and creates a sense of total relaxation. Client must be 12 weeks pregnant or more.

Stimulating Hip & Thigh Treatment £50 55 Mins
A specialised ESPA treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin tone. Following exfoliation with a special blend of seaweed, salt and oil, a deep, detoxifying massage and lymphatic drainage techniques using stimulating essential oils help to purify and cleanse the body. Relevant reflex zones and pressure points on the feet are then activated to leave you feeling totally revitalised. A course of treatments is recommended to maximise the effects.

Back, Neck & Shoulder Massage with Hot Stones £45 40 Mins
Much more than just a back massage, this treatment includes skin brushing, exfoliation and cleansing of the back followed by a luxury back and leg massage incorporating Hot Stone therapy for a deeper penetration of the muscles to restore lost energy.

Advanced Back, Face & Scalp with Hot Stones £80 1 Hour 25 Mins
A powerful stress releasing treatment using hot stones to work on deep-seated tension and restore balance to vital energy points. The initial, deep cleansing back exfoliation is followed by the hot stone back massage with essential oils restoring equilibrium to mind and body. Hot stones are placed along spine, shoulders and neck to soothe and relax.

The facial includes massage with a deeply nourishing facial oil and the application of an intensive face treatment mask, tailored to your individual needs. Whilst the mask is taking effect, the oriental head massage takes place to help clear the mind, calm the spirit and ease tension. The result is rehydrated, nourished and soothed skin combined with a sense of deep relaxation.

Total Holistic Body Care with Hot Stones £94 2 Hours
Total Holistic begins with a body massage using ESPA aromatic oils, then hot stones are placed on the chakras, powerful energy centres to help the body to balance and ground. Gentle stretching helps to release deep-seated tension and critical tension points are massaged around the eyes and ears before an acupressure head massage is given to calm and soothe the mind.

Full Body Massage £55 1 Hour
Alleviate stress, ease tension and revive the senses!

Back Massage £32 25 Mins
Specifically targeting the back, neck & shoulders, where you need it most!

Detox

Body Sculpting Cellulite & Colon Therapy £65 1 Hour
Redefines and smoothes your silhouette! Using the new clinically proven Elemis Body Sculpting Lipo-refining serum, your silhouette will be redefined. A detoxifying Fennel and Birch peel off mask is also applied to deep cleanse the body's system, helping firm and smooth the skin, stimulate circulation and reduce fluid retention. Cleansing the colon through abdominal massage helps to detoxify the body, working from inside out.

Exotics & Rituals

Exotic Lime & Ginger Salt Glow £37 40 Mins
An exotic exfoliation ritual to invigorate and revitalise the body! After light body brushing, warm oil is drizzled over the body, before Exotic Lime & Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

Exotic Coconut & Milk Ritual Wrap £53 50 Mins
Pure sensuality to enliven the senses! This opulent exotic wrap is excellent for skin smoothing and softening, all combined with a facial, pressure point massage and de-stress scalp treatment.

Exotic Frangipani Body Nourish Wrap £48 45 Mins
For immediate softness and suppleness Exotic Frangipani Monoi oil is drizzled all over the body which is cocooned in a foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

Aroma Spa Ocean Wraps £68 1 Hour 15 Mins
With a choice of 2 wraps.. drift away whilst you are cocooned in a comforting foil wrap.
● Musclease: a powerful seaweed wrap for complete muscle relaxation.
● Cellutox: a deeply detoxifying blend to de-congest and stimulate the system, to refine the appearance of cellulite and relieve the discomfort of fluid retention.





ESPA Mens Intensive Facial £53 55 Mins
This triple cleanse facial soothes and softens bristles, promotes drainage and aids in unblocking pores. Following a relaxing facial massage and purifying mask, a deep shoulder and scalp massage is performed using a conditioning hair & scalp mud combined with an ESPA body oil to release tension and stress.

Elemis Urban Cleanse Facial £53 55 Mins
This super-grooming facial decongests the skin, works overtime to eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities.

Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

Tension-Relieving Body Massage £55 55 Mins
Let your Therapist ease away stress and tension with this full body massage, perfect for tired, aching muscles, perfect way to unwind and relax.

ESPA Tension Zone Back Massage £32 25 Mins
Choose any ESPA body oil to suit your mood or lifestyle to help de-stress and soothe tired muscles.

ESPA Life Saving Back Treatment £42 45 Mins
The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal, then calmed and relaxed with a luxurious aromatherapy back massage.

Jessica Express Manicure £20 25 Mins

Jessica Express Pedicure £20 25 Mins

Back Wax £19

Chest Wax £19



Colonic Hydrotherapy £65

Colonic Hydrotherapy is a crucial part of your overall health and well being. The treatment is a detoxing, gentle internal bath using warm purified water that can help to eliminate waste products from the colon, relieving the body of harmful bacteria and toxins.

Buy 3 Colonic Hydrotherapy treatments and get 1 free

Hopi Ear Candle (including drainage massage) £35

Hopi Ear Candles is a pleasant and non-invasive treatment of the ears, used to treat a variety of conditions. The candles work on a chimney principle, drawing any impurities to the surface where they can be gently removed.

The following conditions may benefit from this procedure:

Compacted ear wax, tinnitus, glue ear, sore throats, hay fever, headache/migraine, sinusitis, catarrh, asthma, vertigo and neuralgia. Other benefits include stimulation of the lymphatic system, improves the immune system, alleviate allergic conditions, enhances hearing, taste and smell and relieves ear pain. *Buy 3 Hopi Ear Candle treatments and get 1 free*

Reflexology £42

There are many outward signs on the foot which can indicate an area of the body that is not functioning efficiently. Our Reflexologists can detect subtle changes in specific points on the feet, and by working on these points, affect the corresponding organ or system of the body.

Conditions and problems that may benefit from Reflexology:

Stresses, back pain, migraine, infertility, sleep disorders, sports injuries, digestive disorders and allergies. Other major benefits are it can bring relief from a wide range of acute and chronic conditions; it is suitable for men and women of all ages, relaxes the mind, body and soul and is a stress reliever. *Buy 3 Reflexology treatments and get 1 free*

Indian Head Massage £35

Indian head massage is based on the Ayurvedic system of healing which has been practiced in India for over a thousand years. The aim of Indian Head Massage is to release the stress that has accumulated in the tissues, muscles, and joints of the head, face, neck and shoulders. It is especially good for relieving tension, fatigue, insomnia, headaches, sinusitis and it is deeply calming and relaxing, leaving you feeling energised and revitalised and able to concentrate better. *Buy 3 Indian Head Massage treatments and get 1 free*

Jessica Manicures & Pedicures

Jessica, the natural nail company, offers a luxurious and nourishing range of manicure and pedicure systems to treat dry, brittle nails or maintain your own beautiful nails. The results - beautiful, healthy, natural nails.

- Jessica Re-shape and polish (fingers or toes) £20 25 Mins
- Jessica manicure £28 45 Mins
- Jessica pedicure £28 50 Mins
- Jessica GEleration - 3 week Manicure £45
- Jessica GEleration - 3 week Pedicure £45

Elemis Pro Collagen Hand & Nail Treatment (incl polish) £37 60 Mins
 Pure pampering for your hands and nails to restore beauty and suppleness. Warmed aromatherapy oils nourish and condition, whilst the sublime sensation of Skin Nourishing Milk Bath lavishes its richness and healing action on your skin.

Elemis Sole Delight Foot Treatment (incl polish) £37 60 Mins
 Warmed aromatherapy oils nourish and condition your feet and nails, whilst the decadence of milk and Exotic Frangipani Monoi Oil lavish their richness and healing action on your skin.

ESPA Luxury Manicure (incl polish) £37 1 Hour
 The holistic arm, hand and nail treatment includes a gentle skin refiner and a therapeutic massage with the appropriate aromatherapy massage oil chosen for your individual needs. Hands are then placed in Thermal mitts. Treatment finishes with the shaping of the nails, cuticle work and application of nail varnish.

ESPA Luxury Pedicure (incl polish) £37 1 Hour 10 Mins
 A holistic foot and nail treatment includes gentle exfoliation and a relaxing pressure point massage with the appropriate aromatherapy massage oil for your individual needs. Feet are then placed into Thermal booties. Treatment finishes with the shaping of the nails, cuticle work and application of nail varnish.



Waxing

- Full leg wax £23
- Half leg wax £17
- Bikini wax £13
- Underarm wax £11
- Forearm wax £13
- Lip wax £9
- Chin wax £9
- Lip & chin wax £15
- Brow wax £9

Specialised Waxing Treatments using Hot Wax

- Brazilian Wax £25
- Hollywood Wax £30

Semi Permanent Hollywood Lashes

This treatment is a great way to give your eyes a fuller, brighter look. The semi permanent eyelash extensions define the eyes and give more volume. Perfect for that special occasion.

£80 for full set (2 hours) and Top up price £25 (45 Mins)
*no membership discount for top up's

Eye Treatments

Brow shape or wax	£9
Brow tint	£10
Lash tint	£12
Lash & brow tint	£17
Lash & brow tint & shape	£24

Threading Hair Removal

Eyebrow threading	£14
Lip or Chin threading	£11
Lip & Chin threading	£19
Full face threading	£27



All Spa Day Experiences include the use of the Spa facilities including the pool, sauna, jacuzzi, steam room with light therapy and if feeling energetic the gym team is available to put together a tailored programme for the day!

Celebration Spa Day

Whatever the occasion, whether it be a Hen Day, Birthday or Anniversary, come and celebrate with us.

Spa Day itinerary:

- Arrive at The Spa
- Coffee, tea & fruit juice in The Times Bistro
- Treatments begin
- Aromatherapy back, neck & shoulder massage
- Mini facial
- Light Bite in The Times Bistro
- Jessica re-shape & polish (fingers or toes)
- Plus full use of our exclusive leisure facilities throughout the day

£90 per person

From £195 per person inclusive of Bed, Breakfast,
3 course evening dinner in The Italian Restaurant and treatments.



Wellbeing Spa Experience

- Deep cleansing back treatment and massage
- Pick me up facial
- Jessica re-shape and re-varnish (fingers or toes)
- Light Bite in the Times Bistro

£115 2 Hours

Men's Ultimate Spa Experience

- Tension relief back, neck and shoulder massage
- Aromatherapy facial incl. scalp pressure point massage
- Luxurious hand and foot massage
- Light Bite in the Times Bistro

£115 2 Hours

Time For Two

- Spa Experience Treatments performed together in our dual room (Lodge Spa only)
- Elemis welcoming foot ritual
- Elemis de-stress back massage
- Elemis taster facial incl. scalp massage
- Light Bite in the Times Bistro

£170 per couple 1 Hour

Dinner, Bed and Breakfast rates available.



The ultimate in relaxation.

Mother To Be Spa Experience

- ESPA Pre and Post Natal Treatment
- ESPA Luxury Pedicure
- Light Bite in the Times Bistro

(Client must be 12 weeks pregnant or more)

2 Hours 30 Mins

£110

Detox & Purify Spa Experience

- ESPA detoxifying algae wrap
- ESPA detoxifying body massage
- ESPA rebalancing facial incl. scalp pressure point massage
- ESPA Detox salt and oil scrub for homecare use
- Light Bite in the Times Bistro

3 Hours

Midweek price (Mon-Thurs) £165

Weekend price (Fri-Sun) £185



Indulgence Spa Experience

- Elemis exotic coconut rub and milk ritual wrap
- Elemis de-stress full body massage
- Elemis skin specific facial
- Jessica re-shape and polish (fingers or toes).
- Elemis Frangipani shower cream for homecare use
- Light Bite in The Times Bistro

3 Hours 30 Mins

Midweek price (Mon-Thurs) £175

Weekend price (Fri-Sun) £195

Signature Spa Day Experience

This package includes the use of the ESPA range which has a worldwide following.

- ESPA Holistic Total Bodycare with Hot Stones
- ESPA Luxury Aromatherapy Facial
- ESPA Luxury Manicure
- ESPA Soothing Candle for homecare use
- Wash and finish within our Hair Spa
- Light Bite in The Times Bistro

4 Hours 30 Mins

Midweek price (Mon-Thurs) £185

Weekend price (Fri-Sun) £210

Why not upgrade your Spa Day Experience with a bottle of champagne £35

Little Stars Spa Experience

- Deep Cleanse Facial
- Jessica Mini Manicure
- Jessica Mini Pedicure

£47 1 Hour 25 Mins
(16-18 year olds only)
Spa Only.



Relaxation Room



Perfect Bride

With the special day just around the corner, the perfect bride experience will ensure you look and feel sensational from head to toe.

- Crystal Clear Deluxe Microdermabrasion facial (4 weeks prior)
- Elemis Visible Brilliance Facial (2 weeks prior)
- Elemis Full Body Massage (48 hours prior)
- Jessica manicure and pedicure (24 hours prior)
- Jessica nail varnish of your choice

Cost: £185

Why not add to your experience an Endermologie Cellulite course?

10 sessions for only £350 (normally £450)

Zoom Teeth Whitening for £250

St Tropez Spray tan for £25

Intense Pulsed Light Treatments

The Lodge clinical spa is registered with the Care Quality Commission for the provision of treatments using the Ellipse Intense Pulsed Light machine. This system can be used for a number of treatments including hair removal, skin rejuvenation and the treatment of facial thread veins.

Specialised treatments

- Hair removal
- Facial thread vein removal
- Skin rejuvenation
- Pigmented Lesions

Price list

	per treatment	course of 6 treatments
Hair removal		
Upper lip	£50	£250
Chin	£60	£300
Centre brow	£40	£200
Under arms	£100	£500
Bikini	£110	£550
Extended bikini	£130	£650
Lower leg (incl knee)	£200	£1,000
$\frac{3}{4}$ leg	£230	£1,150
Full leg	£350	£1,750
Back	prices from £200	£1,000
Chest	prices from £200	£1,000

Combinations

Upper lip & chin	£90	£450
Under arm & bikini	£190	£950
Full leg, bikini & under arm	£530	£2,650
Half leg & bikini	£280	£1,400

Facial thread vein removal

Prices from £100 per treatment (2-4 treatments maybe required)

Skin Rejuvenation

Full face £200 per treatment

Full face & neck £250

Full face, neck & décolleté £300

Décolleté £100

Pigmented lesions (sun spots)

Face, décolleté or back of hands
from £50 per treatment

Ultimate Skin Rejuvenation Programme

One Crystal Clear Deluxe Microdermabrasion facial

Five MD Formulations Glycolic Peels (weekly)

Three Skin Rejuvenation Treatments (4 weekly apart)

MD Formulations correct & protect products for home care use

Programme price £600 (saving of £300)



Micro-Pigmentation is an advanced procedure also known as Cosmetic Tattooing. This is a highly skilled technique which involves implanting pigments into the dermis using the latest technology digital machine.

Micro-Pigmentation is used to enhance the appearance by creating a more permanently enhanced brow (making it more defined and shaped). It is also used to create a more defined lip line as it gives a more youthful appearance to the lip. Eyes can be more defined with lash enhancement giving a fuller look to either the base of the upper lash line or the lower lash line.

Who can benefit?

People with very busy schedules, people who suffer from allergies, people with athletic or sporting interests, people who suffer from alopecia, people who want to look their best at ALL times, people who have suffered burns or scarring. Free consultation. A skin test is required 48 hours prior to any of the procedures below.

Eyebrow Treatments

- Powdered Brows £250
- Brow Strokes to mimic brow hair £250
- Brow enhancement: enhances & gives colour/shape to the brows £295

Eye Treatments

- Lash Enhancement: gives more colour/thickness to upper lash line) £195
- Fine Upper Liner £175
- Lower Liner £175

Lip Treatments

- Basic lipliner £245
- Lipliner / Shade £295
- Full lip colour £395

Beauty Extras

- Beauty Spot £85
- Maintenance treatments prices from £100

Crystal Clear

This treatment allows you to treat lines, wrinkles, dull dehydrated skin, sun damaged skin, acne scarring and acne prone skins. Using a controlled method of skin resurfacing, by gently exfoliating the outer layers of the skin.

Microdermabrasion Treatment	£35 30 Mins
Microdermabrasion Deluxe Facial	
incl. Mask	£55 60 Mins
Crystal Clear Oxygen Facial	£65 60 Mins
Super Deluxe Crystal Clear	£95 1 Hour 20 Mins
(incl. microdermabrasion and oxygen)	

CACI Non Surgical Face Lift

This non-surgical face lift is a highly recommended treatment which tightens and tones the muscles to reduce the appearance of fine lines and wrinkles. A total of 10 treatments are recommended.

CACI Facial	£44 60 Mins
Course of 10	£396
Super CACI Facial	£52 90 Mins

Endermologie

Common problem areas such as the lower stomach, hips, thighs, and buttocks are often key areas that are affected by cellulite. Endermologie is a unique method which helps to reduce the appearance of cellulite using motorised rollers for a deep treatment. A course of 10 treatments are recommended.

Endermologie Session	£50 35 Mins
Course of 10 treatments	£450

Non Surgical Aesthetic Treatments

Facial Lines & Wrinkles

These can be minimised using cosmetic injections into the skin. These are performed with very fine needles and usually cause very little discomfort. The two main types of injectable substances used are Botulinum toxin A and is available under several brand names including Dysport, Vistabel. Its use in Aesthetic Medicine has been FDA approved to treat frown lines between the eyebrows, "laughter lines", forehead lines, lines around the mouth, throat & décolletage.

Dermal Fillers

Dermal fillers, an extensive range of different types and brands of filler product are available, e.g. Restylane and Teosyal. A fine needle is used to "fill" the line, wrinkle or skin depression or add volume and definition to lips using the chosen product. For deeper lines, both types of injectables may need to be used to achieve best results. Price upon consultation.

Lip Volumising & Definition

Non-permanent enhancement of lip shape and fullness usually lasts 6-12 months. Price upon consultation.

Skin Rejuvenation/Mesotherapy

Tiny droplets of fine dermal filler can be injected just under the skin surface to provide a hydrating, rejuvenating effect and fresher look. This may be used for face, neck, décolletage and hands and usually requires a course of 3 initial treatments. The appearance of cellulite may also be improved using a different product. Price upon consultation.

Excessive Perspiration

Botulinum toxin A injections may be used to successfully treat armpits, hands and feet. Price upon consultation.

Following assessment to ensure there are no contra-indications to treatment and with the correct technique, these injections are extremely safe with minimal complications and excellent results.



Zoom Teeth Whitening

Over time teeth can lose their natural colour from lifestyle choices or the natural aging process. Zoom Tooth Whitening is an easy and effective way to achieve a brighter, whiter smile. This process instantly makes you look and feel younger.

£250



Terms & Conditions

Advanced bookings

We highly recommend booking in advance for Spa packages and group bookings to ensure that the preferred time and service is available.

Age requirement

Minimum age requirement for treatments at the Spa: 16 years of age.

Minimum age requirement for treatments at the Lodge Clinical Spa: 18 years of age.

Due to health & safety regulations we are unable to accommodate children under the age of 16 years of age in any area of the Spa

Cancellation Policy

Spa treatments

Cancellations or no shows within 24 hours will incur a 100% charge. A 50% deposit is required for treatments over 1 hour long.

Spa Packages

Cancellations within 48 hours will incur a 50% charge and cancellations within 24 hours will incur a 100% charge. Regrettably, late arrival for your treatment will result in a reduced treatment time.

Health Conditions

Please inform the Spa or Hotel at point of booking of any health conditions, allergies, injuries or treatment when making your Spa reservation. Please inform the Spa if you are pregnant, we offer specially designed treatments for expectant mothers.



Thornton Hall Hotel & Spa
Thornton Hough, Wirral, CH63 1JF
www.thorntonhallhotel.com

Tel: 0151 353 0116 Fax: 0151 353 3736
The Lodge Tel: 0151 353 3737
Email: info@thorntonhallhotel.com

Monday - Friday: 9.00am - 9.00pm
Saturday: 9.00am - 6.00pm
Sunday: 10.00am - 5.00pm

