



JUST CLOSE YOUR
EYES AND RELAX

TREATMENT MENU

FACE AND EYE TREATMENTS

ELEMIS PRO-COLLAGEN AGE DEFY FACIAL **£72 | 60** MINUTES

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS DYNAMIC RESURFACING PRECISION PEEL FACIAL **£72 | 60** MINUTES

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

ELEMIS SUPERFOOD PRO-RADIANCE FACIAL **£72 | 60** MINUTES

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

ELEMIS SKIN SPECIFIC FACIAL **£60 | 60** MINUTES

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs. Where needed, hot stones are also used to penetrate warmth and help ease aches and pains.

REVIVE YOURSELF FACIAL **£39 | 30** MINUTES

Therapist will perform a skin analysis and use a range of ELEMIS products to suit your facial skin type. Combined with special massage techniques to promote deep relaxation.



MASSAGE

HOT STONE MASSAGE **£45 | 30** MINUTES **£65 | 50** MINUTES **£78 | 90** MINUTES

Balinese stones bathed in body oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

DEEP TISSUE MASSAGE **£39 | 30** MINUTES **£60 | 50** MINUTES **£72 | 90** MINUTES

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

SWEDISH MASSAGE **£39 | 30** MINUTES **£60 | 50** MINUTES **£72 | 90** MINUTES

As the best-known type of bodywork performed, one of the goals of the Swedish massage technique is to relax the entire body.

ELEMIS PEACEFUL PREGNANCY MASSAGE **£72 | 75** MINUTES

Performed on a pear-shaped beanbag that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

BACK, NECK, SHOULDER AND SCALP **£48 | 45** MINUTES

This massage is suitable for anyone who wants to relieve stress in the back, neck, shoulder and scalp areas in particular. It will help to reduce the stress of everyday life.

LEG BLITZ **£39 | 30** MINUTES

Our legs and feet bear the weight of our entire body. This massage warms and stretches the contracted muscles and allows them to relax, easing away muscle tension.

FACE AND SCALP **£39 | 30** MINUTES

Facial massage is a very popular treatment to slow down the aging process and achieve a healthier looking skin. It is also used to ease stress, migraine headache and sinus congestion.

BODY TREATMENTS

ELEMIS INTENSELY CLEANSING SALT SCRUB – LIME AND GINGER

£46 | 30 MINUTES

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

ELEMIS BODY SCULPTING AND COLON THERAPY

£72 | 60 MINUTES

This treatment targets stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying fennel leg mask is applied and combined with specialist massage techniques to deep cleanse the body's systems, helping firm and smooth the skin whilst stimulating the circulation and reduce fluid retention.

REVIVE'S BODY SHINE

£39 | 30 MINUTES

This treatment includes body brushing, full body exfoliation and an application of deep nourishing moisturiser. Ideal before or after a holiday.



NAIL STUDIO

Take your nail treatment to the next level with Jessica GELeration for an extra splash of colour that lasts longer.

JESSICA GELERATION SHAPE AND POLISH

£34 | 45 MINUTES

JESSICA GELERATION DELUXE MANICURE

£46 | 60 MINUTES

JESSICA GELERATION ZENSPA PEDICURE

£46 | 60 MINUTES



CLASSIC MANICURES & PEDICURES

CLASSIC MANICURE

£33 | 45 MINUTES

The classic manicure adds some relaxation to the basics of the mini manicure in the form of hand massage and exfoliation.

CLASSIC PEDICURE

£33 | 45 MINUTES

The classic pedicure adds some relaxation to the basics of the mini pedicure in the form of foot massage and exfoliation.

DELUXE MANICURE

£35 | 60 MINUTES

The deluxe manicure is for those looking for some real indulgence and deeper moisturisation. On top of the classic manicure hand massage and exfoliation, it also adds the luxury of heated mits.

DELUXE PEDICURE

£35 | 60 MINUTES

The deluxe pedicure is for those looking for some real indulgence and deeper moisturisation. On top of the classic pedicure foot massage and exfoliation, it also adds the luxury of heated mits.

MINI MANICURE OR PEDICURE

£22 | 30 MINUTES

The mini nail treatments are perfectly suited for those clients that are looking to keep their nails looking neat and tidy with some colour. Includes cuticle work, file and polish.



LADIES WAXING

FULL LEG WAX

£30 | 45 MINUTES

THREE QUARTER LEG WAX

£27 | 30 MINUTES

HALF LEG WAX

£24 | 30 MINUTES

HOLLYWOOD WAX

£30 | 30 MINUTES

BRAZILIAN WAX

£28 | 30 MINUTES

BIKINI WAX - STRIP WAX

£13 | 15 MINUTES

LIP AND CHIN WAX

£13 | 15 MINUTES

UNDERARM WAX

£13 | 15 MINUTES

ARM WAX

£13 | 15 MINUTES

EYE BROW WAX

£13 | 15 MINUTES

FOREARM

£23 | 30 MINUTES

MENS WAXING

CHEST AND BACK WAX

£30 | 45 MINUTES

CHEST OR BACK WAX

£20 | 30 MINUTES

TANNING AND TINTING

COMBINED LASH AND BROW TINT* **£23 | 30** MINUTES

EYE LASH TINT* **£16 | 30** MINUTES

EYE BROW TINT* **£12 | 15** MINUTES

EYE BROW WAX AND TINT* **£18 | 30** MINUTES

ST TROPEZ SPRAY TAN* CLASSIC **£27 | 15** MINUTES

A formula left to develop for at least 8 hours before washing off.

ST TROPEZ SPRAY TAN* EXPRESS **£27 | 15** MINUTES

Last minute tan? Choose your tanning time. Wash off within 1 hour for a light tan, 2 hours for a medium tan and 3 hours for dark.



*A patch test is required 24 hours before treatment

SPA DAYS

ABSOLUTE SPA RITUAL **£135 | 120** MINUTES

ELEMIS pro-collagen age defy with the powerful effects of the ELEMIS freestyle deep tissue massage which combine to create a pure relaxation with dramatic effect.

ULTIMATE 'REVIVE' **£135 | 120** MINUTES

ELEMIS freestyle deep tissue massage, ELEMIS skin specific facial and the choice of a mini pedicure or mini manicure.

CREATE YOUR OWN **£99 | 60** MINUTES

Choose from two of the following treatments; revive yourself facial, 30 minute deep tissue massage, revive's body shine, face and scalp massage, mini pedicure or mini manicure.

MOTHER TO BE **£135 | 105** MINUTES

Includes ELEMIS peaceful pregnancy massage and classic pedicure.

RELAX AND 'REVIVE' **£59 | 30** MINUTES

Personalise and tailor your own day by choosing any treatment from the below; revive yourself facial, 30 minute deep tissue massage, revive's body shine, face and scalp massage, mini pedicure or mini manicure.

TOTAL TIME OUT FOR MEN **£135 | 120** MINUTES

This treatment combines the dynamic and immediate tension relief of the ELEMIS freestyle deep tissue massage with ELEMIS facial.

Spa day clients have access to the swimming pool, spa pool, and gym, changing rooms, lockers, relaxation room, poolside loungers, sauna and steam room. They are provided with robes, towels and can enjoy complementary magazines.

All* spa days include a sandwich platter and glass of bubbly.

*Excluding midweek spa days.

MIDWEEK SPA DAYS

GOLD PACKAGE

£65 | 75 MINUTES

This treatment combines a back, neck, shoulder and scalp massage and anti-aging power boosting facial to help the body detox and relax.

SILVER PACKAGE

£55 | 60 MINUTES

This treatment involves a deep tissue 30 minute back massage and revive yourself facial.

BRONZE PACKAGE

£45 | 45 MINUTES

This treatment combines a Swedish back massage 30 minute and express facial as a great 'pick me up' for the midweek.



Midweek spa day clients have access to the swimming pool, spa pool, and gym, changing rooms, lockers, relaxation room, poolside loungers, sauna and steam room between Monday – Friday 10am–4pm. They are provided with robes, towels and can enjoy complimentary magazines.

CLIENT INFORMATION

SCHEDULING AN APPOINTMENT

To schedule an appointment, please contact our reception team who can guide you in choosing the perfect treatments. To ensure your preferred time and service is available, we recommend booking in advance. All spa treatments and packages will need to be guaranteed with 50% deposit.

TREATMENT TIME

Your treatment time as advertised in the brochure includes a before and after care consultation as a complimentary service.

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a spa consultation form and/or health questionnaire. Late arrivals may result in the scheduled time being reduced or not honoured. Cancellation charges will apply in the event of a no show or late cancellation.

CANCELLATION POLICY

Cancellations within 24 hours of booked treatment time incur a 100% cancellation fee. Cancelling before the 24 hours will result in a loss of deposit.

SPA ETIQUETTE

To preserve the tranquillity of the spa we request that all clients switch off their mobile phones and leave them in their locker. We kindly request that clients keep noise to a minimum. All valuables are left at the owners risk and revive Health Club and Spa will not be held responsible for any losses or damage.

PRICES

All prices are quoted in GBP and are subject to change. Gratuities are not included and are welcomed at your discretion.

MEDICAL CONDITIONS & PREGNANCY

Some of the treatments offered are not suitable for clients with certain medical conditions or during pregnancy. At time of booking, please draw to our attention any of the following conditions: epilepsy, allergies, heart conditions, high/low blood pressure, scar tissue, varicose veins, skin conditions, diabetes, cancer, thyroid, pregnancy and recent surgery.

CHILDREN'S POLICY

Access to treatments, spa and heat experiences and gym are restricted to over 16's.

GIFT VOUCHERS

Spa gift vouchers can be purchased from the spa reception. Please ask a member of the team for more information.

HOME CARE & RETAIL PRODUCTS

To continue your spa experience, we recommend that you follow a regimen at home using the products suggested during your treatment for optimal results. Please ask your therapist or the spa receptionists for more information.



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