

face

[comfort zone] a luxurious Italian skincare range that draws inspiration from aromatherapy, phytotherapy & advanced chemistry. Facials begin with the tranquility welcome to relax & soothe the senses, followed by cleansing, toning, exfoliation, a slow deep massage to face, neck & décolleté, prescribed mask & finishing products.

rebalance & calm

skin resonance facial

A desensitising & reinforcing treatment for sensitive delicate skin. This facial is decongesting, rebalancing & protective for reactive skins prone to couperose redness & fragile capillaries. The skin is left nourished & toned.

60 minutes £42.00

purify

active pureness rebalancing facial

A deep cleansing treatment ideal for oily, depleted & impure skin. Extracts of sage, balm mint & orange fruit water deeply cleanse & leave the skin feeling fresh & restored. Includes steam & extraction if required.

60 minutes £42.00

moisturise

hydramemory facial

A deeply hydrating treatment for face, neck & décolleté that results in renewed moisture & silkiness. Tone & luminosity is restored, whilst hibiscus & honey work to retain moisture in the skin.

60 minutes £43.50

anti-age

chrono-reverser collagen facial

Extraordinary treatment to resurface, revitalize & deeply hydrate the skin. Plumps out fine lines & leaves skin supple & moisturised.

60 minutes £48.50

glorious skin

An immediate lifting, plumping & tensing effect. Excellent for a special occasion & will give ongoing lifting & firming effects, especially when used in conjunction with a homecare programme.

60 minutes £46.00

lip blooming treatment

Nourish, plump, hydrate & volumize the lip & lip contour area.

Combine with any facial £9.00

eye supreme anti-aging

Rejuvenates the area around the eyes, reducing dark circles, puffiness & wrinkles.

30 minutes £23.50
Combine with any facial £15.75

shaping & tinting

eyebrow shape	£9.00	eyelash tint	£14.50
eyebrow tint	£9.50	eyelash & eyebrow tint	£19.50
eyebrow shape & tint	£15.00		

waxing

Lip	£9.00	bikini	from £12.50
chin	£9.00	half leg	£18.00
underarm	£12.50	full leg	£26.00

lash extensions

New Professional semi-permanent eyelash extensions provide thickness & length to natural eyelashes thus enhancing the charm and appeal of your eyes.
Full Set £55.00 2 hours Infills from £22.00

massage

therapeutic

swedish massage

A deep & therapeutic massage, perfect for muscle tension & targeting aches & pains.

Full Body	60 minutes	£43.00
Back, Neck & Shoulders	30 minutes	£27.50
Foot & Calf	30 minutes	£27.50

holistic

aromatherapy massage

Holistic massage using prescriptive essential oil blends.

Full Body	60 minutes	£43.00
Back	30 minutes	£27.50
Head & Body	90 minutes	£60.00



hot stones massage

Deeply relaxing massage treatment using smooth, heated, Mexican basalt stones.

Full Body	75 minutes (Plus 15 mins rest)	£60.00
Back	45 minutes	£39.00

indian head massage

The head, neck & shoulders are important energy centres of the body. This holistic treatment calms the spirit & promotes a deep sense of relaxation.

30 minutes £27.50

New reflexology

A natural healing art through application of pressure on the reflexes. Relieves tension, improves circulation & helps promote the natural function of the related areas of the body.

45 minutes £40.00

New hopi candles

A deeply relaxing, holistic treatment, the Hopi Candle acts like a chimney in the ear, drawing out impurities. This can help to promote lymphatic circulation, alleviate allergic conditions & relieve chronic ear pain.

30 minutes £27.00



hands & feet

Jessica has developed innovative products specifically designed to treat dry, brittle, normal or post-acrylic nails. Treatments include cuticle care, shaping, massage & a Jessica midi-polish of your choice (excluding French painting).

spa manicure 45 minutes £25.00

luxury spa manicure 75 minutes £35.00

With LeRemedie exfoliation & a luxury mask.

luxury thermal manicure 75 minutes £35.00

Perfect for dry skin, poor circulation or aching joints.

spa pedicure 60 minutes £30.00

luxury thermal pedicure 75 minutes £38.00

Perfect for dry skin, poor circulation or aching joints.

file & polish 30 minutes £17.50

New GELeration is a soak-off gel formula delivering a long-lasting flawless finish that's dry in seconds & protects the natural nail.

gELeration spa gel overlay plus 15 minutes £15.00

gELeration spa gel refresh 30 minutes £20.00

Recommended after 2 weeks

gELeration removal & treatment 30 minutes £10.00

gel removal followed by reapplication plus 15 minutes £4.50

body

detox & drain

monticelli mud wrap

Detoxifying & draining action due to the active ingredients in the hot, soft Monticelli mud, enriched with mineral salts.

60 minutes £45.00

body strategist remodelling cellulite wrap

Intense cellulite reducing treatment, carnitine & caffeine have an exceptional effect on eliminating fatty deposits. A course is highly recommended for best results.

60 minutes £45.00

moisturise

aromatic body touch wrap

Relieving tension & stress using [comfort zone's] blend of tranquility oil to calm & soothe the senses, leaving the skin extremely smooth & velvety.

60 minutes £45.00

exfoliate

luxury spa exfoliating treatment

A rejuvenating body treatment, ideal for any skin type. Improves circulation & eliminates toxins, leaving the skin luminous, hydrated and soft.

45 minutes £38.50

face & body

top to toe

A stimulating body exfoliation, an anti-ageing serum to improve elasticity & a rich firming body cream. A hydrating facial, including massage & mask, is incorporated into this all over treatment that leaves the skin nourished from top to toe.

90 minutes £65.00

aspara infinity signature treatment

Our infinity signature treatment restores vitality & a profound sense of well-being for mind, body & soul. This unique treatment includes a purifying exfoliation, energising massage including manipulation & stretching, a rebalancing & hydrating facial & a hair & scalp treatment.

90 minutes £65.00

packages

Our packages begin with use of the hydra-spa (excluding 'mums to be'), an excellent precursor to treatment, helping to relax the body & promote increased circulation.

holistic

Hydra-Spa, Indian Head Massage, Hot Stone Back Massage & Aromatic Facial.
3 hours 30 minutes £108.50

relax

Hydra-Spa, Aromatherapy Back Massage, Aromatic Facial & Luxury Spa Manicure
3 hours 45 minutes £104.50

fit for the beach

Hydra-Spa, Eyelash Tint, Eyebrow Shape, Luxury Spa Exfoliating Treatment, Half Leg Wax & Pedicure.
4 hours 15 minutes £110.00

ever youthful

Hydra-Spa, Aromatic Body Touch Wrap & Chrono-Reverser Collagen Facial.
3 hours 15 minutes £93.50

after the match

Hydra-Spa, Indian Head Massage, Swedish Back Massage & Pedicure.
3 hours 15 minutes £83.00 male
£85.00 female

mums to be

Indian Head Massage, Spa Pedicure & Facial 2 hours 30 minutes £88.00



HYDRa - spa

With a stunning interior featuring Italian natural stone, glass screens & subtle lighting, the centrepiece of the spa is a mosaic tiled hydrotherapy pool. As well as relaxing the mind, easing tension & generally promoting well-being, the warm temperature & buoyancy of the water relaxes the muscles, eases painful joints & reduces inflammation.

Water jets provide a deep localised massage; airjets, a gentler, soft tissue massage. The gleaming steel water canon eases tension in the back, neck & shoulders, & bathers can comfortably swim or exercise against the counter current units of the pool.

The Hydra-Spa also has a steam cabin & traditional sauna, both excellent for releasing harmful toxins, cleansing the skin & improving circulation. After enjoying the facilities of the Hydra-Spa, relax in your robe on our poolside loungers. Towel, Robe, Slippers & Lockers are provided.

Single Session (90 minutes)	£12.50
Precursor to Treatment (over £20.00)	£9.00
Hotel Guest	£7.50

Just for men



Many treatments are suitable for both men & women although the following are specific:

PRESCRIPTION FACIAL

Skin is assessed and products selected to combat signs of ageing, moisture loss, congestion or sensitivity.

60 minutes £40.00

MANICURE

45 minutes £23.00

PEDICURE

60 minutes £28.00

CHEST WAX

from £18.00

BACK WAX

from £20.00

BOOKING TERMS & CONDITIONS

The hydra-spa is open from 9.30 a.m. - 10.00 p.m. Tuesday to Sunday.

Treatments are available Tuesday to Saturday including evening appointments.

Please arrive ten minutes before your first appointment to complete a consultation form.

Times indicated are for the full duration of the appointment & include treatment time & dressing.

Clients arriving for treatment appointments may use the hotel's car park, subject to availability, although car keys must be left with the spa reception.

We would be happy to arrange inclusion of lunch or refreshments at the popular Blinis Café-Bar, adjacent to Aspara.

During periods when the spa reception is unattended, please access the hydra-spa & treatment rooms via the hotel reception.

If you are undergoing treatment or using prescribed medication, it is recommended that you consult with your doctor before using the hydra-spa.

Patch test required 24 hours prior to tinting if you have not had tint in the past 6 months

Anyone requiring walking aids must be accompanied in the hydra-spa at all times.

Hydra-spa minimum age - 16 years.

Please switch mobile phones to silent.

Any of our treatments may be pre-paid as a course of six, attracting a 10% discount.

24 hours notice is required in the event of a cancellation to avoid incurring charges.

Packages must be paid in full in advance.

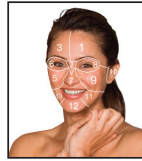
Treatments & prices are subject to change without prior notice.

Hotel guests enjoy 10% discount off treatment prices, although no discount on packages.

Prices include VAT at 20%.

Updated Dec 2011

dermalogica®



your future is written all over your face

Combining our advanced treatment expertise with Dermalogica's revolutionary formulations, we can treat the cause of your skin problems, not just the symptoms.



AGEsmart

Duration 75 mins £49

This most powerful Dermalogica treatment combats prematurely ageing, dry & sun damaged skins, using a combined vitamin & hydroxy acid exfoliation.



mediBac

Duration 1 hour £44

Ultimate treatment for oily, congested skin, helping to purify skin whilst helping prevent further breakouts. Deep cleansing & calming.



calm control

Duration 1 hour £44

Ultra-calmina treatment to reduce inflammation & soothe sensitised, exposed skins.



ChromaWhite

Duration 1 hour £44

This all-over brightening to the skin surface, exfoliates dulling, surface debris & treats pigmentation.



professional face treatment

Duration 1 hour £42

Includes a thorough skin consultation, face mapping, cleansing, exfoliation, massage & treatment masque. Products are selected according to skin type.



men's face treatment

Duration 1 hour £40

Addresses problems associated with male skin types; soothes & calms irritations caused by shaving whilst, preventing ingrown hairs.

microzone

microzone treatments target pressing skin issues in just 30 minutes!

They're the quick skin fix that gets you in, gets skin repaired & gets you out of the door in less time than you take for a lunch break. 30 mins - £27.50

blackhead relief

Intense purifying treatment dives deep into pores to extract sebum & breakout-causing bacteria.

purifying back treatment

A super-smoothing back treatment to rid the skin of impurities & congestion.

flash exfoliation

Firms, resurfaces & brightens skin with a maximum-strength exfoliation.

rapid spot clearing

Helps target & expedite the clearing process of that irritating breakout with extensive cleansing ingredients to clear sebum.



TREAT THE BODY calm THE MIND
Lift THE SOUL

aspara's PHILOSOPHY IS TO PROMOTE
HEALTH AND WELL-BEING WITH THE
RESTORATIVE PROPERTIES OF HYDROTHERAPY,
HEAT TREATMENT AND THERAPEUTIC TOUCH.

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treatment List

gift VOUCHERS avaiLable