



the retreat

treatments

elemis facial treatments

pro-glow renewal facial 50minutes £80

elemis signature deep cleansing skin wellness facial showcasing prebiotics and antioxidant-rich goodness to deliver a healthy looking, lit-from-within glow. in one treatment, skin looks visibly refreshed and rebalanced.

pro-glow smooth 50minutes £90

the hiit workout for your skin powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. after just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

pro-glow resurface 50minutes £90

resurfacing for stunningly smooth skin purify and brighten as skin's texture is transformed. with a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented tri-enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

pro-glow brilliance 50minutes £80

your recipe for radiance turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. a fusion of superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant, and healthy.

pro-glow genius facial 75minutes £90

your line-fighting superhero facial clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. powered by our ultra-smart technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer looking. an unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

body treatments

aromatherapy massage

aromatherapy is a specific type of therapy that incorporates the use of scented and blended oils into a massage

25 minutes (back, neck, shoulder)

£35

50 minutes (full body)

£65

bespoke massage

the goal of a bespoke massage is to improve circulation and promote relaxation through soothing the muscles. the techniques involve soft tissue strokes over the areas which are prone to pain and where the muscles are larger and thicker the pressure is changed, and the massage is deeper.

25 minutes (back, neck, shoulder)

£40

50 minutes (full body)

£75

pregnancy massage

pregnancy massage is specifically tailored for the mother-to-be (available after 16 weeks). this is a hands-on treatment aiming to benefit such things as; easing aches and pains, relaxation and preparation for labour.

25 minutes (back, neck, shoulder)

£40

50 minutes (full body)

£75

lava shell massage

lava shells are the world's first self-natural, biodegradable heat technology that delivers continuous heat for up to an hour.

25 minutes (back, neck, shoulder)

£45

50 minutes (full body)

£80

indian head massage

indian head massage is a relaxing holistic treatment that uses acupressure massage on the head, face, neck and shoulders. It aims to rebalance your body's energies.

25 minutes

£35

scrubs & wraps

elemis velvet nutrition mud wrap 30minutes £45
the velvety texture of monoi oil offers intense hydration to quench thirsty skin. you are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic

elemis intensely cleansing salt scrub 30minutes £45
fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. this luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

manicures / pedicures

fly by mii
achieve extra protection extra fast. hands / feet are cleansed and conditioned, and cuticles moisturized. nails are beautifully shaped and treated with a prescriptive base coat, before the final flourish of your chosen colour confidence polish and high shine topcoat to finish, or statement gel polish.
treatment time: 30 minutes £29

indulge mii
hands/feet drink in all the benefits of the treat mii manicure below, with the additional indulgence of a rich hand mask and heavenly hand and forearm massage.
treatment time: 55 minutes £49

naturally mii
(a reduced time of those specified above)
select from the above mii services but go colour free. nails can be buffed to a natural sheen or finished with a prescriptive base coat.
treatment time: 20 minutes £25

remove mii statement gel
fast, efficient, and gentle removal of statement gel polish. taking the greatest care of the cuticles and natural nails, leaving them conditioned and hydrated, with a blissful coconut fragrance.
treatment time: 20 minutes £10

beauty treatments

waxing

lip or chin	£10
underarm	£10
forearm	£15
half leg	£20
full leg	£30
bikini line (regular)	£25

eyes & eyebrows

eyelash tint	£10
eyebrow tint	£10
eye trio (eyebrow wax, shape, and tint)	£30