

Your residential spa day package will include one nights' accommodation in a luxurious standard room, full English breakfast and dinner.

All our packages also include:

- Accommodation in a luxurious standard room.
- Dinner in the Restaurant.
- Full English breakfast.
- Refreshment on arrival in the spa. Robes, slippers and towels.
- Thermal Heaven (sauna, experience showers, steam room, foot spa, heated loungers and ice fountain).
- Tranquillity Suite (relaxation room).
- Unlimited access to swimming pool, steam room, foot spa, heated loungers and ice fountain).
- Unlimited access to the gymnasium.

Choose from one of the following great packages:

Purity Spa Stay **£99 per person***

One Half Hour Treatment from a choice of:

- Atlas Rasul – skin enriching mud steam room.
- Rejuvenating Facial.
- Essential Tension Massage.
- ESPA Salt and Oil Scrub.

Glow Spa Stay **£119 per person***

One 60 minute Treatment from a choice of:

- Detox Body Wrap.
- Intensive Facial.
- Body Glow Treatment.
- Full Body Massage.

Escape Spa Stay **£139 per person***

Atlas Rasul – skin enriching mud steam room.
Plus a choice of one of the following 60 minute treatments:

- Detox Body Wrap.
- Intensive Facial.
- Body Glow Treatment.
- Full Body Massage.

unrivalled luxury awaits

Gift Service

To make your visit with us even more special, we also offer a gift service which will be placed in your room awaiting your arrival.

Gifts include the following:

- Champagne **From £49.95**
- Flowers **From £35.00**
- Chocolates **From £5.00**
- ESPA Gift Bag **P.O.A**
- Hair and Makeup Gift Bag **P.O.A**

N.B. We will need 24 hours notice for all gifts to be arranged.

To help you enjoy your time we have carefully chosen treatments that create a journey of balance and relaxation. All of our packages include:

- Refreshment on arrival. Robes, slippers and towels.
- Thermal Heaven (sauna, experience showers, steam room, foot spa, heated loungers and ice fountain).
- Tranquillity Suite (relaxation room).
- Unlimited access to swimming pool, steam room and spa bath.
- Lunch and glass of wine in the Cosmopolitan Bistro.
- Unlimited access to the gymnasium.

Rebalance Spa Day **£180**

- ESPA Salt and Oil Scrub.
- Atlas Rasul – skin enriching mud steam room.
- Full Body Massage.
- ESPA Intensive Facial.

Double Decadence **£130** (per person)

Perfect for two.

- Rejuvenating Facial in the Romance Suite.
 - Atlas Rasul – skin enriching mud steam room.
 - Full Body Massage in the Romance Suite.
- Upgrade your massage to include hot stones for just £15 per person.

Maternity Indulgence Treatment **£120**

- Maternity Indulgence Treatment.
- ESPA Intensive Facial.
- Custom Pedicure.

Escape Spa Day **£99**

Atlas Rasul – skin enriching mud steam room.
Plus a choice of one of the following 60 minute treatments:

- Detox Body Wrap.
- Intensive Facial.
- Body Glow Treatment.
- Full Body Massage.

Men's Stress Buster **£99**

- Essential Tension Massage.
- Men's Purifying Facial, Shoulder and Scalp Treatments.

Glow Spa Day **£85**

One 60 minute Treatment from a choice of:

- Detox Body Wrap.
- Intensive Facial.
- Body Glow Treatment.
- Full Body Massage.

Purity Spa Day **£60**

One Half Hour Treatment from a choice of:

- Rejuvenating Facial.
- Essential Tension Massage.
- Oriental Head, Neck and Shoulder Massage.

a journey of balance and relaxation

Thermal & Wet Spa

Relax and take time out

Up to 2hrs **£20**

Full Day **£35**

Come and enjoy the relaxation suite pre or post treatment and extend your me time. Full use of the wet spa and pool for a little bit more.

Gravity Retreat **£25**

Simply float away on our unique Dry Float 30mins. This is a unique treatment where you experience weightlessness and float away on this dreamy bed of water. We begin with a light body brush preparing your skin for a choice of conditioning oils or creams. Then we float you away to relax, unwind & be awakened by sea mist and return to earth a new you.

Atlas Rasul

£25 (per person)

Skin enriching mud steam room 30mins.

A must for any globe trotter wanting to relax and restore the natural balance and rhythm of body and mind. This treatment can be shared with a friend and begins with applying the rare natural mineral-enriched clay with elixirs of Jasmine or Rose to soften and restore suppleness to the skin.

Whilst you sit back and relax, covered in mud, the room fills with steam to infuse with the mud to release any toxins and tone the skin. Then the heavens open up and a monsoon rain shower cleanses you from head to toe.

sumptuous and so relaxing



Age Defyer Facial with Super Actives 90 mins £85

Special facial massage techniques and Super Active products, rich in anti oxidants, help hydrate and protect your skin with particular focus on the area around the eyes, neck and lips that are prone to fine lines. The anti-ageing benefits of this treatment visibly improve the appearance of your skin, minimising lines and wrinkles and leaving skin fresh and replenished.

Espa Holistic Back Face & Scalp Treatment 90 mins £75

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 and finishes with a therapeutic head massage to help clear the mind and calm the spirit.

Espa Intensive Facials 60 mins £60

All ESPA Facials begin with a detailed consultation and in-depth skin analysis using a Woods Lamp to identify skin conditions not visible to the naked eye, allowing your

therapist to tailor the treatment to your individual needs and recommend skincare products for your personal regime at home. The facial follows with triple cleansing, gentle yet effective exfoliation, facial massage techniques and a face mask chosen to suit the skin condition. To achieve and maintain the ultimate in healthy, radiant skin we recommend facials once a month.

The following facials are available:

Skin Brightener Facial - Exposure to pollution, lack of sleep and stress can result in dull skin, lacking vitality and luminosity.

Regenerating Facial - A luxurious and regenerating facial created for maturing skin.

Re-Hydrator Facial - An intensive and regenerating moisture boost for dry, dehydrated skin.

Balancing Facial - Ideal for oily, congested and problematic skin or those suffering with hormonal imbalance.

De-Sensitiser Facial - A comforting facial for sensitive, fragile skins prone to redness and irritation.

unlocking your inner energy



Full Body Massage 60 mins **£60**

A therapeutic full body massage using blends of essential oils personally selected for your individual needs. This deeply relaxing and aromatic massage works on the pressure points of the body using slow massage techniques to suit your needs and aromatherapy oils known for their healing properties; which are inhaled and absorbed through the skin to achieve your desired results.

Choose from the following:

De-Stresser

Muscle Relaxer

Jet-Lag Reviver

Body Toner

Energiser

Immune Booster

Upgrade your Treatment to include Hot Stones for an extra £15.00.

Maternity Indulgence Treatment 80 mins **£75**

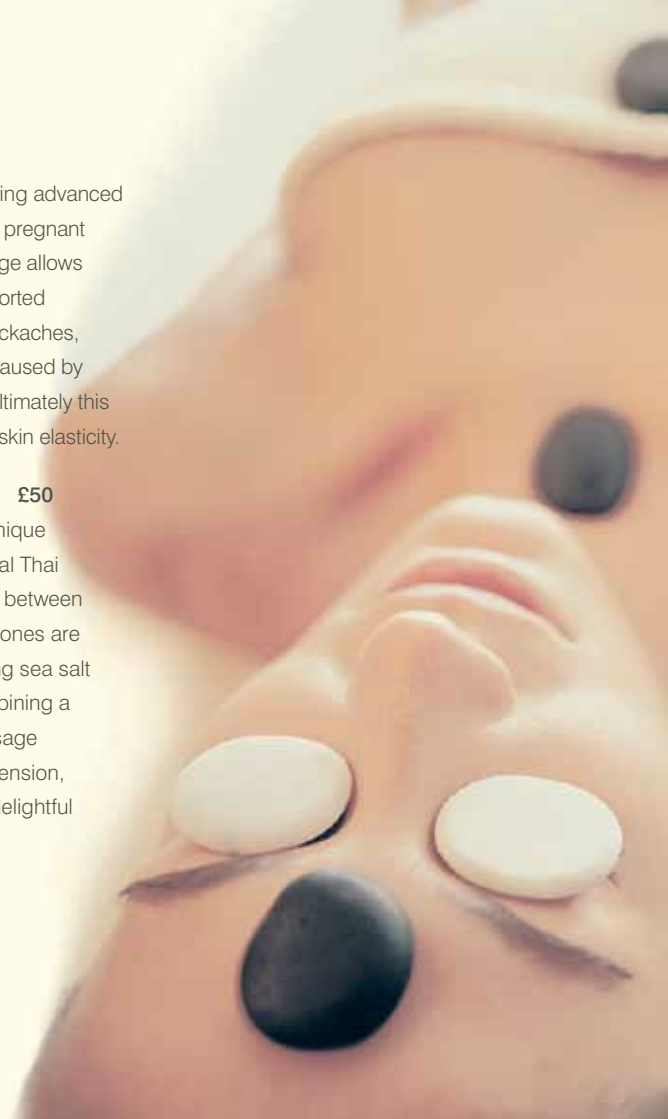
This nurturing massage has been carefully designed for pregnant and nursing mothers.

Performed by experienced therapists using advanced techniques that are safe and effective for pregnant women. The soothing essence of massage allows pregnant mums to unwind and feel comforted during this special time and alleviates backaches, headaches, shoulder and neck tension caused by muscle tightness and shifts in posture. Ultimately this treatment reduces fatigue and improves skin elasticity.

Take Thai "M" Out Massage 60 mins **£50**

Melt away the stresses of life with this unique massage treatment inspired by traditional Thai massage techniques to create harmony between mind and body. Your body's relaxation zones are stimulated with heated bolus's containing sea salt crystals and ocean spray lavender. Combining a thermal experience with traditional massage movements, this treatment melts away tension, restoring balance and inner warmth. A delightful pampering treat.

the soothing essence of massage



ESPA Body Treatments

ESPA Body Treatments combine the best of ancient and modern techniques to release tension and leave you feeling deeply relaxed and rebalanced.

Experience the physical and emotional therapeutic benefits of these advanced body treatments which are tailored to your specific need.

Deeply Relaxing Body Treatment 2 hrs £95

This total body treatment warms the muscles, soothes the body and comforts the skin. The treatment begins with body brushing and exfoliation to smooth and soften the skin; an indulgent massage follows using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles and melt away tension from the body. A comforting head, neck and shoulder massage allows you to relax and unwind before gentle stretching helps bring your body and mind back into harmonious balance.

feel deeply relaxed and rebalanced

Advanced Back, Face and Scalp Treatment

with Hot Stones 2 hrs £95

Designed to target the classic areas of stress, from headaches, neck pain and shoulder tension and the effect these have on the skin. A stimulating and deep cleansing back exfoliation is followed by a powerful back massage using volcanic hot stones and aromatic oils to melt away any tension. The personalised ESPA Facial uses specific products designed to suit the needs of your skin, and follows with a stress relieving scalp massage. The result is re-hydrated, revitalised skin, and a sense of deep relaxation for mind and body.

ESPA Total Holistic Body Care 90 mins £75

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 a deep body, face and scalp massage using a blend of essential oils chosen to suit individual requirements.

Anti Cellulite Hip and Thigh Treatment 60 mins £60

An effective massage targeting areas prone to cellulite, fluid retention and uneven skin texture. The body is exfoliated using a special blend of seaweed, salt and oil and removed using iced mitts to help tone and firm the skin. A brisk and powerful detoxifying massage follows, stimulating the lymphatic system to improve the appearance of the skin. We Recommend a Course of 6 Treatments for the best results.



ESPA Body Wraps 60 mins

£60

This tailor-made experience includes skin brushing, body exfoliation and a complete body wrap of Algae, Marine Mud or Oshadi Clay combined with essential oils and blended to meet your specific needs. The body wrap is designed to comfortably raise the temperature and induce perspiration to help eliminate toxins and increase the effects and absorption of the oils in the wrap. Ultimate tranquillity is achieved with a mind calming Oriental head massage during the envelopment.

Warming Oshadi Clay

This wrap is soothing and comforting and eases tension and tightness in the muscles and joints.

Detoxifying Algae

The cleansing benefits of the Marine Algae wrap help to eliminate toxins and excess fluid to refresh and revitalise.

Restorative Marine Mud

Rehydrate and restore skin softness with this nourishing and replenishing wrap. Ideal for dry, sensitive skin in need of a moisture boost.

rehydrate, nourish and replenish



contouring and firming

Ionithermie Cheek Lift 60 mins **£60**

Create the perfect shape with this targeted treatment for your bottom. No pain, lots of gain with this relaxing workout designed to give a lift to the bottom as well as reduce unsightly 'orange peel'. A mud mask is applied combined with the muscle stimulation from Ionithermie that will tone and lift each cheek. You now have a bottom ready for a pair of hot pants.

Ionithermie Hip & Thigh Sculpt 60 mins **£60**

This treatment focuses on reshaping the hips and thighs to give a firmer, more toned body. A revolution in muscle toning and cellulite breakdown, Ionithermie combines a holistic massage and mud treatment with gentle muscle stimulation to tone and detoxify. With instant results you will be able to fit your favourite pants once again for some funky moves.

Ionithermie Tummy Trim 60 mins **£60**

If you want that firmer look you once had, then lay back and enjoy the relaxing 'Tummy Trim'. After a body buff and gentle massage, feel the warming marine mud detoxify and restore your inner balance. This treatment combines pulses of energy which tone the muscles and help with the break-down of soft fat, resulting in an instantly firmer look. You will have the sculpted midriff restored.

Treatment Tips

We offer a number of Ionithermie packages at the Formby Spa which you can enjoy and would recommend a course of Ionithermie treatments to boost the benefits, improve the lasting effect. In addition to the treatments one of our team of expert therapists would be delighted to guide you through the selection of contouring and firming home care collection from ESPA to support you until your next visit with us. **N.B.** Ionithermie is a no-nonsense therapy that involves sending rhythmic electrical pulses.



ESPA Regenerating and

Firming Eye Treatment 25 mins **£35**

Perfect for those who are concerned with the first signs of ageing which appear around the eye area. The Eye Lift is also welcome treat for those suffering from eye-strain and computer headaches and contact lens wearers. A blissful firming and hydrating treatment using specific products rich in Seaweed Extract, Green Tea and Vitamin C, which help to reduce the appearance of fine lines and protect against the environment.

Rejuvenating Facial 25 mins **£35**

Let our qualified therapists bespoke this treatment to suit your skin needs, a perfect boost when time is of the essence.

Essential Tension Massage 25 mins **£35**

Using traditional massage techniques to help relieve tension in the back neck and shoulders which are known to be the most common areas to feel the effects of stress.

ESPA Salt and Oil Scrub 25 mins **£35**

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand alone treatment or in preparation for an Aromatherapy Massage.



complete luxury treatments

We encourage our male guests to enjoy any of our treatment experiences; however this selection is designed to help address specific areas of focus such as stress related tension, tight muscles and congested skin.

Golfer's Tonic 90 mins **£70**

After a hard day on the greens, soothe aching muscles with this treatment targeting the back, neck, legs and feet. This treatment begins with a soothing foot soak, scrub and massage tailored to you to restore energy to golf-wearied feet and legs. This treatment is completed with a deeply relaxing back massage using hot stones to release swing tension and muscle stress.

Fitness Body Massage 60 mins **£60**

A powerful body treatment for clients suffering with deep-seated muscle tension. This specialised treatment is ideal for those who receive regular massage or who enjoy deep massage pressure.

Add hot stones for an extra £15.00

Purifying Facial, Shoulder & Scalp Massage 60 mins **£60**

This facial works at a deep level to cleanse and hydrate the skin whilst easing any muscular tension. A triple cleanse with hot towels soothes and softens the skin and facial hair to aid in clearing the complexion and preventing blocked pores. A relaxing massage of the face, shoulders and scalp follows to release tight muscles and tension, leaving you feeling totally de-stressed.

Deep Cleansing Back Treatment 50 mins **£50**

A soothing massage for muscular tension and problematic skin on the back, neck or shoulders. The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal, whilst an application of Marine Mud mask helps calm and soothe the skin. Lower legs and feet receive a deeply relaxing massage while the mask takes effect. Finally ease tension from the back with a calming Aromatherapy Massage.

leave feeling totally de-stressed

ESPA gift packs

The ESPA Gift Pack range has been carefully selected to deliver outstanding results for the face, body and mind. This luxurious and sumptuous range of gifts harnessing the best of aromatherapy, phytotherapy and thalassotherapy are available to purchase in the Spa.



File and Polish on the hands 15 mins **£10**

Especially created for the client with a busy lifestyle, the On The Move Manicure file and polish to keep hands and nails well groomed and fashionable, for use in-between Immaculate Manicures.

Custom Manicure 30 mins **£22**

The ultimate speedy treat for the 'best dressed hands and nails'. The Custom Manicure provides a 'celebrity' manicure for those who want a little luxury when time is of the essence.

Immaculate Manicure 60 mins **£35**

As voted the by Harpers Bazaar, this award winning manicure treatment provide luxury and glamour for hands and nails that deserve only the best. This complete treatment exfoliates, nourishes and protects your hands & nails against the daily wear and tear of busy lifestyles, whilst helping to deflect the signs of premature ageing. The advanced, high performance nail polish provides a long lasting, chip resistant manicure for even the most hardworking of hands.

File and Polish on the feet 15 mins **£15**

For the client with a busy lifestyle, feet will look pampered and well groomed in just 20 minutes. Recommend the On the Move Pedicure to regular pedicure clients who want a change of nail colour in between. (Re-varnish / Tidy and Varnish).

Custom Pedicure 45 mins **£27**

A speedy treat for those hard working feet! Revive tired looking feet and toes with the Custom Pedicure, designed to make the best of your feet when time is of the essence.

Pristine Pedicure 75 mins **£45**

'Like walking on air' is how you will feel after your Pristine Pedicure. Hard working feet need special care when it comes to keeping them looking and feeling fabulous. This luxury treatment is fantastic for the most neglected of feet and will be unrecognisable after they have been sloughed, buffed & bought back to life with the wonderful restorative benefits of this pedicure. Completed with advanced, high performance nail polish that provides a long lasting, chip resistant colour.

French Manicure supplement **£4**

Only available during the Immaculate Manicure or Pristine Pedicure.

Sun Kissed Golden Tan 60 mins **£45**

Create a natural looking flawless tan without sun damage with the exclusive Fake Bake Gold self tan. Enjoy a light massage as the tan envelops your body and feel the skin benefits of the antioxidant cocktail of fruit actives of pomegranate, green tea and passion fruit.

Fake Bake Spray Tan 20 mins **£25**

Waxing (Patch Test Essential)

- Eyebrow Wax/Shape **£10**
- Lip Wax **£10**
- Underarm **£15**
- Bikini **£15**
- Half Leg **£20**
- Full Leg **£30**
- Full Leg & Bikini **£35**
- Back Wax **£30**

create a natural flawless tan

eye lash extensions

Individual Semi-permanent Eyelash extensions is a simple, safe and effective method of dramatically enhancing the appearance of the eyes.

Natural Lashes are thickened and lengthened with immediate results. Lashes are almost weightless and so comfortable to wear that they look and feel just as if they're your own. Looks amazing and the results can last for up to 6 weeks. With regular top up treatments the effect is indefinite.

It is so easy to wear, once lashes are applied they do not need to be removed – even at bedtime. Perfect for holidays, weddings and for everyday use. The lashes are even water resistant.

Introductory Offer £40 subject to availability.

Full Treatment	£60
Maintenance Treatment	£25

Maintenance - The Hair growth cycle is roughly 6-8 weeks and lashes will inevitably shed with your own lashes. It is therefore recommended that a 2-3 week maintenance treatment is performed to top up any shed lashes looking at their best with regular top ups you can wear your lashes for many months as you like.

you can now look as good as you feel

makeup

bareMinerals looks like a 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.

30 minute consultation **£15**

A makeup consultation is the best opportunity to learn professional yet practical everyday makeup application tips and techniques.

45 minute special occasion **£35**

Perfect for weddings, balls, parties and other important events where you want to look your best.

bareMinerals[®]
BY BARE ESSENTIALS

