

# ESPA TREATMENTS

## BLISSFUL TRIO - FORMBY HALL SIGNATURE TREATMENT EXPERIENCE

85 Minutes

This luxurious combination begins with a cleansing of the back, followed by exfoliation and a soothing back massage to ease away stress and tension. A relaxed mind and body reflect in the skin's beauty and a hydrating and purifying facial together with a therapeutic scalp massage will compliment this radiance. The use of hot stones brings about total balance in the body, which aids the natural healing process. Includes: Back exfoliation, Back massage with hot stones, Personalised Facial, Scalp massage.

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### Back, Face & Scalp Treatment

85 Minutes

Renowned as our 'Hero' treatment and loved by all. This ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp – making it the ideal treatment for anyone. Includes: back exfoliation and hot stone back massage, personalised facial, scalp massage.

### Aromatherapy Massage

55 Minutes

The 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 the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner. Includes: Aromatherapy massage to back, legs, arms, neck and shoulder.

## Hot Stone Massage

55 Minutes

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, helping you to unwind, and your body to feel rejuvenated. Includes: Hot Stone Aromatherapy massage to back, legs, arms, neck and shoulder.

## Maternity Pre & Post Natal Treatment

55 Minutes

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas need to alleviate muscular aches, whilst helping to relax, restore and revitalise. A course of 6 treatments is recommended following the first trimester of Pregnancy. Includes: Back exfoliation (if required), Body/scalp massage.

## Personalised Facial

55 Minutes

Deeply cleanse, smooth, purify and boost your complexion with this exclusively tailored facial. Begin with a skin analysis. Your therapist will then expertly select the right cleansing, exfoliation, and mask according to your needs, ensuring exceptional results whatever your skincare concern. Includes: Triple cleanse, skin analysis, facial massage, personalised mask & scalp massage.

## Ocean and Earth Body Wrap

55 Minutes

A tailor-made experience to purify the body or deeply nourish skin. This instantly effective treatment incorporates skin brushing and exfoliation alongside a complete body wrap of detoxifying Algae or nourishing Marine Mud combined with essential oils to deeply replenish skin, before a soothing scalp massage completely relaxes the mind. Includes: Skin brush, Body exfoliation, Detox Algae or Nourishing Marine Mud wrap, Scalp massage

