

PROFESSIONAL MASSAGES



- Therapeutic Massage 40 min £ 40**
Deep tissue/Remedial massage to relieve severe tensions and aches in the muscles.
- Relaxing Body Massage 40 min £ 40**
Releases tensions and relaxes the whole body.
- Full Body Massage 70 min £ 60**
The ultimate relaxing massage including the scalp, face and feet.
- Sports Massage 40 min £ 50**
Designed for athletes, reduces muscle tension, improves flexibility and relieves pain.
- Hot Stone Massage 40 min £ 60**
A combination of warm stones and Swedish massage.
- Reflexology 40 min £ 40**
Relaxing foot massage which treats the whole body by restoring it's natural balance.

If on assessment any contraindications are found treatment will be adjusted or may not be given.

MEN'S TREATMENTS

Body treatments:

- Seaweed body wrap 70 min £ 60**
Your silhouette will look slimmer and firmer after you have experienced the benefits of marine algae.
- Clay body wrap 70 min £ 60**
Clay body wraps are thought as aids for weight loss and for refining the skin. The Clay Body Wrap is great for body shaping and contouring.

Hands and feet:

- Executive manicure 20 min £ 20**
File, shape, cuticles treated, hand massage.

- Feet maintenance 40 min £ 30**
Exfoliating dry skin, file, shape, cuticles treated, foot cream applied with a light massage.

Hair removal:

- Back wax 40 min £ 20**
Chest wax 40 min £ 30
Back & chest wax 70 min £ 45
Eyebrow grooming 20 min £ 10

Terms & Conditions

As a courtesy to our other clients and our therapists, if you need to change or cancel an appointment, please give a minimum of 24 hour notice, otherwise a full charge will be implemented. However, if we can rebook the cancelled appointment, there will be no charge. Late arrives will have the length of the treatment shortened in order to finish the treatment at the correct time. Please arrive to the Reception area of the Hotel at least 5 minutes before your treatment is due to begin. Payment is due on the day of treatment directly to the Therapist. All treatments involve a consultation. If you have any health concerns please contact your GP prior to arrival for advice. Alternatively please contact our Therapist for assistance.

Leaflet updated July 2017

Cleanse your body and mind at the perfect space for true relaxation

Five Elements Massage & Beauty



Hydro Hotel

Mount Road, BN20 7HZ

Tel. 01323 720643

www.hydrohotel.com

www.spa-treatments.co.uk

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FACE TREATMENTS

The **Kaeso Collection** used for facial treatments is to embody naturally derived ingredients with essential treatment formulas to deliver effective and luxurious professional products. All beauty products are free from Parabens, Sulphates, Propylene Glycol and Mineral Oil.

Hydrating facial **40 min** **£ 40**

To nourish and hydrate normal to dry skin.

Rebalancing facial **40 min** **£ 40**

To moisturize and tone oily to combination skin.

Ultrasonic Anti-ageing **40 min** **£ 60**

Anti-wrinkle effect, tightens, enhances and firms the skin texture from the first application. The synergistic action of Hyaluronic Youth Serum results in visibly younger looking skin that is perfectly rehydrated and smoothed.

Deep cleansing facial **70 min** **£ 60**

Deep pore and tissue cleansing treatment with steam to detoxify and rebalance the face.



BODY TREATMENTS

Body wraps are popular spa treatments designed to increase the sense of well-being and relaxation of the recipient. Wrap treatments are based on the idea that the skin and soft tissues are fundamentally involved in the intake and elimination of toxins and excess fluids.

Body exfoliation **40 min** **£ 40**

To have a silky skin with an added moisturizer applied through a light massage.

Chocolate body wrap **70 min** **£ 60**

The chocolate body wrap is a mineral rich sea clay infused with the essence of cocoa. The combined benefits: detoxify, tones, softens the skin and uplifts you with the aromatic characteristics of high quality chocolate.

Seaweed body wrap **70 min** **£ 60**

Your silhouette will look slimmer and firmer after you have experienced the benefits of marine algae.

Clay body wrap **70 min** **£ 60**

Clay body wraps are thought as aids for weight loss and for refining the skin. The Clay Body Wrap is great for body shaping and contouring.

EYE TREATMENTS

Eyelash tint **20 min** **£ 10**

Eyebrow tint **20 min** **£ 10**

Eyebrow shape **20 min** **£ 10**



MANICURE - PEDICURE

Manicure **40 min** **£ 25**

Using an electric file your nails will be shaped, cuticles treated, hands massaged, and nails varnished.

Pedicure **40 min** **£ 30**

Exfoliating dry skin using an electric file, your toe nails will be shaped, your feet massaged and nails varnished.

WAXING

½ leg wax **40 min** **£ 15**

Full leg wax **70 min** **£ 25**

Bikini line **40 min** **£ 15**

Lip & chin wax **20 min** **£ 10**

