



Treat Yourself

Choose from one of three dynamic facials to suit you...

## ELEMIS Pro-Collagen Age Defy

Prepare for a facial aimed at tackling fine lines and wrinkles from Elemis. The clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral will soothe your skin to great effect. A targeted massage encourages optimum cellular function for nourished, younger-looking skin.

## ELEMIS Pro-Definition Lift & Contour

Powered by breakthrough technology this is a facial to specifically target any lack of definition, sagging skin or ageing. Restore the architecture of your face with potent plant actives. For a profoundly, sculpted youthful effect.

## ELEMIS Dynamic Resurfacing Precision Peel

Are you looking for a way to target the signs of ageing and uneven skin tone? This pioneering precision treatment is clinically proven and uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.



## Our Spa Angels Say:

'There's nothing better than feeling fresh-faced, and this was perfect to get my skin back to its best.'

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## ELEMIS Superfood Pro-Radiance

A facial should energise stressed dull skin, and this Elemis treatment does just that, a nutritional boost, rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and glowing with good health.

## ELEMIS Anti-blemish Mattify & Calm

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin. This facial targets oily and hormonal skin, and tackles blemishes and stressed skin.

## ELEMIS Sensitive Skin Soother

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.



*Treat Yourself and Relax...*

# Face

## Murad Method Facial

Murad Method™ facials are an entirely personalised concept in high-performance professional skin care from internationally renowned skincare brand Murad. The groundbreaking, dermatologist-developed, combinations and techniques are designed to make skin as healthy as it can be, giving noticeable results and leaving skin looking beautiful. During your facial, your therapist will spend time analysing your specific skin type before designing a personalised facial to address multiple skin concerns. The facial also includes touchpoint massage techniques to help relieve stress for ultimate relaxation and mindfulness. Skin will be left noticeably healthier and more beautiful. We have created an Advanced Method for those requiring a more intensive facial. Redness free! This intensely soothing facial will calm your skin like nothing else you have experienced. Dr Murad's miracle treatment will gently soothe, calm, hydrate and strengthen even the most sensitive skin, broken capillaries and rosacea.

**Method Facial £75.00 (60 mins)**

**Advanced Method Facial £90.00 (90 mins)**

**Murad®**



## Y Spa Custom Facial

A refreshing facial using Elemis products to cleanse, nourish and rebalance your skin. The Custom facial involves a double cleanse with eye cleanse, exfoliation, massage of the face, neck and décolleté, application of mask whilst a scalp massage is performed, finished with a tone and moisturise.

**£65.00 (60 mins)**

# Body Beautiful

## Neom Wellbeing Treatment Sleep

We drizzle the Neom Intensive Skin Treatment Candle oil over the skin, and massage the body, including key stress relieving points on the head, face, neck and back. Prepare to be lost in a blissful state, ready for a deep nights sleep.

**£85.00 (60 mins)**

## Neom De-Stress Treatment

Throughout, we drizzle the Neom Intensive Skin Treatment Candle Oil over the skin and provide specialist massage to key stress relieving points of head, face, neck and back. This treatment allows tension to drift away and for a calm new you to be uncovered.

**£85.00 (60 mins)**

**NEOM**  
ORGANICS • LONDON

## Catch The Breath

This nurturing gentle treatment for the head, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese massage techniques rebalance and calm the upper body. The ritual uses slow, soothing, and rhythmic techniques providing complete tranquillity and relaxation, and 100% certified Made for Life Organic products.

**£55.00 (40 mins)**

## Y Spa - Back Massage

A traditional style massage of medium pressure designed to soothe away tension held within the muscles of the back.

**Back of Body £72.00 (60 mins)**

**Back £45.00 (40 mins)**



# Body Beautiful

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## Y Spa - Deep Tissue Massage

Deep rhythmic pressure massage. Alleviate high-stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Dynamic blends of essential oils and level of pressure are customised to target individual needs. Helps relax, recharge and re-energise, whilst tension melts away.

**Back of Body £82.00 (60 mins)**

**Back £55.00 (40 mins)**

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## Y Spa - Hot Stones Massage

A medium pressure massage using warm basalt stones to melt away tension. Your therapist will work with the warmed stones and luxuriously warmed oils to deliver heat into the muscles offering maximum relaxation.

**Back of Body £82.00 (60 mins)**

**Back £55.00 (40 mins)**

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## Y Spa - Scalp and Back Therapy

A relaxing massage using warmed oils designed to release pent up tension in the back, neck and scalp. If you are hunched over a computer, tablet or a smartphone all day then this is a recommended treatment for you.

**£72.00 (60 mins)**

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## Y Spa - Reflexology

This helps to reduce feelings of stress, anxiety and nervousness. It can also help with digestive and sleep disorders and help balance hormones. The therapist gently works over the reflex zones of the feet using pressure on the base of the foot. Suitable for those pregnant after 3 months or 1st trimester.

**£62.00 (60 mins)**

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## Leg Less Light

This soothing yet powerful treatment will help to stimulate circulation and refresh aching muscles in the legs and feet. This customised therapy can be gentle enough for mothers to be from the 2nd trimester or energising enough to give relief to overworked muscles.

**£55.00 (40 mins)**

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*Relax, It's Your Time...*

## ELEMIS High Performance Skin Energiser

The hard-working facial is for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongest the skin. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

£80.00 (60 mins)

ELEMIS

## Murad Man Face

Specifically designed for men, this all-inclusive treatment immediately soothes, deeply cleans clogged pores, gently removes dullness and hydrates to reinforce your skin's natural protective barrier. Be prepared to be smooth to the touch

£75.00 (60 mins)

Murad®



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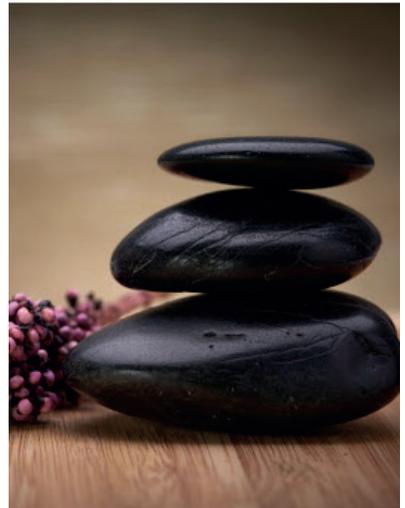
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## Y Spa - Hand Rescue

A rescue for hard-working hands, restoring hydration and definitely not a Manicure!

**£45.00 (40 mins)**

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## Y Spa - Foot Rescue

Treat those feet. Feet will feel clean fresh and hydrated.

**£45.00 (40 mins)**



# Cancer Touch

## Cancer Touch - Hand On Heart

This nurturing and calming treatment for the head, face, back, and shoulders were created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese movements rebalance and calm the upper body while the facial will replenish, nourish, and revive the skin and ease tension. The ritual uses slow, soothing and rhythmic techniques providing complete tranquillity and deep relaxation. 100% certified organic Made for Life products nourish and protect.

£90.00 (90 mins)

## Catch The Breath

This nurturing gentle treatment for the head, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese massage techniques rebalance and calm the upper body. The ritual uses slow, soothing, and rhythmic techniques providing complete tranquillity and relaxation, and 100% certified Made for Life Organic products.

£55.00 (40 mins)

# Beautiful Bumps

## Y Spa - Blooming Marvellous

A combination treatment that offers a full consultation followed by a cleansing and nurturing facial and massage to the head, neck and shoulders. Your therapy concludes with a soothing application of skin support products to leave you feeling blooming marvellous.

£75.00 (60 mins)

## Murad Mum On The Glow

This wonderful Murad facial is specifically tailored to meet the needs of a busy Mum or Mum to be. During your facial, your therapist will spend time analysing your specific skin type before designing a personalised facial to address multiple skin concerns. The facial also includes a touch-point massage techniques to help relieve stress for the ultimate relaxation and mindfulness. Your skin will finish feeling noticeably healthier and more radiant.

£80.00 (60 mins)

# Beautiful Bumps Continued...

## Leg Less Light

This soothing yet powerful treatment will help to stimulate circulation and refresh aching muscles in the legs and feet. This customised therapy can be gentle enough for mothers to be from the 2nd trimester or energising enough to give relief to overworked muscles.

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# Finishing Touches

## Botanical Feet

Immerse your feet into the pampering world of O.P.I. Incorporating the botanical extracts and hydrating properties of O.P. I's 'Pro Spa' pedicure range, feet are soothed, scrubbed and hydrated and a mask is applied for the ultimate treat. After a foot massage, we complete your service with your chosen shade of O.P.I nail polish to finish. French paint must be requested at the time of booking.

**£50.00 (55 mins)**

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## Indulgent Hands

Enjoy a luxurious exfoliation and massage to nourish and relax hard-working hands and release those smartphone thumbs. Cuticles are tamed, pampered, and conditioned. To complete your service, nails are prepared, and nail polish is applied with a topcoat to finish for long lasting, high gloss shine. French paint must be requested at time of bookings.

**£45.00 (55 mins)**

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## The Botanical Works

A fabulous combo of Indulgent hands and Botanical feet with a much-needed glass of bubbles ...you know after months of lockdown you deserve it! Allow time to relax and enjoy this luxurious treat.

**£89.00 (115 minutes)**



*Treat Yourself...*