

## High Head Spa Escapes

As well as your treatments enjoy use of the sauna and hydrotherapy pool, a light lunch, complimentary drinks and entrance to the sculpture valley.

Arrive in the morning or just in time for lunch to enjoy one of our three half day spa experiences.

### Refresh and Revive £39.00

Choose from either a stimulating 25 min back neck and shoulder massage or a 25 min facial, both followed by a 15 min oriental scalp massage.

### My Retreat £45.00

Choose from either a 55 min full body Swedish massage or 55 min prescription facial. Or why not choose a combination of both.

### Time for Two £64.00 for two people

Ideal for couples, friends or mums and daughters to spend quality time together. Choose from an invigorating 25 min back neck and shoulder massage, 25 min facial or classic manicure. Relax after your treatments with a glass of fizz and chocolates.

### Twilight Spa - 5pm - 8pm £29.00

Leave the day behind, while you enjoy a glass of wine and appetizers. Relax and unwind using the spa and sauna. Choose from either a 25 min massage or 25 min facial. Also includes complimentary hot and cold drinks.

### Hen Packages

Let us put together a bespoke hen package for you and your friends with a combination of treats and pampering. Contact us for details.

### Residential Spa

We offer residential spa breaks staying in one of our holiday cottages. Please contact us for further information.

### Teen Spa 14 – 17 years £15.00

A great way to celebrate or spend time with friends. Enjoy full use of the sauna and spa then treat yourself to a shape and polish on hands or toes. Includes a party lunch and complimentary hot and cold drinks.

All spa escape guests have the use of towels and robes

## Massage

### Swedish Massage

A stimulating yet relaxing massage which helps to reduce stress, improves circulation and relieves muscular tension.

Back neck and shoulder 25 mins...£21.00

Full body 55 mins...£30.00

### Deep Tissue Massage

Alleviate stress and ease aching muscles. Specialist massage techniques are used in the areas where most needed.

Back neck and shoulder 25 mins...£23.00

Full body 55 mins...£34.00

### Aroma Massage

Choose a blend of essential oils to suit your mood then enjoy light flowing massage using lymphatic drainage techniques leaving you with a deep feeling of relaxation.

Full body 55 mins...£34.00

### Lava Shells

Feel stress free and rejuvenated with this revolutionary massage. The warm tiger clam shells glide over the body with varying pressure and techniques. Helps to revitalize and rebalance body and mind.

Back neck and shoulder 25 mins...£26.00

Full body massage 55mins...£39.00

## Facials

### Express Results Facial

An ideal beauty boost or introduction to facials using products specifically for your skin type.

25 mins...£21.00

### Prescription Facial

After a consultation a selection of products chosen specifically for your skin type will be used to deeply cleanse and brighten the skin.

55 mins...£34.00

### Aroma Facial

Suitable for all skin types. This deep cleansing and relaxing aromatherapy facial purifies, refines and hydrates. Specific active aromatherapy oils are combined with acupressure massage and lymph drainage to leave radiant looking skin.

55 mins...£31.00

## Specialist Treatments

### Reflexology

A complimentary therapy which uses specific pressure points on the feet to redress the imbalance of energy that can cause stress and ill health. Helps to restore and maintain the body's natural balance.

25 mins...£23.00

55 mins...£36.00

### Indian Head Massage

A concentrated deeply relaxing treatment focusing on the shoulders, head and face. The treatment is ideal for anyone who suffers from insomnia or stress.

40 mins...£26.00

### Reiki

A very calm and peaceful treatment which works on many levels, psychological, emotional and spiritual.

25 mins...£23.00

55 mins...£36.00

### Hopi Candles

A gentle relaxing treatment using hollow tubes infused with oils. Suitable for treating ear-wax, ear ache, tinnitus and sinusitis.

40 mins...£26.00

### Aromatherapy Massage

Using a customised blend of essential oils created especially for you. A combination of the oils therapeutic properties and specialist massage techniques help to rejuvenate your mind, body and soul. Includes consultation and oil selection time.

75 mins...£39.00

## Eye Treatments

\*All new clients require patch test a minimum of 24 hours before treatments.

Eye lash tint £9.00

Brow tint £5.00

Eye lash and brow tint £13.00

Eye brow re-shape. Take a fresh look at your brows.

A re-shape can have a face lifting effect. £9.00

## *Hands and Feet*

Classic manicure 40 mins... £17.00  
Deluxe manicure 55 mins...£22.00  
Classic pedicure 40 mins... £19.00  
Deluxe pedicure 70mins... £26.00

Shape and polish to hands or toes 20 mins...£8.00  
French manicure supplement ...£3.00  
Gems £1.00 per nail

## *Nsi Nails*

### **Nsi pro polish.**

A new generation in polish. A gel formula that is painted on to nails giving strength and long lasting colour.  
Colour 40.mins...£19.00  
French manicure 75 mins...£24.00  
Acrylic nail extensions full set ...£25.00  
Infills...£18.00  
Nail repair... £3.00

## *Body Treatments*

### **Spray Tan**

A golden sunless tan lasting up to 7 days.  
Full Body 20 mins ...£15.00

### **Body Exfoliation**

Reveal smooth radiant looking skin with this pre - tan or holiday treatment.  
40 mins...£24.00

### **Universal Contour Wrap**

Loose inches with this proven results driven treatment.  
55 mins...£55.00  
Course of 3 treatments... £150.00

## *Waxing*

Full leg wax £21.00  
Half leg £15.00  
Forearm £ 15.00  
Underarm £8.00  
Bikini £8.00  
Brazilian £15.00  
Upper lip or Chin £6.00  
Forearm £12.00  
Chest wax £18.00  
Back wax £20.00

## Spa and Sauna Hire

Exclusive one hour use for 1 - 5 guests.  
Includes complimentary hot and cold drinks.

### **£20.00**

Additional guests £4.00 each

*Include towels and robes*

### **£35.00**

Additional guests £ 7.00 each

*Include wine, chocolates and fresh fruit*

### **£45.00**

Additional guests £10.00 each

Max number of guests 10.

Minimum of two guests are required for evening bookings.

### **Treatment Availability**

Some treatments on our spa menu may not be available at all times.

### **Medical Questionnaire**

All guests are required to complete a medical questionnaire before any treatments. If this is your first visit to the spa please allow plenty time to complete one. If you think you may have any medical condition that may prevent you from having a treatment or using the facilities we would advise you to call us before your visit.

### **Spa Etiquette**

Swim wear is required for use of the sauna and hydrotherapy pool.  
Please be considerate to others and remember to switch off your mobile phone when using the spa.

### **Bookings Policy**

We kindly request a minimum of 24 hours notice to change or cancel an appointment.  
Under 18's must be accompanied by a parent or guardian.

**Gift vouchers are available in monetary or treatment format.**

**We accept Lavish and Spa Finder vouchers.**

**Please contact us or visit our website for our latest offers**



*Step into our world*

**Tel: 016974 73552**

[www.highheadsculpturevalley.co.uk](http://www.highheadsculpturevalley.co.uk)