

# Meon Valley Retreat Spa

## Spa Day Packages:

*All our spa day packages include full use of our leisure facilities and 20% off in our restaurant. Towels will be provided but robes are available at a cost of £5 per person.*

### **Spa Retreat Package - £125 per person**

Includes 2 hours of treatment per person. Treatment choice includes: full body massage, Decleor vitamin glow facial, Jessica prescriptive manicure or a zen spa pedicure.

### **Refresh & Revive Package - £110 per person**

Includes 1 and a half hours' treatments per person this includes choice of: Decleor vitamin glow facial with a back neck and shoulder, a full body massage with a Decleor discovery facial or a zen spa pedicure with an express manicure.



### **Time For Me Package - £50 per person**

Includes half an hour of treatments per person. Treatment choices include: back, neck and shoulder massage, Decleor discovery facial, express manicure or express pedicure.

### **Time For You Package - £60 per person**

Includes 1 hour of treatment per person, treatment choice includes: full body massage, Decleor vitamin glow facial, Jessica prescriptive manicure or zen spa pedicure.

### **Time For Two Package - £95 for two**

For two people to have 1 25-minute treatment each, choices include a Decleor discovery facial, back neck and shoulder massage, express manicure or express pedicure.



## Decleor Facials:

*Decleor is an aromatherapy based brand that focus on the use of essential oils. All the Decleor routines can be tailored specifically for your skins needs so whether you're here to just relax or to get some information on your skincare needs then we can create the perfect facial for you.*

### **Decleor Discovery Facial - £35 - 30 minutes**

This is the perfect way to get a taster of our facials, your therapist will deeply cleanse your skin and follow with a massage and face mask.

### **Decleor Power Packed Vitamin Glow - £65 - 60 minutes**

The vitamin glow facial is packed with antioxidants and vitamins which makes it the perfect booster for your skincare routine. It also includes a warm decongesting mask for skin that's purified, perfectly replenished and glowing.



### **Decleor Expert Facial - £75 - 60 minutes**

Let one of our therapist create a bespoke facial for you to suit all your individual skin care needs. The expert facial combines a mini back massage to a deep cleansing routine followed with facial massage, facial drainage and a mask chosen to suit you. While your mask is setting enjoy a relaxing scalp massage followed by some aftercare tailored to you.



## Carita Facials:

*Carita is a non-invasive skin tightening and firming treatment to help add elasticity back into the skin and promote a youthful appearance using products created by scientists and beauty therapists to cater each treatment to you.*

### **Gold Perfection Facial - £120 - 120 minutes**

This treatment utilizes four types of massage with the pro-lifting technique. Harnessing duo pearls technology and the trio of gold complex your complexion will be left visibly firmer, even-toned and flawless with youthful radiance.

### **Carita Pro Lift Facial - £95 - 90 minutes**

This treatment uses pro-lifting techniques to achieve a non-surgical face lift and a youthful appearance.



### **Carita Ideal Facial - £75 – 75 minutes**

This anti-ageing bespoke facial is specially designed by your therapist to meet your individual skin requirements. During your facial you will receive a skin care analysis to ensure the correct products are used for your skin type.

### **Carita Lift & Sculpt For Eyes - £55 - 45 minutes**

This treatment uses our perfect eye serum and eye pen to erase lines, creases and tighten loose skin and will leave your eyes feeling lifted, smoothed and rejuvenated.



## Decleor Body Treatments & Massages:

### **Decleor Body Silk Exfoliation - £35 - 25 minutes**

Full body exfoliation followed by application of body moisturiser to leave your skin feeling its best.

### **Back Neck & Shoulder Massage - £40 - 25 minutes**

Allow our therapists to help you destress all the most common areas that you hold your tension with our Swedish back neck and shoulder massage.

### **Full Body Massage - £60 - 50 minutes**

Relax and feel your everyday stress melt away with our Swedish full body massage. Your therapist will massage over your back, neck, shoulders, legs, arms and feet to ensure you are perfectly relaxed.

*Add on hot stones, aromatherapy oils or a body silk exfoliation to a back massage or full body for £10.*



## Alternative Therapies:

### **Hopi Ear Candling - £35 - 40 minutes**

This treatment is an effective way of unblocking ear congestion while the warmth of the candle instils a feeling of calm into the body helping you to destress.

### **Decleor Tranquillity Scalp Massage - £25 - 25 minutes**

De-stress with a deep scalp massage which helps banish tension and ease headaches. your therapist will use pressure point massage to aid your relaxation.



## Jessica Geleration Manicures & Pedicures:

*Jessica is considered one of the UKs leading nail brands with a range of colours and products to achieve and maintain beautiful natural nails. Geleration offer instantly dry nails which have a beautiful shine and are durable yet flexible.*

### **Zen Spa Pedicure - £40 - 50 minutes**

During your pedicure your rough skin will be removed and your legs and feet will be massaged with deep conditioning creams leaving them softer and smoother. Your cuticles will be groomed and toenails will be trimmed and shaped ready to be polished with a colour of your choice.

### **Jessica Prescriptive Manicure - £35 - 50 minutes**

This treatment is excellent for increasing circulation or relieving stiff joints due to the massage and exfoliation you will receive, you will also get a full tidy of your nails and cuticles followed by a polish of your choice.



**Jessica Express Manicure/Pedicure - £25 - 25 minutes**

Nails are beautifully shaped and treated with a prescription base coat chosen by your therapist to suit you then perfectly polished in a colour of your choice.

**Removal of Existing Geleration - £15 - 30 minutes**

This will remove only geleration that has been applied by the retreat spa.

*Add heated booties/mitts or paraffin wax - £6*

*Add on geleration - £10*



## Finishing Touches

Full leg wax - £30

Half leg wax - £20

Arm wax - £20

Full back wax - £20

Full chest wax - £15

Bikini wax - £15

Underarm wax - £10

Eyebrow shape - £10

Lip or chin wax - £5

Eyelash tint - £13

Eyebrow tint - £10



Day makeup - £40

Occasion & bridal makeup - £70 (includes a free trial)

Makeup lesson - £20

Kissed by mii luxury full body tan - £45 - 50 minutes (includes exfoliation)

Kissed by mii express full body tan - £30 - 25 minutes

**For more information, please call the retreat spa: 01329 836 831**

