

SPA TREATMENT MENU

ESPA TREATMENTS

ESPA Back, Face and Scalp Treatment 90 minutes £85

This luxurious combination begins with a cleansing of the back, followed by exfoliation and a soothing back massage to ease away stress and tension.

ESPA Back, Face and Scalp Treatment with Hot Stones 100 minutes £110

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.

ESPA Mud Wrap 75 minutes £75

ESPA Algae Wrap 60 minutes £65

A tailor-made experience to purify the body or deeply nourish skin, this instantly effective treatment uses 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 relaxes the mind.

ESPA Aromatherapy Facial 60 minutes £60

Focused on naturally improving the condition of the skin to provide outstanding instant and long-term results. Every facial begins with a detailed skin analysis to select products appropriate for your skin and includes specific double cleansing techniques, gentle exfoliation, an acupuncture facial massage and a face mask. Whilst the mask is taking effect, experience a relaxing and therapeutic Oriental head massage with Pink Hair and Scalp Mud, then enjoy specific moisturising and skin protection to suit your needs.

ESPA Optimal Skin ProFacial 60 minutes £60

Reveal your skin's true potential by having this facial with expertly tailored facial techniques and the Optimal skin collection. It is designed to rebalance, hydrate and revitalise. This facial instantly revives and brightens the complexion while helping to protect against environmental damage and delay the early, invisible signs of ageing. Optimal ProFacial is for all skin types and all ages.

ESPA Hip and Thigh Treatment 60 minutes £65

Using potent marine extracts, iced mitts, a detoxifying massage and specialised stomach massage techniques to help cleanse and purify the colon, giving excellent results. Ideal for people concerned by the appearance of cellulite. A course of treatments is recommended to maximise the effects.



FIVE LAKES
RESORT

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ESPA Inner Calm Massage 60 minutes £65

This balancing treatment for mind and body uses a specially selected blend of oils tailored to you combining aromatherapy massage and warm Rose Quartz Crystals. Promoting inner calm, this treatment additionally includes guided breathing with an inhalation bowl to rebalance and ground, allowing you to deeply relax before warmed eye and neck pillows help you sink into a tranquil massage.

ESPA Hot Stone Massage 60 minutes £65

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension.

ESPA Salt and Oil Body Scrub 45 minutes £49

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage.

Please note that all treatments times include consultation and dressing time.

BOOK YOUR TREATMENT TODAY

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