

## Lotus Signature Massage

### Therapies

#### Swedish Massage

Traditional Swedish body massage soothes tired, aching muscles and reduces muscular tension and fatigue through the application of firm but soothing massage techniques

Full body: 1 hour 10 mins	£43
Back: 30 mins	£29
Legs & feet: 30 mins	£29
Scalp & back: 30 mins	£32

#### Aromatherapy Massage

A treatment of pure bliss using a chosen blend of aromatic oils to suit your individual needs. This wonderful treatment activates the circulation and lymphatic system to flush away toxins and signs of stress and fatigue.

Full body: 1 hour 15 mins	£49
Back: 30 mins	£30
Legs & feet: 30 mins	£30
Scalp, neck & shoulders: 35 mins	£32

#### Stone Therapy Massage

An ancient, deep, warming massage using warm basalt stones. The combination of heat & massage techniques penetrates deep into the muscles inducing relaxation & relieving stress, muscular tension, aches and pains.

Full body & face: 1 hour 15 mins	£60
Back & shoulders: 35 mins	£35

#### Indian Head Massage

The traditional art of Indian Head Massage is based on the ancient system of holistic medicine known as Ayurveda. A complete treatment of the head, face, neck, shoulders, arms & hands leaving you feeling physically and mentally relaxed or uplifted and with a wonderful sense of well-being.

45 mins	£38.50
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#### Thai Massage

An authentic treatment of acupressure & yoga-like stretching to improve flexibility & joint mobility. Energy levels are improved. Performed on a Thai mattress. 90 mins

£60

#### St Tropez Tanning

St Tropez's classic cream tan including exfoliation, shower, lotion and tanning cream.

Full body & face	£32
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*We hope you enjoy your day*



LOTUS  
spa centre

Proud to be members of

the **guild**  
of Beauty Therapists



LOTUS  
spa centre

# Treatment Menu

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Find us on:



Hand, foot & nail treatments – Using Jessica Varnishes or Jessica Geleration polish

### Lotus Express Manicure

Cuticles are tidied & hydrated and nails are shaped and prepared for the Jessica coloured varnish of your choice. 30 mins **£16**

### Lotus Spa Manicure

A luxury treatment including nail shaping, gentle hand exfoliation, cuticle work and a relaxing hand and arm massage. You can then select your choice of finish:

Natural. 40 mins	<b>£21</b>
Jessica Varnish. 50 mins	<b>£26</b>
Jessica Geleration. 70 mins	<b>£36</b>

### Lotus Express Pedicure

Cuticles are tidied & hydrated and nails are shaped and prepared for the Jessica coloured varnish of your choice. 30 mins **£16.50**

### Lotus Spa Pedicure

A luxury treatment including foot & leg exfoliation, nail shaping, hard skin removal, cuticle work and a deep relaxing foot and leg massage. You can then select your choice of finish:

Natural. 45 mins	<b>£24</b>
Jessica Varnish. 50 mins	<b>£28.50</b>
Jessica Geleration. 75 mins	<b>£40</b>

### Professional Geleration Soak

#### Off Polish:

Applies like a polish, performs like a gel. Lasts 2-3 weeks, high shine, chip resistant and flawlessly dry in seconds. Simple & professional removal with no trauma to the natural nail.

Geleration application (includes tidying of nails and cuticles). 30 mins	<b>£25</b>
Geleration removal/soak off (with re-application). 20-30 mins	<b>£6</b>
Geleration removal/soak, file, buff and oil. 30 mins	<b>£15</b>
An extra £1.00 is added for French polish.	

### Waxing

½ leg	<b>£16</b>
Full leg (ex bikini)	<b>£24</b>
Full leg (inc bikini)	<b>£32</b>
Bikini (regular)	<b>£10</b>
Bikini (extended)	<b>£14</b>
Under arm	<b>£9.50</b>
Brows	<b>£9.50</b>
Lip or chin	<b>£9.50</b>
Lip & chin	<b>£15</b>
Back or chest	<b>£20</b>
Forearm	<b>£13</b>
Full arm	<b>£20</b>

### Electrolysis / Epilation

Using advanced Blend or Short Wave Diathermy techniques depending on skin & hair type.

Minimum charge	<b>£10</b>
15 mins	<b>£15</b>
20 mins	<b>£20</b>
30 mins	<b>£30</b>

### Advanced Cosmetic Procedures

A remedial treatment using Short Wave Diathermy current resulting in the effective removal of some skin disorders and blemishes such as: Milia, broken capillaries/thread veins on facial areas and skin tags on face or body. Detailed consultation is required prior to treatment (free of charge).

15 mins	<b>£40</b>
30 mins	<b>£60</b>

### Eye Treatments

(please allow a patch test at least 24 hours prior to any tint treatment)

Eyelash tint	<b>£12.50</b>
Eyebrow tint	<b>£9.50</b>
Lash & brow tint	<b>£20</b>
Eyebrow shape	<b>£9.50</b>
Lash & brow tint & brow shape	<b>£26.50</b>

### Special Occasions

Make up - Mii Cosmetics	<b>£25</b>
Bespoke Bridal Packages - Including trials also available - please ask for details.	
Lashes - Flase lashes or defined brows from	<b>£15</b>

### Thalgo Facials

Thalgo has a facial to treat virtually any concern. All facials begin with the "Discovery of the Sea" massage to ease tensions and immerse you in a relaxing aquatic cocoon. Thalgo facials include a cleansing ritual, exfoliation, skin specific mask, soothing 'heart of the ocean' massage, serums/ concentrates and moisturisers (face & eyes) all tailored to your individual requirements. Thalgo is also an anti-ageing specialist and offers facials for different ages and anti-ageing concerns, all renowned for their incredible results.

#### Discovery Facial

The perfect express facial if you're on the go, for an instant infusion of marine active ingredients, tailored to your skin type. 30 mins **£30**

#### Classic Marine 3 Algae Facial

Experience true marine beauty with this signature algae facial, suitable for all skin types, leaving your complexion soft, radiant and beautiful. 60 mins **£46**

#### Heart Of The Ocean Facial Rituals

60 mins **£46**  
These personalised facial rituals use products specific to your skin's needs leaving the complexion restored to its natural beauty.

#### Source Marine Ritual Normal/dehydrated

Cold Cream Marine Ritual  
Sensitive & dry/very dry

#### Purete Marine Ritual Oily/combo

### Anti Ageing Facial Rituals:

Collagen Radiance Facial Anti-ageing: 25+  
Give your skin a Collagen boost and correct the signs of ageing as they appear with this facial designed for first wrinkles, with instant anti-ageing results. Skin will be radiant and its collagen reserves restored. 60 mins **£50**

Silicium Super Lift Facial Anti-ageing: 45+  
Dare to defy time with this super lift facial, designed to combat signs of ageing at 45+ (loss of firmness, pronounced wrinkles). Your complexion will glow; lines will be less noticeable with firmer skin. 75 mins **£60**

#### Exceptional Ultimate Time Solution Ritual Anti-ageing 50+

This manual facelift using revolutionary massage technique targets and tightens facial muscles and visibly lifts the entire face. Skin is left visibly smoother, brighter, lifted and nourished. 90 mins **£70**

### Anti-Ageing Eye Care

#### Thalgo Eye Expert

This ultra-relaxing treatment results in instant rejuvenation of the eye contour area. The Eye Massage Mask machine used in conjunction with products reduces puffiness/dark circles and smooths lines & wrinkles. 40 mins **£38**

### Thalgo Body Treatments

As specialists in marine spa therapies, Thalgo harnesses all the riches of the sea; oligo-elements, proteins, amino-acids, minerals and vitamins, Slimming, Firming, Detox and Relaxation.

All body treatments begin with the Discovery of the Sea welcome massage to relax the body and ease tension.

#### 3 Algae Back Ritual

This treatment combines natural marine algae, rich in re-mineralising ingredients to deep cleanse, detoxify and smooth the skin. The skin is exfoliated followed by Thalgo's patented seaweed wrap while you enjoy a relaxing massage to the back of the legs. Pure heaven! 60 mins **£45**

#### Ultimate Exfoliation

For the ultimate full body exfoliation designed to give super-soft skin, this treatment combines Natural Marine Algae and natural sea salts. While this is taking effect a deeply relaxing scalp massage promotes relaxation and eases tension and the whole body is also treated to a light massage. 60 mins **£50**

#### Pregnancy Ritual (face & body)

Treat yourself to this relaxing face and body ritual especially designed for mums to be. This full treatment involves body exfoliation, a hydrating facial and a relaxing lower leg & foot massage. 60 mins **£50**

#### Ocean Spa Rituals

Our Thalgo Spa Rituals take you on a discovery of the oceans. Indulge yourself into one of these luxurious treatment rituals incorporating a foot immersion, full body exfoliation and a deeply relaxing massage.

Choose your ritual on arrival. **£70**

#### Spa Days

Bespoke Spa Days available, ask our therapists for information.

 JESSICA

Professional  
**GEL**eration™  
Soak-Off Gel Polish

**THALGO**  
LA BEAUTE MARINE