

The Spa at St Giles **Treatment Menu**

01603 275185 or spa@stgileshousehotel.com

FACE

Ananda Facial 55 mins £50

Ananda means bliss in Sanskrit. The techniques used in this facial come from Shaman woman in Mexico who believe that the energy of light is deeply rejuvenating. Working with marma points to open up the energy centres of the face allows a blissful flow of energy into the body. This is a healing & reviving treatment that brings deep feelings of bliss & peace as well as beautiful radiant skin.

Dreamtime Facial - 55 minutes £50

The Dream Time facial promotes deep relaxation and supports this natural process with ingredients such as fresh royal jelly and orange blossom known for their powerful qualities of cellular rejuvenation.

Rainforest Rejuvenation Facial 55 mins £50

The rainforest facial is a rejuvenation facial that helps promote the rejuvenation & regeneration of the skin cells at a deep level. This very special treatment finishes with a rainforest mask which is full of the key ingredients that promote rejuvenation.



Purifying Facial for Men 55 mins £50

A healing & purifying facial created for men to purify the skin & restore radiance.

All Facials now include an optional 'Touch of colour'

BODY

Blissful, Rejuvenation or Dreamtime Scrub 55 mins £50

This treatment is ideal for occasions when your body needs special treatment. Your mind and body will respond to the beautiful marma massage and effleurage techniques, uplifting & pampering allowing you to enjoy the sensation of enhanced wellbeing.



Bio Energy Envelopment Wrap 70 mins £80

The body wrap begins with a full body scrub. The mud wrap that follows is a powerful treatment as it draws deeper toxins from the cells and subtle body. It deeply revitalises the skin, lymphatic system and bio-energy field and can promote profound healing in the energy body. Enjoy a soothing scalp massage as the mud takes effect.

MASSAGE

Dreamtime Massage - 55 minutes £60

This deeply relaxing massage treatment helps soothe you into a state where falling asleep can naturally occur.

Kundalini Back Massage 55 mins £60

This treatment is a back massage that is deeply relaxing & balancing to the whole nervous system

thanks to the synergistic use of an essential oil blend used in combination with ancient massage techniques

Manipura Body Massage 70 mins £80

Manipura means beautiful, shining jewel in Sanskrit. This treatment works by stimulating and balancing the solar 'sun' vitality within us, through marma massage, lymphatic drainage and applying Himalayan herb poultices.

Oriental Head Massage (25 mins) £25 Course of 6 Back, Neck & Shoulder £100
60 Minute Full Body Massage £45 Course of 6 Full Body Massages £225
90 Minute Body Massage £65
25 Minute Back, Neck & Shoulder £20



PREGNANCY



Pregnancy Massage 55 mins £60

This is a blissful experience for both Mum and baby that uses gentle, slow and rhythmic lymphatic massage techniques to promote deep well-being and peace for you both.

Pregnancy Ritual 85 mins £100

A nuturing scrub is applied to sooth and prepare the skin for hot Himalayan herb poultices which are gently massaged into marma and meridian points for deeper relaxation and wellbeing. Music to nurture both mum and baby has been created as part of this experience.

RITUALS

Ila Experience 2hrs £110

This blissful experience re-awakens the body & spirit & promotes a powerful feeling of calm.

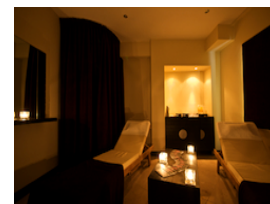
Rose & Jasmine are the keynotes in this experience. The blissful body scrub prepares the client for receiving the Body Balm massage & the soothing Ananda facial.

Rejuvenation Retreat 2hrs £110

This blissful experience re-awakens the body & spirit. The rejuvenation scrub prepares the body to receive the rejuvenations massage & Rainforest facial.

Dreamtime Journey – 2 hrs £110

This soporific journey has been created to deeply relax the whole nervous system and restore the natural rhythm of sleep and dreaming. A dreamtime scrub soothes and restores the lymphatic system in preparation for the body treatment. The potent combination of organic essential oils and herbs such as vetivert, valerian and hops deepens the effects of the chakra massage, restoring the nervous system to leave mind and body blissfully peaceful. The second phase of the journey is the Dream Time facial, promoting deeper relaxation and supporting the natural process of cellular rejuvenation with ingredients such as fresh royal jelly and orange blossom. Dream Time music accompanies these treatments to relax the nervous system at its most subtle level.



ST GILES SIGNATURE EXPERIENCE

Chakra Wellbeing – 2 hrs £130

This ila spa treatment helps bring harmony back to your mind and body by balancing these key energy points. Seven blends of essential oils, chosen for their harmonising qualities, form the basis of this exquisite treatment. It involves deep relaxation of

the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and culminates in the pouring of warm oil over the third eye to restore and relax every sense.

The energy oil blends are chosen for each client following a personal questionnaire that reveals how you may be out of balance. Each treatment is bespoke, as your specific oil blend is created in front of you. The oils are used in your base salt scrub, and in your body massage. Your spa treatment includes a Bliss Facial and finishes with a 'Shirodhara' treatment where warm blended oils are slowly streamed over your head bringing a sense of deep peace and calm.

FINISHING TOUCHES

OPI Manicure 45 mins £25

Nails are filed and buffed, cuticles tidied, hand and arm massage and a polish of your choice leaving your hands feeling silky smooth.

OPI Pedicure 55 mins £30

Includes foot soak, nail filing, cuticle work, exfoliating scrub, massage, mask and a polish of your choice leaving your feet feeling soft and nourished.

File & Polish 20 mins £15

Perfect for those with little time. Nails are tidied and polish applied.

O·P·I

CALGEL®

Calgel Nail Overlays

Calgel, often referred to as the 'Everlasting Polish' offers you perfectly groomed nails that won't chip or wear away. Calgel is a unique formulation that is flexible and durable, which will strengthen and protect your natural nail. Calgel can be applied to all nail types even short nails with colours or French.

**Calgel manicure
£25**

£28

Infills

**Calgel pedicure
£3 a nail**

£25

Repairs

Soak off

£15 (£10 with a new set)

Sienna X Spray Tan

Spray tanning for a natural looking tan - A professional spray tan that's good for you

Sienna X Tanning is the leading professional sunless tan, official tanning supplier to Strictly Come Dancing, the BRIT awards 2011 and the tanning choice for many professional salons and spas. Gone are the days of the 'orange' jibes that plagued the industry, as Sienna X spray tanning now gives a gorgeous, natural- looking tan without the inherent dangers of skin damage that can result from over exposure to UVA/B rays, letting you look stunningly tanned all year round.

Full Body Spray Tan

£25

Half Body (legs/top half)

£15

NEW Fast Developing Tan (2-4 Hours)

£35



i.d.

BARE ESSENTIALS
makeup so pure you can sleep in it

Bare Escentuals Make up

Bare Escentuals started the revolution in mineral make up with the introduction of our award winning 100% pure Bareminerals. Free of preservatives, talc, oil, fragrance and other harmful chemicals, Bareminerals

*provide impeccable coverage for every skin type, skin tone, and concern yet it doesn't feel like you're wearing any makeup at all!
'Makeup so pure you can sleep in it.'*

Bare Escentuals Make-up Application £25
Perfect for a special occasion; full make up applied.

Make-up Lesson £30
Need some tips on choosing or applying makeup? We guide you step by step through the whole process.

Make-up Trial & Application on day £40
Designed for weddings or special occasions. Trial to make sure you get the perfect look and application on the day.

Hair Removal

Full Leg Wax 40 mins £25
20 Mins £12
Half Leg Wax 25 mins £18
10 Mins £8
Bikini Wax 10 mins £12
Works 25 Mins £25
Underarm Wax 10 mins £10
shape
Lip & Chin Wax 10 mins £12
Required.
Eyebrow Shape 10 mins £10
Brazilian 30 mins £25
come
Playboy 30 mins £28
eyebrow enhancement.
Hollywood 30 mins £30

Tinting

Eyelash Tint

Eyebrow Tint

Complete Eye

Lash tint, brow tint & brow

24 hour Patch Test

**All eyebrow treatments now
with an optional**

All waxing is performed using a luxurious lavender crème wax, leaving minimal skin reaction and sticky residue. Ideal for the most sensitive skins.



Additions

Glass of champagne & Strawberries £9.50pp
**Afternoon Tea; Selection of sandwiches, cakes, scones with
clotted cream & strawberry jam £11.50pp**
**2 or 3 course lunch in St Giles House Bistro ... As priced
on menu**



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