

# Holistic Therapies

## ESPA Facial Treatments

All ESPA facials include specialised acupressure and lymphatic drainage, face & shoulder massage and an oriental head massage.

### ESPA Facial

**55 minutes ~ £60**

This facial lets your skincare specialist do a thorough skin analysis and determine which ESPA products are best suited to your needs, skin brightener, de-sensitized, re-balanced or re-hydrating will all, leave your skin feeling rejuvenated and revitalised.

### Age Defy

**55 minutes ~ £65**

An intensive boost for maturing, stressed or distressed skins, concentrating on regenerating, firming and nourishing to leave skin revitalised and toned.

### Men's Facial

**55 minutes ~ £55**

Specially formulated for the male complexion, this treatment uses natural balms and oils to help purify, hydrate and revitalise the skin. Ideal for city dwellers, frequent air travellers and those with a stressful or hectic lifestyle.

### Life Stage Facial

**1 hour 10 minutes ~ £75**

Specifically designed to target the most visible signs of aging and utilises the very latest advances of skin care. Will leave the skin feeling firm, stimulated, smooth, reduced flaws, closed pores and relax you.

### Express Facial

**25 minutes - £35**

This is an ideal taster facial, to introduce you to our ESPA produce range. Includes cleanse, exfoliation, spa fresh, scalp massage and moisture.

### Immune Booster

**25 minutes - £35**

This ESPA facial uses Resistance body oil which contains Eucalyptus and tea tree, which helps to boost your immune system. This treatments also includes a massage of the scalp, face and neck to relieve stress and muscle tension.

### Traditional Swedish massage

Full body massage

**55minutes ~£55**

Back, neck, shoulder and legs

**40minutes~ £40**

Back, neck and shoulder

**25minutes ~ £35**

**Add Hot Stones for £7.50**

### Aromatherapy Massage

**55 minutes ~ £60**

Using ESPA's aromatherapy oils to suit your individual needs. Incorporating a fusion of massage techniques including acupressure and aromatherapy, to promote a deep sense of well-being and relaxation.

### Indian Head massage

**25 minutes ~ £35**

Massage of face, scalp, neck and shoulders to relieve stress and muscle tension, it soothes and rebalances energy flow leaving a feeling of peace and tranquillity.

### Reflexology

**50 minutes ~ £45**

A complementary therapy using the feet to treat the whole body. Massage and specialised thumb pressure techniques are used to stimulate reflex points, bringing about a sense of deep relaxation and balance.

### Hopi Ear Candling

**40 minutes ~ £40**

This pure relaxation ceremony commences with a foot massage, leading to an acupressure/lymphatic drainage massage on face and scalp then finishing with hopi ear candling. Helpful for headaches, migraines, sinus problems, earache and tinnitus (ear noises).

### Luxury Back, Face & Scalp

**1 hour 25 minutes ~ £68**

A totally luxurious experience, which incorporates a full E'SPA facial with acupressure, face and head massage. The treatment starts with an initial deep cleansing, exfoliation and a specific oil massage to the back, to bring relaxation and harmony to mind and body

### Total Holistic Body Care

**1 hour 25 minutes ~ £68**

Our Holbrook signature treatment includes body brushing to the whole body, deeply relaxing full body massage, and an ESPA mini facial includes face and scalp massage using blends of essential oils to suit your individual needs. Resulting in complete relaxation and restored energy levels.

## ESPA Advanced Concept Treatments

The advanced concept treatments use hot and cold basalt stones, an ancient method of bringing balance and harmony, relaxing the body at its deepest level. Basalt lava stones are from deep in the earth which are rich in minerals and are heated to be used for deep massage and intensive energy work. They are placed on specific energy points (chakras) to help the body clear blocked energy, relax and dissolve stress. A truly holistic experience.

### Holistic Ritual with Hot Stones

**1 hour 50 minutes ~ £100**

This is the ultimate relaxation and pampering treatment. Includes deep tissue massage with stones, full ESPA facial with acupressure, and face and head massage. Hot stones are used to stimulate and balance vital energy points bringing powerful de stressing benefits to mind and body.

### Total Body Ritual with Hot Stones

**1 hour 50 minutes ~ £100**

Includes full body skin brushing and exfoliation, a deep body massage using hot and cold stones all over the body including vital energy points, finishes with an ESPA express facial which includes face and scalp massage. This truly holistic experience will bring harmony to both mind and body.

## ESPA Body Treatments

### Exfoliating Salt and Oil Scrub

**25 minutes ~ £30**

Combines sea salts, nourishing oils and essential oils to leave your skin exfoliated and moisturised, a choice of relaxing, invigorating or detoxifying.

### Life Saving Back Treatment

**40 minutes ~ £50**

An ideal treatment for this neglected, hard to reach area, includes a deep cleanse, exfoliation, application of warm marine mud, tension releasing aromatherapy massage to the back and back of legs to leave the skin soft, smooth and revitalised.

### Pre and Post Natal Treatment

**1 hour 25 minutes ~ £68**

This pre and post natal treatment has been carefully designed for mothers and mothers to be to aid relaxation and tonicity of the skin during this special time. Includes a gentle exfoliation of the back and a relaxing, soothing full body massage to leave skin toned and a feeling of complete relaxation.

### Mini Pre Natal Treatment

**45 minutes - £42**

This pre natal treatment has been carefully designed for mothers to be to aid relaxation and tonicity of the skin during this special time. Includes a gentle exfoliation of the back and a relaxing, soothing back massage along either a scalp or foot massage to leave you feeling fully revitalised.

## Body Wrap

### Honey I Shrunk Inch Loss Wrap

Honey I shrunk is an inch loss body wrap that works by lipolysis. A revolutionary method of removing fat from your body. Drop up to a dress size in 60 minutes!!

Body Wrap & Hand, Feet & scalp massage

**1hour 25 minutes ~ £50**

Body Wrap & OPI Manicure/OPI Pedicure

**1hour 25 minutes ~ £55**

Body Wrap & ESPA Express Facial

**1hour 25 minutes ~ £60**

## The Little Extras

### Eye Treatments

Eyebrow Shape (tweezed or wax)	<b>30 minutes ~ £10</b>
Eyelash Tint*	<b>30 minutes ~ £15</b>
Eyebrow Tint*	<b>15 minutes ~ £10</b>
Beautiful Eyes*	<b>45 minutes ~ £30</b>

*Incorporates eyebrow tint and shape and eyelash tint*

*\*A patch test is required 24 hours prior to these treatments*

### Waxing

1/2 Leg Wax	<b>30 minutes ~ £17</b>
Full Leg Wax (includes bikini line)	<b>60 minutes ~ £28</b>
Bikini Line Wax	<b>30 minutes ~ £10</b>
Underarm Wax	<b>15 minutes ~ £10</b>
Upper Lip or Chin Wax	<b>15 minutes ~ £10</b>
Upper Lip and Chin Wax	<b>30 minutes ~ £15</b>
Men's Back or Chest Wax	<b>30 minutes ~ £25</b>
Brazilian/Hollywood	<b>45 minutes ~ £25</b>

### Threading

Eyebrows	<b>30 minutes ~ £8</b>
Lip/Chin	<b>30 minutes ~ £8</b>
Full face	<b>30 minutes ~ £10</b>

### Electrolysis

Permanent hair removal, requires multiple sessions to achieve the possible results.  
Speak to therapist today to learn more.

**15minutes ~ £17**

## Pamper Packages

Full pamper days start from approximately 9am with a complementary drink and a welcome tour. All Full spa days include use of health club facilities, luxury robes, slippers, towels and a two course lunch

### Brook ~ £140

Ideal for a pampering day out with friends or family, select **‘three’** from the list of treatments below:

~ Back, Neck and Shoulder Massage	~ File and Paint on Hands or Toes
~ Express Facial	~ Makeup Application
~ Indian Head Massage	~ Salt and Oil Body Scrub

### Dove Cot ~ £150

A holistic package of well being to rebalance the body and alleviate stress includes,

~ ESPA Aromassage	~ Luxury Foot Massage
~ Indian Head Massage	

### Cedar ~ £180

A top to toe day of pampering includes,

~ ESPA Full Facial	~ Classic Pedicure
~ ESPA Aromassage	~ classic Manicure

### Mother to be ~ £145

A safe and wonderfully relaxing day for ladies 3 months pregnant or more includes,

~ ESPA Pre Natal Treatment
~ OPI Luxury Pedicure

### Half Day Discovery ~ £90

An ideal escape for those short of time, choose either the morning (9am until 1pm) or afternoon (1pm until 5pm);

~ Express Facial	~ Morning pastries/cream tea
~ Back, Neck and Shoulder Massage	

### Hen Party ~ £70

Enjoy a day with the girls; select one treatment from the following list

~ Back, Neck and Shoulder Massage	~ file and paint on Hands or Toes
~ Express Facial	~ Cream Tea
~ Indian Head Massage	

## Residential Pamper Experience

Why not turn your pamper day into an overnight stay from just an extra £90 per person to include accommodation, evening a la carte dinner and full breakfast. Experience the true nature of Holbrook House and discover a convivial atmosphere that makes you feel completely relaxed. The elegance of the décor, exquisitely furnished reception rooms, comfortable sofas, log fires and soft lights create the comfort and warmth of a home from home.

## Gift Vouchers

An ideal present for friends and family for any occasion.

Gift vouchers can be purchased from the health club Reception or via the telephone.

**Valid for 6 months from purchase**

## Pamper Packages and Treatments

- We recommend bookings to be made as far in advance as possible. A credit or debit card is required to secure all pamper day bookings.
- Please give us 24 hours notice if you need to change or cancel your appointment to avoid a 100 % charge being incurred.
- All treatments are for both ladies and gentlemen unless stated otherwise.
- For pamper days please bring swimwear and exercise clothing if you plan to take an exercise class or use the fitness suite.
- The minimum age for all treatments is 16 years of age.
- Please inform your therapist if you are receiving any form of medical treatment, medication or are pregnant. All treatments include a thorough consultation.
- Gratuities are not included and are left up to your discretion.
- Please arrive at least 5 minutes before your scheduled treatment time.

## The Finishing Touches

### Jane Iredale Mineral Makeup

Consultation and colour match (free with purchase of two or more products)	<b>25 minutes ~ £20</b>
Make-up Application	<b>25 minutes ~ £40</b>
Bridal makeup (Free consultation and colour match)	<b>price on request</b>

### Nail Treatments

OPI Manicure	<b>45 minutes ~ £26</b>
OPI Manicure including French Polish	<b>55 minutes ~ £26</b>
Luxury OPI Manicure	<b>1 hour and 10 minutes ~ £36</b>
Gents Manicure	<b>30 minutes ~ £20</b>
OPI Pedicure*	<b>55 minutes ~ £26</b>
OPI Luxury Pedicure*	<b>1 hour and 10 minutes ~ £36</b>
File and Paint on Hands or Toes	<b>15 minutes ~ £18</b>

### Gel Nails

**Iconic OPI colours** in a fast polish-on **Gel Formula!** GelColor by OPI's shine-intense shades cure in 30 seconds and last for weeks! From the distinctive bottle and custom made brush, to fast application and lightening speed cure, **GelColor by OPI** redefines salon gel services with durable, glossy colour.

GelColor Gel Manicure	<b>55 minutes ~ £28</b>
GelColor Gel Pedicure	<b>55 minutes ~ £28</b>
Gelcolor file and paint	<b>30 minutes ~ £24</b>
Existing Gel Removal (with no Manicure or Pedicure)	<b>25 minutes ~ £10</b>

When having gels re-done your removal is complimentary. Please inform us of the removal when making your booking.

\*Please bring open toed shoes to allow nail polish to dry.