

Spa Treatments at North Lakes Hotel

for your face

ESPA Intensive Facial			
- The Regenerator	55mins	£56.00	
- The Skin Brightener	55mins	£56.00	
- The Re-Balancer	55mins	£56.00	
- The Re-Hydrator	55mins	£56.00	
ESPA Eye Lift	25mins	£36.00	
ESPA Super Active	1hr 25mins	£82.00	
- Calming & Soothing			
- Lifting & Firming			
- Repairing & Restoring			
ESPA Concept Facial - Age Defyer	1hr 25mins	£75.00	
Aromatherapy Back, Face & Scalp	1hr 25mins	£80.00	

for your body

Traditional Full Body Massage	55mins	£56.00	
ESPA Aromatherapy Massage	1hr 10mins	£68.00	
- Detoxifier			
- De-Stresser			
- Intensive Muscle Warmer			
- Jet Lag Reviver			
- Immune Booster			
- Energiser			
- Body Toner			
ESPA Lifesaving Back Treatment	55mins	£56.00	
ESPA Total Body Care	1hr 25mins	£82.00	
ESPA Ultimate Body Wrap	1hr 10mins	£65.00	
- Marine Algae			
- Marine Mud			
- Oshadi Clay			

specialist treatments

Totally Holistic Body Treatment	1hr 55mins	£98.00
ESPA Stimulating Hip & Thigh Treatment	1hr 10mins	£66.00
Indian Head Massage	40mins	£38.00
Reflexology	55mins	£46.00

pregnancy

ESPA Pre-natal Treatment	1hr 25mins	£77.00
--------------------------	------------	--------

gentlemen please

Purifying Face, Shoulder & Scalp Massage	55mins	£56.00
Stress Buster	1hr 25mins	£82.00
Back, Face & Scalp with Hot Stones	1hr 40mins	£82.00
Lifesaving Back Treatment	55mins	£56.00
Foot & Leg Treatment with Hot Stones	1hr 10mins	£46.00
Jetlag Reviver	55mins	£68.00

express treatments

Express Facial	25mins	£35.00
Back, Neck & Shoulder Massage	25mins	£35.00
Shoulder & Scalp Massage	25mins	£35.00
Body Polish	25mins	£35.00
Salt & Oil Scrub	25mins	£35.00
Eye Lift	25mins	£35.00
Jessica Nail Tidy & Varnish	25mins	£20.00

hot stones & hydrotherm

We've highlighted treatments where hydrotherm or hot stones work well - just look out for the symbol and add 15 minutes to your treatment and the following supplement:



£12.00



£12.00

tanning

St Tropez Spray	£21.00
St Tropez Half Body	£30.00
St Tropez Full Body	£45.00

waxing and tinting

Full Leg Wax	40mins	£26.00
Half Leg Wax	25mins	£17.00
Bikini Wax	10mins	£15.00
Underarm Wax	10mins	£10.00
Lip Wax	10mins	£9.00
Chin Wax	10mins	£9.00
Eyebrow Wax	10mins	£11.00
Chest or Back Wax	25mins	£26.00
Eyelash Tint	25mins	£12.00
Eyebrow Tint	10mins	£8.00
Eyelash & Brow Tint (combined)	25mins	£18.00
Eyebrow Shape	10mins	£11.00

finishing touches

Make Up Lesson	55mins	£46.00
Day/Evening Make-over	40mins	£41.00
Bridal Make-over	2 x 40mins	£77.00

electrolysis

Electrolysis	15mins	£16.00
Electrolysis	30mins	£26.00
Blend Electrolysis	15mins	£16.00
Blend Electrolysis	30mins	£26.00

your nails

Nail Tidy & Re-varnish	25mins	£20.00
Prescriptive Manicure	45mins	£30.00
Prescriptive Manicure Deluxe with Thermal Mittens	55mins	£36.00
Le Remedi Hand Treatment by Jessica	25mins	£26.00
Aroma Spa Pedicure	55mins	£35.00
Jessica Aroma Spa Pedicure Deluxe with Thermal Booties	1hr10mins	£40.00

Nov/10

day programmes

Express	55mins	£80.00
Holistic	1 hr 55mins	£110.00
Detox	2hrs 25mins	£138.00
Relax	2hrs 40mins	£150.00
Sheer Indulgence	3hrs 30mins	£169.00
Gents - Re-Charge	2hrs 15mins	£128.00
Pregnancy - Journey to New Beginnings	3hrs 45mins	£138.00

signature packages

Escape	from £99.00
Retreat	from £249.00

Why not make your day programme a mini-break and stay overnight in one of our luxurious guest rooms?

Ask about our special rates for dinner, bed and breakfast.



t: 01768 865185

e: nlakes.spa@shirehotels.com

www.spa.nlakeshotel.com

the
spa
treatments