




Spa Treatments at Solent Hotel

for your face

ESPA Intensive Facial	55mins	£59.00
- The Regenerator		
- The Skin Brightener		
- The Re-Balancer		
- The Re-Hydrator		
ESPA Eye Lift	25mins	£36.00
ESPA Concept Facial - Age Defyer	1hr 25mins	£87.00
Aromatherapy Back, Face & Scalp 	1hr 25mins	£87.00

for your body

Traditional Full Body Massage  	55mins	£59.00
ESPA Aromatherapy Massage 	1hr 10mins	£73.00
- Detoxifier		
- De-Stresser		
- Intensive Muscle Warmer		
- Jet Lag Reviver		
- Immune Booster		
- Energiser		
- Body Toner		
ESPA Lifesaving Back Treatment 	55mins	£59.00
ESPA Total Body Care 	1hr 25mins	£87.00
ESPA Ultimate Body Wrap	1hr 10mins	£73.00
- Marine Algae		
- Marine Mud		
- Oshadi Clay		





specialist treatments

Totally Holistic Body Treatment	1hr 55mins	£101.00
ESPA Stimulating Hip & Thigh Treatment	1hr 10mins	£73.00
Indian Head Massage	40mins	£46.00
Reflexology	55mins	£52.00

pregnancy

ESPA Pre-natal Treatment	1hr 25mins	£87.00
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gentlemen please

Purifying Face, Shoulder & Scalp Massage  	55mins	£59.00
Stress Buster 	1hr 25mins	£87.00
Back, Face & Scalp with Hot Stones	1hr 40mins	£103.00
Lifesaving Back Treatment 	55mins	£59.00
Foot & Leg Treatment with Hot Stones	1hr 10mins	£47.00
Jetlag Reviver 	55mins	£73.00
Male Grooming - Prescriptive Manicure	45mins	£32.00

express treatments

Express Facial	25mins	£36.00
Back, Neck & Shoulder Massage	25mins	£36.00
Shoulder & Scalp Massage	25mins	£36.00
Body Polish	25mins	£36.00
Salt & Oil Scrub	25mins	£36.00
Eye Lift	25mins	£36.00
Jessica Nail Tidy & Varnish	25mins	£26.00

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:

 £16.00

 £9.00

tanning

St Tropez Spray		£31.00
St Tropez Half Body		£37.00
St Tropez Full Body		£52.00

waxing, threading and tinting

Full Leg Wax	40mins	£31.50
Half Leg Wax	25mins	£21.50
Bikini Wax	10mins	£13.50
Underarm Wax	10mins	£13.50
Lip Wax	10mins	£8.50
Chin Wax	10mins	£8.50
Eyebrow Wax	10mins	£13.50
Chest or Back Wax	25mins	£21.50
Hollywood Wax	25mins	£30.00
Brazilian Wax	25mins	£22.00
Eye Brow Threading	25mins	£15.00
Lip Threading	25mins	£10.00
Chin Threading	25mins	£10.00
Lip and Chin Threading (combined)	25mins	£15.00
Facial Threading	25mins	from £15.00
Eyelash Tint	25mins	£18.00
Eyebrow Tint	10mins	£13.50
Eyelash & Brow Tint (combined)	25mins	£21.50
Eyebrow Shape	10mins	£13.50

finishing touches

Make Up Lesson	55mins	£46.00
Day/Evening Make-over	40mins	£41.00
Bridal Make-over	2 x 40mins	£72.00

electrolysis

Electrolysis	10mins	£18.00
Electrolysis	25mins	£26.00
Blend Electrolysis	10mins	£21.00
Blend Electrolysis	25mins	£29.00

day programmes

Express	55mins	£92.00
Holistic	1hr 55mins	£118.00
Detox	2hrs 25mins	£143.00
Relax	2hrs 40mins	£164.00
Sheer Indulgence	3hrs 30mins	£184.00
Gents - Re-Charge	2hrs 15mins	£149.00
Pregnancy - Journey to New Beginnings	3hrs 45mins	£159.00

signature packages

Escape	from £105.00
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.



your nails

Nail Tidy & Re-varnish	25mins	£26.00
Prescriptive Manicure	45mins	£32.00
Prescriptive Manicure Deluxe with Thermal Mittens	55mins	£37.00
Le Remedi Hand Treatment by Jessica	25mins	£26.00
Aroma Spa Pedicure	55mins	£37.00
Jessica Aroma Spa Pedicure Deluxe with Thermal Booties	1hr 10mins	£43.00
Jessica GELeration Manicure	55mins	£40.00
Jessica GELeration Pedicure	55mins	£45.00
GELeration Nail Removal with next treatment	55mins	£4.00
GELeration Nail Removal	55mins	£15.00

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the
spa
treatments