

SPA ETIQUETTE

APPOINTMENTS

Being on time for your appointment is greatly appreciated both in consideration of our other guests and in order for you to receive your full service. Please arrive 10 minutes in advance of your appointment to complete our guest pre-treatment form and relax before your spa experience. Please have consideration for other guests having treatments when using our Spa.

GIFT VOUCHERS

A Spa Gift Voucher makes a wonderful gift for any special occasion or holiday. Gift Vouchers are non-refundable, non-transferable and non-redeemable for cash. Please review all terms and conditions.

CANCELLATION

If you need to make a cancellation or date change, we require a minimum of 48 hours' notice for any service.

LATE ARRIVAL

Please arrive in plenty of time to relax and enjoy the experience. If you are running late every effort will be made to honour your treatment time, but this may not always be possible.

GUEST PRE TREATMENT FORM

Before your service, you may be required to complete a guest pre-treatment form to safeguard your wellbeing, comfort and allow us to safely deliver our services by minimizing risk of injury.

MOBILE PHONES

Please refrain from using your mobile phone during your visit. In fact, why not just get away from it all and switch it off altogether.

FACE RITUALS

TASTER FACIAL

The perfect introductory facial tailored to your skin's needs. The therapist will cleanse, exfoliate & massage, that will boost & enhance your skin. (25m) - **£25**

EXTRA RELAX FACIAL

This luxurious combination of treatments provides you with the ultimate uplifting ritual, leaving you with a wonderful sense of wellbeing. Plumping and smoothing the appearance of lines and wrinkles. (60m) - **£40**

HANDS & FEET

PRESCRIPTION PEDICURE

Treat your feet to a pampering experience with this revitalising foot treatment. This treatment does not include polish. (30m) - **£25**

LUXURY PEDICURE

A Luxurious pedicure using warm booties to aid the penetration of products, softens and conditions the feet. Finish treatment with an application of colour. (75m) - **£35**

PRESCRIPTION MANICURE

This manicure is designed to soften and condition the hands and nails. This treatment does not contain polish (30m) - **£20**

LUXURY MANICURE

A Luxurious manicure using warm mittens to aid the penetration of products, softens and conditions the hands. Finish treatment with an application of colour. (60m) - **£30**

SHELLAC HANDS OR FEET

Say goodbye to chips, smudges & dry time and say hello to the new shellac! Paints like polish and wears flawlessly for 14 days of high gloss shine. (30m) - **£25**

TRUE BEAUTY

Beauty • Spa

01773 814610

Holiday Inn South Normanton

BEAUTY ESSENTIALS

WAXING

Full Leg & Bikini Line (60m) - **£25**

Full Leg (45m) - **£20**

Half Leg (30m) - **£15**

Bikini (15m) - **£10**

Underarm (15m) - **£8.50**

Full Arm (30m) - **£12**

Half Arm (20m) - **£7.50**

Lip (15m) - **£4.50**

Chin (15m) - **£4.50**

Men's chest (30m) - **£20**

Men's back (30m) - **£20**

EYEBROW & EYELASH

Eye-brow shape (15m) - **£5**

Eye-brow tint (15m) - **£5**

Eye-lash tint (20m) - **£10**

Eye-lash & Eye-brow tint (30m) - **£12.50**

ALL TINTING REQUIRES A PATCH TEST 48 HOURS PRIOR

HOPI EAR

A natural and relaxing therapy used traditionally by the Hopi Indians. This treatment is completely painless and helps rebalance the ear by drawing out impurities. Perfect for anyone who suffers from sinusitis, or headaches, migraines, head colds, hay fever or excessive ear wax. (30m) - **£20**

HOT STONE MASSAGE FULL BODY

Hot stone massage helps relax tired muscles. Hot stone massage increases the blood flow to the muscles, aiding recovery time of painful muscles (60m) - **£55**

HOT STONE MASSAGE - BACK

Hot stone massage helps relax tired muscles. Hot stone massage increases the blood flow to the muscles, aiding recovery time of painful muscles (30m) - **£35**

SPA ESCAPES

Need a break from the daily routine? Why not treat yourself to a day of pure relaxation.

SILVER SPA ESCAPE FOR TWO

Included in your Silver Spa Escape:

- Access to our Spa 9am-5pm
- A 25 minute Spa Treatment
- Complimentary Towel & Robe Hire
- Enjoy all of this for **£60**

GOLD SPA ESCAPE FOR TWO

Included in your Gold Spa Escape:

- Access to our Spa 9am-5pm
- A 55 minute Spa Treatment
- Complimentary Towel & Robe Hire
- Enjoy all this for **£80**

PLATINUM SPA ESCAPE FOR TWO

Included in your Platinum Spa Escape:

- Access to our Spa 9am-5pm
- A 55 minute Spa Treatment
- Complimentary Towel & Robe Hire
- Light lunch
- Enjoy all this for **£100**

JUST FOR MEN SPA ESCAPE

Included in your Just for Men Spa Escape:

- Access to our Spa 9am-5pm
- A 55 minute Spa Treatment
- Complimentary Towel & Robe Hire
- Enjoy all this for **£40**

DAY PASS SPA ESCAPE

Included in your Silver Spa Escape:

- Access to our Spa 9am-5pm
- Enjoy all this for **£15**

BODY RITUALS

BACK, NECK & SHOULDER MASSAGE

Indulge and treat yourself to this luxurious back massage, each movement will be tailored to suit and benefit all your aches, pains and needs. Your therapist will focus on your back, shoulders, neck and arms; this really is the ultimate back massage. (25m) - **£30**

FULL BODY COMFORT

A full body massage personalised to suit individual client needs, whether it's lower back, shoulder pain or just an all over renew, this rebalancing relaxing massage will give you a complete feeling of wellbeing (55m) - **£50**

WALKING ON AIR

This leg treatment drains, stimulates and revitalises. Relaxing essential oils eases heavy, aching muscles. (25m) - **£25**

INDIAN HEAD MASSAGE

Using this traditional Indian massage, circulation is greatly improved, head tension is relieved and a general feeling of wellbeing experienced. (25m) - **£25**

HIMALAYAN FULL BODY EXPERIENCE

A full body exfoliation using Himalayan salts, detoxifying your body and renewing your skin cells. With its natural properties it will help drain and increase circulation before firming creams and oils are applied and massage into the whole body. (55m) - **£55**

HIMALAYAN BACK EXFOLIATION AND MASSAGE

Exfoliate and renew your back with the salts before enjoying a cleansing back massage. A cleansing treatment which is great for relieving tension and stimulating drainage of toxins. Great for renewing skin cells post or pre holidays. (30m) - **£35**