

## ESSENTIAL MAINTENANCE

### Eyes

A tint test is essential 24 hrs before an eyelash or brow tint.

Eyelash Tint	<b>15 mins £15</b>
Eyebrow Tint	<b>15 mins £15</b>
Lash & Brow Tint	<b>15 mins £18</b>
Brow Wax & Lash Tint	<b>15 mins £18</b>
Eyelash and Eyebrow Tint with Eyebrow Wax	<b>20 mins £25</b>

### Wax

Eyebrow	<b>15 mins £10</b>
Half Leg	<b>30 mins £25</b>
Full leg	<b>45 mins £35</b>
Bikini Basic	<b>15 mins £15</b>
Underarms	<b>15 mins £15</b>
Upper Lip	<b>15 mins £10</b>
Chin	<b>15 mins £10</b>
Lip & Chin	<b>15 mins £15</b>

## BOYS STUFF

### ESPA Mens Intensive Facial Treatment 1hr - £55

Specifically formulated for the male complexion using natural balms and oils to purify, hydrate and revitalise the skin. Ideal for city dwellers, air travellers and stressed individuals.

### ESPA Total Back, Face & Scalp With Hot Stones 1 hr 30 mins - £75

A full aromatherapy facial with a back, face and scalp massage using hot and cold stones. Leaves the skin revitalised and the body and mind relaxed.

### ESPA Lifesaving Back Treatment 50 mins - £50

Ideal for problematic skins and neglected areas. The back is deep cleansed, body brushed, exfoliated then massaged to stimulate circulation and cell renewal. The back is then calmed and relaxed with a moisturizing mud wrap.

### Massage Menu

Please refer to the Holistic and Hot Stone massage pages.

<b>Boys Wax</b>	<b>From</b>
<b>Chest</b>	<b>30 mins £25</b>
<b>Shoulders</b>	<b>30 mins £25</b>
<b>Back</b>	<b>30 mins £25</b>
<b>Back &amp; Shoulders</b>	<b>30 mins £35</b>

## VU SPA BLING DAYS

Pamper days include the use of all leisure facilities a glass of bubbly and a sandwich lunch in The Swan Inn

### The Full Bling

- Immaculate Manicure or Pristine Pedicure (Shellac or traditional)
  - ESPA Intensive Facial with Firming Eye Treatment
  - ESPA Full Body Hot Stone Massage

**4hrs 30mins - £225**

### Bling

- ESPA Full Body Massage
- Immaculate Manicure or Pristine Pedicure (Shellac or traditional)
  - ESPA Intensive Facial

**3hrs 15mins - £155**

### Mini Bling

- ESPA Wrap or Envelopment
- ESPA Express Facial • Custom Shellac Manicure or Pedicure

**2hrs - £115**

### Your Bling

Choose 2 of the following:

- ESPA Express Facial • Back, Neck & Shoulder Massage
- Custom Manicure or Pedicure
  - ESPA Body Polish

**1hr - £70**

### Pregnancy Pamper

- Pre Natal Treatment • Custom Shellac

**2hrs - £100**

Treatment times include a consultation. Cancellation Policy: Appointments can be cancelled up to 48hrs before the appointment, after that time the full charge will apply. Products and prices are subject to change at any time without prior notice.



THE SWAN HOTEL & SPA  
NEWBY BRIDGE

The Swan Hotel & Spa Newby Bridge Cumbria LA12 8NB  
Telephone: 015395 31681 Email: vuspa@swanhotel.com www.swanhotel.com

VU SPA

## ESPA INTENSIVE FACIALS

All ESPA facials comprise of double cleansing techniques, exfoliation, acupressure facial massage, Oriental head massage, facial mask, skin acupressure, moisturising and protection.  
*Please choose from the following options.*

### **ESPA Skin Brightener Facial 60 mins - £55**

Suitable for all skin conditions and particularly for when environmental stress, illness or lack of sleep leaves you with dull, lifeless and sallow skin. Uses Skin Brightener rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet rich in anti-oxidants.

### **ESPA Rehydrator Facial 60 mins - £55**

Superb for dry, stressed and tired complexions using Botanical Rescue and Face Treatment Oil and a nourishing facial mask to drench your skin with moisture.

### **ESPA Rebalancing Facial 60 mins - £55**

Specific massage techniques and aromatherapy products combined with a warm marine mud mask to cleanse and decongest the skin leaving it calm, clear and rebalanced.

### **ESPA Regenerating Facial 60 mins - £55**

An intensive boost for mature and stressed skin. Products from the ESPA Concept range are used to provide concentrated protection and nourishment to regenerate, firm and nourish.

### **ESPA Age Defying Facial 1hr 30 mins - £70**

A regenerating facial treatment to help combat the signs of ageing and sun damaged skin. Special facial massage techniques help to minimise lines and wrinkles, leaving the skin fresh, revitalised and nourished.

### **ESPA Intensive Facial & Firming Eye Treatment 1 hr 15 mins - £65**

Combines an intensive facial to suit your skin type with a firming eye treatment, paying particular attention to the delicate eye area.

### **ESPA Express Facial 30 mins - £35**

Cleanse, exfoliate and moisturise the skin with a relaxing Oriental head massage.

## ESPA BODY TREATMENTS

### **ESPA Holistic Back, Face & Scalp Treatment 1 hr 30 mins - £70**

A full intensive facial to suit your skin type with Oriental head massage, deep cleansing, exfoliation & massage for the back with aromatic oils bringing powerful de-stressing benefits to mind & body.

### **ESPA Ultimate Wrap & Full Body Massage 2 hrs - £90**

Combine any wrap with an aromatherapy full body massage for the ultimate mind and body experience.

### **ESPA Holistic Total Body Care 1 hr 30mins - £70**

Designed to relax and de-stress. The treatment begins with skin brushing & a body polish to increase circulation and is followed by a full body massage including the face and scalp.

### **ESPA Lifesaving Back Treatment 50 mins - £50**

Ideal for problematic skins and neglected areas. The back is deep cleansed, body brushed, exfoliated then massaged to stimulate circulation and cell renewal. The back is then calmed and relaxed with a moisturising mud wrap.

### **ESPA Body Polish 30 mins - £35**

An exclusive body & skin enhancement treatment which can be used in isolation to remove dead or dry skin or as a preparation for an aromatherapy massage.

### **ESPA Salt & Oil Scrub 30 mins - £35**

This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised smooth and soft.

### **ESPA Pre/ Post Natal Treatment 1 hr 30 mins - £75**

A total body treatment for pregnant and nursing mums. The treatment avoids the use of essential oils but uses Calendula infused oil, muds and creams with advanced massage techniques to safe areas. It leaves the skin toned and the mind relaxed.

### **ESPA Stimulating Hip & Thigh Treatment 1 hr - £55**

Stimulates the circulatory and lymphatic systems concentrating on the areas of the body prone to blockages, cellulite, fluid retention and uneven skin texture. Deep exfoliation with seaweed and salt rub is followed by a detoxifying massage using stimulating essential oils. The feet reflex zones and pressure points are activated then pressure point and lymphatic drainage massage is undertaken to purify and cleanse the body.

### **ESPA Aromatherapy Full Body Massage 1hr 15 mins - £60**

Experience the benefit of massage with individually chosen essential oils in one of the finest anti-stress treatments available. The complete body, face & scalp massage focuses on acupressure points, helping to strengthen the nervous system, thus restoring lost energy.

### **Indian Head Massage 45 mins - £45**

The aim of Indian head massage is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders

## DEEP TISSUE MASSAGE

Deep tissue massage is used to release chronic muscle tension through slower strokes and more direct deep pressure or friction applied across the grain of the muscles not with the grain. It helps to break up scar tissue, loosen muscle tissues, release toxins and improve circulation.

### **Full Body 1hr - £55**

### **Back, Neck & Shoulders 30 mins - £35**

### **Legs 30 mins - £35**

## SWEDISH MASSAGE

Stroking and kneading of the superficial muscle tissues to promote stress relief, improve circulation, relieve muscle pain and tension, increase flexibility and induce relaxation.

### **Full Body 1hr - £55**

### **Back, Neck & Shoulders 30 mins - £35**

### **Legs 30 mins - £35**

## ESPA HOT STONE TREATMENTS

*(Hot stone treatments may be unsuitable if on medication)*

Hot stones have been used for thousands of years for harmonising, cleansing and relaxing the body at its deepest level. Basalt lava stones are rich in minerals and are heated and used for deep body massage and energy work. They may be placed on Chakras to help clear blocked energy centres, dissolve stress, drawing excess hyper-energy away and bringing new energy to depleted zones.

### **ESPA Total Holistic Hot Stones 2 hrs - £90**

This treatment begins with a body massage of blended aromatherapy oils using the volcanic hot stones. Gentle stretching helps release deep seated tension in the neck and shoulders. Tension points are massaged around the eyes and ears before an acupressure head massage is given to calm and soothe the mind and spirit.

### **ESPA Full Body Hot Stone Massage 1 hr - £65**

### **ESPA Back, Neck & Shoulders Hot Stone Massage 40 mins - £45**

## ESPA ULTIMATE MUD WRAPS

Treatments include lymphatic skin brushing, body exfoliation and a body wrap combining aromatherapy oils with Algae, Marine Mud or Oshadi Clay. Finally a mind calming Oriental head massage.

### **ESPA Detoxifying Algae Wrap 1hr - £65**

This therapeutic, balancing and detoxifying treatment involves skin brushing, exfoliation and an Algae wrap rich in minerals and enzymes, designed to boost the metabolism and detoxify. The treatment includes a full scalp treatment for total relaxation.

### **ESPA Oshadi Envelopment 1hr - £65**

Oshadi, giver of life, is the Ayurvedic term for plants and herbs used in healing therapies. After a sea salt and aromatherapy oil exfoliation, plants and spices are infused to form a nourishing mask which warms and hydrates the skin and helps to relieve aching muscles and joints.

### **ESPA Skin Hydrator Body Wrap 1hr - £65**

A luxurious experience including lymphatic skin brushing and exfoliation and a wrap with oils rich in Palma Rosa and Myrrh combined with a deeply nourishing body cream with wild yam and skin conditioning Marine Mud. Finished with a mind calming Oriental head massage.

## CND NAIL BAR

### **Shellac Removal 15mins - £7**

Sit back while we remove your Shellac.

### **On The Move Manicure 15 mins - £18**

Especially created for the client with a busy lifestyle, the on the move manicure keeps hands and nails well groomed and fashionable in between Immaculate Manicures.

### **Custom Shellac 25 mins - £25**

When you're after perfect nails in the fastest possible time the custom Shellac is the treatment for you. Instant drying tough brilliant colour.

### **Custom Manicure 30mins - £30**

When time is an issue the custom manicure offers a full traditional manicure service in less than an hour.

### **Immaculate Manicure 1hr - £45**

A must for all who want the best dressed hands the immaculate manicure is a luxurious experience for hands and nails.

### **Imaculate Shellac 1hr - £45**

A luxurious hand and nail treatment combined with 2 week perfect high gloss flawless Shellac. What more could a girl want!

### **On The Move Pedicure 15 mins - £18**

For the client with a busy lifestyle, feet look pampered and well groomed in just 15 minutes. Recommended for clients who want a change of nail colour.

### **Custom Shellac Pedicure 25mins - £25**

When you're after perfect nails in the fastest possible time the custom Shellac is the treatment for you. Instant drying tough brilliant colour.

### **Custom Pedicure 45 mins - £35**

When time is an issue, the custom pedicure offers a full traditional pedicure service in less than an hour without the 'spa' element.

### **Pristine Pedicure 1hr - £45**

This ultimate pedicure, combines glamour and relaxation! Walk away from this treatment feeling uplifted and reflect on the experience for days with lasting results!!

### **Pristine Shellac Pedicure 1 hour 15 mins - £50**

The ultimate long lasting pedicure, instant drying high gloss Shellac nail treatment followed by a luxurious mask and scrub treatment.

### **French Polish/Rock Star/Crystal nails supplement £3**