

VuSpa Treatments

17th May 2021

Treatment	Duration	Price	Description
Espa Swedish Massage Full Body Back, Neck & Shoulder	75 mins 45mins	£95 £60	Stroking and kneading the superficial muscles to promote stress relief, improve circulation, relieve muscle pain and tension.
Espa Aromatherapy Massage Full Body Back, Neck & Shoulder	75 mins 45mins	£95 £60	Gentle massage using stroking techniques to promote relaxation and stress relief. A holistic treatment to improve health and wellbeing.
Espa Deep Tissue Massage Full Body Back, Neck & Shoulder	75 mins 45mins	£95 £60	Using slower and firmer strokes and pressure than other treatments, deep finger pressure that concentrates on particular areas and techniques that work on the deeper layers of muscle tissue.
Espa Back of Body Ritual	75 mins	£95	The back is deep cleansed, body brushed, exfoliated and massaged to stimulate circulation, promote relaxation and stress relief followed by a moisturising mud wrap to the back. Includes massage to the back of legs.
Espa Holistic Back, Face & Scalp Treatment	75 mins	£95	A bespoke facial to suit your skin type and concerns with back, face and scalp massage that leaves the skin revitalised and the mind and body relaxed.
Espa Indian Head Massage	45 mins	£60	A relaxing, holistic treatment that uses acupressure massage to release stress that has accumulated in the tissues, joints and muscles of the head, face, neck and shoulders.
Espa Intensive Facial	75 mins	£95	A prescriptive facial that will target your specific skins needs and concerns, includes acupressure massage techniques to the face, neck and shoulders, an oriental head massage and revitalising eye treatment.

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Espa Express Facial	45mins	£60	An ideal facial for those on the go, includes skin analysis, deep cleansing of the skin, application of appropriate mask and oriental head massage, leaving the skin refreshed and your mind relaxed.
CND Luxury Manicure or Pedicure	45mins	£50	Includes cuticle work, exfoliation, relaxing massage, and application of hydrating mask to the skin. Followed by your choice of Gel or traditional polish.
Add-on Hotstones	15mins	£10	Add Hot Stone Massage to any massage
Add on Scrub	15mins	£10	Add on body scrub to any body treatment.

- Please inform the spa of any special treatment requirements as this may affect treatment timing, procedure etc.
- All our treatments include a full consultation and professional aftercare advice.
- Please arrive for your appointment 15mins prior to your treatment. Please be advised any late arrivals will result in a reduction of treatment time and be fully charged.