

Le Spa *Treatment Menu*

*An inspirational choice
Of relaxing treatments*

INDULGE RELAX ENJOY

**Take a look at the latest exciting addition to
our repertoire -**

Le Spa's amazing new Lava Shell Massage -

It's our new Signature Treatment

Try it – you'll love it!

Le Spa Facial Treatments

Royal Orchid Facial - 20 minutes: £25 - 50 minutes: £50

A relaxing and re-hydrating facial, using a blend of rosewater, cucumber and ginkgo to gently cleanse and exfoliate, followed by a coconut milk mask to hydrate and rejuvenate skin back to its natural luminosity, suitable for all skin types.

Luxury Facial - 60 minutes: £60

This incorporates all the benefits of a Royal Orchid Facial. A nourishing gentle wax mask is then applied to stimulate and promote healthy circulation. Suitable for dry and dull skin.

Le Dermie Facial - 60 minutes: £60

Le Dermie is a complete facial treatment using Iontophoresis (positive and negative ions) to push the creams deeper into the skin's layers, and high frequency to deep cleanse, re-hydrate and improve cellular regeneration in the deeper layers of the skin. This treatment is suitable for all skin types.

Super Le Dermie Facial - 80 minutes: £75

This incorporates the eye and neck area, to tone and re-hydrate these delicate areas to prevent wrinkles, with all the benefits of a Le Dermie facial.

A Le Dermie facial course is recommended to achieve maximum benefit from the treatment, purchase four and receive a fifth free!

Le Spa Signature Treatmentsread on!

Le Spa's latest Signature Treatment

**The hottest new Spa treatment around –
Lava Shells Massage!**

Lava Shells Divine Relaxation – 60 minutes: £80

An amazingly relaxing full body massage using natural, beautiful, self-warming tiger striped clam shells. Warm smooth shells are expertly glided over the body with varying pressure, techniques and precision to reach the deepest aches and pains, alleviating stress and tension. Hydrating oils are used to moisturise the skin and the warming energy of the shells helps to revitalise and rebalance both body and mind.

Includes focused work on the stomach and solar plexus for maximum de-stressing. Emotional and physical energy is revitalised. You will feel renewed.

“Lava Shells Ultimate Heaven Massage” - 90 minutes: £95

A holistic treatment to suit your body's needs!

All the enjoyment and benefits of the 60 minute full body massage, with the addition of an extra 30 minutes for holistic body work as appropriate for your own needs at the time.

Perhaps you feel you would like additional work on your back, neck and shoulders, or perhaps your face and scalp, a focus on your arms and legs or your stomach – the choice is yours. Sheer heaven – an inspirational treatment that will leave you feeling amazing!

Lava Shells Back Bliss massage – 30 minutes: £40

This deeply relaxing back treatment uses the warm lava shells to treat the back and neck on a profound level achieving a firm, deep pressure. The heat radiating from the shells enables muscle tension to be treated and released, leaving you feeling stress free and rejuvenated.

“Lava Shells Stomach Soother Massage” - 20 minutes: £30

Improves & regulates the digestive system with encouraging, soothing massage strokes around the abdominal area. The combination of heat and gentle massage stimulate the body's natural systems to effectively eliminate toxins & reduce bloating.

Regular deep massage treatments with hot lava shells helps to create a natural contraction and strengthening of the stomach muscles. The treatment will leave you feeling comfortable, rejuvenated and with a flatter stomach!

Le Spa Massage Treatments

The Lomi Lomi Massage - 80 minutes: £75

Using specially blended Pattaya oils, this slow therapeutic massage is combined with lymphatic drainage techniques and hands on harmonizing massage to balance the mind and body, incorporating 'muscle' and 'twin ball' roller to release tension and restore positive energy.

Royal Pattaya Massage

20 minutes: £30 - 50 minutes: £50 - 80 minutes: £75

A deep, relaxing therapeutic tissue massage, using both palm and finger stroking to aid the stimulation of the Pattaya Oils. Soothes sore, aching muscles and comforts anxiety and emotional stress. Aids relaxation of your inner soul.

Royal Thai Back Treatment - 50 minutes: £55

A deep cleansing back treatment, with body brushing and exfoliation, followed by a relaxing massage, the treatment is then completed by the application of warm wax, which calms and relaxes the body with pressure to the feet.

*Le Spa members receive a 10% discount!**

Samui Body Treatments

Dead Sea Salt Scrub - 25 minutes: £30

An invigorating body exfoliation using dead sea salt crystals and nourishing oil to eliminate dead skin cells from the surface of skin and promote a smooth healthy all over glow.

Body Polish - 25 minutes: £30

An invigorating body exfoliation that eliminates dead skin cells from the surface of the skin and promote a smooth healthy all over glow – an excellent treatment before your holiday!

Samui Mud Envelopment - 65 minutes: £65

A warm double action Samui mud envelopment is applied all over to improve circulation, relax muscle, detoxify the body and uplift the mind. Includes full body exfoliation. While the body is wrapped, lying on a heated bed, a pressure point face and scalp massage is performed.

Samui Herbal Detox - 65 minutes: £65

A therapeutic Samui refreshing algae is applied to detoxify and clear the inner system using a blend of lemongrass and frankincense. Includes full body exfoliation. While the body is wrapped, lying on a heated bed, a pressure point face and scalp massage is performed.

Slim Wrap - 60 minutes: £65

During this treatment a unique Le Spa gel is applied to the required areas of the body and then firmly bound with soft thermal wraps. This process transports excess water from fatty tissue where it is eliminated naturally by the body's own system allowing the recipient to lose inches quickly and safely from areas which might be prone to weight gain. Whilst the wraps are on the body, a 40 minute Royal Orchid Facial is performed, leaving you feeling relaxed and replenished.

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Holistic Therapies

Reflexology - 25 minutes: £30 - 50 minutes: £50

An ancient Chinese and Indian therapeutic treatment that works on the principle that the whole body is represented by reflex points on the feet. Working deep pressure to stimulate all of the organs and glands to normalise their functions and activate the body's natural healing process.

A Reflexology course is recommended to achieve ultimate wellbeing from the treatment, purchase four and receive a fifth free!

Indian Head Massage - 25 minutes £30 - 35 minutes: £40

A deep scalp, neck and shoulder massage focusing on acupressure points. Helps alleviate stress symptoms and create a feeling of calm in the mind and body. This is also suitable after the first three months of pregnancy.

Hot Stone Therapy Back - 35 minutes: £40 - Full Body - 80 minutes: £80

Working with thermotherapy your therapist will alternate hot and cold stones to provide a deep penetrating massage.

Stone therapy goes beyond the physical experience of typical massage and enters deeper dimensions of relaxation, health and well-being creating a positive approach to the "mind, body and spirit"

Hopi Ear Candles - 50 minutes: £40

Ear candles are an ancient, mild and natural therapy and have been used by the Native American Indians for many years.

This gentle therapy may be used to treat many ailments including migraine and headaches; catarrh, sore throats, sinusitis and blocked ears. Relax with the warming, scented sensation and drainage facial.

Le Spa members receive a 10% discount!*

Hydration and Grooming for the hands and feet

OPI Manicure - 40 minutes: £30 - French Manicure: 50minutes £35

Hands will be hydrated, massaged and cuticles tidied, nails shaped and painted to perfection.

OPI Pedicure - 40 minutes: £30 - French Pedicure: 50minutes - £35

Dry skin treated, feet massaged, cuticles tidied and nails shaped and painted to perfection.

OPI Mini Manicure/ Pedicure - 20 minutes: £20

In a hurry but want results! Cuticles, hands and feet hydrated. Nails shaped then painted a colour of your choice.

Luxury Hand and Arm Treatment or Foot and Nail Treatment 50 minutes: £40

A therapeutic treatment commencing with tidying of the nails, a massage and an application of warm paraffin wax to sooth away aches and pains and soften dry skin. Nail Art available for natural and Gel Nails from 50p per nail.

Gentleman's Grooming

Thonburi Men's Facial - 20 minutes: £25 - 50 minutes: £50

A balancing blend of ginseng, green tea and aloe vera is used to cleanse and smooth the skin; followed by an application of a coconut milk mask to soften and revitalise.

MANicure - 20 minutes: £25

Hands will be hydrated, cuticles tidied, nails shaped and buffed.

Hair Removal Treatments

Back 20 minutes £20

Chest 20 minutes £20

Salon Services

Eyebrow shape 15 minutes £13.50

Eyebrow & lash tint 30 minutes £20.00

Eyebrow Tint 15 minutes £13.50

Eyelash Tint 30 minutes £18.00

NB A patch test is required 24 hours prior to tinting

Hair Removal Treatments

Half Leg 20 minutes £20.00

Full Leg 35 minutes £28.00

Bikini Line 15 minutes £15.00

Underarm 15 minutes £15.00

Lip or Chin 15 minutes £15.00

Lip and Chin 20 minutes £20.00

Tanning Treatments

Includes exfoliation and cream application

St Tropez Tanning Full body £48.00

St Tropez Tanning Half body £28.00 (legs or arms and face)

Sun bed (10minutes) 1 session £7.50

Sun bed (10minutes) 3 sessions £21.00

Sun bed (10minutes) 7 sessions £45.00

Sun bed (10minutes) 12 sessions £75.00