



## Treatment Menu



Spa Therapy

# Spa Therapy

## OPI Manicures and Pedicures

**O·P·I**

OPI is recognised as the world's leading manufacturer of professional hand, foot and nail care products.

Express Finish Manicure	15 mins	£15.00
Deluxe Manicure	25 mins	£24.00
Spa Manicure	40 mins	£35.00
Deluxe Pedicure	25 mins	£30.00
Spa Pedicure	40 mins	£39.00
<b>Add GelColor to any of the above</b>		£10.00
A touch of French	10 mins	£6.50
Gel Manicure	30 mins	£30.00
OPI Gel Removal		£6.00
Male – Executive Manicure	25 mins	£25.00
Male – Executive Pedicure	25 mins	£30.00

## Lycon Waxing



Lycon Precision Waxing uses only the finest natural resins, bees' wax and aromatherapy ingredients. With wonderful aromas such as 'chocolate' and in 'hazelnut' or 'so berry' delicious, never has waxing been such an indulgent treatment, not to mention virtually pain free!

Full Leg	£25.00
Half Leg	£20.00
Half Arm	£15.00
Underarm	£15.00
Bikini (standard)	£18.00
G String Bikini	£20.00
Hollywood	£45.00
Brazilian	£35.00
Upper Lip or Chin	£10.00
Upper Lip and Chin	£15.00
Male - Back	£28.00
Male - Chest	£28.00

## Threading

Eyebrow	£10.00
Upper Lip	£10.00
Chin	£10.00
Face - Price on consultation	-

## Eyes \*A patch test is required 24 hours in advance

Eyebrow Shaping	£10.00
Eye Lash Tint*	£15.00
Eyebrow Tint*	£10.00
Lash Extensions – Full Set	£50.00
Lash Extensions – Infill's	£25.00



ESPA

## ESPA Facials

ESPA has pioneered the science of natural beauty in a potent collection of radically effective formulations. ESPA Facials are focused on naturally improving the condition of the skin to provide outstanding instant and long-term results.

Taster Facial	25 mins	£30.00
Personalised Facial	55 mins	£55.00
Regenerating and Firming Eye Treatment	25 mins	£35.00
Lift and Firm Advanced Facial	85 mins	£75.00

## Tanning

Sienna x gives a safe, natural looking tan which lasts from 5-7 days.

Sienna X Spray Tan	20 mins	£25.00
--------------------	---------	--------



Medi Spa

Environ is a unique, cosmeceutical range of products packed with active ingredients, vitamins and anti-oxidants. Environ offers real, scientifically-proven results for all skin types.

Ionzyme Active Vitamin Treatment	55 mins	£60.00
The Frown Treatment	85 mins	£80.00
HydraBoost Treatment	40 mins	£70.00
LACM Cool Peel	55 mins	£65.00
	Course of 6**	£330.00

## CACI

CACI treatment systems truly deliver visible and corrective results without the need for surgery or invasive procedures.

Jowl Lift	20 mins	£25.00
Ultimate Eye Revive	25 mins	£30.00
Non-Surgical Face-lift	55 mins	£60.00
	Course of 10**	£540.00
Ultimate Anti-Ageing Facial	85 mins	£85.00
	Course of 10**	£765.00
Microdermabrasion	25 mins	£35.00
	Add Hydratone Mask	£45.00

## Cellulite & Firming Body Treatment

Endermologie is scientifically proven to slim down fat cells, smooth cellulite, firm the skin and re sculpt the figure without the use of surgery, electrical currents, injections or chemicals.

Endermologie maintenance session		£45.00
	Course of 12**	£495.00

## Lynton Lumina IPL

Lynton is the UK's leading supplier of aesthetic equipment to the medical, cosmetic, and beauty industries.

<b>Permanent Hair Removal</b>	Single	Course of 6**
Upper lip	£40	£200.00
Chin	£60	£300.00
Underarm	£75	£375.00
Full Leg	£250	£1250.00
Half Leg	£125	£625.00
Bikini (standard)	£85	£425.00
<b>Vascular/Pigmentation</b>		
Single Lesion	£50	£130.00
Cheeks	£100	£255.00
Full Face	£200	£510.00
<b>Skin Tightening and Rejuvenation</b>		
Full Face	£130	£650.00





Well Being

# Well Being

## Massages

Massage treatments that release tension, increase vitality, and create wholeness of mind, body and spirit.

Back,Neck and Shoulder Massage	25 mins	£30.00
Muscle Reviver	40 mins	£40.00
Aromatherapy Massage	55 mins	£55.00
Deep Tissue Massage	55 mins	£55.00
<b>Add hot stones to any of the above</b>	Additional 15 mins	£15.00
Pregnancy Massage	40 mins	£40.00
Pregnancy Massage	55 mins	£55.00
Head, Neck and Scalp Massage	25 mins	£30.00
Warm Candle Massage	25 mins	£35.00
Warm Candle Massage	55 mins	£60.00

## Therapeutic Treatments

Indulgent treatments that relieve the body of modern day stress and leave you feeling relaxed and renewed.

Hopi Ear Candles	40 mins	£35.00
Reflexology	55 mins	£50.00
ESPA Salt and Oil Scrub	40 mins	£40.00
ESPA Holistic Back, Face and Scalp Treatment	85 mins	£75.00
The Ultimate ESPA Body Wraps	55 mins	£60.00
ESPA Rituals	115 mins	£105.00
Hot Stone Ritual	100 mins	£99.00

## Add ons

Treat yourself to a little luxury add on when booked with any 25 minute or longer treatment.

Hot Stones	15 mins	£15.00
Scalp Massage	15 mins	£10.00
Leg and Foot Massage	15 mins	£10.00
Hand and Arm massage	15 mins	£10.00
Body Brushing	15 mins	£10.00

Enjoy our sauna and steam room for free with treatments longer than 55 minutes. Additional charge of £5 applies for shorter treatments.



## Osteopathic Treatments

Osteopathy ensures a state of balance, using manipulation, stretching and soft tissues techniques in order to maintain mobility of joints, relieve muscle tension, enhance the flow of lymph and blood and ensures a healthy nervous system.

1st Appointment Including Consultation	60 mins	£45.00
Follow up Appointment	30 mins	£40.00



Spa Packages

# Spa Packages

Ultimate Pamper Package	130 minutes	£169.00 per person
Includes:		
<ul style="list-style-type: none"><li>• Use of Sauna and Steam Room</li><li>• Use of Robe and Slippers</li><li>• Full Body Exfoliation (25 mins)</li><li>• Aromatherapy Full Body Massage (55 mins)</li><li>• ESPA mini facial (25 mins)</li></ul>	<ul style="list-style-type: none"><li>• Deluxe manicure or pedicure (25 mins)</li><li>• Cut and Blow Dry with a Elixir Ultime 2 Carat Ritual</li><li>• Glass of champagne</li></ul>	
Here come the girls	75 mins	£80.00 per person (minimum of 6)
Includes:		
<ul style="list-style-type: none"><li>• Use of Sauna and Steam Room</li><li>• Use of Robe and Slippers</li><li>• Back massage (25 mins)</li><li>• ESPA mini facial (25 mins)</li></ul>	<ul style="list-style-type: none"><li>• Deluxe manicure or pedicure (25 mins)</li><li>• Blow Dry</li><li>• Glass of champagne</li></ul>	
Mother & Daughter	105 mins	£249.00 for 2 people
Includes:		
<ul style="list-style-type: none"><li>• Use of Sauna and Steam Room</li><li>• Use of Robe and Slippers</li><li>• ESPA Prescriptive Facial (55 mins)</li><li>• Deluxe pedicure (25 mins)</li></ul>	<ul style="list-style-type: none"><li>• Deluxe Manicure (25 mins)</li><li>• Cut and Blow Dry with any Ritual</li><li>• Glass of champagne</li></ul>	

Ready to Party	55 mins	£75.00 per person
Includes:		
<ul style="list-style-type: none"> <li>• Use of Sauna and Steam Room</li> <li>• Use of Robe and Slippers</li> <li>• Sienna X Spray Tan</li> <li>• Eye Lash Tint*</li> </ul>	<ul style="list-style-type: none"> <li>• Express Finish Manicure</li> <li>• Blow Dry with a Fusio Dose instant treatment</li> <li>• Glass of Champagne†</li> </ul>	

Holiday Count Down	85 mins	£120.00 per person
Includes:		
<ul style="list-style-type: none"> <li>• Use of Sauna and Steam Room</li> <li>• Use of Robe and Slippers</li> <li>• Full Body Exfoliation or Full Leg Wax</li> <li>• Eye Brow Shape</li> <li>• Standard Bikini Wax</li> </ul>	<ul style="list-style-type: none"> <li>• Deluxe Pedicure</li> <li>• Cut and Blow Dry with intense nutrition or Colour Enhancing Ritual</li> <li>• Glass of Champagne†</li> </ul>	

Tailor made packages and exclusive use can also be arranged.  
A light lunch is available for an extra charge.

\* A patch test is requested 24 hrs in advance

† One glass per guest. Guests must be over 18 and ID may be required.

## Visiting Specialists

Our visiting specialists offer a range of treatments from Acupuncture, Botox, Semi Permanent Make up, Nutritional Therapy and more....

Visit [www.ospa.co.uk](http://www.ospa.co.uk) for more details



55 Mill Lane,

Solihull

B91 3AT

0121 711 4600

[info@ospa.co.uk](mailto:info@ospa.co.uk)

[ospa.co.uk](http://ospa.co.uk)