



beauty price list

transcend[®]

transcend[®]

transcend time

The perfect gift for a loved one and the ideal way to book a treatment for yourself

Reserve between two and three hours of **transcend time** and our expert therapists will ensure the most suitable treatments are selected and then personalised for you.

transcend time is the easiest and most flexible way to get the most out of your experience, which is convenient, stress free and maximises your treatment results.

How much time do you have?

Make good use of ours...

If the appointment following yours is available, we will give you 50% discount on any beauty treatments.

Ask your therapist for details



Surprise a loved one with a Transcend Gift Voucher, an ideal solution for any occasion. Available now at reception.

transcend®

ESPA FACIALS

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye.

Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage and mask. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

ESPA



ESPA FACIAL 30 minutes **£26.00**
An ideal way to discover the luxuries of ESPA. This quick but effective treatment will cleanse, exfoliate, tone and moisturise your skin and leave your skin hydrated, revitalised and rebalanced.

REGENERATING AND FIRMING EYE TREATMENT 30 minutes **£26.00**
*Perfect for those who are concerned with the first signs of ageing around the eyes.
An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and protect against the impact of the environment. This regenerating eye treatment also helps relieve tension from eye-strain and computer headaches, whilst being a luxurious addition to any ESPA Facial.*

Why not add this treatment to any facial

REGENERATING FACIAL 60 minutes **£50.00**
A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jaw line. This treatment visibly improves the appearance of the skin by using a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

RE-HYDRATOR FACIAL 60 minutes **£50.00**
*An intensive and regenerating facial for dehydrated skin leaving it supple and nourished.
Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.*

SKIN RADIANCE FACIAL 60 minutes **£50.00**
This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

SKIN PURIFYING FACIAL 60 minutes **£50.00**
*Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.
This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.*

AGE DEFYING FACIAL WITH INTENSIVE SERUM 90 minutes **£75.00**
This regenerating facial and firming eye treatment helps minimise fine lines, combat the signs of ageing and visibly improves the appearance of your skin. Special age-defying massage techniques help hydrate and protect your skin with particular focus on the delicate area around the eyes, neck and lips that are prone to fine lines. Skin is left feeling fresh, replenished and nourished.

All times are approximate and include consultation with beauty therapist

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ESPA BODY TREATMENTS

We offer a huge range of solution led ESPA body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

SALT & OIL SCRUB

30 minutes **£26.00**

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Body Polish is applied instead of Salt & Oil Scrub.

ESPA BACK, NECK & SHOULDER MASSAGE

30 minutes **£26.00**

A condensed massage for those who suffer with tight, aching & tired muscles. If you have little time to spare, this deeply soothing back massage is an ideal way to melt away tension and relieve tight muscles.

ESPA DEEP CLEANSING BACK, NECK & SCALP TREATMENT

60 minutes **£50.00**

A stress-relieving back treatment to help stimulate both circulation and cell renewal. Body brushing and exfoliation are followed by a luxurious aromatherapy back massage and personalised mask using individually chosen essential oils combined with warmed Marine Mud. Ideal for all skin types, including those with congested skin, this relaxing treatment will leave you refreshed and renewed.

ANTI-CELLULITE HIP & THIGH TREATMENT

60 minutes **£50.00**

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture. Using potent marine extracts, iced mitts and a deep detoxifying massage to achieve great results. Ideal for people concerned by the appearance of cellulite. A course of 6 treatments is recommended.

AROMATHERAPY MASSAGE

60 minutes **£50.00**

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

PRE NATAL TREATMENT

90 minutes **£75.00**

A deeply nourishing body treatment designed to target areas prone to stress and tension during pregnancy. Gentle body exfoliation is followed by a nourishing massage then a moisture rich body mask applied. Finally, truly relax mind and body whilst your scalp is massaged.

All times are approximate and include consultation with beauty therapist

BACK, FACE & SCALP TREATMENT

with hot stones	120 minutes	£100.00
without hot stones	90 minutes	£75.00

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone

TOTAL HOLISTIC BODY TREATMENT

with hot stones	120 minutes	£100.00
without hot stones	90 minutes	£75.00

An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance.

The treatment begins with body brushing and exfoliation to smooth and soften the skin; an indulgent massage follows, using nourishing essential oils soothes tired, aching muscles. Finally, a comforting head massage and gentle stretching allows you to relax and unwind.

ESPA DETOXIFYING ALGAE WRAP

with full body massage	90 minutes	£75.00
without full body massage	60 minutes	£50.00

This therapeutic, balancing and detoxifying treatment involves skin brushing, gentle exfoliation and algae in rich minerals and enzymes. Designed to ease away tension, help boost the metabolism and speed up the elimination of toxins. Includes a full scalp massage for total relaxation.

ESPA RESTORATIVE MUD ENVELOPMENT

with full body massage	90 minutes	£75.00
without full body massage	60 minutes	£50.00

A therapeutic treatment ideal for aches and pains and superficial skin problems using Marine Mud rich in trace minerals. Includes a full body exfoliation and a deep scalp treatment to help ease tension.

ESPA SKIN HYDRATOR BODY WRAP

with full body massage	90 minutes	£75.00
without full body massage	60 minutes	£50.00

Lymphatic skin brushing and full body exfoliation prepare the skin for this luxurious body wrap, which uses a deeply hydrating and nourishing compound of marine mud. ESPA skin toning essential oils and Deeply Nourishing Body Cream together with advanced techniques and an Oriental Head Massage, this total envelopment is specifically designed for dry or dehydrated skin, before or after sun.

ESPA OSHADI ENVELOPMENT

with full body massage	90 minutes	£75.00
without full body massage	60 minutes	£50.00

Oshadi, giver of life, is the ayurvedic term for plants and herbs used in traditional healing practices and therapies. After a full body exfoliation and use of aromatherapy oils, plants and spices are infused to form a nourishing mask, which warms and hydrates the skin and helps to relieve aching muscles and joints, a gift of nature to restore perfect equilibrium.

ESPA FOR MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

MUSCLE REVIVER

45 minutes **£37.50**

30 minutes **£26.00**

A condensed massage for those who suffer with tension related headaches and neck strain.

If you have little time to spare, this deeply soothing back, face and stress releasing scalp massage is an ideal way to melt away tension and relieve tight muscles. You'll feel revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep.

PERSONALISED FACIAL

60 minutes **£50.00**

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience a personalised facial, which your therapist will tailor to suit your skin's needs that day.

BACK, FACE & SCALP TREATMENT

90 minutes **£75.00**

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

All times are approximate and include consultation with beauty therapist

HAND, FOOT AND NAIL TREATMENTS

ESPA LUXURY HAND & NAIL TREATMENT

60 minutes **£50.00**

A full arm, hand and nail treatment, including a gentle skin refiner and therapeutic massage using aromatherapy oils, specially chosen for your individual needs.

ESPA LUXURY FOOT & NAIL TREATMENT

60 minutes **£50.00**

Lower leg, foot and nail treatment, including gentle exfoliation, skin softening and a relaxing pressure point massage with the appropriate aromatherapy oil for your individual needs.

CREATIVE CITRUS SPA MANICURE

45 minutes **£37.50**

A relaxing manicure, incorporating uplifting and energising advanced Spa Manicure products infused with citrus and zest, designed to treat all skin and nail conditions.

CREATIVE MARINE SPA PEDICURE

45 minutes **£37.50**

A revitalising pedicure to soften hard skin and ease away tension, aches and pains. This treatment incorporates Spa Pedicure products, designed to remind you of long summers spent along the seashore.

AVEDA HAND & NAIL RITUAL

30 minutes **£26.00**

A deeply nourishing and penetrating hand, nail & cuticle treatment

AVEDA FOOT & NAIL RITUAL

30 minutes **£26.00**

A deeply nourishing and penetrating foot, nail & cuticle treatment

All hand, foot and nail treatments include cuticle work, shape & polish as standard.

ESSENTIAL MAINTENANCE

SHELLAC

Overlays hands or feet **£30.00**

BIO SCULPTURE, HANDS OR FEET

Colour Gel overlays **£37.50**

French Gel overlays **£37.50**

ST TROPEZ

Spray tan **£20.00**

Pre tan exfoliation **£12.50**



CACI

Silk peel, *Micro dermabrasion treatment* **£26.00**

LPG Lift 6, *Natural face lifting treatment* **£26.00**

Consultation required for both CACI & LPG treatments



AVEDA

Beyond minerals...

Aveda makeup goes beyond minerals to combine their energy with plant-derived ingredients that help care for your skin. Formulated without parabens, talc or mineral oil. Beautiful by nature.

BRIDAL MAKE UP APPLICATION **£80.00**

Includes one practise make up

DAY/EVENING MAKE UP APPLICATION **£30.00**

PARTY LASHES **£15.00**

WAXING & TINTING

Full leg wax	£26.00
Half leg wax	£16.00
Bikini	*£12.50
Brazilian	£26.00
Hollywood	£26.00
Underarm	*£12.50
Forearm	*£12.50
Upper lip and/or chin	*£12.50
Eyebrow shape	*£12.50
Back	£16.00
Chest	£12.50
Shoulders	£12.50

Choose any 3 of the treatments marked with * and only pay £26.00 (save £11.50)

Eyelash tint, eyebrow tint & eyebrow shape	£26.00
Eyelash tint	*£12.50
Eyebrow tint	*£12.50

Skin test is required at least 48 hours prior to all tinting appointments

General information

The times stated in this brochure are for your guidance only and treatment times may vary from those stated, please allow a further 10-15 minutes for treatment preparation, consultation and aftercare advice. We feel it is important to offer our clients a relaxing and enjoyable experience and so it is advisable to arrive early for your appointment to avoid unnecessary delays. Some treatments are not suitable for those with certain medical conditions. Our staff will be happy to discuss any special requirements you may have.

If you have any of the following conditions please inform reception when making appointments: Epilepsy, Thrombosis, Low/high blood pressure, Diabetes, Metal pins/plates, Skin disorders, Cancer, Asthma, Hepatitis and Pregnancy. Due to medical advice we are not able to treat children aged under sixteen years. We are, however, able to offer manicures and hair styling to children under sixteen.

A charge may be incurred if you do not inform us of a cancellation with at least 24 hours prior notice. A deposit may be required prior to certain appointments.

Student discounts at 10% Monday, Tuesday and Wednesday only. Student discount given on production of a valid NUS card.

Transcend gift vouchers are available, please ask for details. We accept all major credit, debit and charge cards.

Transcend Hair & Beauty terms and conditions apply, available on request.

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