



AURA SPA

# TREATMENT

## GUIDE

# ELEMIS PRO GLOW FACIAL

Our hands-on facial treatments use touch as a powerful diagnostic tool and combine ancient and modern massage techniques from around the world to enable the highly acclaimed actives within the Elemis skin care to be delivered by expert hands.

## **Pro Glow Smooth Facial** 60 mins £88

*This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.*

## **Pro Glow Brilliance Facial** 60 mins £79

*Awaken dull, lacklustre-looking skin with this radiance boosting facial for a visibly brighter, glowing complexion.*

## **Pro Glow Genius Facial** 75 mins £100

*Featuring ELEMIS ULTRA SMART Pro-Collagen formulas, this ultimate high performance facial restores bounce and resilience whilst smoothing, firming and illuminating the skin for maximum, multi-faceted rejuvenation in just one treatment.*

## **Pro Glow Booster Facial** 30 mins £50

*ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant rich goodness to deliver a healthy-looking glow.*

## **Add on Elemis 7-in-one Light Energy Mask to any facial** 15 mins £15

*The ELEMIS 7-in-1 Light Energy Face Mask is a non-invasive light therapy used to boost skin cell activity. 7 Light therapies intensified by infra-red offer a new customised solution for a range of skincare needs.*

# ELEMIS ADVANCED FACIAL

Our Pro-Glow+ Facials harness the revolutionary power of Advanced Light Therapy, Ultrasonic, Microcurrent, Galvanic and Oxygen Infusions. In just one treatment, skin is visibly rejuvenated, refreshed and radiant.

## Pro Glow Smooth Facial+ 60 mins £100

*This powerful anti-ageing facial utilises micro-current pluses to help strengthen muscle memory whilst visibly smoothing the look of fine lines and wrinkles. An Oxygen Infusion helps to plump out lines, restore elasticity and increase hydration, for a visibly youthful appearance. Includes BIOTEC: Ultrasonic, Microcurrent & Oxygen Infusion.*

## Pro Glow Brilliance Facial+ 60 mins £89

*Awaken dull, lacklustre complexions with this radiance-boosting facial. A combination of Galvanic current, Oxygen Infusion and high potency actives energises the skin and replenishes moisture, for a visibly brighter, healthy appearance. Includes BIOTEC: Ultrasonic, Galvanic & Oxygen Infusion.*

## Pro Glow Genius Facial+ 75 mins £110

*Featuring ELEMIS ULTRA SMART Pro-Collagen formulas, this ultimate high performance facial sculpts, smooths, firms and illuminates the skin. All 5 BIOTEC upgrades are harnessed for maximum, multi-faceted rejuvenation after just one treatment. Includes BIOTEC: Ultrasonic, Microcurrent, Galvanic, Light Therapy & Oxygen Infusion.*

## Pro Glow Resurfacer Facial+ 60 mins £95

*Transform the skin's texture whilst minimising the look of uneven tone, pigmentation, enlarged pores and congestion for a renewed, stunningly smooth complexion. A powerful combination of light therapy and rejuvenating Galvanic current leaves skin looking balanced with improved clarity. Includes BIOTEC: Ultrasonic, LED Light Therapy & Galvanic.*

# ELEMIS BODY TREATMENTS

Our treatments combine oil blends rich in actives and transportive aromatics with an unparalleled level of expertise in massage and body conditioning. For healthy, revitalised skin and deeply relaxed muscles.

## **Free Style Deep Tissue Massage** 30 mins £63 | 60 mins £87

*Your therapist will select an aromatic oil according to your concerns, including muscle pain, stress relief, relaxation or balance. The flowing massage works deep into the tension, encouraging optimum circulation.*

## **Deeper Than Deep Hot Stone Massage** 30 mins £63 | 60 mins £87

*Balinese stones bathed in Frangipani Monoi Body Oil are worked deep into the muscles, targeting areas of tension. The result is sparkling vitality with the bonus of intensely hydrated skin.*

## **Frangipani Intensively Cleansing Salt Scrub** 30 mins £48

*Fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.*

## **Peaceful Pregnancy Massage** 60 mins £87

*A unique pregnancy massage is profoundly nurturing and tranquil. Performed on a bed with comfy support pillows, mothers to be are lulled and restored to optimum wellness. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby.*

# PURE MASSAGE

As effective as an hour's stretching, but so much more nurturing. Your therapist will select an aromatic oil according to your concerns, be that muscle pain, the need for stress relief, relaxation or emotional balance.

Traditional Full Body Massage **60 mins £81 | 90 mins £110**

Traditional Back, Face & Scalp Massage **45 mins £67**

Simply Back and Neck Massage **30 mins £50**

Soothing Foot and Leg Massage **30 mins £50**

Add a boosting body brush treatment prior to your massage **15 mins £22**

Add a relaxing back massage prior to your facial **15 mins £25**

## NAILS

There is no substitute for the beauty of carefully cultivated, natural nails.

Mii Manicure	45 mins	£40
Mii Luxury Thermal Manicure	60 mins	£50
Mii Pedicure	60 mins	£47
Mii Luxury Thermal Pedicure	75 mins	£54
File and Paint	30 mins	£27
GEleration Manicure	60 mins	£50
GEleration Pedicure	60 mins	£57
GEleration File and Paint	45 mins	£37
GEleration Removal	30 mins	£15

## WAXING

We use a combination of warm strip wax and Lycon for specialist and intimate waxing.

Full Leg	45 mins	£40
Half Leg	30 mins	£27
Arm	30 mins	£27
Standard Bikini	15 mins	£21
High Bikini	30 mins	£30
Advanced Lycon Bikini	45 mins	£55
Chest	30 mins	£34
Back	30 mins	£34
Underarm	15 mins	£20
Lip and Chin	15 mins	£20
Lip or Chin Only	15 mins	£14

## TINTING

Eyelash Tint	30 mins	£29
Eyebrow Tint	15 mins	£14
Eyelash and Brow Tint	30 mins	£40
Eyebrow Shape	15 mins	£18

A patch test is required for tinting 24 hours prior to any treatment.

# BOOKING INFORMATION

- Appointments can be made by phone, in person or via email.
- All treatment times are a subject to change, for the latest opening times see in club or on the website.
- All our treatments, with the exception of our pregnancy treatment are unisex.
- Treatment times indicated include a consultation and time to enable you to prepare for and complete your treatment.
- The relaxing environment in Aura Spa is created with your wellbeing in mind, therefore we ask you to abide with club rules and switch your mobile phone off before entering the Spa.
- It is with regret that we cannot accommodate babies and children in the treatment areas of Aura Spa. Think of your Spa as your personal beauty space, a tranquil place for a little me-time.
- The minimum age for treatments is 16, however children aged 16-18 must be accompanied by an adult.
- Intimate waxing is available to over 18's only.
- Please arrive at Aura Spa reception at least 10 minutes prior to your appointment. This will give you time to complete or update your records with us, unwind and get more out of the early stages of your treatment.
- Spa Day bookings require full payment on booking.
- We are a family club and there may be children using the pool facilities during your Spa Day.
- You are required to inform the therapist prior to your treatment commencing if you suffer from any medical conditions, allergies, or are on any medication.
- Please note, if you haven't had tinting in Aura before, it is essential you have a patch test at least 24 hours before your treatment.
- Please note if you choose to wear the flip flops provided by Aura you will do so at your own risk, as they are not recommended as footwear.
- Some treatments are not recommended for pregnant women. We advise that you wait until you've completed the first 12 weeks of your pregnancy and always seek the advice of your doctor.
- We require 24 hours notice to cancel or change an appointment otherwise a 50% cancellation fee will apply. If you fail to turn up without prior notice, full payment will be required.



# AURA SPA

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Lycon  
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COLLECTION