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HYTHEIMPERIAL  
HEALTH CLUB & SPA

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TREATMENT MENU  
RELAX REWIND REVIVE





## Facial Treatments

Our Targeted facial range all come with a detailed skin analysis and includes specific double cleansing techniques, gentle exfoliation, a deep cleansing and intensive face mask. Whilst the mask is taking effect, experience a relaxing and therapeutic Oriental head massage with Pink Hair and Scalp Mud, then enjoy specific moisturising and skin protection to suit your needs.

### Age Defying Facial

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.

55 minutes **£55**

### Rehydrator Facial

A concentrated and deeply nourishing moisture-boosting facial for dry, dehydrated skin.

55 minutes **£55**

### Re-Balancing Facial

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.

55 minutes **£55**

### Skin Radiance Facial

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

55 minutes **£55**

### Optimal Skin Pro Facial

This facial instantly revives and brightens the complexion while helping to protect against the environment damage and delay the early, invisible signs of ageing.

55 minutes **£55**

### Personalised Express Facial

Your therapist will select the most suitable facial for your skin. Every **ESPA** personalised facial includes a consultation, Skin analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

25 minutes **£35**

## Body Treatments and Rituals

Our luxurious range of body rituals are focused on balancing mind body and spirit. Following a full body exfoliation a bespoke blended wrap will be applied and you will drift away whilst your scalp is gently massaged. Once you have taken a refreshing shower a full body massage will take place leaving you with a sense of well being.

### Salt & Oil Scrub

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.

25 minutes **£35**

### Bespoke Body Wrap

This personalised body wrap is a tailor-made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap.

55 minutes **£55**

### Energising Ritual

To restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

120 minutes **£85**

### Immune Booster Ritual

To give your body a boost when feeling tired and sluggish.

120 minutes **£85**

### Detox Ritual

To help improve circulation, speeding up the elimination of toxins and excess fluid.

120 minutes **£85**

### Imperial Signature Ritual

Our signature ritual is focused on providing deep relaxation for the mind, body and spirit. Receive a full body exfoliation followed by an application of our comforting restorative wrap giving deep nourishment for smooth supple skin. Whilst the wrap is on you will receive a personalised **ESPA** facial including a scalp massage. Leaving you feeling relaxed and refreshed top to toe.

110 minutes **£85**





## Massage

Using expert aromatherapy massage techniques all of our massage treatments are tailor made and designed to leave you feeling relaxed and stress free.

### Back Neck and Shoulder

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the **ESPA** Body Oil to suit your needs.

25 minutes **£35**

25 minutes (with hot stones) **£42**

### Full Body Massage

After a detailed consultation, your therapist will design a massage according to your individual needs, using your personally chosen aromatherapy oil and focusing on your particular areas of concern.

55 minutes **£55**

55 minutes (with hot stones) **£65**

### Indian Head Massage

Discover the power of touch, one treatment guaranteed to lift you out of the stresses of daily life. This treatment is an ancient Indian treatment, which concentrates on the scalp. During the treatment nerve fibres within the scalp are stimulated to help promote a feeling of vitality and a sense of well being.

25 minutes **£35**

### Aromatherapy Indulgence Massage

Professional and specific this aromatherapy massage uses a blend of individually chosen oils. A personal consultation will ensure you receive a unique treatment to suit your specific needs.

85 minutes **£79**

## Manicures & Pedicures

### Express Manicure **£22**

The OPI ProSpa Express Manicure is perfect. Featuring essential OPI ProSpa products and techniques in a condensed service that doesn't sacrifice on a premiere experience.

### Signature Manicure **£30**

You will experience the quintessential OPI ProSpa products combined with a relaxing massage and acupressure. This signature experience puts the "Ahhh" back in Spa.

### Pamper Manicure **£42**

The crème de la crème of manicures, you will benefit from unparalleled exfoliation, moisture & protection, while reveling in a combination of massage techniques and acupressure designed to reduce stress and relieve tension.

### Infinite Shine extra cost **£3**

For longer durable wear with a high gloss finish.

Our Manicure and Pedicure treatments do not allow time for removal of nail lacquer please ensure this is removed before your appointment.

### Express Pedicure **£22**

This OPI ProSpa Express Pedicure features essential OPI ProSpa products to provide a spa pedicure experience without increasing service time.

### Signature Pedicure **£30**

The OPI ProSpa Signature Pedicure includes OPI ProSpa products to soak, exfoliate and smooth callused feet. The service is completed with a regimen of massage and acupressure techniques to reduce stress and relieve tension.

### Pamper Pedicure **£42**

The OPI ProSpa Pamper Pedicure includes unparalleled callus softening, exfoliation and moisture & protection. An extended massage combined with acupressure to reduce stress, relieve tension will leave you feeling relaxed and renewed.

### OPI GelColour Manicure or Pedicure **£35**

GelColor is a pure gel colour enhancement service that offers you weeks of glossy OPI colour in a quick professional service.

Perfect over your natural nails or enhancements, choose your favourite OPI shade from deep and edgy, sheer to shimmer - we've got your colour! OPI GelColor... wears like gel & feels like nail lacquer.





## Advanced Therapies

### Holistic Back, Face and Scalp Treatment

This **E SPA** experience delivers triple results by targeting three key areas - the back, the face and the scalp, making it the ideal treatment for anyone.

85 minutes **£85**

Include hot stones to your treatment for an additional £10.00 – please advise on booking.

### Cleansing Back Tonic Treatment

The back is exfoliated with salt and oil scrub to help stimulate circulation and cell renewal before an application of deeply cleansing Marine Mud is applied to help purify and calm the skin. Lower legs and feet receive a therapeutic relaxing massage while the mask takes effect. Finally soothe away tension from the back with a calming massage.

55 minutes **£50**

### E SPA Full Body Massage

A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

55 minutes **£65**

## Spa Days

On arrival you will be shown the lunch menu and given a tour; its then time to snuggle into your robes and slippers and take a dip in the pool or relax in our Thermal Suite with full use of our leisure facilities throughout your day. We will also provide you with a light spa lunch.

### Relax Package

- Personalised Mini Facial
- Aroma Back Massage
- Foot Ritual

**£90** per person

### Revitalising Package

- Body Polish
- Full Body Massage
- File and Polish

**£120** per person

### Tranquillity Package

- Body Polish
- Aromatherapy Indulgence Massage
- Personalised Express Facial

**£170** per person

### Beautiful Me Package

- Luxury Pedicure
- Luxury Manicure
- Personalised Express Facial

**£130** per person

### All Loved Up Package

- Full Body Massage
- Personalised Express Facial

**£180** per couple

### Spa Arrival

It is advisable to arrive at the spa reception at least 15 minutes prior to your treatment reservation to enable you complete our health questionnaire. Please be aware that late arrivals will not receive an extension to their treatment.

### Age Requirements

The minimum age requirement for access into the spa and to experience treatments is 16.

### Health Conditions

Kindly advise us of any health conditions, allergies or injuries, which could affect your choice of treatment when making your spa reservation.

### Pregnancy

Please allow the spa team to guide you in selecting which treatments are most suitable for you during this special time. Unfortunately we do not offer any spa treatments during the first 12 weeks of pregnancy.

### What to Bring

Please wear comfortable clothing. Robes are not provided for individual treatments.

### Spa Etiquette

The spa environment is one of tranquillity and relaxation. Please respect other guests' rights to privacy and serenity and do not use mobile phones or pagers within the spa.

### Cancellation Policy

A 100% cancellation charge will be incurred for any Treatment or Day Spa Ritual not cancelled at least 24 hours prior to appointment.

### Homecare

To continue your spa experience at home, all ESPA products used within your spa treatments are available at spa reception, where one of our team would be delighted to advise you on the most suitable products for your needs.



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