

# DR. LEVY SWITZERLAND®

This exciting partnership brings guests at Eden Hall a premium Medi-Luxe® treatment experience.

Dr. LEVY Switzerland's® formula is the world's first proven to stimulate, protect and nourish the dermal stem cells, promoting breakthrough anti-ageing results. This highly regarded brand was developed by Dr Phillip Levy, based on the 2012 Nobel Prize winning research, with the premise that the ageing process can be reversed.

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## **DR. LEVY SWITZERLAND® HAND TREATMENT**

25 MINS / £35

This facial for the hands will reduce age spots and plump dry dehydrated skin. Beginning with the 3Deep Cleanser and application of the R3 Cell Matrix Mask you will then be treated to a forearm massage and pressure point massage to the hands. Your treatment will be finished with an application of Booster Cream leaving your hands youthful and radiant.

## **DR. LEVY SWITZERLAND® EYE TREATMENT**

25 MINS / £35

This relaxing eye treatment delivers exceptional results whilst reducing tension and includes a cleanse and application of Eye Booster Concentrate and R3 Cell Matrix Mask. You will be treated to a scalp and décolleté massage finishing with a pressure point massage around the eyes.

## **DR. LEVY SWITZERLAND® FACIAL**

55 MINS / £90

Using the award-winning Dr. LEVY Switzerland® Intense Stem Cell Line range, this treatment will leave your skin smooth, firmer, radiant and wrinkles reduced. Commencing with a scalp massage, this treatment includes a luxury cleanse and pressure point lifting massage to reduce lines and wrinkles. To complete this ritual, the R3 Cell Matrix Mask is applied. This treatment delivers fast results with ultimate relaxation.

# Body

CLARINS

## **ENERGISING BACK, NECK AND SCALP MASSAGE**

40 MINS / £55

A detoxifying back massage.

This deep muscle massage melts away tension, soothes tired muscles and helps restore fresh, blemish-free skin.

## **REBALANCING FULL BODY MASSAGE**

55 MINS / £75

Relax or energise?

This deep tissue full body massage can be tailored to chill you out or wake you up. Choose how you want to feel and we'll select the techniques and oils to suit.

## **MOTHER-TO-BE MASSAGE**

55 MINS / £75

Gentle and nourishing.

This specially created treatment focuses on nurturing your body both during and after pregnancy. Gentle products nourish stretched skin to improve tone and elasticity, and massage releases tensions, reduces heaviness in the legs and fights fatigue. A gorgeous top-to-toe massage including a facial with no turning involved.

## **BEAUTY SLEEP WELLNESS TREATMENT**

85 MINS / £89

Feeling stressed, exhausted and lacking sleep?

This is a calming top-to-toe treatment. Using slow, medium pressure massage and paying particular attention to the areas which promote sleep, you will feel rested, serene and prepared for the best night's slumber.

## **ENERGY BOOSTER WELLNESS TREATMENT**

85 MINS / £89

Lacking energy, feeling run down and stressed?

This revitalising treatment includes a stimulating deep pressure body massage and a reviving facial to leave skin radiant and dewy. Boosts your mood and lifts your spirits.



## EDEN **SIGNATURE**

### **HARMONISING FULL BODY MASSAGE**

55 MINS / £75

A relaxing full body massage.

Your therapist will warm up your muscles and then gradually break up any knots to give you an incredible sense of relaxation and calm.

### **LAVA SHELL MASSAGE WITH KOKOLOKAHI OILS**

55 MINS / £75

Using power of heat to relax the body.

This unique medium pressure, full body massage eases away all muscle tension to leave you feeling soothed and relaxed.

### **DEEP TISSUE FULL BODY MASSAGE**

55 MINS / £80

A firm pressure.

A deep massage which focuses on releasing tension and stretching tired muscles.

### **LAVA SHELL RESCUE MASSAGE WITH KOKOLOKAHI OILS**

70 MINS / £90

An alternative deep tissue full body massage.

Warm lava shell and cool glacial shell massage to treat muscle aches and pains.

## RELAXING BACK MASSAGE

40 MINS / £55

Soothes away stress and tension.

This light/medium pressure massage focuses on the back, shoulders, neck and scalp.

## FRANGIPANI SALT GLOW SCRUB

40 MINS / £53

Super soft skin.

A full body scrub using the luxurious Frangipani Salt Glow.

## FRANGIPANI NOURISHING WRAP

55 MINS / £70

Drench the skin in moisture.

A full body wrap to hydrate the skin. You are kept cocooned and warm whilst treated to a facial and scalp massage.

## A LITTLE MORE GOES A LONG WAY

Combine the Frangipani Salt Glow Scrub and Frangipani Wrap treatments for only £90. Your appointment time will be 85 mins.

## WELLBEING FULL BODY MASSAGE

55 MINS / £75

Feel relaxed from top-to-toe.

A medium pressure full body massage using the Elemis Life Elixir to suit your mood.

## MOTHER TO BE MASSAGE

70 MINS / £90

The ultimate in relaxation.

Performed on a therapy couch and adapted to each stage of pregnancy, this treatment helps to relieve tension in the back and alleviate swelling in the hands and feet.

## LAVA TOUCH WITH ELEMIS

55 MINS / £75 OR 115 MINS / £135

Condition your skin and muscles with this all-embracing experience.

55 MINS - Combines a 30 mins Elemis facial with a Lava Shell back massage.

115 MINS - The ultimate Elemis treatment, combining a 1 hour Elemis facial with a lava shell massage.

The perfect top-to-toe treat.

# Face

CLARINS

## AROMATIC BALANCER

55 MINS / £75

Tailored to your skin's needs.

100% pure plant extracts are expertly blended for a treatment that's all about you. Whatever your skin type, this customised treatment includes exfoliation, mask, facial massage and moisturiser to nurture your natural beauty.

## ULTRA RELAXING FACIAL

70 MINS / £87

Pure bliss.

This game changing facial works to soothe the mind and rejuvenate the skin. Offering a complete digital detox, it combines guided breathing exercises, deeply relaxing massage and calming essential oils to disconnect you from the stresses and strains of the outside world and reconnect you with yourself.

## BESPOKE SKIN EXPERT FACIAL

70 MINS / £87

Clarins combination of plant enriched formulas and personalised massage movements means your skin is in the best hands. The Expert Facial range is designed to deliver immediate and long-lasting results.

At the heart of each bespoke facial lies a 25-minute massage, with unique-to-Clarins techniques that help smooth, shape, firm and relax skin to really get you glowing. Your therapist will help you choose from:

**Youth Expert**

**Power Hydrator**

**Anti-Blemish Rescue**

**Radiance Booster**

**Skin Soother**

## A LITTLE MORE GOES A LONG WAY

Add a relaxing back massage to your Skin Expert Facial for only £15 more. Your combined appointment time will be 85 mins.

## SUPERFOOD PRO-RADIANCE FACIAL

55 MINS / £75

Energise your skin.

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Leaves skin plumper and more radiant.

## PEPTIDE 24/7 FACIAL

55 MINS / £75

Target tired skin.

This radiance-restoring Peptide 24/7 facial uses powerful botanical formulations, exclusive to Elemis, which are combined with specialist massage techniques to replenish skin with a well rested glow.

## PRO-DEFINITION LIFT AND CONTOUR FACIAL

55 MINS / £80

The complete anti-ageing solution.

Powered by breakthrough technology, this high-performance facial uses lifting techniques to target sagging skin around the jawline, cheeks, chin and neck for the ultimate firming effect.

## PRO-COLLAGEN AGE DEFY FACIAL

55 MINS / £80

An anti-wrinkle facial with fabulous results.

Specialised massage techniques are combined with proven anti-ageing formulations to energise cells and rejuvenate the skin, leaving a firmer, more youthful looking appearance.

Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just 1 treatment.\* Independent Clinical Trials 2007.



# Jennifer Young

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The accredited qualifications offered by the Jennifer Young Training School allow therapists to use their skills to treat those affected by cancer.

## **JENNIFER YOUNG INDULGENT MASSAGE**

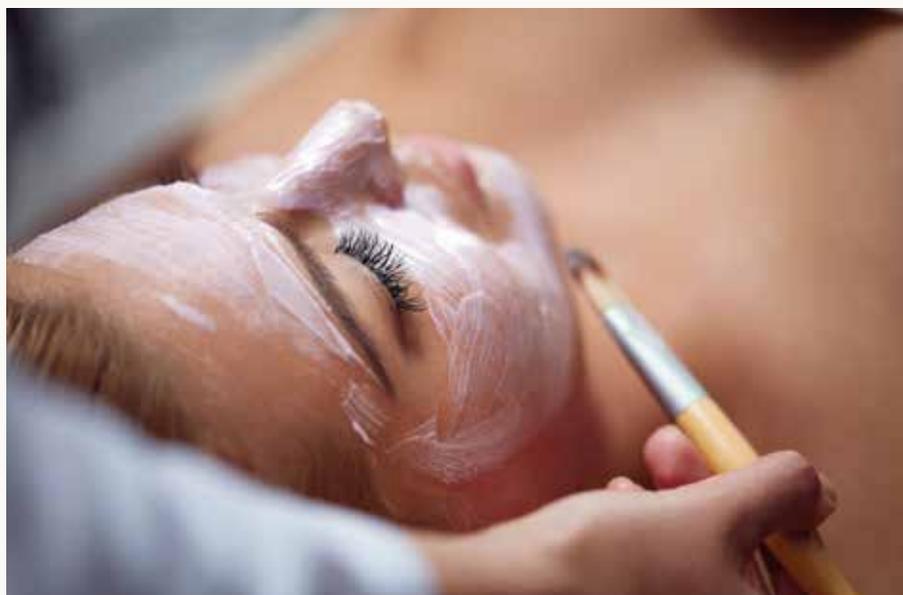
55 MINS / £75

A bespoke massage carefully adapted by a specialist therapist to suit individual needs. Using 100% natural and organic oils, this treatment is ideal for the most sensitive of skin.

## **JENNIFER YOUNG GLOWING FACIAL**

55 MINS / £75

Soothing massage techniques help you drift to a place of rest and relaxation, leaving your skin glowing and radiant.



# Holistic

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## INDIAN HEAD MASSAGE

40 MINS / £57

This massage focuses on energy centres of the head, neck, scalp and face by using key acupressure points to relieve tension and stress.\*

\*Please note that this treatment is performed on a therapy couch.

## REFLEXOLOGY

55 MINS / £70

A complementary therapy that applies pressure to the feet to treat specific parts of your body. Tensions are released, circulation is increased, and energy rebalanced. \*\*

\*\*Please note that this treatment has limited availability.



# Men

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## CLARINS

### ENERGISING BACK, NECK AND SCALP MASSAGE

40 MINS / £55

The ultimate pick-me-up.

A rejuvenating treatment that targets congested skin and tired muscles. Combines a detoxifying back cleanse and deep massage to relieve tension and aches.

### MUSCLE EASE MASSAGE

55 MINS / £75

Alleviate stress levels.

This intensely therapeutic massage not only eases tense shoulders but muscle knots and aches.

## EDEN SIGNATURE

### FOOT SMOOTHIE TREATMENT

25 MINS / £30

Soft and smooth.

This fabulous treatment instantly improves dry, hard skin and cracked heels.

### LAVA RECOVERY MASSAGE WITH KOKOLOKAHI OILS

40 MINS / £55

Targets tension and eases aching muscles.

A deep tissue back and leg treatment with a unique combination of hot shells, cool shells and hands-on massage. Your therapist can create a massage tailored to your needs.

## ELEMIS

DEFINED BY NATURE. LED BY SCIENCE

### DELUXE BACK MASSAGE

40 MINS / £55

Warms muscles and joints.

A medium pressure massage using Musclease oil with Maritime Pine and Rosemary.

### HIGH PERFORMANCE SKIN ENERGISER FACIAL

55 MINS / £75

For all skin types.

The hard-working facial for ageing, dehydrated skin and tired eyes. Includes multi-dynamic facial massage to boost circulation, with scalp and foot massage to deeply relax.

# Feet

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## DELUXE PEDICURE

70 MINS / £54

Pamper your feet.

Focusing on the foot and lower leg, this treatment takes place in one of our fabulous massage chairs and includes exfoliation and a warm foot bath. A tension relieving massage is followed by work on the cuticles. Nails are filed, shaped and painted in the colour of your choice. As an added treat, you can take the midi colour home.

\*This treatment can be adapted for men.

## PEDICURE

55 MINS / £48

Treat your feet.

As Deluxe but without the use of the heated boots.

Please note that our manicure and pedicure treatments do not include gel nails and do not facilitate the removal of gel.

## GELERATION SPA PEDICURE

70 MINS / £48

With the health of the natural nail in mind, GELeration treatments deliver a long lasting, flawless finish that dries in seconds combined with the luxury feeling of a spa pedicure.

Cuticles are groomed, nails shaped and gel polish is applied. Treatment also includes choice of:

Foot rasping, exfoliation and mask, or removal of previous GELeration application.\*

## EDENSIGNATURE

### FILE AND PAINT

25 MINS / £30

A beauty essential.

A simple tidy and paint of the nails.

### B-LINE FOOT SMOOTHIE TREATMENT

25 MINS / £30

Soft and smooth.

This fabulous treatment instantly improves dry, hard skin and cracked heels.

### B-LINE ESSENTIAL PEDICURE

40 MINS / £40

A luxurious pedicure.

Incorporating the ever-popular signature treatment Foot Smoothie using plant-based ingredients to eliminate hard skin and leave your feet looking and feeling fab! Includes foot soak, cuticle tidy, foot exfoliation and a soothing massage.

\*Eden Hall Day Spa can only remove gel polish previously applied by Eden Hall Day Spa or Hoar Cross Hall Spa.

# Hands



## DELUXE MANICURE

70 MINS / £54

A luxurious hand and nail treatment.

Using the latest anti-ageing products, this treatment includes exfoliation and massage followed by a nourishing mask and heated mitts. The cuticles are pushed back and tidied, nails are filed, shaped and painted in the colour of your choice. As an added treat, you can take the midi colour home.

\*This treatment can be adapted for men.

## MANICURE

55 MINS / £48

Beautiful natural nails.

As Deluxe but without the use of the heated hand mitts.

## GELERATION SPA MANICURE

70 MINS / £48

With the health of the natural nail in mind, GELeration treatments deliver a long lasting, flawless finish that dries in seconds combined with the luxury feeling of a spa manicure.

Cuticles are groomed, nails shaped and gel polish is applied. Treatment also includes choice of:

Hand cleanse, exfoliation and mask, or removal of previous GELeration application.\*

\*Eden Hall Day Spa can only remove gel polish previously applied by Eden Hall Day Spa or Hoar Cross Hall Spa.

## FILE AND PAINT

25 MINS\* / £30

A beauty essential.

A simple tidy and paint of the nails.

\*Please note that our manicure and pedicure treatments do not include gel nails and do not facilitate the removal of gel.

# Be glam

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## **LVL LASH LIFT**

55 MINS / £55

Make the most of what nature gave you.

The LVL (length, volume and lift) Lash Lift is the revolutionary lash phenomenon that reveals your natural lashes in all their glory. Your eyes will be cleansed, your lashes lifted and volumised and finished with tinting. Your eyes will be defined and lashes luxurious.

To continue your treatment at home you will be given a full size Nouveau Lash and Brow Conditioning Serum worth £19.99.

Must be booked 4 days in advance of visit as patch test required 48 hours before treatment (this will be posted to you prior to arrival).

## **MINI MAKEOVER**

Relax and let an expert guide you in making the right choice to suit your skin colouring and your lifestyle. Our exquisite make-up collection has a range of seasonal colours offering something for everyone. Enquire about your very own mini makeovers at our Spa Shop on the day of your visit.

## **WORKSHOP**

Learn the tricks of the trade in our daily beauty workshops. Book your place in the Spa Shop.

## **EYEBROW SHAPE\***

£15

Give your eyes an instant lift.

Reshape and redefine your eyes – a beauty must-have.

\*Please note this does not involve waxing or threading.