

# Body

CLARINS

Nourish, Pamper, De-stress, Relax. Explore Eden's wide range of spa treatments from world renowned product houses.

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## SKIN SMOOTHER

40 MINS / £51

For skin that's super soft

Using double exfoliation techniques, this treatment deeply cleanses and re-textures the skin to leave it soft, bright and more evenly toned.

## ENERGISING BACK, NECK AND SCALP MASSAGE

40 MINS / £51

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 / £69

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.

## A LITTLE MORE GOES A LONG WAY

Choose the Clarins Rebalancing Full Body Massage and add a relaxing facial for only £15 more. Your combined appointment time will be **70 mins**.

## BEAUTY SLEEP WELLNESS TREATMENT

85 MINS / £85

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.

## RISE AND SHINE WELLNESS TREATMENT

85 MINS / £85

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.



## EDENSIGNATURE

### **JENNIFER YOUNG INDULGENT MASSAGE**

55 MINS / £69

Perfect for sensitive skin  
or those living with and  
beyond cancer

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.

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

55 MINS / £69

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.

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

70 MINS / £83

A deep tissue full body  
massage

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

## RELAXING BACK MASSAGE

40 MINS / £51

Soothes away stress and tension

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

## MOTHER TO BE MASSAGE

55 MINS / £67

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.

## FRANGIPANI NOURISHING WRAP

55 MINS / £69

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.

## THOUSAND FLOWER WRAP

55 MINS / £69

A nutrient-rich detox wrap

Using Green Tea balm to encourage super skin health and powerful detoxification. Leaves you feeling completely reinvigorated.

## WELLBEING MASSAGE

55 MINS / £69

Feel relaxed from top to toe

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

## A LITTLE MORE GOES A LONG WAY

Choose the Wellbeing Massage and add a relaxing facial for only £15 more. Your combined appointment time will be 70 mins.

## TARGETED TONING TIGHTENER

85 MINS / £90

Ideal for firming and smoothing

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and back of arms. Clinically proven to reduce the appearance of cellulite after just one treatment.

Or Choose a localised treatment

40 MINS / £55

Hips & Thighs

Abdomen

# Face

CLARINS

## AGE DEFYING EYE TREATMENT

40 MINS / £45

Bright eyed and beautiful

Intensively replenishes the delicate eye area, visibly reducing fine lines and wrinkles.

## AROMATIC BALANCER

55 MINS / £70

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 / £82

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.

## SIGNATURE FACIALS

The following treatments deliver immediate rejuvenating and wellbeing results which last.

### LIFTING REPLENISHER

70 MINS / £82

The ultimate rejuvenation for your skin.

A luxurious replenishing treatment that re-plumps and regenerates, bringing radiance to mature skin. This treatment smooths, re-sculpts and redefines facial contours as well as visibly reducing the appearance of wrinkles and dark spots.

### RADIANCE REVIVER

70 MINS / £82

Recover your healthy, dewy glow

Smooths out first wrinkles and revives stressed out skin. Recharge with a combination of antioxidants and revitalising plant extracts.

### A LITTLE MORE GOES A LONG WAY

Choose either of the Signature facials and add a relaxing back massage for only £15 more. Your combined appointment time will be 70 mins.



## EDENSIGNATURE

### **INDIAN HEAD MASSAGE**

40 MINS / £51

**A holistic massage technique**

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.

### **JENNIFER YOUNG GLOWING FACIAL**

55 MINS / £69

**Perfect for sensitive skin or those living with and beyond cancer**

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

## **SENSITIVE SKIN SOOTHER**

55 MINS / £70

For fragile skin needing special attention

Soothing massage techniques help to reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored.

## **SUPERFOOD PRO- RADIANCE FACIAL**

55 MINS / £70

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.

## **ANTI-BLEMISH MATTIFY AND CALM**

55 MINS / £70

Combat oil and shine

Ideal for congested or hormonal skin, including facial massage to boost circulation. Leaving you with clear, bright skin.

## **DYNAMIC RESURFACING PRECISION FACIAL**

55 MINS / £75

For smoother, more radiant skin

This unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing younger-looking skin.

Clinically proven to resurface by up to 75% and increase skin smoothness by up to 32% after just one treatment\* Independent Clinic Trials 2006. Please note, a patch test will be required on arrival.

## **PRO-DEFINITION LIFT AND CONTOUR FACIAL**

55 MINS / £75

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 / £75

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.

# Men

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## CLARINS

### ENERGISING BACK, NECK AND SCALP MASSAGE

40 MINS / £51

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 / £70

Alleviate stress levels

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

### SKIN BLITZ FACIAL

55 MINS / £70

Customised for male skin

Shaving bumps and irritation, stress and tiredness, greyness and congestion; whatever life has thrown at your skin, this super-relaxing bespoke facial will target and treat it. Your face will look and feel refreshed, healthy and smooth.

## EDENSIGNATURE

### LAVA RECOVERY MASSAGE WITH KOKOLOKAHI OILS

40 MINS / £51

Targets tension and eases aching muscles

A deep tissue back 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 / £51

Warms muscles and joints

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

# Feet

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## EDENSIGNATURE

### 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.

### FILE AND PAINT

25 MINS / £29

**A beauty essential**

A simple tidy and paint of the nails.

### FOOT SMOOTHIE TREATMENT

25 MINS / £29

**Soft and smooth**

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

### REFLEXOLOGY

55 MINS / £65

**An alternative therapy**

Reflexology uses the feet as a map of the anatomy. Application of pressure to different parts of the foot induce therapeutic effects across the body.

\*Please note that there is limited availability on the reflexology treatment.

# 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.

## FILE AND PAINT

25 MINS\* / £29

**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.

# Beauty

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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).

## MAKE UP

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.

## 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.

# DR. LEVY SWITZERLAND®

This exciting partnership brings guests at Eden Hall a new 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 / £29

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 / £85

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.