

A series of flowing, wavy lines in a golden-brown color sweep across the lower half of the page, creating a sense of movement and elegance.

# Treatment Menu

# Massage and Alternative Therapies



Let's face it there is nothing that can make you feel as good as a proper massage.

It is the most popular treatment in every spa. We have a great selection of massages that our therapists will tailor to ensure you have an unforgettable experience

*Price: Midweek/Weekend*

*Midweek is Mon-Thurs and Weekend is Fri-Sun*

## Swedish Massage

*Back, neck and shoulder massage*                      *30 mins £42/£46*  
*Full body massage*    *60 mins £70/£78* | *75 mins £89/£97*

A traditional massage using pressure to promote relaxation and ease muscle tension. No two people are the same so your therapist will tailor your treatment to make sure your specific needs are met.

## Hot Stone Massage

*30 mins £46/£50* | *60 mins £86/£94* | *75 mins £98/£106*

This treatment is a mixture of a hands-on massage and the use of smooth heated volcanic stones resulting in an intensely relaxing experience. Medium pressure massage and heat works deep into the muscles to melt away stresses leaving you in a state or pure tranquility.

*Price: Midweek/Weekend*

## Elemis Freestyle Deep Tissue Massage

*30 mins £46/£50* | *60 mins £86/£94* | *75 mins £98/£106*  
Alleviate stress, ease aching muscles and revive your senses with this powerful, bespoke massage, Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

## Reflexology

*45 mins £52/£58* | *With hot stones £56/£62*  
A system of zones and reflex areas on the feet reflect a map of the body. Working on these areas of the feet can affect a physical change in the body. Recommended as a course of treatments, please speak to the spa reception when booking.

## Indian Head Massage

*45 mins £52/£58*  
Helps relieve stress and tension with the combination of eastern and western massage techniques.

## Aromatherapy Massage

*30 mins £46/£50* | *60 mins £86/£94* | *75 mins £98/£106*  
Our essential oils have been pre-blended. During your consultation choose either detoxifying, invigorating, nourishing, sensitive or calming to improve general wellbeing.



# Body Treatments

Our body treatments are special and perfect to spoil someone who deserves a treat, or for some well-deserved you time. Whatever the reason we are sure you'll love whichever one you decide to indulge in.

## Elemis Nourishing Frangipani Wrap

Foot, Ankle And Scalp Massage                      *60 mins £75/£83*  
Facial, Scalp And Foot Massage                      *90 mins £99/£107*

The velvety texture of the monoi oil offers super hydration, quenching thirsty skin. You are cocooned and warm while the mood balancing aromatics and skin conditioning oils do their work.

## Elemis Exotic Lime and Ginger Salt Scrub And Massage

*Back, Neck And Shoulder Massage*                      *60 mins £75/£83*  
*Full Body Massage*                      *90 mins £99/£107*

An invigorating full body scrub. Our lime and ginger signature blend will awaken the senses, followed by a relaxing massage to sooth and relax mind, body and soul.

*Price: Midweek/Weekend*

### **Elemis Frangipani Salt Scrub and Massage**

*Back, Neck And Shoulder Massage*      *60 mins £75/£83*  
*Full Body Massage*      *90 mins £99/£107*

This delicious frangipani infused scrub and massage will transport you to a tropical paradise. The powerful aromatherapy in the skin renewing exfoliation combined with the relaxing massage is the perfect combination for an amazing spa experience.

### **Signature Body Exfoliation**

*Back, Neck And Shoulder Massage*      *60 mins £72/£80*

Pamper and purify your skin with a back massage that will indulge this customised salt treatment. Our therapists will help you select from our seasonal collection of beautiful salt scrubs, infused with oils leaving skin soft and radiant.

### **Signature Body Wrap**

*Foot, Ankle And Scalp*      *60 mins £72/£80*  
*Facial, Scalp And Foot*      *90 mins £94/£104*

This fresh and detoxifying wrap is formulated with numerous health enhancing components and antioxidants, such as flavonoids and vitamin C and E.

This treatment includes a light body brush followed by a mud application.

Once cocooned you will receive a prescription facial and to finish a light massage with seaweed oil to re-hydrate the skin.

### **Sports Massage**

*60 minutes £86/£94*

A specialised form of massage therapy designed to prevent and repair injuries related to sports and physical activity, improve range of motion, flexibility and performance.

### **Express Sports Massage**

*30 minutes £46/£50*

Experience the power of a rejuvenating express sports massage where our certified therapists provide targeted relief to areas of tension and pain.

# Pregnancy Treatments

*Price: Midweek/Weekend*

### **Pregnancy Massage**

*60 minutes £75/£83*

Relax and unwind with our peaceful pregnancy massage, designed to soothe and nurture the expectant mum-to-be and focusing on relieving tension, aches and pains that may come with pregnancy.

### **Pregnancy Facial**

*60 minutes £72/£80*

Experience this luxurious and pregnancy-safe facial using naturally derived, organic products to deeply cleanse and nourish your skin leaving you feeling fresh and rejuvenated.

### **Pregnancy Body Scrub with Scalp, Neck and Shoulder Massage**

*60 minutes £72/£80*

Help to promote circulation, reduce fatigue and alleviate discomfort during pregnancy with this indulgent treatment.

### **Pregnancy Back Massage and Mini Facial**

*60 minutes £74/£82*

This treatment includes a relaxing back massaging and a calming facial to soothe and pamper your skin during this special time. The gentle blend of almond and wheat germ oils, complemented with rose oil and bitter orange increases circulation resulting in a more restful night's sleep for you and baby.

### **Pregnancy Foot and Ankle Massage and Scrub**

*60 minutes £62/£70*

Experience this soothing and nurturing massage and scrub to help reduce swelling, alleviate discomfort and provide relief to tired feet and ankles.





# Facials

We have selected our facial range from the best of British skincare brands. Using a combination of premium skincare, in depth knowledge and massage techniques from around the world, our skincare specialists will tailor your experience for outstanding results.

## Why Elemis?

As the number one luxury British skincare brand, we choose Elemis for good reason.

Your skin, body and wellness lie at the heart of their products and with groundbreaking chemistry of nature, carefully crafted by a dedicated team of explorers, scientists and skincare experts. Encompassing the most powerful biological actives available from both above and below the earths surface pioneering formulas and remarkably transformative results are what truly sets their skincare apart.



*Price: Midweek/Weekend*

### Rose Collagen Glow Smooth

60 mins £72/£80

This Dreamy Rose Collagen Facial indulges and awakens the senses, transporting you to an English Rose Garden on a warm summer day, where the exquisite scent of rose lingers in the air. Whilst targeting fine line and wrinkles. Suitable for skin redness or sensitive skin types.

### Pro Collagen Glow Smooth

60 mins £72/£80

Powerful resurfacing facial, lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. After just one treatment the complexion on the skin looks firmer, supremely smooth and rejuvenated.

### Pro Glow Resurface

60 mins £72/£80

Purify & brighten as skin texture is transformed. With a spotlight on enlarged pores, blemishes and blackheads, this unique facial is powered by patented Tri-Enzyme technology, this minimises the look of uneven skin tone, texture, fine lines & pigmentation.

*Price: Midweek/Weekend*



*Price: Midweek/Weekend*

### Pro Glow Super Brilliance

60 mins £70/£78

A fusion of Superfoods & anti-oxidant rich facial oils plump the skin with moisture, whilst helping it to nourish & protect.

### Pro Glow Ultra Smart Genius

60 mins £86/£94

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger looking skin. Power by Ultra-Smart technology with a spotlight on deep set wrinkles for maximum, multi-faceted facial rejuvenation & skin hydration, skin will be visibly smoother.

### Elemis Taster Facial *(Tailored to your skin type)*

30 mins £42/£46

Tailored to your skin type an introduction to Elemis fresh skin. *(Ultra products not included)*

### Elemis Taster Ultra Smart Facial

30 mins £50/£54

Elemis number 1 Ultra Smart Anti-Aging skin care for deep lines and wrinkles a taste of the luxury skin care brand.

**Or add on any additional 15 minute upgrade to any facial for £15 extra**

- Scalp Treatment
- Eye Treatment
- Foot Treatment
- Hand Treatment

# Time for men

More and more men are enjoying the benefits of regular spa treatments. You can enjoy any of the treatments in our full spa menu. Here is a list of the most popular spa treatments with our male customers.

## Facials

### **Elemis Pro Glow Smooth**

*60 mins £72/£80*

This game changing pro-collagen facial has been an industry leader since the day it was introduced. Harnessing the power of some of the world's most potent marine plants, it tackles fine lines and wrinkles with clinically proven age defying benefits.

### **Elemis Pro-Glow Radiance**

*60 mins £70/£78*

A nutritional boost of skin friendly superfoods and essential minerals designed to revive stressed and dull skin, energising cells for a healthy glow. Clinically proven to leave skin plumper and radiant with good health.

## Massage

### **Hot Stone Massage**

*60 mins £86/£94*

*75 mins £98/£106*

Whether it is work, the family or your football team it seems like stress is everywhere. The world-famous hot stones massage is the answer. After this you will instantly feel relaxed, de-stressed and ready to take on the world

### **Elemis Exotic Lime and Ginger Salt Scrub And Massage**

*Back, neck and shoulder massage*

*60 mins £75/£83*

*Full Body Massage 90 mins £99/£107*

An invigorating full body scrub to awaken the senses and a relaxing massage to sooth and relax the mind, body and soul. What could be better?

### **Elemis Freestyle Deep Tissue Massage**

*Back massage 30 mins £46/£50*

*Full body massage 60 mins £86/£94*

*75 mins £98/£106*

Alleviate stress, ease aching muscles and revive your senses with this powerful, bespoke massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

### **Sports Massage**

*60 minutes £86/£94*

A specialised form of massage therapy designed to prevent and repair injuries related to sports and physical activity, improve range in motion, flexibility and performance.

### **Express Sports Massage**

*30 minutes £46/£50*

Experience the power of a rejuvenating express sports massage where our certifies therapists provide targeted relief to areas of tension and pain.

# Wellness for cancer

Our therapists receive specialist training to enable them to tailor spa treatments for clients undergoing cancer treatment or those in remission.

### **Calming Massage**

*60 mins £70/£78*

Your therapist will use varying levels of touch and pressure, so you can enjoy all the soothing and restful benefits of a therapeutic massage. Be safe in the knowledge that your treatment is entirely tailored to your own personal health needs and preferences.

### **Rebalancing Hand and Foot Massage**

*45 mins £48/£52*

This revitalising and beautifully relaxing hand and foot ritual includes gently warmed mitts and pure oils to nurture skin and release tension.

### **Reflexology**

*45 mins £52/£58*

Also known as zone therapy, involving the application of pressure to specific points on the feet.

Treatment benefits include:

- Lymphatic system stimulation
- Anxiety and tension relief
- Stress reduction
- Enhance pain management
- Increase energy
- Improve blood flow and circulation





# Waxing and tinting

## Waxing

*1/2 leg wax £20*

*3/4 leg wax £25*

*Bikini Wax (Natural) £15*

*Bikini Wax (High Bikini) £21*

*Full Leg Wax £30*

*Full Leg & Bikini £40*

*Lip & Chin wax £18*

*Lip or Chin Wax £10*

*Back or Chest Wax £30*

*Underarm Wax £12*

*Brazilian Wax £36*

*Hollywood Wax £40*

*Eyebrow Wax £12*

Brazilian and Hollywood waxing not recommended  
after 35 weeks pregnant

## Tinting\*

*Eyebrow tint £10*

*Eyelash tint £15*

*Eyebrow tint and shape £17*

*Eyelash, brow tint and shape £30*

\*A patch test is required 24 hours before an appointment.  
You will be refused treatment if a patch test has not been done.

# Nailcare by O-P-I

## Pro Spa Express Manicure

*OPI Gel - £33 (Up to 45min)*

*Infinite - £30*

In a rush, but still need to look and feel polished? The OPI Pro Spa express manicure is perfect. Featuring essential Pro Spa products and techniques this treatment delivers all the essential nail care in a condensed treatment.

Service includes nail shape, cuticle care, application of your chosen polish and Pro Spa treatment cream to finish.

## Pro Spa Express Pedicure

*OPI Gel - £33 (Up to 45min)*

*Infinite - £30*

Quick, effective, and oh-so relaxing. The Pro Spa express pedicure features essential Pro Spa products to provide a spa pedicure without holding you up. Service includes nail shape, cuticle care, application of your chosen polish and Pro Spa treatment cream to finish.



## Pro Spa Manicure

*OPI Gel - £37 (Up to 1 hour)*

*Infinite - £33*

*OPI Gel with soak off and reapply - £39.50*

During this treatment, you will experience the quintessential OPI Pro Spa products combined with a relaxing hand massage and acupressure. This treatment puts the ‘Ahhh’ back in spa. Treatment includes nail shape, cuticle care, exfoliating treatment, moisture whip acupressure massage and your chosen finish.

### *Gel Soak Off -£10*

Removal of OPI gel. Please note, we do not remove other salons gel nails.

*Gel soak off and re-apply - £39.50*

*Add French application - £2*

*Add glitter - £2*

## Pro Spa Pedicure

*OPI Gel - £37 (Up to 1hr)*

*Infinite - £33*

*OPI Gel with soak off and reapply - £39.50*

During this treatment, you will experience the quintessential OPI Pro Spa products combined with a relaxing foot massage and acupressure. Treatment includes nail shape, cuticle care, exfoliating treatment, moisture whip acupressure massage and your chosen finish.

Removing gel colour and gel application.

Please note: We will not perform treatments on nail enhancements. If you already have gel polish and have booked in for a treatment, please remove gel prior to arrival or make an appointment for a gel removal prior to your gel treatment.

# Spa Day Packages...

**Simply Spa**  
*£68 per person (Mon - Sun 11am - 5pm)*

- Arrival 11am
- Welcome drink
- A light lunch or afternoon tea
- Robe and towels provided
- Full use of the spa facilities until 5pm
- Use of gym facilities until 5pm
- A glass of bubbles or juice

**Signature Spa Day**  
*£96 per person - Weekday*  
*£108 per person - Weekend*

- Arrival 10am
- Welcome drink
- Option of a light lunch or afternoon tea
- Robe and towels provided
- Full use of the spa facilities until 5pm
- Use of gym facilities until 5pm
- A glass of bubbles or juice
- A 30-minute treatment from the below selection:
- Back, neck and shoulder massage
- Mini facial
- Foot and ankle massage
- Scalp, neck and shoulder massage

**Deluxe Spa Day**  
*£119 per person - Weekday*  
*£130 per person - Weekend*  
*(£10 upgrade for a full body massage)*

- Arrival 10am
- Welcome drink
- Option of a light lunch or afternoon tea
- Robe and towels provided
- Full use of the spa facilities until 5pm
- Use of gym facilities until 5pm
- A glass of bubbles or juice
- A 60-minute treatment from the below selection:
- Elemis Facial tailored to your skin type
- Foot and ankle massage
- Full body scrub and 30-minute massage
- Body wrap, scalp massage and foot massage
- Back massage and mini facial

**Half Spa Day**  
*£48 per person*  
*(Mon - Fri 10am - 1pm & 1pm - 4pm)*

- Arrival drink
- Use of the facilities
- Robe, Towel and Slippers

**Twilight Spa Day**  
*£99 per person Wed or Thur 4pm - 8pm*

- Welcome drink
- Charcuterie board
- A 45-minute treatment from the below selection:
- Hot stone back massage
- Elemis facial (tailored to your skin type)
- Foot, ankle and scalp massage
- Foot and hand massage with treatment
- Express manicure or pedicure

Add one of the following extra treatments to any spa day for just £15

- Eye treatment
- Scalp treatment
- Foot treatment
- Hand treatment

**Mother to be spa day**  
*£160 per person - Weekday*  
*£190 per person - Weekend*

Welcome drink, Robe towel and Slippers  
Afternoon Tea, Pool/Gym/Relaxation room

*Choose from 2 of the 60 minute treatments below;*

- Pregnancy Massage
- Pregnancy Facial
- Pregnancy Back Massage or Mini Facial
- Pregnancy Body Scrub with Scalp, Neck & Shoulder Massage
- Pregnancy Foot & Ankle Massage and Scrub

**Morning Retreat**  
*£65 without treatment*  
*£78 with 30-minute treatment*  
*£99 with 60-minute treatment*  
*Choose 1 or 2 of the 30-minute treatments*  
*(from the selection below)*  
**Tuesday, Friday & Sunday 8am-12pm**

- Welcome drink
- Use of the facilities:
- Gym
- Pool
- Sauna
- Steam room
- Ice room
- Jacuzzi
- Outdoor hot tub
- Tepidarium room
- Relaxation room

- Robe Towel & Slippers
- Breakfast
- Back Massage
- Upgrade to a Full Body Massage for £8
- Upgrade to a Deep Tissue or Hot Stones Massage for £10

**Couples pre-wedding deluxe package**  
*£190 saving £68 + Upgrade mini facials*  
*(extra £20 each) £210*

- Glass of bubbles each
- All treatments done in the couples room
- Couples Body Massage with hand and foot treatment 90 minutes each
- Enjoy a relaxing Full Body Massage before the big day!
- This includes hand and foot exfoliation with mask and massage.

# Spa Hotel Packages...

**Mid Week Spa Stay**  
*(available Sunday - Thursday)*  
*£149 per person*  
*(£40 single supplement)*

- Welcome drink
- Use of the pool and leisure facilities from 10.00am - 5.00pm
- Afternoon Tea with Prosecco
- 30-minute spa treatment
- £20 meal allowance
- Overnight stay in either a lodge or hotel rooms
- Breakfast the following morning

**Classic Overnight Spa Stay**  
*£179 per person Sunday-Thursday*  
*£189 per person Friday & Saturday*  
*(£40 single supplement)*

- Welcome drink
- Use of the pool and leisure facilities from 10.00am - 5.00pm
- Afternoon Tea with Prosecco
- 60-minute spa treatment
- £25.00 meal allowance
- Overnight stay in either a lodge or hotel rooms
- Breakfast the following morning

This package can be booked in a hotel room or a lodge (dependant on availability).  
Please note that prices in the brochure are subject to change. For up to date prices, please refer to our website.

# Making Your Booking

## Consultation

Most treatments include a consultation so your therapist can identify the results you would like from your treatment and deliver the best treatment possible.

## Double Treatment Room

Our double treatment rooms are ideal for couples or friends to share their treatment time together. Please request this service when booking if required.

*Subject to availability*

## Health Conditions

You will be asked to complete a medical screening form which helps ensure you have a safe and enjoyable experience with us. Some treatments carry certain medical contra-indications and, in this instance, an alternative treatment may be offered.

Please respect our therapists if they advise you that your first choice of treatment is unsuitable; we will always offer the safest and most enjoyable treatment as an alternative.

## Medical Advice

If you have had or are suffering from severe allergies, ill health, a particular medical condition or are pregnant we advise you speak to your GP prior to arrival to ensure you can use Evergreen Spa's full facilities, services, and treatments.

In some instances, we may require written confirmation from your doctor. If you have had or are undergoing treatment for cancer we will need confirmation from your doctor or McMillan nurse to ensure your safety and comfort.

The set of guidelines below is not an exhaustive list and only serves to highlight some of the main medical indicators where use of the facilities services or treatments may not be advised:

**PREGNANCY, MOBILITY PROBLEMS, ACTIVE VERRUCAS/ WARTS, HEART PROBLEMS, EPILEPSY, SKIN DISEASES/ DISORDERS, DIABETES, METAL PINS/PLATES, EAR INFECTIONS, CANCER, SURGERY.**

## Wellness For Cancer

Our skilled therapists received training from Wellness for Cancer, a cancer focused training organisation for the spa and wellbeing industry, to give an insight into what clients with the illness may be going through, both physically and emotionally. See page 8 for more information.

## Pregnancy

At Evergreen Spa we offer a range of pampering treatments suitable for you during this special time. These are suitable after the first trimester (12 weeks). Please discuss with our spa team who can advise you which treatments apply.

## Minimum Age

The minimum age to have a spa treatment or spa package is 16 years of age anyone aged 16 and 17 must be accompanied by an adult.

## Club and Spa

The Club Spa is a member's only club and day spa for visitors.

There will be children using the facilities and school holiday times may be particularly busy in the swimming pool and on the poolside.

## Group Bookings

We welcome group bookings to celebrate special occasions and as a place to relax and unwind with friends. However, please be aware that we do not allow any celebratory attire at any time during your visit to the spa or on the hotel grounds. The management reserves the right to ask you to remove any items that are deemed unacceptable.

## Food Allergies and Intolerances

Please advise at the time of booking if you or anyone in your party has any dietary requirements or intolerances.

## Late Arrivals and Cancellations

Arriving late for your scheduled appointment will unfortunately result in a reduced treatment time and full payment will still be charged.

If you do not attend a scheduled treatment, full payment will still be charged.

Cancellations- Should you need to cancel your appointment, we require 24 hours' notice or 50% will be charged.

Spa day cancellations - Full payment for Spa Days is required at the time of booking and in the event that you need to cancel or re-arrange we will happily re-arrange your spa day if you cancel within 48 hours of the arrival time.

## Treatments

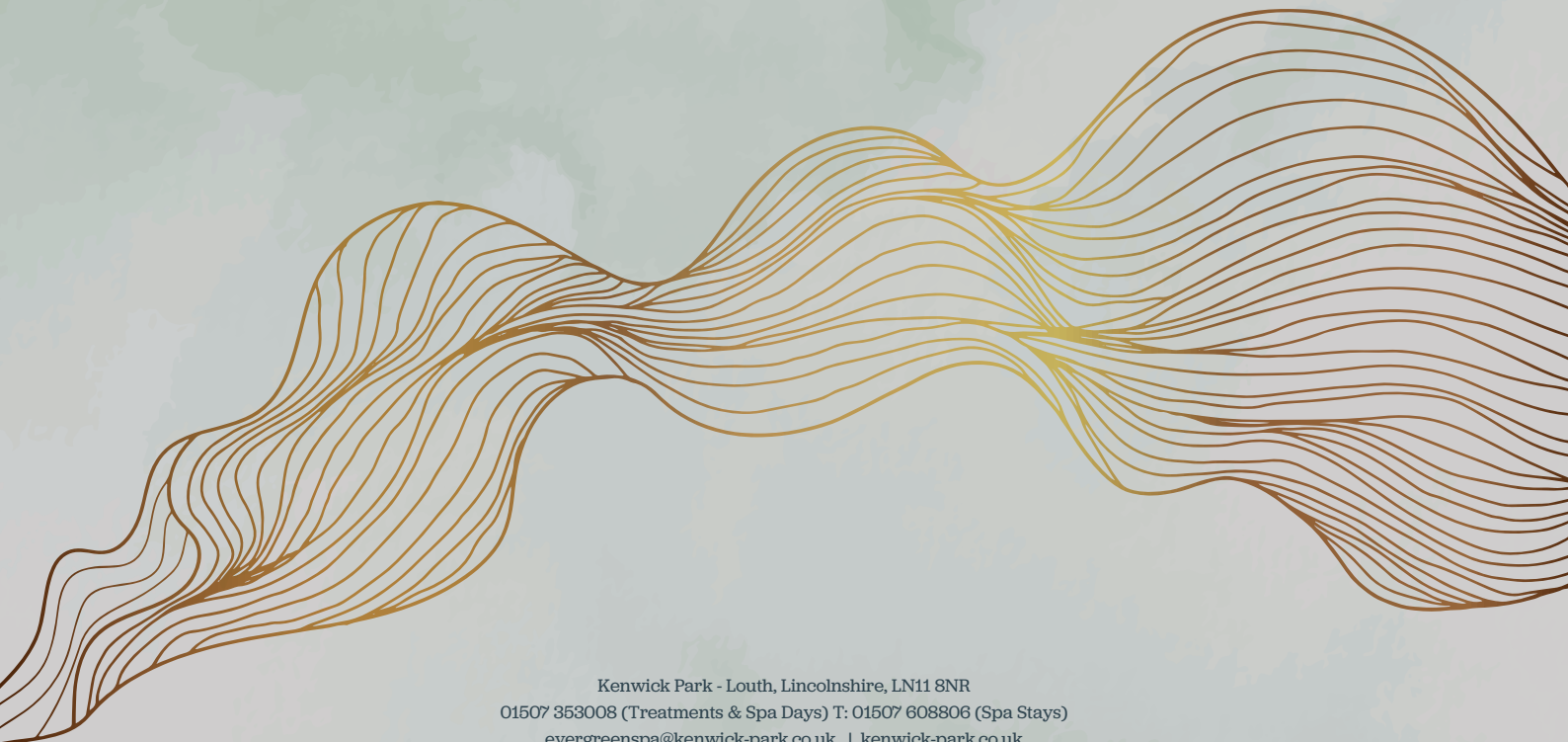
We advise that you arrive 15-minutes prior to your package start time to ensure no treatments are missed and that you enjoy full use of the spa. If for any reason you cannot arrive at the arrival time or you need to leave early, please advise our reservations team at the time of booking as failing to do so may result in missed treatments and no refunds will be given.

Upon arrival if you wish to change anything such as dining times, please speak to a member of the reservations team who will do their utmost to assist you. During busy times we cannot not always be able to accommodate your request. For group bookings we cannot guarantee the same or similar treatment times. If you are arranging a group booking, please advise us.

## Additional Spa Treatments

We recommend you book any additional treatments prior to arrival to avoid disappointment.





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