

# Treatment Menu



## Una St Ives have taken pro-active steps alongside our partner Elemis to assess our treatment menu and protocols.

The treatment menu has been adapted and each of our therapists have been re-trained on this menu by Elemis trainers to ensure a safe environment for both our guests and team members.

As and when the guidance is updated and adapted Una St Ives and Elemis are committed to following these guidelines whilst not forgetting that visiting one of our spa's is a time for relaxation and rejuvenation for our guests.

### BODY:

Cleansing mineral salts, oil blends rich in actives and transportive aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

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### BODY: Massage

#### ELEMIS Bespoke Express Deep Tissue Back Massage

Using selected aromatic oils, your therapist will massage the back, neck and shoulders.

25 minutes | £40

#### ELEMIS Bespoke Deep Tissue Body Massage

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

55 minutes | £70

#### ELEMIS Garden of England Rose Restore

This lavishly hydrating massage uses a unique trio of Rose, Camelina and Poppy seed oils to leave the skin exquisitely moisturised, intensely supple and delicately scented.

55 minutes | £70

### BODY: Energy Boosting & Musclease

#### ELEMIS Hot Mineral Body Boost

A powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

55 minutes | £70

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### BODY: Scrubs & Wraps

#### ELEMIS Intensely Cleansing Salt Scrub *Lime & Ginger or Frangipani*

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

30 minutes | £50

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### BODY: Detox & Cellulite

#### ELEMIS Targeted Toning Tightener

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

55 minutes | £70

## FACE & BODY: Combinations

Choose your own combination of facial and body massage or let your ELEMIS therapist personally prescribe the perfect treatment to work with your skin, your mood and your needs.

### ELEMIS Couture Touch

Condition your skin and muscles with this all-embracing experience. Combine an ELEMIS Express Prescriptive Facial, with either a personalised 30-minute Freestyle Deep Tissue Massage or a 30-minute Deeper than Deep Hot Stone Massage.

55 minutes | £75

## FACE: Anti-Ageing

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

### ELEMIS Express Prescriptive Facial

This introductory facial provides an instant pick-me-up, leaving your skin feeling refreshed.

25 minutes | £40

## HANDS & FEET:

### CND Shape & Polish

Nails are shaped and polished with your choice of CND Vinylux polish.

25 minutes | £25

### CND Spa Manicure

Soften and hydrate the skin with a botanical blend of soothing chamomile and purifying sandalwood. Our Spa Manicure systems exfoliate, refine and moisturise your hands. Includes detailed cuticle work and a choice of CND Vinylux polish or CND Shellac finish.

55 minutes | £40    Shellac finish | £50

### CND Spa Pedicure

Envelop your senses and restore hydration with our luxurious and revitalising Sugar Vanilla, or Gardenia Woods Spa Pedicure. Includes a hot foot soak, exfoliation, detailed cuticle work, foot and lower leg massage, nail shaping and CND Vinylux polish or CND Shellac finish.

55 minutes | £45    Shellac finish | £55

### CND Shellac

Chip-Free nail wear. This product goes on beautifully, dries immediately and removes without nail damage. CND Shellac polish lasts up to two weeks plus, with a durable shine that resists chips, scratches and smudges.

40 minutes | £30

### CND Shellac Removal

To be added prior to your chosen nail treatment.

15 minutes | £10

## ESSENTIAL BEAUTY:

*\*A sensitivity test is required 24 hours prior to treatment*

Full Leg Wax                      40 minutes | £35

Half Leg Wax                      25 minutes | £25

Standard Bikini Wax            25 minutes | £20

Bikini & Half Leg Wax           40 minutes | £40

Bikini & Full Leg Wax           55 minutes | £50

Underarm Wax                    25 minutes | £20

Upper Lip or Chin Wax         15 minutes | £12

Lip & Chin Wax                    25 minutes | £20

Eyebrow Shape                    25 minutes | £20

Eyebrow Wax & Tint\*           25 minutes | £25

Eyebrow Tint\*                    10 minutes | £10

Eyelash Tint\*                    25 minutes | £15

Eyebrow & Eyelash Tint\*     25 minutes | £20

Lash Lift\*                         60 minutes | £40