

# wellnesspa price list



# wellnesspa at

## RICHMOND PAINSWICK

The Wellness Spa at Richmond Painswick is an exclusive haven for the over 50s who want to look after body and soul.

As a member, you will enjoy state-of-the-art equipment, a pool and its facilities, plus a wide range of health and beauty treatments in a beautifully designed stress-free environment.



# treatment price list

## TEMPLE SPA FACIALS

MY KINDA SKIN 60mins | £65

Bespoke prescription facial for individual skin types

GO GUY – MALE EXECUTIVE 60mins | £65

Men's facial for all skin types

THE POWER BREAKFAST FACIAL 30mins | £35

Express facial for all skin types

WINDOWS OF THE SOUL 30mins | £35

Divine eye treatment

## TEMPLE SPA LUXURY FACIALS

REPOSE AROMATHERAPY FACIAL 75mins | £75

Relaxing, indulgent facial for all skin types

TOTALLY QUENCHED & DRENCHED 75mins | £80

Rehydrating facial for thirsty skin

CHAMPAGNE & TRUFFLES DELUXE 90mins | £100

The crème de la crème of facials

## TEMPLE SPA BODY SCRUBS, WRAPS & INFUSIONS

AAHHH! 30mins | £35

Leg & foot energiser

I'LL BE BACK 45mins | £50

A facial for the back

THE OUTER GLOW 45mins | £50

Face & body exfoliation

GLORIOUS MUD 60mins | £65

Skin conditioning & detoxifying mud wrap

## TEMPLE SPA EXPERIENCES & PACKAGES

THE MEDITERRANEAN FLOAT 90mins | £95

The fully loaded skin-luxe facial & body duo

MY KINDA MOOD 120mins | £120

A prescriptive facial & massage bespoke to you

## TEMPLE SPA MESSAGES

DRIFT AWAY 30/60/90 mins | £35/£60/£85

Relaxing full body massage

IN GOOD SPIRITS 30/60/90 mins | £35/£60/£85

Energising full body massage

WORK IT OUT 30/60/90 mins | £35/£60/£85

Detoxing / muscle massage

MEDITERRANEAN SEA MASSAGE 60mins | £60

Float your stress away

## TEMPLE SPA SIDE ORDERS

DIVINE NECK & SHOULDER TREATMENT £20

15 minute hot stone neck & shoulder treatment

RELAXING SCALP MASSAGE £20

15 minute relaxing scalp massage

INDULGENT HAND RITUAL £20

15 minute indulgent hand ritual

INDULGENT FOOT RITUAL £20

15 minute indulgent foot ritual

SECRET EYE REMEDY £20

15 minute secret eye remedy

## HALF DAY SPA DAYS

All spa days include refreshments on arrival, use of towels, robes and slippers, and access to the spa facilities.

### MORNING BREEZE £64

Power Breakfast Facial, Aaahhh! Foot & Leg Energiser, plus a light lunch

### THE QUICK FIX £64

Choose any 60 minute treatment or 2 x 30 minute treatments, plus either a light lunch or afternoon tea

### AFTERNOON DELIGHT £76

Windows of the Soul eye treatment, I'll Be Back treatment, plus afternoon tea

### CHAMPAGNE SUPREME £80

45 minute Champagne & Truffles Facial, 45 minute Back, Neck & Shoulder Massage, glass of bubbly and truffles

Full day spa days may be available upon request

## HANDS & FEET

SPA MANICURE 60 mins | £40

EXPRESS MANICURE 30 mins | £35

CUT & FILE MANICURE 15 mins | £20

SPA PEDICURE 60 mins | £40

EXPRESS PEDICURE 30 mins | £35

CUT & FILE PEDICURE 15 mins | £20

## EYES & BROWS

EYELASH TINT\* £14

EYEBROW TINT\* £9.50

EYELASH & EYEBROW TINT\* £20

EYEBROW WAX / EYEBROW SHAPE\*\* £10

BRIGHT EYES\* £28

Eyelash tint, eyebrow tint & eyebrow shape

## WAXING\*\*

FULL LEG £25      UNDER ARM £13

1/2 LEG £17.50      UPPER LIP £9.50

FULL LEG & BIKINI £30      CHIN £9.50

BIKINI LINE £10      LIP & CHIN £12

## SPA WHEREVER YOU ARE

If you can't get to us, we'll come to you. Treatments in the comfort of your own home. For residents only.

SEATED SIESTA MASSAGE 15/30 mins | £20/£30

Express massage in seated position

### MANICURES & PEDICURES

See Hands & Feet section for options, times and prices

POWER BREAKFAST FACIAL 30mins | £35

INDULGENT HAND MASSAGE 15 mins | £20

INDULGENT FOOT MASSAGE 15 mins | £20

\* Skin patch test is required 24 hours prior to your treatment.

\*\* Heated treatments are not recommended 24 hours before or after waxing.

# personal training & therapies

## PERSONAL TRAINING

Get fit and book yourself in for some personal training with our professional personal trainers. One-to-one gym and pool sessions available for the over 50s – both members and non-members. Personal training includes:

- training programme
- health check
- nutritional advice

## MEMBERS

<u>30 MINUTE SESSION</u>	<u>£18</u>
<u>1 HOUR SESSION</u>	<u>£30</u>
<u>5 X 1 HOUR SESSION</u>	<u>£142.50</u>
<u>10 X 1 HOUR SESSION</u>	<u>£270</u>

## NON-MEMBERS

<u>30 MINUTE SESSION</u>	<u>£20</u>
<u>1 HOUR SESSION</u>	<u>£35</u>
<u>5 X 1 HOUR SESSION</u>	<u>£166.25</u>
<u>10 X 1 HOUR SESSION</u>	<u>£315</u>

For more details or to book a free consultation please contact the Wellness Spa.

## PHYSIOTHERAPY

### CHIROPODY

### REFLEXOLOGY

### SPORTS & REMEDIAL MASSAGE

Please contact the Wellness Spa for more information on these therapies.

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