

## SIGNATURE PACKAGES

### TOTAL ESCAPE

Feel revived with our elemis lime and ginger back scrub followed by an Elemis Back, neck, shoulder AND scalp massage! Finished with an Elemis facial cleanse and pressure points.  
1Hour - £45.00

### MOTHER TO BE

Tailored perfectly for the mums to be out there.  
An Elemis Pregnancy Massage, an OPI Manicure and Pedicure  
2hour 30 mins  
£100.00

## WAXING, TINTING, LASHES & NAILS

Full leg wax	£30.00
Half leg wax	£20.00
Bikini wax	£12.00
Underarm wax	£12.00
Lip & Chin wax	£10.00
Eyebrow shape	£12.00
Eyebrow Tint	£10.00
Eyelash Tint	£15.00

Complete eye works £30.00

(Includes eyelash and brow tint & wax)

### Intimate Waxing

Brazilian Wax	£25.00
Playboy	£28.00
Hollywood	£30.00

### OPI MANICURES & PEDICURES

Our manicures & pedicures include filing, cuticle work, exfoliating scrub, massage & polish.

Manicure..... £30.00

Pedicure..... £35.00

File & Polish..... £15.00

### TIME FOR TWO

Who needs a reason to treat a loved one or friend? This package is too good to not book!  
An Oriental Head Massage and a Relaxing Foot & Ankle massage each, finished off with a glass of bubbles!  
45mins - £85.00

### REVITALISE YOURSELF

Relax and unwind with an Elemis Back, Neck & Shoulder Massage, an Elemis Skin Booster Facial, finished with an OPI Manicure or pedicure.  
1hour 45 mins £80.00

### LVL LASH ENHANCEMENT

LVL can give you longer lashes without the need for extensions. With no harsh perming techniques LVL gives your natural lashes length, volume & lift in 45 minutes with results lasting up to 6 weeks.

(A patch test must be performed at least 24 hours before appointment)  
£49.00

### OPI GELCOLOR

OPI Gelcolor Manicure.....£35.00

OPI Gelcolor Pedicure.....£30.00

## BOOKINGS AND CANCELLATIONS

We require 24 hours' notice on all cancellations.

Please be aware that the therapist reserves the right to alter or change your treatment based on information you give us.

# St Giles House

HOTEL RESTAURANT & SPA

## TREATMENT MENU

### ELEMIS TOUCH FACIALS

#### SKIN BOOSTER

Perfect for a lunchtime or early evening "quick fix", these facials are uniquely designed for maximum results in minimum time.  
-30 mins - £40

#### ELEMIS SENSITIVE SKIN SOOTHER

This treatment offers a subtle, calming massage technique, helping to reduce the appearance of redness and strengthen your delicate skin. You're left with supremely calm and confident Skin  
-60 mins - £70

#### ELEMIS WHITE BRIGHTENING PIGMENT PERFECTOR

This highly effective white brightening facial visibly illuminates the complexion to leave it naturally more even and translucently clear. Precision, feather-light movements delicately layer proven brightening actives on the skin to encourage the washing-out of melanin and the visible dullness that develops over time. Your skin will look illuminated and even  
-60 mins - £75.00

#### ELEMIS SUPERFOOD PRO-RADIANCE

Energise and detoxify stressed, dull skin with this nutritional superfood boost facial. This treatment will help restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients.  
-60 mins - £75.00

#### ELEMIS ANTI-BLEMISH MATTIFY & CALM FACIAL

This mattifying facial helps combat oil and shine using the proven power of Lavender. An intuitive facial massage helps re-oxygenate the skin, improving tone and texture. Your skin will be clear and bright!  
-60 mins - £70

#### ELEMIS DYNAMIC RESURFACING PRECISION PEEL

This resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. It is specifically designed to work alongside your skin's unique structure, using three layers of enzymes to nibble away the dead skin, revealing extraordinary results. Skin will be smoother, cleansed and younger looking.  
-60 mins - £75.00

The Spa at St Giles | 41-45 St Giles St, Norwich NR2 1JR  
01603 275185 spa@stgileshousehotel.com

### **ELEMIS PRO-DEFINITION LIFT & CONTOUR FACIAL**

Powered by breakthrough technology, this facial helps restore the architecture of the face using potent plant actives. An Arjuna & lupin infused mask works on elasticity, the structure of the skin is boosted through a unique, deep, muscle toning massage from the scalp to the décolleté.

-60 mins - £75.00

### **MENS TOUCH: PERFORMANCE SKIN ENERGISER FACIAL**

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massage deeply relax.

-60 mins - £75.00

### **ELEMIS BODY: SCRUBS & WRAPS**

#### **ELEMIS BODY NECTAR NOURISHING WRAP - EXOTIC FRANGIPANI**

This nourishing body wrap drenches the skin with moisture for immediate softness.

Aromatic Tahitian coconut & Frangipani flowers are soaked together to produce the Monoi used in this wrap, which Polynesian women traditionally used to protect their skin & and provide ultimate radiance,

Vitality & all over body glow.

-45mins - £50

### **ELEMIS PRO-COLLAGEN AGE DEFY FACIAL**

Experience the age-defying benefits of marine-charged Padina Pavonica & Red Coral. Fine lines will be plumped out, whilst a targeted lymphatic drainage massage re-energises and rejuvenates the skin. Leaving you with beautifully nourished younger looking skin.

-60 mins - £75.00

#### **ELEMIS INTENSELY CLEANSING SALT SCRUB – LIME & GINGER**

Feel your senses lifted & your body invigorated by the sublime Exotic Lime and Ginger Salt Glow infused with skin enriching camellia oil.

After light body brushing, warm oil is drizzled over the body, skin is deeply cleansed leaving it silky smooth & glowing.

-30mins - £50.00

### **ELEMIS BODY: MASSAGE**

#### **ELEMIS FREESTYLE DEEP TISSUE MASSAGE**

Alleviate high stress levels, ease aching muscles & revive the senses with this powerful deep tissue massage.

25min... £28.00

60min.....£50.00

90min.....£70.00

#### **ELEMIS PEACEFUL PREGNANCY MASSAGE~**

Massage for each stage of pregnancy. This unique therapy helps relieve back tension, swollen hands & feet. Eases the mind & lifts the spirit.

75mins

£65.00

PLEASE NOTE CLIENTS MUST BE PAST THEIR FIRST TRIMESTER

#### **ELEMIS FENNEL CLEANSING CELLULITE & COLON THERAPY**

This treatment uses the clinically proven Elemis Body Sculpting System that will redefine your silhouette.

The Body Sculpting Lipo- Refining Serum & Body Sculpting Firming Cream target stubborn cellulite & sagging skin for visible, fast results.

A detoxifying Fennel & Birch body mask is applied & using specialist massage techniques your body is deeply cleansed.

60mins

£60.00

#### **ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE**

For hundreds of years hot stone massage has been used by many different cultures & modern-day therapists apply the same techniques for a wonderfully relaxing massage designed to work on muscle tension at the deepest level.

25mins.....£35.00

60mins.....£60.00

#### **ORIENTAL HEAD MASSAGE**

A completely relaxing neck & shoulder & scalp massage finished with a pressure point facial massage.

Great for headache sufferers.

25mins

£30.00

#### **HOPI EAR CANDLE**

Hopi ear candling is a non-invasive therapy offering an alternative to conventional treatments such as ear syringing or grommets & is idea for symptoms of sinus problems. A facial massage is also included to enhance the results of the treatment.

45mins

£25.00

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