



PURE SPA  
LONG ASHES PARK

*treatments  
and prices*

[www.longashespurespa.co.uk](http://www.longashespurespa.co.uk)

# *elemis facial collection*

## *pro-collagen age defy facial*

Tackle fine lines and wrinkles with the age-defying benefits of marine charged Padina Pavonica and Red Coral.

Targeted massage encourages optimum cellular function for nourished, younger looking skin.

60 minutes • £69

## *dynamic resurfacing precision peel facial*

If you suffer from problem skin including acne and break outs, the Dynamic Resurfacing Precision Peel Facial is for you.

Targeting the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal.

A new start for smoother, younger-looking skin.

60 minutes • £60

## *peptide 24/7 skin sync facial*

Target tired, dull and dry skin with this radiance-restoring Peptide 24/7 facial.

Powerful botanical formulations, exclusive to Elemis, are combined with specialist massage techniques to replenish skin with a well-rested glow.

60 minutes • £55

## *superfood pro-radiance facial*

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives.

Leaving skin plumper, radiant and lit up with good health.

60 minutes • £55

## *sensitive skin soother*

Fragile skin needs special attention.

A soothing massage technique helps reduce the appearance of redness and protect against daily stresses.

Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

60 minutes • £55

## *mini facial*

Your therapist will assess your skin and use specialist massage techniques to apply Elemis products designed to target your needs, whether it be smoothing, replenishing, plumping or calming.

30 minutes • £35

# *pure spa body collection*

## *ultimate back treatment*

A luxurious, therapeutic back treatment using paraffin wax for deep heat and comfort.

A soothing massage using Swedish massage techniques and hot stones is given to the back and backs of the legs before a refreshing cooling gel completes your experience.

60 minutes • £49

## *swedish massage*

The original massage technique involving a sequence of movements working superficially and deeper into the tissue layers to promote relaxation and ease muscle tension.

Full Body • 60 minutes • £49

Back • 30 minutes • £38

## *indian head massage*

Aimed at releasing tension which builds up in the tissues, muscles and joints of the head, face, neck and shoulders; helping to restore balance whilst relaxing the mind and body.

30 minutes • £32

## *fire and ice foot therapy*

Feet and lower legs are thoroughly exfoliated, bathed and massaged using hot stones.

A refreshing cooling gel completes the treatment soothing the feet, reducing swelling and increasing circulation.

Perfect for achy, tired or well-travelled legs.

30 minutes • £32

## *eye reviver*

An instantly revitalising eye treatment using gentle massage techniques to smooth, firm and hydrate the delicate eye area.

Puffiness and dark shadows are reduced, firming and brightening the eye area.

30 minutes • £32

## face and body collection

### cleanse

Let tension melt away with a relaxing Swedish back massage, after which your therapist will assess your skin and choose the Elemis facial suited to your needs, whether it be smoothing, replenishing, plumping or calming.

90 minutes • £85

### muscle release

Feel muscles relax with a full body hot stone massage. The deep heat treatment relieves tension aches and pains.

Complete your treatment with an Elemis mini facial tailored to your skin needs, whether it be smoothing, replenishing, plumping or calming.

90 minutes • £85

### top to toe signature treatment

This exquisite head to toe treatment will leave you looking and feeling incredible.

Your therapist will select the products and techniques perfect for your needs.

Starting with a seasonal salt scrub to detoxify and invigorate skin, your body will then be nourished with essential oils, using specialised massage techniques to rejuvenate and soften your skin.

Once your body is relaxed, we treat and hydrate your skin with an Elemis facial to suit your needs.

You will leave feeling relaxed and refreshed with a well-rested glow.

150 minutes • £130

## elemis body collection

### frangipani body nectar nourishing wrap

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin.

You are kept cocooned and warm and treated to a mini facial while the mood-balancing aromatics and skin conditioning oils do their work.

60 minutes • £55

### lime and ginger intensely cleansing salt scrub

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 • £35

### lime and ginger intensely cleansing salt scrub with a moisturising massage

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells.

A moisturising massage then hydrates the skin, leaving it soft and smooth.

60 minutes • £55

## *mum-to-be collection*

### *elemis peaceful pregnancy massage*

Mothers-to-be are restored to optimum wellness with an intuitive and relaxing massage using exotic frangipani oil which moisturises and hydrates skin that is expanding to accommodate a growing baby.

75 minutes • £59

### *elemis peaceful pregnancy face and body experience*

Feel your body relax and replenish with the combination of the peaceful pregnancy massage and customised Elemis facial, selected by your therapist to suit your skins needs.

Any visible effects of hormonal changes on the skin are gently addressed and your skin and body supported as it accommodates your baby.

135 minutes • £95

## *jessica manicures and pedicures*

### *jessica manicure*

Your hands will be smoother and silkier with a complete conditioning hand massage after which your nails will be beautifully shaped and polished.

45 minutes • £25

### *jessica deluxe manicure*

This treatment combines the Jessica Manicure with the added indulgence of thermal mittens which help the oils and creams penetrate deep into the skin whilst improving circulation and relieving stiff, painful joints.

60 minutes • £32

### *jessica pedicure*

This luxury foot treatment removes hard skin whilst feet are massaged with deep conditioning creams leaving them soft and smooth. Cuticles are groomed and toenails beautifully shaped and polished.

45 minutes • £25

### *jessica deluxe pedicure*

This treatment combines the Jessica Pedicure with the sumptuous addition of thermal booties which help the oils and creams penetrate deep into the skin whilst improving circulation and relieving stiff, painful joints.

60 minutes • £32

## *geleration overlays*

### *geleration manicure*

Cuticles are groomed and nails shaped and finished with coloured or French gel.

Includes free removal of existing GELeration gel.

60 minutes • £25

### *geleration pedicure*

Cuticles are groomed and toenails shaped and finished with coloured or French gel.

Includes free removal of existing GELeration gel.

60 minutes • £25

### *gel removal*

For hands or feet, gel is removed and nails filed and shaped.

30 minutes • £16

## *eye treatments*

Patch test is required 24 hours before all tinting treatments.

### *eyebrow tint*

15 minutes • £10

### *eyelash tint*

30 minutes • £12

### *eyebrow and eyelash tint*

30 minutes • £20

### *eyebrow shape*

15 minutes • £12

### *focus on the eyes*

Eyebrow shape, eyebrow tint and eyelash tint.

30 minutes • £30

## *nouveau lashes*

### *nouveau lashes lvl*

The LVL lash lift is the revolutionary lash treatment that creates length, volume and lift with your own natural lashes.

No mascara, no extensions, no maintenance! It's a great alternative to lash extensions and the perfect way to enhance what you already have, whether your lashes are long, short, thick or stubborn.

This treatment will create the look of longer, fuller lashes that make your eyes appear more open and youthful as well as saving you time in your morning routine.

So if you're looking for long-lasting, low maintenance, natural looking eyelash enhancement then Nouveau Lashes LVL lash lift is for you!

45 minutes • £45

### *nouveau lashes extend*

Our Extend treatment uses individual lash extensions to extend your natural lashes, giving you longer, fuller lashes for up to 8 weeks.

This treatment creates a natural, flawless eye look and is perfect for adding depth and length to your natural lashes.

Whether you want natural, glam, or just a little boost, your therapist will create a bespoke look to suit your eyes using our variety of beautiful curls and lengths that won't weigh down your natural lashes.

This treatment will transform your beauty routine!

90 minutes • £60

## *lycon waxing*

### *eyebrow wax*

15 minutes • £12

### *lip or chin wax*

15 minutes • £10

### *lip and chin wax*

15 minutes • £14

### *underarm wax*

15 minutes • £14

### *arm wax*

Half Arm • 30 minutes • £15

Full Arm • 45 minutes • £12

### *leg wax*

Half Leg • 30 minutes • £20

Full Leg • 60 minutes • £26

### *bikini wax*

15 minutes • £17

### *back wax for men*

45 minutes • £27

### *chest wax for men*

45 minutes • £27

## *just spa experiences*

### *dip and dine*

Enjoy afternoon tea and full use of our leisure facilities including our indoor heated pool, jacuzzi, sauna and steam room.

Available Tuesday to Friday • £20

### *weekend wind down*

Enjoy afternoon tea; full use of our leisure facilities including our indoor heated pool, jacuzzi, sauna and steam room; exclusive access to our relaxation room and a robe, towel and slippers.

Available Sunday and Monday • £25

## *spa day experiences*

All Spa Days include afternoon tea; full use of our leisure facilities including our indoor heated pool, jacuzzi, sauna and steam room; exclusive access to our relaxation room and a robe, towel and slippers.

### *heavenly half hour*

Choose a 30 minute treatment:

Elemis Mini Facial

Indian Head Massage

Fire and Ice Foot Therapy

Eye Reviver

30 minutes • £55

### *retreat and revive*

Choose an indulgent 60 minute treatment:

Ultimate Back Treatment

Elemis Superfood Pro-Radiance Facial

Swedish Full Body Massage

Elemis Frangipani Body Nectar Nourishing Wrap

Elemis Lime and Ginger Intensely Cleansing

Salt Scrub with a Moisturising Massage

Elemis Peaceful Pregnancy Massage

60 minutes • £75


### *lost in the dales*

Choose a 60 minute and 30 minute treatment to create a sumptuous 90 minute spa experience:

30 minute treatments:

Elemis Mini Facial





*Indian Head Massage*

*Hot Stone Back Massage*

*Elemis Lime and Ginger Intensely*

*Cleansing Salt Scrub*

*60 minute treatments:*

*Elemis Pro-Collagen Age Defy Facial*

*Swedish Full Body Massage*

*Ultimate Back Treatment*

*Elemis Frangipani Body Nectar Nourishing Wrap*

*Elemis Peaceful Pregnancy Massage*

*Elemis Peaceful Pregnancy Massage*

**90 minutes • £99**

