



Saltus
spa

TREATMENT MENU

ESPA





THE SPA

Reawaken your senses with a pampering treatment in one of our individual woodland themed rooms. Then to enhance your experience, relax in our snug overlooking the garden.

Our team of therapists offer a selection of treatments using ESPA products to indulge your body, relax your mind and revive your spirit.

Whether you are looking for an hour of therapy or a complete day of pampering Saltus is the perfect location.



ESPA FACIALS

OUR FACIALS BEGIN WITH
A DETAILED CONSULTATION
AND IN-DEPTH SKIN ANALYSIS
USING SKINVISION™
TECHNOLOGY TO IDENTIFY
SKIN CONDITIONS NOT VISIBLE
TO THE NAKED EYE.

Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

ESPA EXPRESS

PERSONALISED EXPRESS FACIAL

25 minutes £35

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

SKIN SOLUTIONS

SKIN RADIANCE FACIAL

55 minutes £60

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

RE- HYDRATOR FACIAL

55 minutes £60

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

DE-SENSITISER FACIAL

55 minutes £60

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished. De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

SKIN PURIFYING FACIAL

55 minutes £60

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

INTENSIVE & AGE DEFYING

AGE-DEFYER FACIAL 55 minutes £70

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing. This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

Why not complement your facial with a:

LIFT & FIRM EYE TREATMENT 15 minutes Upgrade only £15

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

ESPA @ Saltus

REIKI 30 minutes £40

Carried out by the laying of the hands to increase your life force energy making you feel happy and healthy.

REIKI 60 minutes £65

REFLEXOLOGY TO INCLUDE FOOTSOAK, SCRUB & TREATMENT 45 minutes £50

Reflexology can help to relieve stress and tension and improve blood supply and promote the unblocking of nerve impulses by working pressure points on the feet.

HOPI EAR CANDLE 45 minutes £45

Candles made from beeswax, essential oils and flax act as ear chimneys coupled with head and facial acupressure to enhance the effects. This treatment can alleviate symptoms of sinusitis, hay fever, headaches and tinnitus.

HOPI EAR CANDLE & BACK, NECK & SHOULDER 60 minutes £70

LAVA SHELL FULL BODY MASSAGE 60 minutes £75

Warm tiger clam shells glide over the body to release tension and blocked energy leaving a sense of wellbeing to your body and mind.

HOT BAMBOO MASSAGE 60 minutes £70

Using traditional Swedish techniques with bamboo sticks this massage offers total relaxation whilst easing tension and tight muscles.

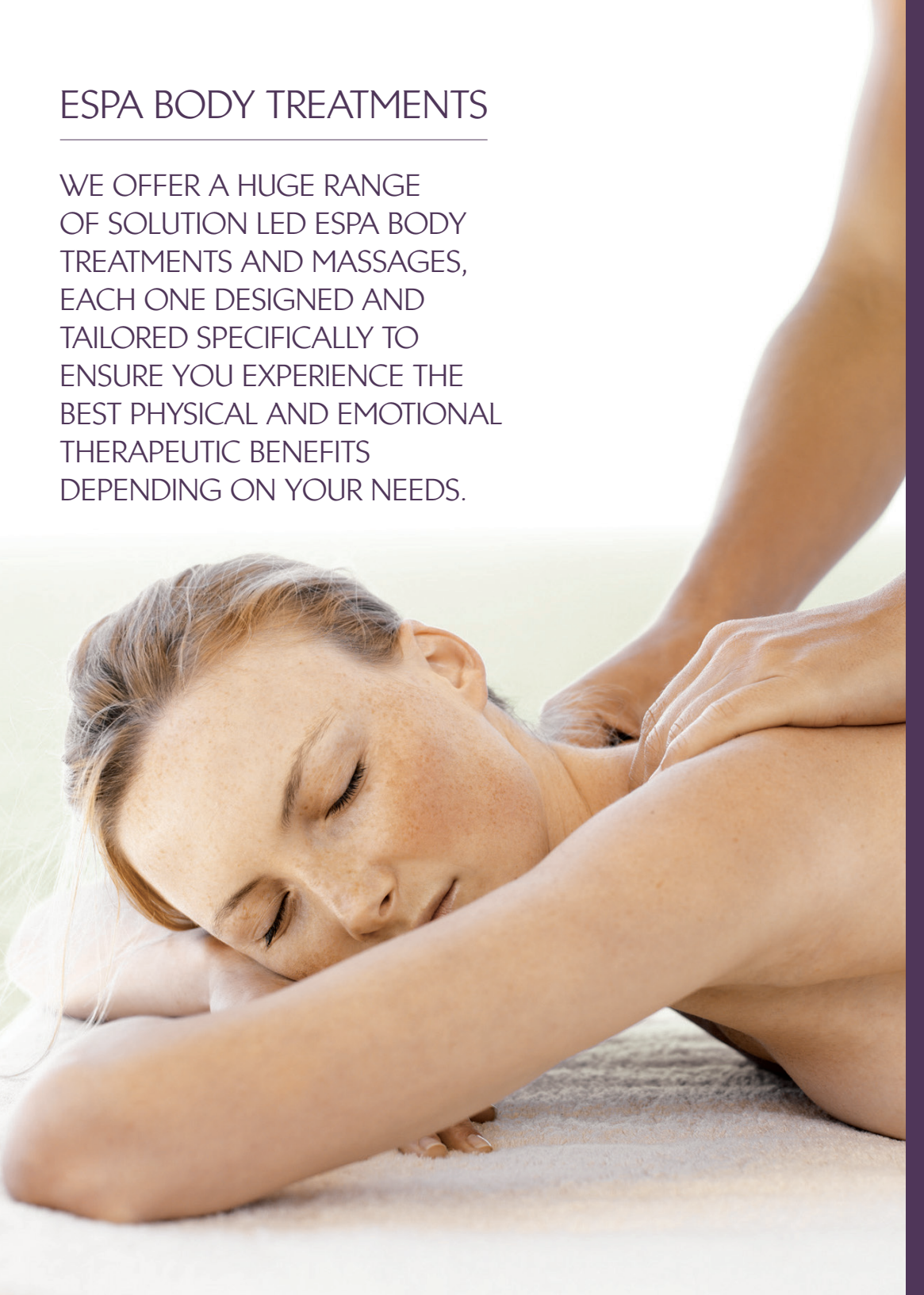
CHAKRA BALANCING 60 minutes £80

A slow and tranquil massage with a fusion of crystals and hot stones that are placed on chakra points to complete the rebalancing of body mind and spirit.



ESPA BODY TREATMENTS

WE OFFER A HUGE RANGE OF SOLUTION LED ESPA BODY TREATMENTS AND MASSAGES, EACH ONE DESIGNED AND TAILORED SPECIFICALLY TO ENSURE YOU EXPERIENCE THE BEST PHYSICAL AND EMOTIONAL THERAPEUTIC BENEFITS DEPENDING ON YOUR NEEDS.



ESPA EXPRESS

25 MINUTE ESPA TREATMENTS OR WHY NOT COMPLEMENT YOUR TREATMENT WITH ONE OF THE FOLLOWING:

SHOULDER, NECK AND SCALP MASSAGE

25 minutes £35

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

BACK, NECK AND SHOULDER MASSAGE

25 minutes £35

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

SALT & OIL SCRUB

35 minutes £35

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

INVIGORATING FOOT TREATMENT

25 minutes £35

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

ESPA MASSAGE TREATMENTS

BACK, FACE & SCALP TREATMENT

with or without hot stones

85 minutes £90

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas - the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation and hot stone back massage - personalised facial - scalp massage

AROMATHERAPY MASSAGE

55 minutes £60

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner.

Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

HOT STONE MASSAGE

55 minutes £60

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

Includes: Hot Stone Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

ESPA DETOX WRAP

55 minutes £60

A body wrap specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation.

Following skin brushing and exfoliation, a complete body wrap of Marine Algae combined with Detoxifying Body Oil is blended and applied to help purify the body and hydrate the skin. The treatment ends with a mind calming scalp massage for ultimate relaxation.

Includes: Skin brush - body exfoliation - Detox Algae wrap - scalp massage.

ESPA BODY WRAP

55 minutes £60

This personalised body wrap is a tailor-made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap.

Following skin brushing and exfoliation a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied to meet your specific needs. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing scalp massage.

Choose from the following:

De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser or Body Toner

Includes: Skin brush - body exfoliation - wrap - scalp massage

ESPA FOR MEN

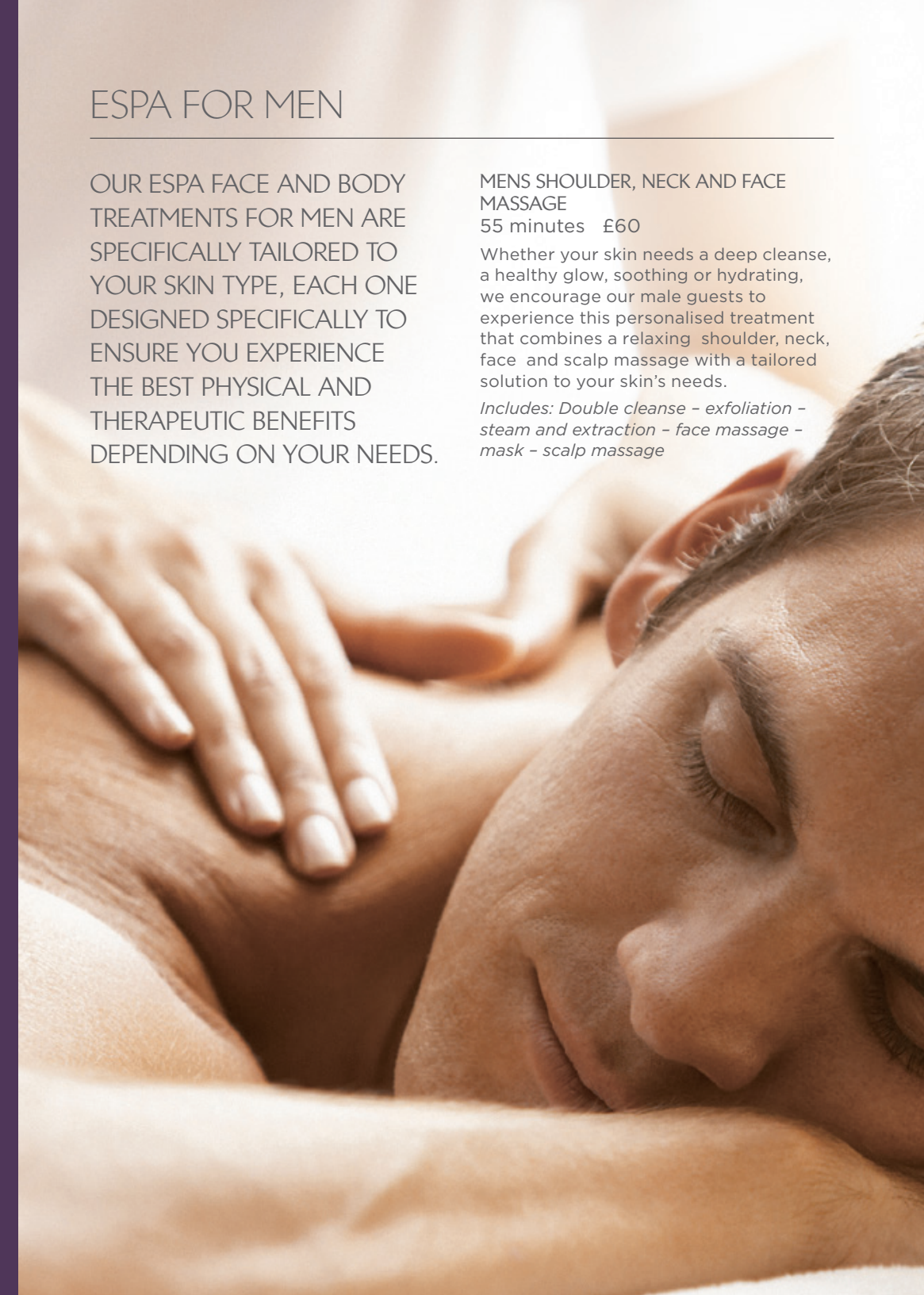
OUR ESPA FACE AND BODY TREATMENTS FOR MEN ARE SPECIFICALLY TAILORED TO YOUR SKIN TYPE, EACH ONE DESIGNED SPECIFICALLY TO ENSURE YOU EXPERIENCE THE BEST PHYSICAL AND THERAPEUTIC BENEFITS DEPENDING ON YOUR NEEDS.

MENS SHOULDER, NECK AND FACE MASSAGE

55 minutes £60

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

Includes: Double cleanse - exfoliation - steam and extraction - face massage - mask - scalp massage



PACKAGES

CREATE YOUR OWN SPA DAY –

1 hour of ESPA Treatments £99

Use of spa facilities

Choice of 2 of the following:

ESPA Mini Facial, ESPA Shoulder Neck & Scalp or Back massage, ESPA Salt & Oil Exfoliation Treatment, ESPA Scalp Massage, ESPA Invigorating Foot Treatment

ESPA Introductory Facial Collection

Light Lunch

SALTUS SPA DAY

2 hours of ESPA Treatments £125

Use of spa facilities

ESPA Total Body Care Treatment:

Body brushing, Body exfoliation, Aromatherapy massage with hot stones, Mini Facial, Scalp Massage

ESPA Bath Oil Collection

Light Lunch

LADIES SPA DAY

1 hour 30 of ESPA Treatments £110

Use of spa facilities

ESPA Back face and scalp with hot stones: ESPA Solutions facial to suit your skin, scalp massage, back exfoliation & back massage incorporating Hot Stones

ESPA Candle

Light Lunch

ESPA @ Saltus Beauty Menu

EXPRESS MANICURE

25 minutes £20

File, cuticle work and polish to include a choice of Shellac or Traditional Nail Polish.

EXPRESS PEDICURE

25 minutes £20

File, cuticle work and polish to include a choice of Shellac or Traditional Nail Polish.

SALTUS MANICURE

60 minutes £40

File, cuticle work, scrub & massage and polish to include choice of Shellac or Traditional Nail Polish.

SALTUS PEDICURE

60 minutes £50

Foot bath, file, cuticle work, scrub & massage and polish to include choice of Shellac or Traditional Nail Polish.

FOOT TREATMENT

CALLUS PEEL

40 minutes £35

REMOVAL OF SHELLAC

15 minutes £10

½ LEG WAX

15 minutes £18

½ LEG & BIKINI

15 minutes £28

FULL LEG

15 minutes £28

FULL LEG & BIKINI

15 minutes £35

BIKINI

from £12

UNDER ARM

15 minutes £10

UPPER LIP

15 minutes £8

LIP & CHIN

15 minutes £15

EYEBROW SHAPE

15 minutes £12

FOREARMS

15 minutes £18

GENTS WAXING

from £20

EYELASH TINT

£17

EYEBROW TINT

£10

EYELASH & EYEBROW TINT

£22

SPRAY TAN

£30

HOW TO SPA

POOLSIDE SPA OPENING HOURS

Monday to Friday 7am to 9pm
Saturday & Sunday 7am to 9pm

SPA TREATMENTS TIMES

Monday to Friday 9am to 5pm
Saturday & Sunday 9am to 5pm
Evening appointments by arrangement.

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our Espa @ Saltus Reception Team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend you book in advance. All Non Resident treatments and packages will need to be paid in advance.

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a spa consultation for and or a health questionnaire. Please be advised that late arrivals will result in a reduced treatment time.

SPA FACILITIES AND ACCESS

The following spa facilities are available at The Balmer Lawn Hotel, Finnish Sauna and Spa Bath. Both are located in the Pool Hall. Spa facilities are included in the Resident and Spa Day packages.

GYM

With 12 work out stations, air conditioning and music. Our gym is available to Hotel Guests, Leisure Members and Day Spa Guests.

CHILDRENS' POLICY

We are delighted to offer treatments for children under 16 years old however they must be accompanied by an adult for the whole duration apart from manicures and pedicures. Please contact the Espa @ Saltus Reception Team for details on treatments available for our young guests.

CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled, at least 48 hours prior to your scheduled time. Late arrivals will shorten your treatment time.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, Saltus is a mobile phone, blackberry, pager, camera and smoke free zone.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your Saltus reservation.

PREGNANCY

We have specially designed treatments for expectant woman or nursing mothers. Please allow our Spa Team to guide you in selecting which treatments are most suitable during this special time.

GIFT VOUCHERS

Please contact Saltus Reception Team for details.

MECARE

To continue your spa experience at home most products used in our treatments are available at Saltus Reception.

VALUABLES

Espe @ Saltus accepts no responsibility for loss of valuables and jewellery at any time in the spa premises.

LOST PROPERTY

All lost property found on the premises should be handed in at Saltus Reception. Items will be stored for 2 months, if they are not collected within this time they will be donated to local charities. Liquid, under garments and hairbrushes are kept for 24 hours only.

PRICES

All prices are quoted in GBP and are subject to change at any time.

Gratuities are not included and are welcomed at your discretion.



TO MAKE AN APPOINTMENT FOR THE PERFECT TREATMENT,
CALL OUR TEAM ON 01590 625709