



**ELYSIUM**  
DAY SPA

Treatment Menu 2010/11

*witajcie    bienvenue  
hos geldiniz    willkommen  
welcome  
benvenuto    boa vinda*

# *Our Philosophy*

At Elysium Day Spa we believe listening to our clients is the key to success and to measure this we offer first class beauty treatments.

Every aspect of what we do promotes relaxation, well being and maintains youthful beauty. The excellent skills of our staff and artistic intuition promote the professionalism and our core knowledge of beauty. We give professional service and advice so you leave more than satisfied with our service.

We are very privileged to be an Exclusive ESPA Salon. The creation of ESPA was for one purpose. First came the need, then the concept and finally the reality. The result is an unusual combination of Spa inspired products, treatments and services that harness the best aromatherapy and much more. We invite you to immerse yourselves among the beautiful treatments we have to offer and we promise that when you walk through our doors you will feel instantly transformed and renewed by simply being here.



Eliz Langford  
*Spa Manager*

# *Treatment Packages*

“for him, for her and for you”

## *RELAX*

3hrs 45mins - £150

For total relaxation to combat the stresses of modern day life this therapeutic day can begin just relaxing in the calm peaceful atmosphere. The ESPA Total Holistic Body Care treatment will then soothe away all tension and stress and start the rebalancing process. Skin brushing and gentle exfoliation are followed by a full Aromatherapy body massage to rejuvenate the mind and senses. Enjoy a rejuvenating ESPA Intensive Facial with a Firming eye treatment designed to hydrate and nourish the face and scalp. Manicure and Pedicure included.

## *ESCAPE*

2hrs 30mins - £80

A top to toe treatment starting with an ESPA Full Body Skin Blushing and Exfoliation then an Intensive Facial to deep cleanse and restore the balance of your skin. Follow this with the Luxury Paraffin Wax Manicure.

## *DETOXIFY*

2hrs 45mins - £130

Enjoy the benefits of soothing spa treatments to detoxify the body. After relaxing, start the day with a therapeutic ESPA Intensive Facial to purify and re-balance the skin. Then continue to cleanse with an ESPA Detoxifying Algae Wrap or a Mud Envelopment to soothe aching muscles. Both of these comforting treatments include full body skin brushing, exfoliation and a scalp treatment to help ease away tensions as well as toxins. Relax with an ESPA Detoxifying Aromatherapy Massage at the end, completing this recuperative spa day.

## *MALE PAMPER*

2hrs 40mins - £95

A specially designed day for men that will soothe away those last minute worries and make sure you are in form for that special occasion. This package includes the Blissful Back, Face and Scalp Massage with hot stones, a Manicure and an eyebrow tidy.

## *NEW BEGINNINGS*

3hrs 30mins - £129

This complete package has been carefully designed for pregnant or nursing mothers to take account of all contra-indications and aid relaxation. Total Indulgence Pre and Post Natal treatment, followed by an ESPA Intensive Facial with a Luxury Pedicure.

# *Microdermabrasion*

40mins - £60.00  
Course of 5 +1 Free - £300.00

**Microdermabrasion** is the safer, easier alternative to chemical peels or laser resurfacing called the 'lunch time peel'. Because of its quick, easy application and lack of recovery time, microdermabrasion has become a standard in skin rejuvenation and care.

Using vacuum and positive pressure, the machine and a specially designed hand piece pass micro-fine crystals across the skin. As the crystals make contact, layers of the stratum corneum are exfoliated, then vacuumed away with the dead skin cells.

The process rejuvenates the skin in a number of ways. The combination of skin exfoliation and slight vacuum stimulates fibroblasts to produce new healthy living cells in the basal layer of the epidermis. This leads to cell turnover and improved blood flow.

Microdermabrasion should be performed in a progressive rather than an aggressive manner: Optimum results are obtained through a series of treatments spaced seven to ten days apart.

There is virtually no healing time required with microdermabrasion, although rebuilding of the stratum corneum is rapid. The average time for a complete cell regeneration and upward migration is 4-5 weeks. At the end of this time you will see significant results.

A single microdermabrasion treatment may remove as much stratum corneum as three 30% glycolic treatments, or a single 70% glycolic treatment.

## **BENEFITS:**

- Overall rejuvenation of skin health
- Non-invasive
- Scar revision
- Dry or patchy skin
- Sun damaged skin
- Blackheads, whiteheads
- Few side effects – none of them long lasting
- No anaesthetic required
- Reduction of minor to moderate early ageing fine lines
- Oily skin
- Acne prone skin and acne scars
- Treats all skin types

**ALSO suitable for men**

# *Nouveau Contour Permanent Cosmetics*

EYEBROWS .....MAX 2 HRS - £450.00

SCAR IN BROW THAT NEEDS FILLING .....£150.00

BEAUTY MARK .....£50.00

LASH ENHANCEMENT (TOP) .....MAX 1 HR 30 MINS - £300.00

LASH ENHANCEMENT (BOTTOM) .....MAX 1 HR 30 MINS - £250.00

LASH ENHANCEMENT (TOP & BOTTOM) .....MAX 1 HR 30 MINS - £395.00

LIP LINE .....MAX 2 HRS - £400.00

LIP BLUSH .....MAX 2 HRS - £450.00

FULL LIP COLOUR .....MAX 2 HRS - £500.00

\* £50 FOR CONSULTATION PAID ON BOOKING -  
REDEEMABLE ON PERMANENT COSMETICS

\*\* ALL OF THE ABOVE PRICES INCLUDE ONE RE-TOUCH  
PROCEDURE WITHIN EIGHT WEEKS FROM THE INITIAL  
PROCEDURE

RE-TOUCH WITHIN 18 MONTHS -  
HALF PRICE PER AREA



# *Intense Pulsed Light (IPL)*

The IPL technology is used for permanent hair reduction and many other skin treatments, concentrating a bulk of light energy in a geometrical plane positioned under the skin surface. High intensity lights is projected from the light source into the hair follicle and destroys it.

The precision positioning enables a selective targeting of hair follicles, pigments, vascular lesions, skin rejuvenation and acne.

This makes the treatment efficient and at the same time painless and gentle on the skin, providing:

- Excellent and quick treatment results
- Fast treatment on large areas
- No treatment pain or discomfort

## *The body*

ABDOMEN.....	£50.00
BELLY BUTTON LINE.....	£25.00
BIKINI LINE.....	from £40.00
NIPPLES.....	£25.00
UNDER ARM.....	£35.00
LOWER ARM.....	£55.00
FULL ARM.....	£75.00
LOWER BACK.....	£60.00
FULL BACK.....	£140.00
SHOULDERS.....	£50.00
SHOULDERS, UPPER ARMS.....	£55.00
SHOULDER BLADES.....	£50.00
HALF LEG.....	£175.00
FULL LEG.....	£300.00
THIGH.....	£150.00
BEARD.....	£80.00
FULL CHEST.....	£140.00

## *Face*

CHIN.....	£25.00
SIDE BURNS.....	£35.00
UPPER LIP.....	£25.00
NECK.....	£25.00
WHOLE FACE: UPPER LIP, CHIN, NECK, SIDE BURNS.....	£50.00

# “Precision care for your skin and hair”

## BUY 8, GET 1 FREE

8x UPPER LIP .....	£200.00
8x CHIN .....	£200.00
8x BIKINI LINE.....	from £320.00
8x UNDER ARM .....	£280.00
8x WHOLE FACE .....	£400.00
8x HALF LEG.....	£1,400.00
8x FULL LEG.....	£2,400.00
8x BELLY BUTTON LINE .....	£200.00

Skin Rejuvenation ....£30 per session (4-8 required)

Acne .....£35 per session (6-8 required)



# *The ESPA Treatments*

By taking a holistic approach, the treatments are as much for the inner-self and mind as they are for face or body. By using blends of products tailored to the clients needs and combining them with advanced therapy techniques, ESPA has become a name that is synonymous with quality and outstanding results. As innovators, we bring you the most effective treatment techniques from around the world, and then ensure that the benefits can be continued at home.

“Every ESPA  
treatment is a totally  
caring experience and  
the ultimate in luxury”



# ESPA Essential Facials

## SKIN CONSULTATION

£10.00

Redeemable on products or treatments

## EXPRESS FACIAL

25 mins - £26.00

This mini facial will cleanse and moisturise the skin, a relaxing Oriental head massage will leave you feeling refreshed and relaxed.

## SKIN BRIGHTENER FACIAL

55 mins - £45.00

This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull, lifeless, sallow skin. This facial includes a special application of Skin Brightener, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet; plus other skin regenerating products rich in anti-oxidants, which are skin softening, smoothing and visibly improve the radiance, appearance and texture of the skin.

## REBALANCING FACIAL

55 mins - £42.00

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance. This deep cleansing, oil-controlling facial helps to regulate oil secretions whilst refining open pores. Cleansed with Foaming Facial Cleanser with Yucca, Sugar Beet and Honey, this facial includes naturally decongesting and anti-inflammatory ingredients such as Tea Tree and White Thyme this gentle yet powerfully effective treatment helps soothe and calm, rebalance the skin and encourage a clear complexion.

## THE ESPA REGENERATING FACIAL

55 mins - £45.00

A specifically gentle facial for truly sensitive, fragile skins which are prone to redness and irritation. Soothing, de-sensitising natural plant extracts and aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skins helping to reduce sensitivity and to calm high colour; leaving the skin calmed, nourished and comfortable.

## REGENERATING FACIAL WITH FIRMING EYE TREATMENT

1hr 10 mins - £50.00

A firming eye treatment is incorporated into intensive facials to suit your skin type, this pays particular attention to the delicate eye area, leaving the whole face firmer, toned and nourished. Perfect for all skin types who are concerned with those first signs of ageing which appear around the eye area. The Eye Lift is a welcome treat for those suffering from eye-strain and computer headaches and contact lens wearers. A blissful firming and hydrating treatment using specific products which help to reduce the appearance of fine lines and protect against the environment.

## THE ESPA RE-HYDRATOR

55 mins - £40.00

Ideal for dry, dehydrated, flaky skin requiring hydration and moisture, an excellent regenerating boost for normal and dry skins. Careful cleansing and exfoliation greatly helps the skin to improve the absorption of nourishing and moisturizing masks, facial oils and creams, which are specifically chosen for their deeply re-hydrating benefits. This facial leaves the skin smooth, soft, supple and nourished.

## “Take time to create more luxurious moments just for you”

### REGENERATING FIRING EYETREATMENT

25 mins - £28.00

Perfect for all skin types who are concerned with those first signs of ageing which appear around the eye area. The Eye Lift is a welcome treat for those suffering from eye-strain and computer headaches and contact lens wearers. A blissful firming and hydrating treatment using specific products which help to reduce the appearance of fine lines and protect against the environment.

### THE ESPA BLISSFUL BACK, FACE & SCALP

1hr 25 mins - £58.00

This facial is specifically prescribed to personally suit your skin's condition and needs. A truly holistic facial, this treatment uses scientifically advanced natural products rich in aromatherapy oils, plant extracts and algae or mud and includes a deeply relaxing, therapeutic cleanse, mask and massage for the back and shoulders. This exceptional facial treatment includes double cleansing, exfoliating, massaging with deeply nourishing facials, and the application of an intensive face treatment mask. Whilst the face mask is taking effect, the Oriental head massage takes place to help clear the mind, calm the spirit and ease tension. This complete treatment leaves the face re-hydrated, moisturised and protected and the body and mind deeply relaxed.

with HOT STONES

1hr 40 mins - £68.00



# Essential Body Treatments

## THE ESPA DETOXIFYING ALGAE WRAP

55 mins - £50.00

The Detoxifier helps improve circulation, speeding up the elimination of toxins and excess fluid. It also helps improve the appearance of the skin, minimizing the dimpled appearance of cellulite.

## THE ESPA MUD ENVELOPMENT WRAP

55 mins - £50.00

A therapeutic treatment ideal for superficial skin problems using marine mud rich in trace minerals. This wrap is designed to leave skin purified and smooth and includes a full body exfoliation and a deep scalp treatment to help ease tension.

## THE ESPA SKIN HYDRATOR BODY WRAP

55 mins - £50.00

The Skin Hydrator brings true re-hydration to dry, sensitive or flaky skin, leaving it plump, hydrated and soft. Pure luxury, excellent after a holiday and wonderful preparation for a special night out.

## FULL BODY ESPA SALT AND OIL SCRUB

25 mins - £30.00

An experience that will leave your body refreshed and cleansed with your skin smooth and revitalised. Carefully blended sea salts and essential oils have been combined to help remove dead skin cells and improve tonicity. As well as exfoliating, the oils will be slowly absorbed to help restore lost vitality and protect against dryness.

## FULL BODY SKIN BRUSH AND POLISH

25 mins - £20.00

An exclusive body and skin enhancing treatment which can be used in isolation to remove dead or dry skin, or as a preparation for an Aromatherapy massage or Tanning treatment. This complete exfoliation will cleanse and invigorate the body.

## LIFE SAVING BACK TREATMENT

40 mins - £40.00

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with warmed Marine Mud. Ideal all skin types, including those with congested skin, this relaxing treatment will leave you refreshed and renewed. This is a good treatment for men too.

## THE ESPA AROMATHERAPY FULL BODY MASSAGE

55 mins - £42.00

Experience the benefits of massage and individually chosen essential oils in one of the finest anti-stress treatments available. This complete face, scalp and body massage focuses on acupressure points, helping strengthen the nervous system, thus restoring lost energy.

## ESPA DEEPLY RELAXING BACK MASSAGE

25 mins - £30.00

An ideal treatment for problematic skin, but a great treat for this much neglected and hard-to-reach area. The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal, then calmed and relaxed with a luxurious aromatherapy massage.

with HOT STONES

40 mins - £40.00

# “Revive and rebalance where ever your journey may take you”

## REMEDIAL MASSAGE

40 mins - £25.00

### ESPA STIMULATING HIP AND THIGH

55 mins - £55.00

A specialised ESPA treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin texture. After exfoliation with seaweed and salt rub there follows a vigorous detoxifying massage using stimulating essential oils and an application of warm marine algae. The feet reflex zones and pressure points are activated then pressure point and lymphatic drainage massage is undertaken to the eye area, gently helping to purify and cleanse the body. A course of treatment is recommended.

### ESPA MOTHER TO BE MESSAGE

1hr 25 mins - £65.00

This total body treatment has been carefully designed for pregnant and nursing mothers to take account of all contra-indications, aid relaxation and improve tonicity of the skin during this very special time. The treatment avoids the use of essential oils and is a luxurious treat using a Calendula infused oil, various muds and creams and advanced massage techniques to safe areas. It leaves the skin toned and the client totally relaxed.

### TOTAL HOLISTIC BODY CARE

1hr 30 mins - £57.00

Chakras are the seven subtle energy centres in the body which affect our equilibrium and inner harmony and through which one's life force energy flows. Recognised in both Ayurvedic and Chinese philosophies blocked and congested Chakras can affect the body and mind both emotionally and physically. Natural energies are stifled and the zest for life is lost or subdued. Total Holistic begins as the body is massaged with ESPA blended aromatherapy oils using volcanic hot stones. Stones are carefully placed on body Chakras powerful energy centres and at vital energy points on hands and feet for balance and grounding. Gentle stretching helps release deep-seated tension around neck and shoulders and stones are positioned along the spine and on the energy points. Critical tension points are massaged around the eyes and ears, before an acupressure head massage is given to calm and soothe the mind and spirit.

with HOT STONES

1hr 45 mins - £70.00

### ESPA LUXURY HAND AND NAIL TREATMENT

1hr 10 mins - £30.00

The holistic arm, hand and nail treatment includes a gentle skin refiner and a therapeutic massage with the appropriate aromatherapy massage oil chosen for your individual needs. Polish optional.

with HOT STONES

1hr 20 mins - £45.00

### ESPA LUXURY FOOT TREATMENT

1hr 10 mins - £35.00

A holistic foot and nail treatment includes gentle exfoliation and a relaxing pressure point massage with the appropriate aromatherapy massage oil for your individual needs. Polish optional.

with HOT STONES

1hr 20 mins - £50.00

# Treatments for Men

Many ESPA treatments are unisex and can be adapted for Male Clients.

## ESPA PURIFYING FACE, SHOULDERS AND SCALP MASSAGE

55 mins - £42.00

A face treatment designed specifically to address the skin care needs of men. This relaxing facial works at a deep molecular level to purify, balance and hydrate the skin and leave you feeling de-stressed and revived. There is a triple cleanse procedure where steamy hot towels are wrapped around the face and neck to soothe and soften beard bristles, this also aids drainage that can lead to congestion and blocked pores. Following the relaxing face massage with acupressure points and lymphatic drainage, a deep shoulder and scalp massage is performed to help release any tight muscles and tension.

## ESPA BLISSFUL BACK, FACE AND SCALP

1hr 25mins - £58.00

A totally luxurious experience, which incorporates a full aromatherapy facial with a back face and scalp massage using hot and cold stones on vital energy points, which leave the skin, revitalised and the body and mind relaxed. Enjoy the therapeutic benefits of massage with deeply restorative Essential oils and Basalt Stone Therapy to bring back balance and harmony.

with HOT STONES

1hr 40mins - £68.00

## THE ESPA GOLFER'S TONIC

1hr - £45.00

Tee off with a relaxing back massage to ease muscle tension and follow with an ESPA Luxury Foot Treatment, which includes exfoliation, deep massage with an appropriate aromatherapy oil and an envelopment of warm paraffin wax to relieve the aches and pains of feet that may be feeling below par.

## ESPA AROMATHERAPY FULL BODY MASSAGE

55 mins - £42.00

This full body treatment is appropriate either before or after exercise as it uses essential oils of Lavender, Rosemary and Clove to help increase circulation and warm muscles, preventing strains and relieving aches and pains. Ideal for anyone involved in sports, fitness or heavy physical work.

## ESPA DEEPLY RELAXING BACK MASSAGE

25 mins - £30.00

An ideal treatment for problematic skin, but a great treat for this much neglected and hard-to-reach area. The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal, then calmed and relaxed with a luxurious aromatherapy massage.

with HOT STONES

40 mins - £40.00

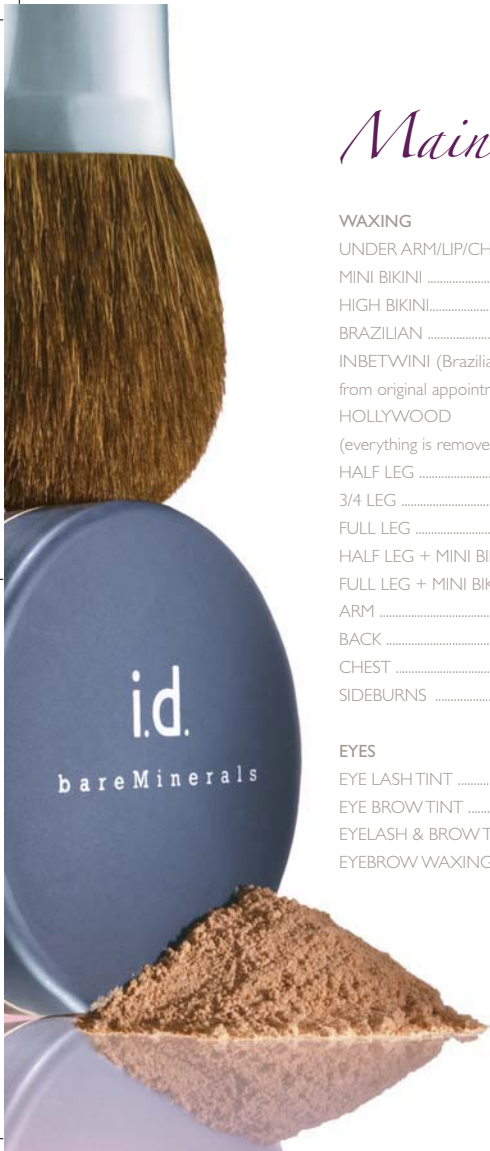
“Go everywhere you can, find beauty in the darkest corners, find music on the quietest street. Travel to the ends of the earth and always make time for yourself”



#### LIFE SAVING BACKTREATMENT

40 mins - £40.00

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with warmed Marine Mud. Ideal all skin types, including those with congested skin, this relaxing treatment will leave you refreshed and renewed.



## Maintenance Treatments

### WAXING

UNDER ARM/LIP/CHIN .....	£8 (10mins)
MINI BIKINI .....	£8 (10mins)
HIGH BIKINI.....	£12 (15mins)
BRAZILIAN .....	£25 (30mins)
INBETWINI (Brazilian or Hollywood - 3 weeks from original appointment).....	£19 (20mins)

### HOLLYWOOD

(everything is removed) .....	£30 (30mins)
HALF LEG .....	£16 (15mins)
3/4 LEG .....	£18 (15mins)
FULL LEG .....	£20 (30mins)
HALF LEG + MINI BIKINI .....	£20 (25mins)
FULL LEG + MINI BIKINI .....	£25 (30mins)
ARM .....	£15 (15mins)
BACK .....	£18 (15mins)
CHEST .....	£18 (15mins)
SIDEBURNS .....	£15 (15mins)

### EYES

EYE LASH TINT .....	£10 (10-15mins)
EYE BROW TINT .....	£8 (10mins)
EYELASH & BROW TINT .....	£15 (15mins)
EYEBROW WAXING .....	£8 (10mins)

### HANDS & FEET

MANICURE .....	£22 (45mins)
PARAFFIN WAX MANICURE .....	£28 (1hr)
PEDICURE .....	£26 (1hr)
PARAFFIN WAX PEDICURE .....	£32 (1hr 15mins)
FILE & POLISH HANDS/FEET .....	£11 (15mins)

### SUNLESS FAKEBAKE TANNING

SPRAY TANNING .....	£20 (15mins)
LEGS ONLY .....	£13 (5mins)

### NOUVEAU LASHES

FULL SET OF NOUVEAU LASHES .....	£72 (up to 2hrs)
(includes free check up 10 days later)	

### MAINTENANCE

every 2 - 3 weeks .....	£22 (30-45mins)
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### MAKE-UP

MAKE-UP LESSON .....	£30 (1hr)
PARTY MAKE-UP .....	£30 (1hr)
BRIDAL MAKE-UP trial .....	£30 (1hr)
BRIDAL MAKE-UP on the day .....	£40*

\* plus 50p per mile from Elysium



## *The Nail Bar*

### CALGEL NAILS

FULL SET WITH TIPS .....	£40 (1hr+)
FULL SET WITH FREEFORMS .....	£45 (1hr+)
FRENCH WHITE ACRYLIC GEL	
EXTENTIONS .....	£40 (1hr)

### MAINTENANCE

allows 2 free nails	
approx every 2 – 3 weeks .....	£22 (1hr)
1 NAIL REPAIR .....	£2.50

### NATURAL NAIL OVERLAY\*

gel applied to natural nail	
(fingers/toes) .....	£30 (45mins)
	(add £10 for Pedicure)

### MAINTENANCE

allows 2 free nails .....	£22 (45mins/1hr)
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\*Soak off is free of charge when new overlays are applied

SOAK OFF .....	£15 (15mins)
SOAK OFF	
including Manicure + polish .....	£25 (40mins)

## *Important Information*

To enjoy your experience at Elysium we ask the following:

- Arrive 10 minutes early for your appointment so that you can relax and enjoy the experience.
- Children under 12 are not permitted in the Spa, to ensure the relaxing treatments for yourself & others are not disrupted.
- Please turn off your mobile phone before you enter the Spa.
- Give 24 hours notice if you wish to cancel or reschedule your appointment, or you may be charged 50% of the treatment fee or the full amount if the slot cannot be rebooked.

## *Gift Vouchers*

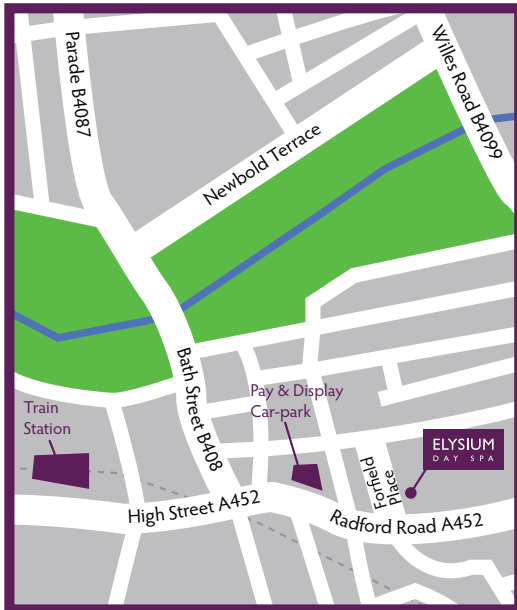
We regret that we cannot take any responsibility for lost gift vouchers so please look after them and ensure that they are presented at the time of your treatment. We make no exceptions to this policy. Gift vouchers can be re-deemed on Treatments and Products and expire after 8 weeks.

# How to find us

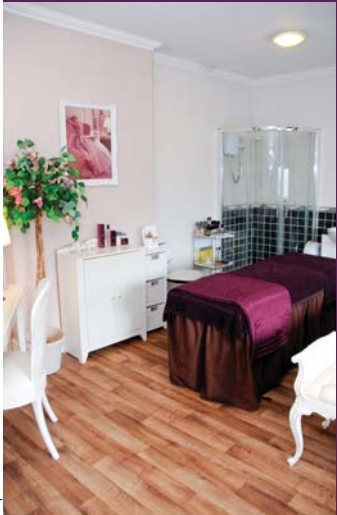
Elysium is in the heart of Royal Leamington Spa, just off the Radford Rd.

From the Leamington Spa train station (on your left hand side) keep straight and go through two sets of traffic lights (2nd set on the junction of Bath Street), continue forward until you reach the 3rd left turn. This is Forfield Place.

We are located in the large Victorian property on your right. There is free parking on the street and parking at the spa.



“Today embrace life and never  
stop learning, enjoy the simple things,  
worry less, laugh more, be kind to your  
skin and look good and feel good”



## *Opening Times*

Tuesday	9.00 – 8.30pm
Wednesday	9.00 – 4.00pm
Thursday	9.00 – 8.30pm
Friday	9.00 – 6.00pm
Saturday	9.00 – 4.00pm

**ELYSIUM**  
DAY SPA

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