



DERMALOGICA SKIN TREATMENTS

Your face tells its own unique story and a great skin treatment should be personalised just for you. Whether you have an oily t-zone and flaky cheeks or puffy eyes and sensitivity, your treatment will be tailor made each time to solve your specific concerns. All you need to do is decide the time you have available and our highly trained therapists will do the rest.

Skin Fitness Plan

Your skin is unique, let's treat it that way! Discover how to achieve your best skin ever with your complimentary skin fitness plan.

10 mins Complimentary

SkinSolver

Fix skin concerns fast with our 10-minute express seated treatment. Let your skin therapist show you professional hacks to get healthy skin that glows. Ideal if you need a boost before a special event.

10 mins £10.00

ProSkin 30

Our customised treatment, on your time! Targeting your key skin concern for maximum impact in minimum time, this treatment is a firm favourite with those who have just 30 minutes, want visible results and great value.

30 mins £28.00

ProSkin 60

The ultimate treatment, different every time. Customised with advanced products and techniques in a soothing environment made for relaxation. The ideal choice for those who want a comprehensive experience to address all skin concerns and achieve healthy glowing skin.

60 mins £42.50

Age Smart Skin Treatment

This treatment is designed to help firm, smooth, nourish, regenerate and energise. Potent vitamins and hydroxy acid exfoliation resurfaces and re-texturizes the skin.

75 mins £50.00

Age Smart Eye Rescue

Firm, tone and brighten your tired eyes. Gentle exfoliation followed by a calming masque to soothe and revitalise.

40 mins £30.00

(£10.00 if added to any above treatment)

Eye Lift Microzone

Targeted treatment to lift, de-puff and brighten skin around eye area.

20 mins £15.00

(£7.00 if added to any above treatment)

Teenage Facial (11-17 years) *

30 mins £20.00

Mini Facial (9-16 years) *

20 mins £15.00

Men's Skin Treatment

60 mins £42.50

**An adult must be present during treatment*

Colebrook, Plympton, Plymouth, Devon PL7 5EB

Telephone: 01752 348511 Email: oasisspa@elfordleigh.co.uk

www.elfordleigh.co.uk

Made for Life by Spiezia Organics' treatments are designed to create a new sense of wellbeing for the body, mind and emotions. Combining effective 100% organic products and mindful, complementary therapy techniques, our treatments create a balanced flow for the conscious and sub-conscious mind and body.

SPIEZIA MADE FOR FACE TREATMENTS

*Made for Life*TM Radiance Facial

An organic facial which detoxifies, cleanses and refreshes the skin, leaving you looking and feeling radiant.

This facial is ideal for anyone who would like to experience an organic detoxifying treat. 100% organic balms, oils and gentle exfoliation will nourish and cleanse, eliminating congestion and returning natural balance to the skin. A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant.

30 mins £28.00

55 mins £42.50

*Made for Life*TM Relax & Rejuvenate Facial

Uplifting facial using nourishing oil, balms and specific massage techniques to tone, lift and stimulate the blood flow, leaving skin glowing & rejuvenated.

A combination of stimulating and lifting massage techniques are embodied in this amazing treatment. Using a special combination of massage techniques from India (Ayurvedic) and Japan (Anma) this natural uplifting facial prevents and reduces tension, softens facial wrinkles, reduces age spots and improves the complexion by stimulating the circulation and releasing toxins from the facial area. Ideal for those who would like a natural approach to anti-ageing.

70 mins £50.00

SPIEZIA MADE FOR BODY TREATMENTS

*Made for Life*TM Mindful Moments

Create a rich sense of calmness whilst your body and mind are nourished and replenished.

A beautiful nurturing meditation experience with a calming foot ritual, head, neck and shoulder massage along with a firm and meaningful back massage, clears the mind and soothe the soul.

55 mins £43.00

*Made for Life*TM Luxury Organic Rose Indulgence Wrap

Create a rich sense of calmness whilst your body and mind are nourished and replenished.

This luxurious organic rose body wrap tones and softens the skin. The treatment begins with gentle skin brushing to detox and stimulate, this is followed by a richly scented body massage and wrap to hydrate and nourish the skin. The treatment is completed with calming head massage.

90 mins £68.00

*Made for Life*TM Relax into Radiance

Relax your mind and body with this exfoliation and massage treatment.

Feel completely relaxed yet refreshed with this all-encompassing treatment. Long, smooth strokes soothe, melting away tension from over-worked muscles and preparing the body for a skin softening body exfoliation.

The treatment concludes with a skin brightening facial that cleanses and hydrates the skin, whilst a head massage clears and calms the mind.

90 mins £70.00

*Made for Life*TM Back to Life

A luxurious and relaxing treat for the back, neck and shoulders. Starting with a back exfoliation, a melting muscle massage is designed to release aches and reduce tension in those most affected areas.

45 mins £40.00

Colebrook, Plympton, Plymouth, Devon PL7 5EB

Telephone: 01752 348511 Email: oasisspa@elfordleigh.co.uk

www.elfordleigh.co.uk

***Made for Life™* Pregnancy Pampering**

A soothing, relaxing all over body treat, designed especially for Mums to be.

This wonderfully nurturing whole-body massage is aimed at giving Mum to-be a very special experience, taking her into a completely relaxed world. Slow smooth massage techniques are used in this treatment to calm and alleviate any aches and pains, 100% organic oils help to prevent stretch marks.

90 mins £68.00

Pregnancy Back Massage

25 mins £35.00

***Made for Life™* Soul Sensation**

Refresh those tired, aching feet (and soles) with exfoliation, completed with a soothing leg and foot massage with cooling peppermint, healing rosemary.

45 mins £25.00

Embrace the Day Treatment

This treatment starts with a full body massage followed by our luxurious body scrub to remove dry skin, whilst five organic oils, including wheatgerm and uplifting lemongrass oil, work with cocoa butter to invigorate blood circulation and moisturise the skin leaving you feeling super soft and radiant, ready to embrace the day.

90 mins £68.00

Full Body Massage

55 mins £45.00

Back, Neck and Shoulder Massage

25 mins £32.00

Hot Stone Back Massage

Oils are massaged into the back for maximum relaxation, then therapeutic heat is slowly released into the muscles using warm basalt stones.

35 mins £38.00

Lava Shell Back Massage

Gentle heat is released using Lava shells in combination with calming botanical massage oil to release tension, improve circulation and melt away aches and pains.

35 mins £41.00

Ultimate Top to Toe

Express manicure, express pedicure, express facial and full body massage.

180 mins £110.00

Colebrook, Plympton, Plymouth, Devon PL7 5EB

Telephone: 01752 348511 Email: oasisspa@elfordleigh.co.uk

www.elfordleigh.co.uk

TAN

St Tropez Spray Tan	£26.00
St Tropez Top up Tan (<i>within 5 days</i>)	£16.00

HAIR REMOVAL

½ Leg Wax	£15.50
½ Leg & Bikini Wax	£20.50
¾ Leg Wax	£18.00
Full Leg Wax	£22.00
Full Leg & Bikini Wax	£27.50
Bikini Wax	£11.00
Brazilian Wax	£17.00
Underarm Wax	£10.00
Forearm Wax	£12.00
Eyebrow Wax	£8.00
Lip Wax	£6.00
Chin Wax	£6.00
Lip & Chin Wax	£10.50

MEN'S HAIR REMOVAL

Back and Shoulder Wax	£19.00
Chest Wax	£16.50

EYE ENHANCEMENTS

Eyelash Tint*	£10.50
Eyebrow Tint*	£7.50
Eyelash & Eyebrow Tint*	£16.00
Eyebrow Shape	£8.00
Full set of individual semi-permanent lashes for a full and glamorous look	£40.00
2 Week Infill	£20.00
3 Week Infill	£25.00
4 Week Infill	£30.00
<i>(5 week plus requires a new set)</i>	
Individual Cluster Lashes	£15.00
Strip Lashes	£9.00
Lash Lift**	£30.00
Lash Lift with Tint**	£39.00

**Patch test required 24 hours prior to treatment*

***Patch test required 48 hours prior to treatment*

Colebrook, Plympton, Plymouth, Devon PL7 5EB

Telephone: 01752 348511 Email: oasisspa@elfordleigh.co.uk

www.elfordleigh.co.uk

OPI PROSPA

Express Manicure

In a rush, but still need a quick way to de-stress?

The OPI ProSpa express manicure is perfect. Featuring essential OPI ProSpa products and techniques in a condensed service that doesn't sacrifice on a premiere experience.

30 mins £25.00

Pamper Manicure

Soothe, relax and indulge with the ultimate OPI ProSpa Pamper Manicure.

The crème de la crème of manicures, you will benefit from unparalleled exfoliation, moisture & protection, while revelling in a combination of massage techniques and acupuncture designed to reduce stress and relieve tension.

60 mins £35.00

Express Pedicure

Quick, effective and oh-so relaxing.

This OPI ProSpa Express Pedicure features OPI ProSpa products, to provide a spa pedicure experience without increasing service time.

30 mins £25.00

Pamper Pedicure

Soothe, relax and pamper with the ultimate pedicure experience.

The OPI ProSpa Pamper Pedicure includes unparalleled callus softening, exfoliation, moisture & protection. An extended massage combined with acupuncture to reduce stress, relieve tension and will leave you feeling relaxed and renewed.

60 mins £35.00

Shape and Polish

20 mins £12.00

Mini Manicure (9-16 years) *

20 mins £15.00

Gel Manicure or Pedicure

30-45 mins £25.00

For a longer lasting nail colour

add gel polish to any ProSpa manicure/pedicure service

15 mins £5.00

Gel Removal

15 mins £5.00

**An adult must be present during treatment.*

When booking manicure or pedicure services please inform us if you have gel to be removed as extra time will be required.

Colebrook, Plympton, Plymouth, Devon PL7 5EB

Telephone: 01752 348511 Email: oasisspa@elfordleigh.co.uk

www.elfordleigh.co.uk

SPA PAMPER DAYS

All pamper days include a robe, slippers, towel and a drink of your choice, coffee, tea, hot chocolate or a fruit juice.

DIP & UNWIND	£17.50
Swim, sauna, steam room and Jacuzzi.	
UNWIND & RELAX	£42.50
30-minute facial, swim, sauna, steam room and Jacuzzi.	
STRESS BUSTER	£45.50
Back, neck and shoulder massage, swim, sauna, steam room and Jacuzzi.	
REVIVE	£53.50
Hot stone back massage, swim, sauna, steam room and Jacuzzi.	
SANCTUARY	£56.50
60-minute facial, swim, sauna, steam room and Jacuzzi.	
SERENITY	£59.00
Full body massage, swim, sauna, steam room and Jacuzzi.	
SUMMER SEDUCER	£60.50
Express manicure and express pedicure, swim, sauna, steam room and Jacuzzi.	
ALL ABOUT YOU	£71.50
Back, neck and shoulder massage, choice of express manicure or express pedicure, swim, sauna, steam room and Jacuzzi.	
EMBRACE THE DAY	£82.50
Full body massage and skin softening body exfoliation, swim, sauna, steam room and Jacuzzi.	
TREAT ME	£86.00
Back, neck and shoulder massage, 55-minute facial, swim, sauna, steam room and Jacuzzi.	
FOR SOMEONE SPECIAL	£98.50
Full body massage, 55-minute facial, swim, sauna, steam room and Jacuzzi.	
SPA RETREAT	£110.00
Back, neck and shoulder massage, 55-minute facial, express manicure, swim, sauna, steam room and Jacuzzi.	
PURE HARMONY	£137.00
Full body massage, 55-minute facial, pamper manicure or pamper pedicure, swim, sauna, steam room and Jacuzzi.	
BABY MOON SPA DAY	£80.00
Full body massage 90 minutes and swim.	
<i>Suitable for pregnancies over 3 months. Please be advised that for your own safety and you are unable to use sauna, steam room and Jacuzzi.</i>	
TEENAGE SPA DAY*	£26.00
Mini facial or mini manicure. Use of pool only (13-16 years)	
HEN PARTY SPA DAY	£58.00
Choice of facial, manicure or pedicure, afternoon tea with sparkling wine. Swim, sauna, steam room and Jacuzzi.	

**An adult must be present during treatment.*

Spa days must be booked and paid for upon booking.

Food can be purchased in the Brasserie.

Overnight accommodation available at competitive rates.

Colebrook, Plympton, Plymouth, Devon PL7 5EB

Telephone: 01752 348511 Email: oasisspa@elfordleigh.co.uk

www.elfordleigh.co.uk

BOOKING ADVICE, GUIDELINES AND HELPFUL TIPS

1. Please arrive 10 minutes prior to the scheduled start time of your treatment and 45 minutes prior to a spa day.
2. Regretfully, late arrival for your appointment will constitute in a reduced treatment time.
3. **50%** Deposits are required for treatments. Spa days must be paid in full at time of booking.
4. Cancellations must be made at least 48 hours prior to your appointment for a full refund, less than 48 hours will incur a 50% charge and failure to cancel will incur the full charge of appointment.
5. Some treatments are not suitable for certain medical conditions or during pregnancy. Please inform us of any concerns at time of booking.
6. All treatments and gift packages are non-refundable.
7. All times quoted include consultation, preparation time and treatment.
8. Do not have any heat treatments before or after waxing, this includes sunbeds.
9. Do wear dark loose clothing before and after tanning treatments.
10. Do not wear jewellery when having treatments.
11. Do wear open toe shoes to wear after a pedicure treatment.
12. Do pay for you manicure before your treatment and take car keys out from your handbag ready for when you leave.
13. Underwear must be worn during all treatments and massage.
14. Please have a quick shower after exercising before your treatment.
15. Children booked on teenage package must be accompanied by a consenting adult.
16. Alcohol should not be consumed prior to treatments or during use of facilities.
17. Please leave mobile phones on silent mode in your locker.
18. Any outstanding charges will be made to the lead card holder.

Colebrook, Plympton, Plymouth, Devon PL7 5EB

Telephone: 01752 348511 Email: oasisspa@elfordleigh.co.uk

www.elfordleigh.co.uk