



Pause, Breathe, Restore

ELFORDLEIGH

ELFORDLEIGH SPA

We believe...

*A moment of self  
compassion can  
change your entire  
day. A string of  
such moments can  
change the course  
of your life.*

CHRISTOPHER GERMER

## Welcome to the Elfordleigh Spa

Tucked into 120 acres of parkland on the edge of Dartmoor, Elfordleigh Spa is a place to pause, breathe and reconnect. Whether you're here for a calming treatment, a quiet swim, or simply time to unwind, you'll find a genuinely warm welcome.

Wrapped in nature, relaxed in style,  
a world away from the everyday.





# Dermalogica Skin Therapy

Your skin is unique, and your treatment should be too. Our expert therapists take time to understand what your skin needs, creating personalised Dermalogica treatments that deliver real, visible results.

Backed by science, guided by care, tailored entirely to you.



## 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.

## PRO SKIN

30 minutes, £44.00 / 60 minutes, £71.50

The ultimate customisable treatment. Depending on your skin's needs, it may include enhanced technologies such as ultrasonic and a combination of professional-grade actives. Every treatment includes well-being touches to elevate the experience. Works beautifully for men's skin too.

## PRO CLEAR

30 minute, £44.00 / 60 minutes, £71.50

Your journey towards clear skin starts here. Pore softening techniques, extractions and anti-bacterial, microbiome-balancing actives work together to clear and calm congested breakout-prone skin.

## PRO BRIGHT

30 minutes, £44.00 / 60 minutes, £71.50

Fade dark spots and reveal brighter skin. This high-intensity treatment combines a brightening peel with an electric infusion of professional-grade Vitamin C, Niacinamide and Hexylresorcinol addressing all pigmentation concerns.

## PRO CALM

30 minutes, £44.00 / 60 minutes, £71.50

Soothe and strengthen sensitive skin. Soothing botanical actives provide relief while lymphatic drainage and pressure point massage help calm a stressed nervous system. Targeted treatments help hydrate, balance and restore the skin barrier for reduced sensitivity and calmer skin.

## PRO FIRM

30 minutes, £44.00 / 60 minutes, £71.50

A comprehensive facial workout. Firming and toning deep tissue facial massage are combined with retexturing and replenishing actives for visibly tighter skin.

## PRO POWER PEEL

30 minutes, £60.00 / 60 minutes, £80.00

Our strongest, fastest chemical peel. This unique three-acid approach provides powerful resurfacing that is 100% tailored to your skin. Targets discolouration, texture and breakouts.

## PRO NANOINFUSION

60 minutes, £90.00

Want visibly smoother skin texture with zero downtime? Resurfacing actives and professional serums are infused into the skin with a unique device, which uses tiny cones to maximise product penetration.

## PRO MICRONEEDLING

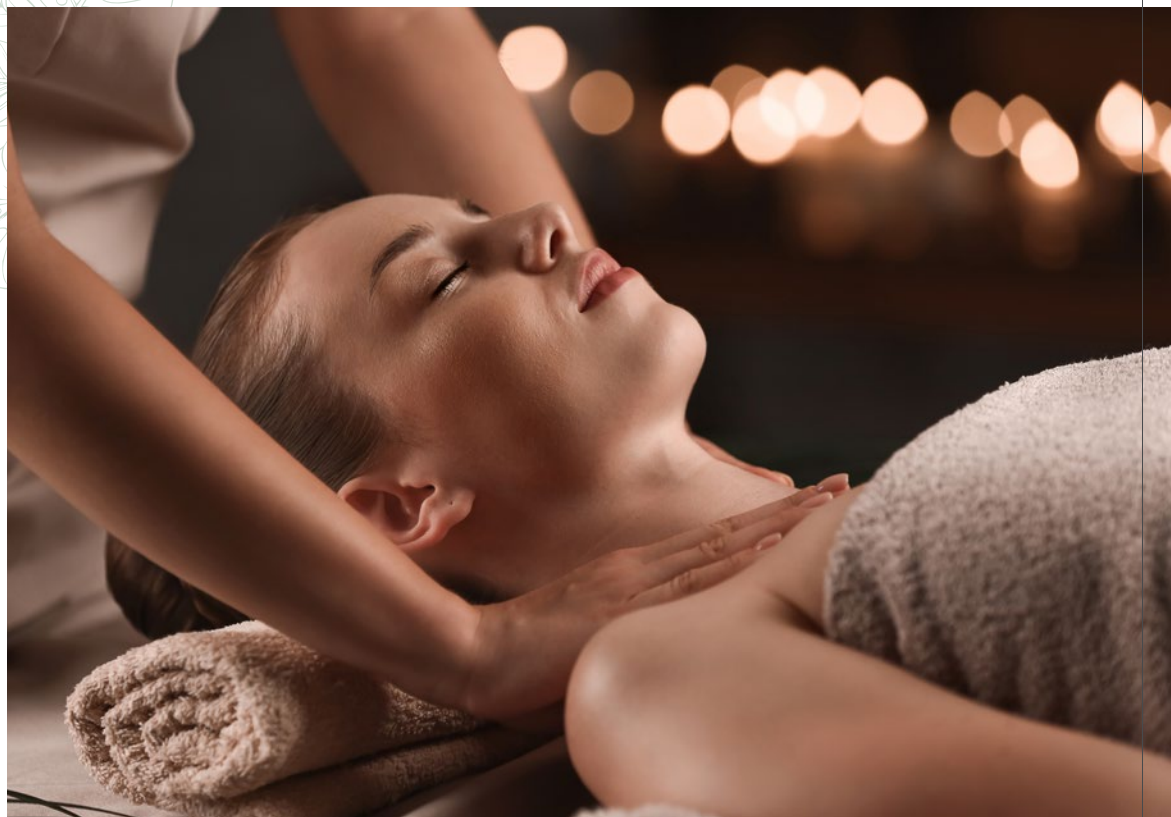
60 minutes, £140.00

Microneedling activates the skin's repair process and collagen production. This minimally invasive treatment uses the most advanced techniques and is elevated with a chemical peel to target dark spots, wrinkles and pores. Combined with Pro Restore, our recovery and firming concentrate that is designed to prepare the skin's barrier, restores its condition, decrease downtime and amplify your microneedling results.

## PRO EYE FLASH

20 minutes, £30.00

A powerful treatment that helps tone, smooth and brighten the eye area through intense stimulation and an infusion of botanical actives.





# Our Signature Treatments

Born from years of experience and genuine passion for what we do.

These signature treatments have been crafted by our therapists to deliver exactly what guests need most, deep restoration and lasting calm.



## TRANQUIL TOUCH

Our therapists' go-to treatment for releasing tension and restoring calm.  
*Back, neck and shoulder: 25 minutes, £45.00. Full body: 55 minutes, £70.00*

Using intuitive pressure and flowing techniques, this massage works exactly where your body needs it most, melting tightness and leaving you feeling deeply, completely at ease.

## HEAD & HEART RESET

A treatment designed to ease, restore and renew.  
*25 minutes, £35.00*

Indulge in a soothing scalp massage designed to melt away stress and tension. This relaxing treatment stimulates blood circulation to the scalp, promoting healthy hair growth and relieving headaches, eye strain, and mental fatigue. Gentle yet invigorating techniques are used to ease pressure points, leaving you feeling refreshed, balanced, and deeply relaxed.

Enjoy it on its own or add it to any of our treatments for a truly rejuvenating experience.



We believe...

*It's not selfish to love yourself, take care of yourself, and to make your happiness a priority. It's necessary.*

**MANDY HALE**



# Elemis Spa Rituals

This is where skincare becomes self-care. Elemis treatments invite you to switch off completely, blending expert facials with deeply restorative body rituals that engage every sense.

From tension-melting massage to skin that glows from head to toe, these are treatments that leave you feeling not just renewed, but truly restored.

## DEEP TISSUE TENSION-EASE MASSAGE

Renewed, Grounded and Focused

25 minutes, £50.00 / 50 minutes, £80.00

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

## TRANSFORMATIVE HOT STONE MASSAGE

Soothe, Relax and Relieve

25 minutes, £50.00 / 50 minutes, £80.00

This deeply transformative treatment incorporates heated volcanic stones which are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

## ABSOLUTE FACE AND BODY RITUAL

Restored, Rejuvenated and Renewed

50 minutes, £80.00 / 80 minutes, £120.00

100 minutes, £140.00

Immerse yourself in luxury with this tailored treatment. Choose your own combination of facial and body treatment, or let your therapist prescribe the perfect treatment to leave you feeling restored from head to toe.

Choose between:

**Elemis Expert Touch Face**

25 minutes / 50 minutes

**Deep Tissue Tension Ease Back Massage**

25 minutes

**Cleansing Salt Scrub**

25 minutes

**Cleansing Salt Scrub and Frangipani**

**Body Wrap**

50 minutes

**Cleansing Salt Scrub and Tension Ease**

**Back Massage**

50 minutes

**Deep Tissue Tension Ease Body Massage**

50 minutes

## TARGETED TIGHTENING BODY TREATMENT

Tighten, Tone and Smooth

50 minutes, £60.00 / 80 minutes, £80.00

A powerful blend of minerals and seaweeds join forces to target cellulite and promote a smoother silhouette with our focused sculpting massage, for skin that looks and feels intensely tightened, toned and smoothed.

Choose from:

*Arms, hips and thighs or abdomen*

## YOUNG SKIN FACIAL\*

Gentle care for developing skin

Ages 8–15. 25 minutes, £27.50

Ages 13–15. 30 minutes, £33.00

\*Guests under 16 years must be accompanied by an adult during treatments.

## PEACEFUL PREGNANCY MASSAGE

Nurture, Restore and Calm

25 minutes, £50.00 / 55 minutes, £80.00

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics which are safely formulated to be used during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.

## INTENSELY CLEANSING SALT

**SCRUB – FRANGIPANI**

25 minutes, £50.00

55 minutes (includes face), £80.00

An exotic exfoliation ritual to invigorate and bring vitality to the body. Warm oil is dripped sparingly over the body, the salt glow cleanses and polishes the skin. A final application of body cream is applied, leaving the skin glowing, vibrant, replenished and flawless looking.

## BODY NECTAR NOURISHING

**FRANGIPANI WRAP**

55 minutes, £80.00

From the exotic shores of Tahiti, coconut and Frangipani flowers are soaked together to produce Monoi which will soothe, condition and soften your skin. Drench yourself in its moisture and bathe in this comforting wrap, treating you from the crown to the tips of your toes.

## ELEMIS TOUCH RENEW FACIAL

Hydrate, Lift and Firm

55 minutes, £80.00 / 30 minutes, £47.00

Improves skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm. Works beautifully for men's skin too.





# Spa Days

A day designed for you.

Each Spa Day includes a robe, slippers, towel and your choice of barista-made coffee, tea, hot chocolate or fruit juice.



All Spa Days below include full access to pool, sauna, steam room and jacuzzi.

## DIP AND UNWIND £25.00

Pure relaxation, just you and our spa facilities.

## UNWIND AND RELAX £65.00

30 minute facial, and time to restore.

## STRESS BUSTER £66.00

Back, neck and shoulder massage to ease tension.

## REVIVE £71.00

Hot stone back massage for deep restoration.

## SANCTUARY £92.50

60 minute facial and a full day of calm.

## SERENITY £92.50

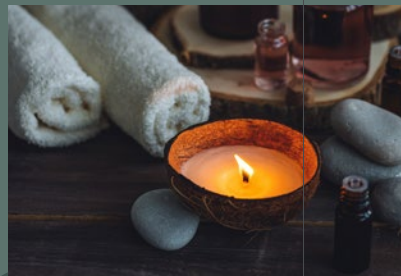
Bespoke full body massage tailored to you.

## TREAT ME £137.50

Back, neck and shoulder massage, plus a 55 minute facial. A beautifully balanced day — because you deserve it.

## FOR SOMEONE SPECIAL £162.50

Full body massage plus a 55 minute facial. Complete head-to-toe indulgence to treat someone who deserves it (even if that's you).



## BABYMOON SPA DAY

Gentle care for you and your bump.

A gentle spa day designed for mums-to-be. Choose between a soothing back massage or full body treatment tailored for pregnancy, plus time to enjoy our pool at your own pace.

Choose between:

**Back massage and swim**

*25 minutes, £62.50*

**Full body massage and swim**

*55 minutes, £88.50*

Suitable from 3 months. For your wellbeing, spa access includes the pool only. Sauna, steam room and jacuzzi are not recommended during pregnancy.

## TIME WITH YOUR PEOPLE

Hen parties, birthdays and celebrations.

*£90.50 per person*

A spa day designed for sharing. Express facials, afternoon tea with Prosecco, and hours to unwind together — pool, sauna, steam room and jacuzzi all yours to enjoy.

## TEENAGE SPA DAY\* £48.00

*Ages 13–15. Pool access included*

Perfect for birthdays or a special treat. Choose a mini facial or mini manicure and enjoy time by the pool with friends or family.

\* Guests under 16 years must be accompanied by an adult during treatments.

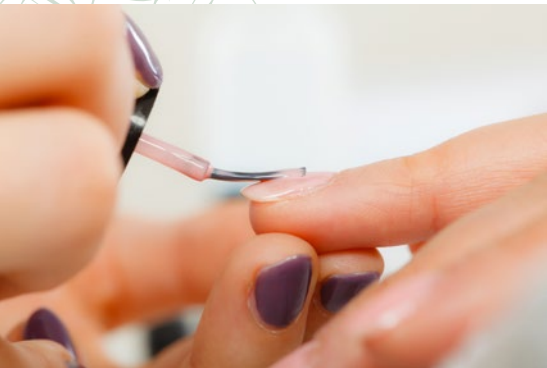
## Make a day of it.

Our Churchill's Restaurant and Bar & Brasserie are open throughout your visit.

## Why not stay the night?

Extend your Spa Day into a full escape with our special stay rates.

# O·P·I Prospa



## EXPRESS MANICURE £33.00

In a rush, but still need a quick way to de-stress? The OPI ProSpa Express Manicure is then the perfect choice. Featuring essential OPI ProSpa products and techniques in a condensed service that doesn't sacrifice on a premiere experience.

## PAMPER MANICURE £47.00

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 and protection, while revelling in a combination of massage techniques and acupressure designed to reduce stress and relieve tension.

## EXPRESS PEDICURE £33.00

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.

## PAMPER PEDICURE £47.00

Soothe, relax and pamper with the ultimate pedicure experience. The OPI ProSpa Pamper Pedicure includes unparalleled callus softening, exfoliation, moisture and protection. An extended massage combined with acupressure to reduce stress and relieve tension will leave you feeling relaxed and renewed.

## GEL POLISH UPGRADE £9.50

Booked in combination with any of the above ProSpa manicures or pedicures.

## SHAPE AND POLISH £16.50

### Mini Manicure £20.50

9-15 years\*

### Gel Manicure or Pedicure £32.50

Cuticle conditioning, shape and polish. Perfect nails you can touch in seconds and needn't touch for weeks. For a longer lasting nail colour.

### Gel Removal\* £17.50

\*We are unable to remove hard gel, builder gel or biab.

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

\* Guests under 16 years must be accompanied by an adult during treatments.

## HAIR REMOVAL

½ Leg Wax £24.00  
½ Leg and Bikini Wax £32.50  
Full Leg Wax £30.50  
Full Leg and Bikini Wax £40.00  
Bikini Wax £16.50  
Thong Wax £25.00  
Underarm Wax £15.50  
Eyebrow Wax £13.50  
Lip Wax £10.00  
Chin Wax £10.00  
Lip and Chin Wax £16.50

## MEN'S HAIR REMOVAL

Back and Shoulder Wax £31.00  
Chest Wax £24.00

## EYE ENHANCEMENTS

Eyelash Tint\* £16.50  
Eyebrow Tint\* £11.50  
Eyelash and Eyebrow Tint\* £23.00  
Eyebrow Shape £13.50  
Lash Lift\*\* £41.00  
Lash Lift with Tint\*\* £52.00

## ST. TROPEZ

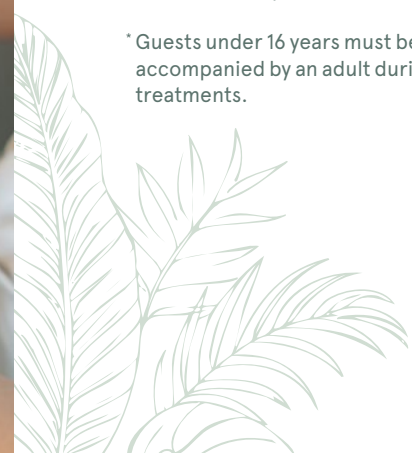
Spray Tan £34.00

## Top Up Tan

within 5 days £22.00

\* Patch test required 24hrs prior to treatment.

\*\* Patch test required 48 hrs prior to treatment.





# Booking Advice & Guidelines

- 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 Payment in full is required for all Treatments and Spa Days.
- 4 Cancellations must be made at least 48 hours prior to your appointment for a full refund. Cancellations with less than 48 hours notice will incur a 50% charge and failure to cancel will incur the full charge of the appointment. Larger groups of 4 or more will have a 7 day cancellation period.
- 5 Some treatments are not suitable for certain medical conditions or during pregnancy. Please inform us of any concerns at the 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 after a pedicure treatment.
- 12 Do offer to 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 massages.
- 14 Please have a quick shower after exercising and before your treatment.
- 15 Children booked on the teenage package must be accompanied by a consenting adult.
- 16 Alcohol should not be consumed prior to treatments or during the 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.
- 19 Gift Vouchers must be presented on day of treatment or Spa Day.

For more visit [www.elfordleigh.co.uk](http://www.elfordleigh.co.uk)

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All pricing and treatments are correct at time of printing.  
Elfordleigh reserves the right to amend pricing and treatment choices at our own discretion.

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Design & Branding by Friends, [designbyfriends.co.uk](http://designbyfriends.co.uk)

## Opening Times

Monday	9:30—18:00
Tuesday	9:30—18:00
Wednesday	9:00—18:00
Thursday	9:00—18:00
Friday	9:00—18:00
Saturday	9:00—18:00
Sunday	9:30—16:30

To book an appointment  
please call, 01752 336428 or  
email, [spa@elfordleigh.co.uk](mailto:spa@elfordleigh.co.uk)

**dermalogica**  
**ELEMIS**  
LONDON  
**O·P·I**

## The Perfect Gift

For birthdays, celebrations, or just because. Our Gift Vouchers can be used for any Treatment or Spa Day. Beautifully presented and ready to give to someone special (or to treat yourself). Ask at reception.





# ELFORDLEIGH *spa*

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