

# Prested Hall Spa Treatment List

## Prested Pamper Packages

### Prested Signature Pamper Day 9.30am - 3.30pm

With two 30 minute treatments (either facial, massage or manicure), includes a welcome drink on arrival, use of our 20m pool, sauna and steam room, sun room and relaxation area, a robe, towel and slippers to use for the day plus a two course meal or afternoon tea in the Bistro.  
**Mon - Thurs £60.00pp Fri - Sun £64.00pp**

### Prested Hall Twilight Package 5.00pm - 9.30pm

Available Tuesday to Friday. Your evening begins with a welcome drink, then enjoy two 30 minute treatments (either facial, massage or manicure), use of our 20m pool, steam room, sunroom, sauna and relaxation area, a robe, towel and slippers for the evening plus a two course meal.  
**£55.00pp**

### Elemis Luxury Pamper Day 9:30am - 3.30pm

Your day will begin with a welcome drink before you get to enjoy and condition your skin and muscles with this all-embracing experience. Combine any one hour ELEMIS hands-on touch facial with either a Prested Hall Swedish Full Body Massage or Hot Stone Full Body Massage then continue your day in our 20m pool, sauna, steam room, sun room or relaxation area. Fluffy robes, towels and slippers are yours to use for the day plus enjoy a two course meal in the Bistro.  
**Mon - Thurs £110.00pp Fri - Sun £125.00pp**

### Treatment Upgrades

These are available, please ask when booking

### Prested Health Club Members

10% discount off of treatments and products

### Group Discounts

10% reduction on pamper groups of 6 or more.  
Groups over 10 – one person goes free.  
Only one discount applies

We have a full range of retail products on sale at The Prested Hall Spa at very competitive prices.

**Gift vouchers** are available for any of our treatments and pamper packages.

Only one discount is available per booking.

## Opening Times

**Monday** 9.00am - 6.00pm

**Tuesday** 9.00am - 8.00pm

**Wednesday** 9.00am - 8.00pm

**Thursday** 9.00am - 8.00pm

**Friday** 9.00am - 8.00pm

**Saturday** 9.00am - 5.30pm

**Sunday** 9.00am - 4.30pm

## Terms & Conditions

All treatment times include consultation, aftercare, changing and payments.

Certain medical conditions may prohibit some treatments, please check when booking to avoid disappointment.

### Cancellation fees and late arrivals:

This applies to all appointments booked. Please see our website or pamper day confirmation for further details.

**Moving Fee:** A £10 moving fee will apply when moving a pamper day after initial booking is taken, this includes when using a voucher.

**Age restrictions:** Prested Spa is unable to offer treatments to anyone 16 years old or below. Please note that for pamper days an adult must accompany a 16 or 17 year old in each treatment.

## Prested Hall Spa

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Essex CO5 9EE

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 Prested Hall Spa

ELEMIS

bareMinerals®

 nailtiques®

ORLY®

 PhD  
Safewax

November 2016

## Hair Removal/Waxing (with PhD)

		£
Professional, Hygienic, Disposable		
<b>Lip</b>	<b>15 mins</b>	7.00
<b>Chin</b>	<b>15 mins</b>	7.00
<b>Lip &amp; Chin</b>	<b>30 mins</b>	12.00
<b>Eyebrow</b>	<b>20 mins</b>	8.00
<b>Jaw &amp; Neck</b>	<b>30 mins</b>	10.00
<b>½ Leg</b>	<b>30 mins</b>	14.00
<b>Full Leg</b>	<b>45 mins</b>	21.00
<b>Under Arm</b>	<b>20 mins</b>	10.00
<b>Standard Bikini Line</b>	<b>20 mins</b>	10.00
<b>Back</b>	<b>30 mins</b>	18.00
<b>Eyebrow, Lip and Chin</b>	<b>45 mins</b>	18.00
<b>½ Leg, Bikini and U/Arm</b>	<b>45 mins</b>	28.00
<b>Full Leg, Bikini and U/Arm</b>	<b>60 mins</b>	30.00

## Eyes & Tanning

<b>Eyelash Tint</b>	<b>30 mins</b>	10.00
<b>Eyebrow Tint</b>	<b>15 mins</b>	8.00
<b>Eyelash Tint and Eyebrow Tint</b>	<b>30 mins</b>	15.00
<b>Eyelash Tint, Eyebrow Tint and Eyebrow Shape</b>	<b>45 mins</b>	20.00
(Patch test required for all tints and lash extensions 24hrs in advance)		
<b>AH Francis eye lash extensions</b>	Semi-perm Infills	<b>150 mins</b> <b>60 mins</b>
<b>Sienna X Spray Tanning</b>	Full body Half body	<b>30 mins</b> <b>15 mins</b>
(suited to your skin colour)		

## Nails (with Orly & Nailtiques products)

<b>Shape &amp; Paint</b>	<b>30 mins</b>	10.00
<b>French Shape &amp; Paint</b>	<b>45 mins</b>	15.00
<b>Epix Shape &amp; Paint</b>	<b>30 mins</b>	15.00
<b>Gel Shape &amp; Paint inc French Pedicure</b>	<b>45 mins</b> <b>45 mins</b>	19.00 24.00
<b>Luxury Pedicure</b>	<b>60 mins</b>	35.00
<b>Epix Pedicure</b>	<b>45 mins</b>	27.00
<b>Gel Pedicure</b>	<b>60 mins</b>	34.00
<b>French Pedicure</b>	<b>60 mins</b>	37.00
<b>Manicure</b>	<b>30 mins</b>	21.00
<b>Luxury Manicure</b>	<b>45 mins</b>	30.00
<b>Epix Manicure</b>	<b>30 mins</b>	25.00
<b>Gel Manicure</b>	<b>60 mins</b>	31.00
<b>French Manicure</b>	<b>60 mins</b>	35.00
<b>Gel Removals</b> (From other salons non Orly)	<b>30 mins</b>	5.00

## Make Up - Bare Minerals

<b>The Make Under</b>	<b>45 mins</b>	25.00
An introduction to the only make up in the world that is 100% pure using micronized minerals.		

Wedding and bridal make up available, please see separate price list.

# ELEMIS

## Defined by Nature, Led by Science

### Touch: Anti-Ageing - Facials

#### Elemis Pro Collagen Age Defy **1 hr**

Tackles fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished younger looking skin.

#### Elemis Pro Definition Lift & Contour **1 hr**

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

#### Elemis Dynamic Resurfacing Precision Peel **1 hr**

Clinically proven to target 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.

(Patch test required 24hrs in advance)

#### Elemis White Brightening Pigment Perfector **1 hr**

Restores uneven skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

### Touch: Skin Solutions - Facials

#### Elemis Superfood Pro-Radiance **1 hr**

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying active. Clinically proven to leave skin plumper, radiant and lit up with good health.

#### Elemis Sensitive Skin Soother **1 hr**

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.

#### Elemis Anti-Blemish Mattify and Calm **1 hr**

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

### Men's Specific Facial

#### Elemis High Performance Skin Energiser **1 hr**

The hard working facial for ageing, dehydrating skin and tired eyes. It maximises skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi dynamic facial massage sequences boost circulation, whilst scalp and foot massage deep.

£

## Body : Massage

#### Elemis Freestyle deep tissue massage **30 mins / 1 hr**

Your therapist will select an aromatic oil according to your areas of concern.

#### Elemis Garden of England Restore Massage OR Elemis Hot Mineral Boost **55 mins**

The skin is anointed with nourishing oils with either a Rose balm to hydrate and comfort or a powerful detox blend to stimulate and remove toxins from your body. Accompanied by a bespoke full body massage. Skin is left exquisitely moisturised, intensely supple, balanced and deliciously scented.

#### Elemis Deeper Than Deep Hot Stone Massage **30 mins / 1 hr**

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles.

#### Elemis Dual Energy **55 mins**

Poultice Powered Muscle Release Massage. Sore, aching muscles are worked away with this invigorating and deep releasing treatment. Available in 2017.

#### Elemis Couture Touch **2 hrs**

Combine any one hour ELEMIS hands-on TOUCH facial with your personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage.

#### Elemis Peaceful Pregnancy Massage **1 hr 30 mins**

A relaxing full body massage to hydrate and comfort the Mother to be. Includes consultation and relaxation.

## Body : Scrubs & Wraps

#### Elemis Body Nectar Nourishing Wrap **1 hr**

Sweet Orchid or Frangipani  
The velvety texture of the Monoi oil offers super – hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

#### Elemis Thousand Flower Detox Wrap **55 mins**

Omega-rich Green tea seed oil is massaged onto the skin followed by the Thousand Flower Wrap. Leaving you feeling completely reinvigorated. Includes a complimentary green tea.

#### Elemis Intensely Cleansing Salt Scrub Lime and ginger or Frangipani **45 mins**

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.

#### Elemis Best Foot Forward **30 mins**

Take a load off with this foot focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished soft and smooth.

## Prested In House Body Treatments

<b>Swedish Back, Neck and Shoulder Massage</b>	<b>30 mins</b>	30.00
<b>Swedish Full Body Massage</b>	<b>1 hr</b>	45.00
<b>Indian Head Massage</b>	<b>30 mins</b>	30.00
<b>Reflexology (includes consultation)</b>	<b>1 hr</b>	40.00
<b>Cleansing Back treatment</b>	<b>30 mins</b>	28.00
<b>Hot Stones</b>	<b>30 mins / 1 hr</b>	35.00/ 55.00