



SPA TREATMENT

JANUARY 2022

ELEMIS

The Garage Spa

AN AWARD WINNING SPA EXPERIENCE
NESTLED IN THE DURHAM DALES

The Garage Spa offers a haven for rest and relaxation, restorative treatments and pampering beauty treats. The spa garden is a social space to enjoy all year round, whilst our whispering lounge offers an area for quiet relaxation, our thermal suite will invigorate you and our bubbly hot tubs are just divine.



ELEMIS

Facials

Pro-Glow Facials
25 min £40.00 / 50 min £65.00

Elemis Pro-Glow Renewal

Elemis signature deep-cleansing facial.

Elemis Pro-Glow Resurface

Transform the skin's texture & minimising the look of uneven skin tone.

Elemis Pro-Glow Smooth

Smooths wrinkles, fills out expression lines and plumps skin.

Elemis Pro-Glow Brilliance

Awaken dull, tired-looking complexions with this radiance-boosting facial.

15 minute Pro-Boosters upgrade
+ £20.00

Hydrate:

Includes **Biotec** Galvanic.

Lift Up:

Includes **Biotec** Microcurrent.

Energise:

Includes **Biotec** LED Light Therapy 7-in-1 Mask.

Brilliance:

Includes **Biotec** Oxygen Infusion.



Elemis' advanced fusion of **super-charged** technologies, **pro-strength** actives and **expert** skin wellness touch. Delivering powerful **deep cleaning, resurfacing** and **hydration-boosting** results for **optimal skin wellness**. Unlock healthy, glowing skin from within. Skin looks visibly rejuvenated, refreshed and radiant after just one treatment.

Body Therapies

Freestyle Deep Tissue Massage

25 mins £35.00 / 55 mins £70.00

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Deeper Than Deep Hot Stone Massage

55 mins £75.00

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

Frangipani Intensely Cleansing Salt Scrub

25 mins £35.00

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.

Peaceful Pregnancy Massage

55 mins £70.00

An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

Soothing Neck & Scalp Therapy

25 mins £35.00

A relaxing and deep head and neck massage, focusing on stress relief within the shoulders. Perfect to be added onto a facial or on its own.

Best Foot Forward

25 mins £35.00

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.

Thousand Flower Detox Wrap

55 mins £65.00

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

Hammam Full Body Himalayan Salt Scrub Experience

25 mins £35.00

This tried and tested exfoliating technique dates back to roman times and requires a chemist brew of hot water, and Himalayan rock salt. Your therapist knows exactly when to douse and drench, when to scrub and when to soak. You will walk out of the hammam relaxed and glowing. This treatment is perfect for pre-holiday glow to remove dead skins cells.

Reflexology

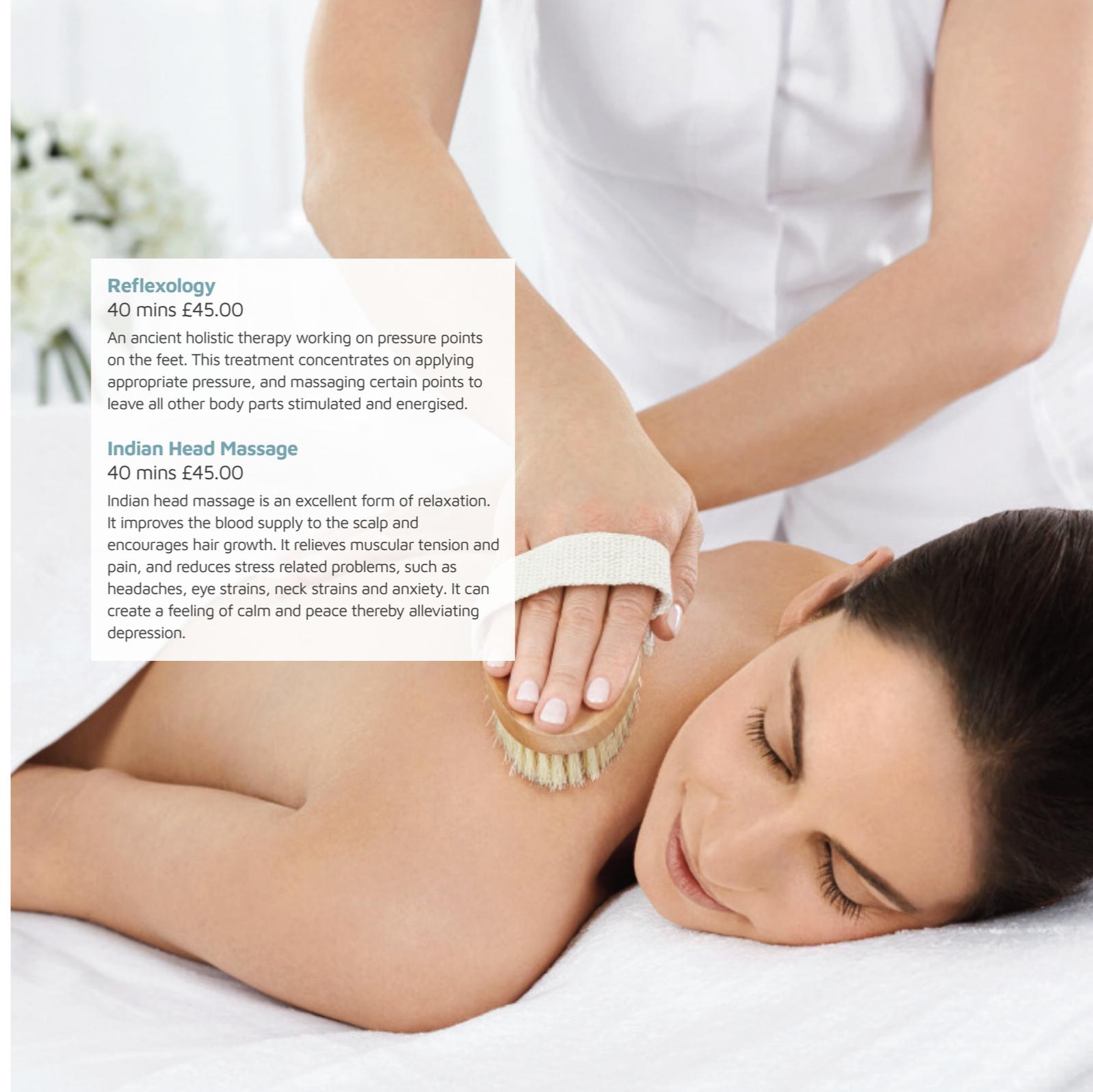
40 mins £45.00

An ancient holistic therapy working on pressure points on the feet. This treatment concentrates on applying appropriate pressure, and massaging certain points to leave all other body parts stimulated and energised.

Indian Head Massage

40 mins £45.00

Indian head massage is an excellent form of relaxation. It improves the blood supply to the scalp and encourages hair growth. It relieves muscular tension and pain, and reduces stress related problems, such as headaches, eye strains, neck strains and anxiety. It can create a feeling of calm and peace thereby alleviating depression.



Manicures & Pedicures

Jessica Prescriptive Manicure

50 mins £40.00

Nails are not alike. This is a treatment manicure which analyses and treats each nail for its specific nail type. The cuticles are cared for with treatment oils and creams. The nail shape is perfected and treatment basecoats and colours are applied for the perfect finish.

Jessica Deluxe Manicure with Le Remedi Hand Treatment and Heated Mitts

1 hour 10 mins £45.00

An effective, luxury 'facial' treatment for the hands. Combined with the Jessica Le Remedi hand treatment, Hands will feel softer, smoother, firmer and more attractive. With the added benefits of thermal heated mittens for deeper penetration of oils/creams.

Zenspa Pedicure

55 mins £45.00

Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Hard skin is buffed and feet are massaged with conditioning creams (up to the ankle). Cuticles are groomed and toe nails will be trimmed, if required, shaped and perfectly polished with your choice of Jessica polish.

Zenspa Pedicure Deluxe

75 mins £55.00

Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. A Luxurious Scrub & massage with the removal of hard skin, Incorporating the use of heated booties to nourish and lock in moisture to the foot & calf, cuticle & nail tidy, finishing off with a Jessica colour of your choice.

Add a Geleration polish to any of the manicures or pedicures (on this page)

15 mins £10.00

The beauty of Jessica but in gel. This gel polish protects the nails and delivers a long lasting flawless finish dry within seconds.

Gel Removal

£10.00

Eyes

Eyelash Tint

30 mins £20

Eyebrow Tint

15 mins £15

Eyelash & Eyebrow Tint

45 mins £25

Eyebrow Shape

15 mins £15

Please note a 48 patch test is required before tinting.

Waxing

Half Leg Wax £27

Full Leg Wax £35

Under Arm Wax £12

Lip or Chin Wax £12

Back Wax £30

Standard Bikini Wax £15

Extended Bikini Wax £18

Tanning

St Tropez Spray Tans

30 mins £25

The St Tropez Spray Tan is a perfect way to create a natural tan. Alongside revolutionary depth of tan options, this versatile mist also ensures quick-drying, streak-free application and provides skin with ultimate hydration, ensuring gorgeous long-lasting results. Complete with Aromaguard Fragrance Technology, this high-quality formula eliminates the self-tan scent and also ensures a professional finish every time We also have the express bronzing mist which develops in 1-3 hours, perfect for last minute occasions.

Alternative Therapies

Rasul Mud Treatment

40 mins £15pp

A deep cleansing mud treatment, you will enter a mud chamber and cover yourself in the detoxifying mud. The natural active ingredients will cleanse your skin while the room is filled with steam to cleanse deep within the pores. To remove the mud you will then apply Himalayan rock salt to leave you cleansed and invigorated.

Dry Floatation

30 mins £15

A dry floatation treatment takes place on a special bed- complete with mattress filled with warm water. This allows you to be warm and comfortable while feeling weightless similar to being in water. Perfect to warm the muscles before a treatment.

Roof Top Cabriolet

60 mins £40

Ideal for couples seeking absolute privacy, a beautiful outdoor copper tub is filled and situated on a private rooftop terrace.



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