



THE PARK SPA
WARBROOK HOUSE

TREATMENTS

Restore and nourish in a complete sense with this inspired collection of personalised treatments from world-renowned spa experts, ESPA. Results-focussed facials, high performance body treatments, immersive massages and signature rituals await, to nurture your body, calm your mind and leave skin looking radiantly and naturally beautiful.

ESPA Facials

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, results focussed facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored.

ESPA Massage

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tension is released, your soul feels soothed and you emerge energised with renewed focus and lasting positivity.

ESPA Body Treatments Guided

ESPA Body Treatments Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced and skin's natural beauty is restored.

ESPA for Men Our ESPA

ESPA for Men Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

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ESPA FACIALS

ESPA Inner Beauty Facial 55 mins

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes: Skin analysis with SkinVision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage

ESPA Optimal Skin Health Facial 55 mins

Visibly revive skin's natural beauty, balance and health. Achieving instant results with long-lasting benefits, this intelligent facial harnesses nature's most potent actives alongside high performance massage to deeply cleanse, refine and hydrate skin. You emerge with a smooth, profoundly nourished complexion, glowing with natural health.

Includes: Skin analysis with SkinVision™ lamp – triple cleanse (including deep brush cleanse) – exfoliation – steam and extraction (if required) – facial massage – mask – hand & arm exfoliation and massage

ESPA Intense Regenerating Facial 55/85 mins

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

Includes: Skin analysis with SkinVision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – age-defying facial massage – mask – scalp massage

ESPA Instant Radiance Facial 85 mins

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges and your natural glow is restored.

Includes: Skin analysis with SkinVision™ lamp – triple cleanse (including deep brush cleanse) – exfoliation – steam and extraction (if required) – Skin Radiance Mask – age-defying Rose Quartz crystal massage – professional lifting & smoothing mask – scalp massage

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ESPA FACIALS

ESPA Refining Enzyme Facial 85 mins

Profoundly refine, hydrate and firm with this high performance facial. Infused with nature's most effective extracts, a stimulating Pumpkin Enzyme peel works alongside signature Tri-Active™ blends to boost cell renewal while intensely smoothing and lifting your complexion. Skin's timeless beauty is instantly revived.

Includes: Skin analysis with SkinVision™ lamp – deep brush cleanse – Pumpkin Enzyme Peel – age-defying Rose Quartz crystal massage – Lifting & Smoothing Mask – scalp massage

ESPA Ultimate Lift & Firm Facial 85 mins

Restore youthful vitality and improve skin tonicity and firmness with this advanced facial. Using Tri-Active™ ingredients combined with specialised facial massage lifting techniques, this facial helps combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.

Includes: Skin analysis with SkinVision™ lamp – triple cleanse – steam and extraction (if required) – specialised age-defying, contouring and lifting facial massage – Lift & Firm Mask – scalp massage

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ESPA MASSAGES

ESPA Inner Calm Massage 55/85 mins

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes: Breathwork – full body aromatherapy massage – scalp massage with Rose Quartz Crystals

ESPA Hot Stone Massage 55/85 mins

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Includes: Full body aromatherapy massage with hot stones – scalp massage

ESPA Deep Muscle Massage 55/85 mins

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Includes: Targeted massage, with or without hot stones, focussing on areas of concern – scalp massage

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ESPA MESSAGES

ESPA Swedish Massage 55/85 mins

Revive your body and enliven your spirits with this **invigorating massage**. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Includes: Full body Swedish massage – scalp massage

ESPA Mindful Massage 85 mins

Soothe away stress and return body and mind to the present moment with this **holistic and blissfully re-balancing experience**. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

Includes: Breathwork and visualisation – massage to metamorphic zones of the feet – full body massage – scalp massage with warm Rose Quartz Crystals

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ESPA BODY TREATMENTS

ESPA Targeted Hip & Thigh Treatment 55 mins

Transform the appearance of your hips, thighs and legs with this revitalising, results-focussed **treatment**. Working swiftly and effectively, powerfully detoxifying actives combine with targeted massage to instantly diminish cellulite and fluid retention, dispel toxins and boost circulation. Skin looks smooth, supple and beautifully toned.

Includes: Skin brushing hip, thigh and abdominal areas – salt & oil scrub with iced mitt removal – detoxifying and lymphatic drainage massage techniques – deep cleansing abdomen massage – body moisturiser application

ESPA Back, Face & Scalp Treatment 85 mins

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned **treatment**. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Includes: Back exfoliation – back massage with or without hot stones – Inner beauty facial – scalp massage

ESPA Pre-Natal Relax & Restore 25/55/85 mins

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Includes: Back exfoliation (if required) – focussed body massage – scalp massage

ESPA Body Wrap 55 mins

Purify your body or deeply replenish your skin with this **personalised body wrap**. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Includes: Skin brush – body exfoliation – algae or mud wrap – scalp massage

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ESPA EXPRESS TREATMENTS

ESPA Eye Lift 25 mins

Smooth, firm and hydrate with this instantly **revitalising eye treatment**. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

Includes: Skin analysis with SkinVision™ lamp – cleanse – exfoliation to face and eye contour – eye contour massage – firming eye mask

ESPA Salt & Oil Scrub 25 mins

Revive skin's natural softness and glow with this **intensely exfoliating treatment**. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes: Skin brush - salt & oil full body exfoliation

ESPA Back, Neck & Shoulder Massage 25 mins

Ease tension where you need it most with this **fast-acting de-stressing treatment**. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

Includes: Massage to the back, neck and shoulders

ESPA Express Facial 25 mins

Reveal a clear, refreshed, naturally beautiful complexion with this **express facial**. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Includes: Skin analysis with SkinVision™ lamp – double cleanse – exfoliation – personalised mask – scalp massage

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ESPA FOR MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

ESPA Deep Cleansing Facial 55 mins

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

Includes: Skin analysis with SkinVision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage

Monday - Thursday £65 Friday - Sunday £75

ESPA Deep Muscle Massage 55 mins

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Includes: Targeted massage, with or without hot stones, focussing on areas of concern – scalp massage

Monday - Thursday £70 Friday - Sunday £80

ESPA Muscle Reviver 40 mins

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focussing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised and a positive mindset is restored.

Includes: Back massage – facial massage – scalp massage

Monday - Thursday £55 Friday - Sunday £65

Back Wax 45 mins £30

Shoulder Wax 30 mins £15

Brow grooming 15mins from £12

Pedicure 45mins £40

Manicure 45mins £40

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PRICE LIST

ESPA Inner Beauty Facial 55 mins

Monday - Thursday £65

Friday - Sunday £75

ESPA Optimal Skin Health Facial 55 mins

Monday - Thursday £75

Friday - Sunday £85

ESPA Intense Regenerating Facial 55 mins

Monday - Thursday £65

Friday - Sunday £75

ESPA Intense Regenerating Facial 85 mins

Monday - Thursday £100

Friday - Sunday £115

ESPA Instant Radiance Facial 85 mins

Monday - Thursday £100

Friday - Sunday £115

ESPA Refining Enzyme Facial 85 mins

Monday - Thursday £110

Friday - Sunday £125

ESPA Ultimate Lift & Firm Facial 85 mins

Monday - Thursday £95

Friday - Sunday £110

ESPA Inner Calm Massage 55 mins

Monday - Thursday £70

Friday - Sunday £80

ESPA Inner Calm Massage 85 mins

Monday - Thursday £95

Friday - Sunday £110

ESPA Hot Stone Massage 55 mins

Monday - Thursday £75

Friday - Sunday £85

ESPA Hot Stone Massage 85 mins

Monday - Thursday £110

Friday - Sunday £120

**ESPA Deep Muscle Massage
with Hot Stones 55 mins**

Monday - Thursday £75

Friday - Sunday £85

**ESPA Deep Muscle Massage
with Hot Stones 85 mins**

Monday - Thursday £110

Friday - Sunday £120

**ESPA Deep Muscle Massage
without Hot Stones 55 mins**

Monday - Thursday £70

Friday - Sunday £80

**ESPA Deep Muscle Massage
without Hot Stones 85 mins**

Monday - Thursday £105

Friday - Sunday £115

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|---|------|--|------|
| ESPA Mindful Massage 85 mins | | ESPA Deep Muscle Massage 55 mins | |
| Monday - Thursday | £110 | Monday - Thursday | £70 |
| Friday - Sunday | £120 | Friday - Sunday | £80 |
| ESPA Swedish Massage 55 mins | | ESPA Deep Muscle Massage | |
| Monday - Thursday | £70 | with Hot Stones 55 mins | |
| Friday - Sunday | £80 | Monday - Thursday | £75 |
| ESPA Swedish Massage 85 mins | | Friday - Sunday | £85 |
| Monday - Thursday | £105 | ESPA Deep Muscle Massage 85 mins | |
| Friday - Sunday | £115 | Monday - Thursday | £95 |
| ESPA Targeted Hip & Thigh Treatment 55 mins | | Friday - Sunday | £110 |
| Monday - Thursday | £68 | ESPA Deep Muscle Massage | |
| Friday - Sunday | £80 | with Hot Stones 85 mins | |
| ESPA Back, Face & Scalp Treatment 85 mins | | Monday - Thursday | £100 |
| Monday - Thursday | £95 | Friday - Sunday | £115 |
| Friday - Sunday | £110 | ESPA Muscle Reviver 40 mins | |
| ESPA Back, Face & Scalp Treatment | | Monday - Thursday | £55 |
| with Hot Stones 85 mins | | Friday - Sunday | £65 |
| Monday - Thursday | £100 | ESPA Pre-Natal Relax & Restore 25 mins | |
| Friday - Sunday | £115 | Monday - Thursday | £40 |
| ESPA Body Wrap 55 mins | | Friday - Sunday | £45 |
| Monday - Thursday | £68 | ESPA Pre-Natal Relax & Restore 55 mins | |
| Friday - Sunday | £80 | Monday - Thursday | £70 |
| ESPA Deep Cleansing Facial 55 mins | | Friday - Sunday | £80 |
| Monday - Thursday | £65 | ESPA Pre-Natal Relax & Restore 85 mins | |
| Friday - Sunday | £75 | Monday - Thursday | £95 |
| | | Friday - Sunday | £110 |

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|------------------------------------|------|-----------------------------------|-----|
| ESPA Eye Lift 25 mins | | Lash Tint 30 mins | £18 |
| Monday - Thursday | £45 | Eyebrow Tint 20 mins | £12 |
| Friday - Sunday | £50 | Eyelash and Brow Tint 30 mins | £25 |
| ESPA Salt & Oil Scrub 25 mins | | Eyebrow Tint and Tidy 30 mins | £18 |
| Monday - Thursday | £40 | Eyebrow Wax 15 mins | £12 |
| Friday - Sunday | £45 | Eyebrow Wax Tint and Tidy 30 mins | £18 |
| ESPA Back, Neck & Shoulder Massage | | Lip or Chin Wax 15 mins | £10 |
| 25 mins | | Lip and Chin Wax 20 mins | £15 |
| Monday - Thursday | £40 | Full Leg Wax 55 mins | £35 |
| Friday - Sunday | £45 | Half Leg Wax 30 mins | £25 |
| ESPA Express Facial 25 mins | | Under Arm Wax 15 mins | £15 |
| Monday - Thursday | £40 | Bikini Wax 30 mins | £18 |
| Friday - Sunday | £45 | Back Wax 45 mins | £30 |
| Mud Rhassoul 40 mins | | Shoulder Wax 30 mins | £15 |
| Monday - Thursday 1 person | £45 | Deluxe Manicure 60 mins | £45 |
| Monday - Thursday 2 people | £65 | Deluxe Pedicure 60 mins | £45 |
| Friday - Sunday 1 person | £65 | Mini Manicure 30 mins | £35 |
| Friday - Sunday 2 people | £85 | Mini Pedicure 30 mins | £35 |
| Total Holistic Hot Stones 115 mins | | Gel Manicure 45 mins | £50 |
| Monday - Thursday | £120 | Gel Pedicure 45 mins | £50 |
| Friday - Sunday | £140 | | |

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