

MENANA SPA



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Hamмам

La Sultane De Saba Moroccan Hammam Ritual

Deeply nourishing and intensely cleansing ritual, which rejuvenates, eliminates toxins and stimulates circulation. Beginning with a black soap cleanse whilst in the Hammam before a full body Moroccan style exfoliation. Then the signature blend of melted shea butter and fragranced body oil is drizzled over the skin for a full body massage.

Individual **£80** 60 mins / **£115** 90 mins (includes 45 mins massage)

Couple **£160** 60 mins / **£220** 90mins

Facials

The Menana Spa Signature Facial

£130 90 mins

A customised facial featuring all the traditional techniques used in the parisian spas. The Signature Facial is a powerful deep-cleansing and nourishing facial. Products are selected based on skin type to ensure maximum benefits. Starting with a black soap and eucalyptus steam to deeply cleanse pores and purify skin. Deep facial massage helps tone the muscles, preventing future fine lines.

Next we apply a two part layered mask, which draws out impurities, balances sebum levels and nourishes the skin. The mask is peeled off leaving skin noticeably cleansed, toned with a youthful radiant glow!

ENVIRON® FACIALS

Environ Skin Clearing Treatment

from **£70** 45-60 mins

Environ Active Vitamin Treatment

from **£90** 60-90 mins

Environ HydraBoost Treatment

£90 60 mins

LA SULTANE DE SABA® FACIALS

La Sultane Deluxe Skin Refining Facial

£90 60 mins

La Sultane Repairing Argan Facial

£90 60 mins

La Sultane Signature Moroccan Facial

£90 60 mins

ELEMIS FACIALS

Elemis Oxygen SkinCalm

£90 60 mins

Elemis SOS Purifying

£90 60 mins

SKIN SPECIFIC FACIALS

Exotic Moisture Dew

£90 60 mins

Lavender Repair

£90 60 mins

ADVANCED ANTI-AGEING FACIALS

Visible Brilliance

£90 60 mins

Pro-Collagen Quartz Lift

£90 60 mins

ONE ANTI-WRINKLE FACIAL

Tri-Enzyme Resurfacing

£90 60 mins

PROPHILO TREATMENT

£250 60 mins

The first of its kind, Prophilos® is a revolutionary 'beneath the skin' hyaluronic acid moisturising treatment, made with the patented NAHYCO® technology. This results in a unique hyaluronic acid injectable gel, which has a prolonged stimulating activity on the dermal cells. When injected into skin, Prophilos stimulates the skin cell receptors to counteract skin laxity and improve and restore firmness of the skin.

One of the highest concentrations of hyaluronic acid on the market, Prophilos not only boosts and hydrates the skin, but also remodels ageing and sagging tissue. The most common areas of treatment include the face and neck and can also be used for the décolletage, hands, arms, knees and abdomen area where it would effectively treat skin laxity. The treatment is suitable for men and women as well as offering skin benefits for patients of all ages.



Body Therapy

Body Sculpting Cellulite & Colon Therapy

£80 60 mins

The body sculpting lipo-refining serum and body sculpting firming cream targets stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying fennel & birch peel off body mask is applied, combined with specialist massage techniques to deeply cleanse the body, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

ELEMIS BODY TREATMENTS

Lime & Ginger Salt Glow	£45	45 mins
Total Glow Self-Tanning	£45	45 mins
Aroma Stone Therapy	£70	60 mins
Absolute Spa Ritual	£150	2 hrs
Total Time Out	£150	2 hrs

ELEMIS BODY WRAPS

Coconut Rub & Milk Ritual Wrap/Float	£55	45 mins
Frangipani Body Nourish Wrap/Float	£55	45 mins
Muselease Aroma Spa Ocean Wrap/Float	£75	60 mins

Massage

Deep Tissue Muscle Massage

A deep tissue massage can help alleviate some of the pain for individuals who suffer from arthritis, muscle inflammation or even back pain. It is used for treating chronic muscle pain and is also effective for muscle tightness, posture issues and repetitive strains. A deep tissue massage has even proven to be more effective than other medications for some people.

£50 30 mins / **£60** 45 mins / **£70** 60 mins / **£90** 90 mins

Stress Relief Massage

A stress relief massage is a great way to reduce the amount of stress that occurs in your daily life. Simple touching offers quick healing benefits such as overall feeling of calm. It is an effective stress relief massage that naturally helps your body release toxins. This results in detoxifying your muscles and the entirety of your body, leaving you feeling rejuvenated.

£50 30 mins / **£60** 45 mins / **£70** 60 mins / **£90** 90 mins

Hand & Foot Rituals

Manicure	£25	30 mins
Pedicure	£35	35 mins

Spa manicure

£40 45 mins

Like our full manicure, but using a Moroccan honey, rose and ginger mask followed by a hot towel wrap and a deeply moisturising shea butter mask, to soothe and soften the hands.

Spa pedicure

£50 60 mins

Like our full pedicure, but using a Moroccan honey, rose and ginger mask followed by a hot towel wrap and a deeply moisturising shea butter mask, to soothe and soften the feet. Includes a file, shape, cuticle work and polish. Removal not included.



Essentials

Brow and lash tint	£25
Brow tint	£10
Lash tint	£20

HD BROWS™ TREATMENTS

Using a seven step procedure including a variety of depilation techniques HD Brows' creates the ultimate in 'High Definition Brows'.

Eyebrows initial consultation	£35
Eyebrows maintenance	£13

THREADING

Chin 10 mins		£10
Eyebrows 10 mins	£15	
Upper Lip 10 mins	£15	
Lip & Chin 15 mins	£25	

Waxing

	HOT WAX	WARM WAX
Hollywood 30 mins	£50	£50
Brazilian 30 mins	£45	£45
Bikini Line 15 mins	£30	£30
Extended Bikini (G-String) 20 mins	£35	£35
Underarm 15 mins	£20	£20
Chin 10 mins	£10	£10
Upper Lip 10 mins	£10	£10
Cheeks 10 mins	£15	£15
Chin (extended) 10 mins	£15	£15
Eyebrows 10 mins	£15	£15
Lip & Chin 10 mins	£20	£20
Full Face 30 mins	£45	£45
Half Leg 20 mins	£20	
Three-Quarter Leg 30 mins	£28	
Full Leg 40 mins	£35	
Bikini & Half Leg 45 mins	£35	
Bikini & Full Leg 60 mins	£60	
Half Arm 15 mins	£20	
Full Arm 20 mins	£28	

Men

	WARM WAX
Chest 15 mins	£40
Back & Shoulders 30 mins	£45
Chest & Stomach 30 mins	£70

Spa Days

Half Day Spa packages available. We also host Hen Days and will close the spa for the ultimate pampering experience.

Gift vouchers available up to any value, please ask for more information

