

**Experience our Luxurious Full Day Packages including lunch,  
use of the sauna, steam room, jacuzzi, pool  
and state of the art gym:**

Luxury Spa Day £180

ESPA Body Polish  
ESPA ProFacial or Elemis Pro-Collagen Facial  
ESPA Aromatherapy Full Body Massage  
Jessica Manicure  
Jessica Pedicure

Mother To Be Full Day £170

ESPA Pre-Natal Treatment  
ESPA ProFacial  
Jessica Luxury Manicure  
Jessica Luxury Pedicure

Ultimate Relaxation Day £165

ESPA Salt and Oil Scrub or Elemis Lime & Ginger Salt Glow  
Academy Wellbeing Full Body Massage  
ESPA Specific Facial or Elemis Superfood Facial  
Jessica Manicure

Men's Chill Out £150

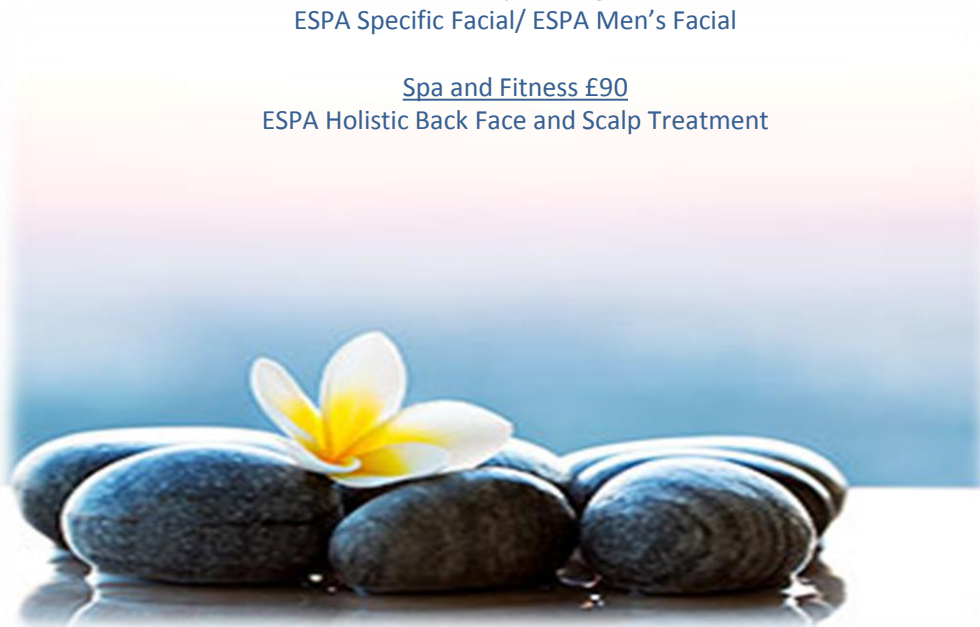
ESPA Salt and Oil Scrub  
Academy Stone Therapy Full Body Massage  
ESPA or Elemis Men's Relaxation Facial

Health and Fitness £105

Full Body Massage  
ESPA Specific Facial/ ESPA Men's Facial

Spa and Fitness £90

ESPA Holistic Back Face and Scalp Treatment



## **Serious about treatments? Enjoy one of our perfectly packaged Half Days:**

### Stress Reducing Option £135

ESPA Salt and Oil Scrub or Elemis Lime & Ginger Salt Glow  
Academy Wellbeing Full Body Massage  
ESPA Specific Facial or Elemis Superfood Facial

### Mother To Be Half Day £135

ESPA Pre-Natal Treatment  
ESPA ProFacial  
Jessica Manicure *or* Jessica Pedicure

### Pampering Option £125

ESPA Aromatherapy Full Body Massage  
ESPA Specific Facial  
Jessica Manicure *or* Jessica Pedicure

### Express Reviver £95

Back, Neck and Shoulder Massage  
ESPA or Elemis Express Facial  
Jessica Mini Manicure  
Jessica Mini Pedicure

### Men's Pick Me Up £95

ESPA or Elemis Men's Facial  
Full Body Massage

## **Short on Time but in need of a Pick-Me-Up?**

### Simply Spa Day £55

Academy Time Out (Express Facial and Back, Neck and Shoulder Massage)  
2 hours of health club facilities

