



CECILY

BEAUTY & RELAXATION

CONTACT OUR TEAM.

CECILY  
BEAUTY & RELAXATION

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## FACIALS



### ESPA FACIALS

Known for its internationally successful luxury spas, ESPA has pioneered the science of natural beauty with a collection of effective skincare products. With potent formulations that harness the power of nature, ESPA's product range uses the therapeutic benefits of aromatherapy and hydrotherapy to soothe and nourish the skin, relax the body and ease the mind.

Restore and nourish in a complete sense with this inspired collection of personalised treatments from world-renowned spa experts.

# ESPA

Natural Beauty  
Inner Calm

## ESPA FACIALS

### ESPA INNER BEAUTY FACIAL

£70 (55 MINS)

Deeply cleanse, hydrate and renew with this instant result 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:** Triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage

### ESPA OPTIMAL SKIN HEALTH FACIAL

£70 (55 MINS)

Visibly revive skin's natural beauty, balance and health. Achieving instant results with long-lasting benefits, this intelligent facial harness 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:** Triple cleanse (including deep brush cleanse) – exfoliation – steam and extraction (if required) – facial massage – mask – hand & arm exfoliation and massage

### ESPA INTENSE REGENERATING FACIAL

£70 (55 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:** Triple cleanse – exfoliation – steam and extraction (if required) – age-defying facial massage – mask – scalp massage

## ESPA EXPRESS TREATMENTS

### ESPA EYE LIFT

£40 (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:** Cleanse – exfoliation to face and eye contour – eye contour massage – firming eye mask

### ESPA EXPRESS FACIAL

£40 (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:** Double cleanse – exfoliation – personalised mask – scalp massage

## CECILY FACIALS

### CECILY BESPOKE FACIAL

£55 (60 MINS) | £40 (30 MINS)

A truly relaxing and effective facial, tailored to suit your skin's needs using the wonderful CECILY botanical products. Talk to your therapist about your skin and your favourite elements of a facial. Get the perfect experience, bespoke to you.

### AROMATHERAPY FACIAL

#### GUEST FAVOURITE!

£55 (60 MINS)

The ultimate relaxing face, scalp and décolletage treatment. Indulgent and uber relaxing oils. Includes a 15-mins back, neck & shoulder massage.

### 'FLASH & DASH' 25 MINS FACIAL

£30 (25 MINS)

Short of time? Want to fit it on your lunch break? Or last-minute plans... and you need a glow; this mini facial will restore radiance, re-hydrate and give your skin the glow that is needed all in a flash!

### DERMAPLANE FACIAL

£40 (30 MINS – EXPRESS)

£60 (60 MINS – LUXURY)

Dermaplaning is a method of physical exfoliation, instead of using granules, a sterile, surgical scalpel is used to gently remove the skin's surface, removing the top-most layer of dead skin along with fine, vellus hair (a.k.a peach fuzz) leaving skin radiant, clear and youthful.

The Luxury treatment includes the Casamera face mask, jade roller and arm massage.





## MICRODERMABRASION

### THE FACIAL THAT PREPS YOUR SKIN TO DELIVER THAT FLAWLESS FILTER!

The clinically proven treatment achieves flawless results without resorting to serious cosmetic procedures. Microdermabrasion is a gentler way to approach and achieve a smoother more radiant skin.

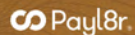
This treatment is perfect choice for dull, uneven skin or for skin that just needs an instant radiance boost. Crystals are directed very precisely at the skin surface at varying speeds and the dead skin cells are removed through the vacuum action to reveal smoother, brighter, more radiant skin. Treatment is completed with our beautiful hydration mask that locks in moisture and provides an invisible second skin effect. Results are evident after a single treatment but for more intense results a course of treatments will offer simply staggering improvements.



CRYSTAL CLEAR  
SKINCARE

ONE TREATMENT £75 (50 MINS)  
COURSE OF 3 TREATMENTS £215  
COURSE OF 6 TREATMENTS £410

Courses are paid in full when making the appointment of your 1st treatment.



Spread the cost of your treatments.

Payl8r is a simple payment option that enables you to buy the goods and services you require now, and spread the cost over a time period to suit you! - See our website for more information.



## MASSAGES

### OILS USED:

- ◆ **END OF HER TETHER DUCHESS**  
Camomile, Vetivert & Ylang Ylang - RELAXING
- ◆ **WEARY DUCHESS**  
Lemon, Basil & Lime - REVIVING
- ◆ **KNACKERED DUCHESS**  
Rosemary, Lavender, Arnica & Ginger - RESTING
- ◆ **DRAINED DUCHESS**  
Jasmine & Geranium - RESTORING

### WARM YOUR BONES WITH STONES MASSAGE **NEW!**

**£60** (45 MINS)

This soothing gentle massage uses all natural muscle and joint oil for painful joints and stiff, aching muscles using hot stones for the ultimate relaxation and pampering experience.

### PREGNANCY MASSAGE

**£50** (45 MINS)

Treat yourself to a back, neck & shoulder massage and a soothing leg and foot massage, all while you relax on our Prone-lying Bolster Cushion; which enables you to lay on your front throughout suitable for all trimester.

### LEG & FOOT SOAK & MASSAGE

**£25** (20 MINS)

Tired, stressed feet and aching legs? Enjoy some blissful massage strokes in the comfort of Cecily's pedicure chairs.

### HEAD AND SCALP SOOTHING MASSAGE **NEW!**

**£35** (25 MINS) | **£50** (45 MINS)

Perfect for relieving tension and take away your head stress! Therapists will use pressure point techniques to encourage circulation and release tightness. Leaving you refreshed, relaxed yet revived. Pure bliss. The longer appointment also includes a 15 min back massage.

### HOT STONE MASSAGE

**£45** (30 MINS) | **£60** (50 MINS)

Combining a wonderful full body massage with your choice of our pre-blended aromatic oils and the deep reaching hot stones. These are perfectly placed on your body to maximise your relaxation and stimulate pressure points.

### LAVA SHELLS **NEW!**

**£45** (30 MINS) | **£60** (50 MINS)

Indulge and pamper yourself in the luxurious Lava Shell body massage combining the warmth of the shells with deeply relaxing massage techniques.

### BACK, NECK & SHOULDER MASSAGE

**GUEST FAVOURITE!**

**£45** (30 MINS)

Sometimes all you need is the warmth of your therapist hands easing away the stress of the day. This classic massage is the ultimate in simple relaxation.

### DEEP MASSAGE

**£45** (25 MINS) | **£60** (45 MINS\*)

Powerful, deep and strong rhythmic movements make this customised massage pure therapy for your body and soul. \*For the longer massage therapists will spend 30mins on your back and the rest of the time will dedicate on your legs and feet or on your décolletage, neck & scalp. Your therapist will consult with you at the start.

### FULL BODY MASSAGE **GUEST FAVOURITE!**

**£55** (50 MINS) | **£70** (75 MINS\*)

A sense of extreme well-being and relaxation are on order with this delightful massage, using your choice of simple or essential oils. This massage improves circulation and eases tension. Your massage expert will have you floating off to sleep - you'll not want it to end. \*The 75min includes a scalp and restful face massage.

### COUPLES MASSAGE

Enjoy the togetherness of mutual relaxation. Share your experience with your partner or friend in our dual massage room. Choose from our Massage Menu and receive 10% discount at the salon.

Please ring our reservations team to book your appointments on 01442 873185. Our lines are manned between 9am-5pm Tuesday to Saturday.

## ESPA MASSAGE

### HOT STONE MASSAGE

**£70** (55 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

**£70** (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

### ESPA SWEDISH MASSAGE

**£70** (55 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 BACK, NECK & SHOULDER MASSAGE

**£55** (30 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, reenergises your body and calms your mind.

**INCLUDES:** Massage to the back, neck and shoulders



### BIO SCULPTURE GELS

**£40 (45 MINS) | £45 WITH SOAK OFF**

The highly reputable BioSculpture brand gives chip-free, strong yet flexible glossy finish. Lasts up to three week. This nourishing manicure will protect and enhance your nails.

### FOOT ER

**£30 (30 MINS) – NO POLISH**

Like the Nail ER but for feet. Get rid of those hard heels and dry skin. Stop having to hide those toes!

### NAIL ER

**£40 (45 MINS) – NO POLISH**

This works a little harder on problem areas and tired hands. Dealing with areas such as flaky nails or dry skin.

### SHAPE & PAINT

When time is of the essence. A quick shape of the nails and application of your chosen colour in polish or gels! Allow for drying time for polish.

### CECILY MANICURE / PEDICURE

Working your cuticles and conditioning your hands/toes. Includes a hand/foot massage. Finished off with your choice of polish or gel.

### LUXURY MANICURE

A wonderful long manicure with a hand and arm massage. Cocoa Butter is used during your this treatment to soak and condition your hands. Warming Heated Towels are also included in this treatment.

### LUXURY PEDICURE

A wonderful long pedicure with a leg and foot massage. Cocoa Butter is used during this treatment to soak and condition your feet. Warming Heated Towels are also included in this treatment.

## MANICURES & PEDICURES

MANICURES	POLISH	GELS	BIO-SCULPTURE
SHAPE & PAINT	£25	£35	£40
CECILY MANICURE	£35	£45	£50
LUX MANICURE	£40	£50	–

PEDICURES	POLISH	GELS	BIO-SCULPTURE
SHAPE & PAINT	£25	£35	£40
CECILY PEDICURE	£35	£45	£50
LUX PEDICURE	£45	£55	–

PACKAGES	POLISH	GELS
SHAPE MANI & PEDI	£45	£65
CECILY MANI & PEDI	£65	£80
LUXURY MANI & PEDI	£80	£95

GELS: Add a standard soak off with treatment for ONLY £5

### CECILY SOAK OFF

Soak off with a mini hand pamper £20 (25 MINS)

Includes cuticle work, buffer of the nail and finished off with a hand massage, leaving hands looking healthy and fresh.



# SPA DAY PACKAGES

ALL SPA PACKAGES CAN BE BOOKED BY  
CONTACTING OUR RESERVATIONS  
LINE 01442 873185.

## WITH LOVE PACKAGE

### GUEST FAVOURITE!

£90 (1 HOURS 20 MINS)

A wonderful gesture for the one you love.

- Flash and Dash Mini Facial 25 mins
- Back, Neck & Shoulder Massage 30 mins
- Warming Foot Soak & Massage 25 mins

## INDULGENCE PACKAGE

### GUEST FAVOURITE!

£150 (2 HOURS 40 MINS)

This package truly is a top to toe pampering treatment. Let our skilled therapists help you drift away and float off to the world of relaxation.

- Bespoke Facial 50 mins
- Bespoke Full Body Massage 50 mins
- Luxury Pedicure or Manicure 60 mins (polish)
- Light meal option available including a glass of Prosecco

## PAMPER ME PACKAGE

£125 (2 HOURS 15 MINS)

This package is all about enjoying our very own 'me time'...now relax.

- Bespoke Facial 30 mins
- Bespoke Full Body Massage 45 mins
- Luxury Pedicure or Manicure 60 mins (polish)

## RELAX TOGETHER PACKAGE

£80 EACH | BOOK TWO APPOINTMENTS

(1 HOURS 15 MINS)

Enjoy together with dual treatment room.

- Flash and Dash Mini Facial 25 mins
- Full Body Massage 50 mins

## PREGNANCY PAMPER PACKAGE

\*Not recommended in the 3rd trimester

£125 (2 HOURS 15 MINS)

Using our Prone-lying pregnancy Bolster Cushion for your comfort; which enables you to lay on your front throughout at all stages of your pregnancy.

- Pregnancy Massage 45 mins
- \*Cecily Facial 30 mins
- Luxury Pedicure 60 mins (polish)

## THE DUKE RELAXING TIME

£125 (1 HOURS 45 MINS)

- The Gent's Facial 25 mins
- Full Body Massage 50 mins
- ER Pedicure 30 mins

## BRIDAL PACKAGE

### GUEST FAVOURITE!

£250 (4 HOURS 30 MINS)

A wonderful gesture for the one you love.

- Full Leg Strip, Lycon Brazilian or Hollywood, includes Bikini & underarm
- Lash Extensions
- Cecily Brows (Shape & Tint)
- Cecily Pedicure with gels
- Cecily Manicure with gels
- Light meal option available including a glass of Prosecco

## GROOM'S PREP PACKAGE

£130 (UP TO 2 HOURS)

- Back Wax
- Eyebrows, Ears & Nostril Wax
- The Duke's Facial
- Hands & Nail ER



# HAIR REMOVAL

## DUCHESS LYCON WAXING

50% less pain!

BIKINI	£24
THONG	£26
BRAZILIAN	£38
HOLLYWOOD	£42
UNDERARM	£20
FOREARMS	£25
CHIN	£10
LIP	£9
LIP & CHIN	£16
EYEBROWS	£15
LOWER BACK	£35

## THREADING

Quick and virtually painless hair removal.

EYEBROWS	£12
TOP LIP	£10
CHIN	£8
FACE FLUFF	£12
LIP & CHIN	£19
EYEBROW & LIP	£19
EYEBROW & CHIN	£18
EYEBROW, LIP & CHIN	£25
FULL FACE	£30
incl eyebrows	

ADD AN AREA £5 PER AREA

## DUCHESS STRIP WAXING

HALF LEG	£21
HALF LEG UPPER	£23
THREE QUARTER LEG	£24
FULL LEG	£28
HALF LEG & BIKINI	£30
FULL LEG & BIKINI	£34
BIKINI	£13
THONG	£16
UNDERARM	£10
FOREARMS	£16
CHIN	£8
LIP	£7
LIP & CHIN	£13
EYEBROWS	£10
LOWER BACK	£25

## THE DUKE WAXING

FOR GENTS

EYEBROWS	£15
NOSTRILS & EARS	£15
BACK WAX STRIP	£25
SHOULDERS WAX STRIP	£11
BACK & SHOULDERS	£34
CHEST	£25
LEGS	£35





### BROW LAMINATION & TINT

**£50** (50 MINS)

Brow Lamination will help give you a uniform, full eyebrow shape. This is the ultimate solution for eyebrows that do not have symmetry where the hairs follow a different pattern, with lamination we can realign the brows in such a way to give them the desired shape you want and a fuller look. This treatment solves the messy brow issue, creates volume and fullness, while giving you a sleek well-kept brow shape for up to 2 months. With a new protein composition based on liquid keratin and silicone you can also encourage brow growth by creating a protective film around the hair.

### LVL LASH LIFT & TINT

**£50** (50 MINS)

By straightening your natural lashes at the root and then tinting them, the LVL Lash Lift gives you the appearance of longer, thicker lashes.

### CLASSIC LASH EXTENSIONS

**£55** (1 HR 15 MIN) | **INFILLS £35** (30 MINS)

**2+ WEEK INFILLS £45** (50 MINS)

Create long-lasting power lashes in less time. Think superfine extensions, applied using an innovative lash technique to create the look that expresses your individuality.

### HYBRID LASH EXTENSIONS

**£60** (1 HR 45 MIN) | **INFILLS £40** (40 MINS)

**2+ WEEK INFILLS £50** (60 MINS)

Combination of Classic and Russian Lash Extensions to create a natural, fuller lash.

### RUSSIAN LASH EXTENSIONS

**£45** (2 HR) | **INFILLS £45** (45 MINS)

**2+ WEEK INFILLS £55** (60 MINS)

These lashes are ultra-fine, synthetic lashes that are made from the same soft fibre as classic lashes. Because they are much thinner the therapist is able to apply more lashes to each natural lash. Russian lash extensions are applied in a fan like shape which gives more volume.

## THE LASH & BROW PARLOUR

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LASH TINT	20 MINS	£25
LASH & BROW TINT	40 MINS	£30
EYELASH LIFT ('PERMING')	45 MINS	£35
Perm and lengthen the look of your natural lashes		
BROW TINT	15 MINS	£13

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### BROW SHAPE

STRIP WAX	£13
LYCON	£13
THREAD	£13
TWEEZE	£13
BROW TINT & SHAPE	£21   £26
LYCON LVL LASH LIFT + BROW SHAPE & TINT	£70
Your ultimate lashes and brows treatment.	

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# BODY TREATMENTS



## HYDRATING BODY WRAP

£60 (50 MINS)

A wrap that enables your skin to stay fresh, young and smoother. Body wraps include body brushing, followed by a full body scrub. Did you know that you lose a layer of skin cells every month? Skin cells come to the surface of the skin and when extremely dry they form what sometimes looks like parched scales on the surface of the skin. Dry skin cells can act as an impermeable shield and stop moisturisers from sinking into your skin to effectively hydrate the lower layers of your skin. Skin Brushing will break down those dead cells, and improve blood circulation under your skin whilst bringing more oxygen into your body. Exfoliation will finish the process of removing dead cells leaving your skin smooth and ready to absorb nourishment and any targeted treatments you desire for your skin.

## BACK RESURFACING AND MOISTURISE

£60 (50 MINS)

Feel exfoliated and cleansed in this regeneration treatment. Back cleanse, scrub & mask finished with a moisturising back massage.

## DAINTY DUCHESS SHRINKING VIOLET INCH LOSS WRAP

£80 (90 MINS)

Using the Shrinking Violet inch loss wrap, one treatment can reduce body fat up to 2.5%. Clinically proven. Feeling is believing with this revolutionary body treatment. Includes our key signature Faith Lift Facial.

# DUKE TREATMENTS

## THE GENTS

### THE DUKE'S FACIAL

£30 (EXPRESS 25 MINS) | £50 (50 MINS)

Relax and unwind with this bespoke cleansing, refreshing and softening facial. Using products and techniques to suit male skin needs.

### EYEBROW, NOSTRIL & EAR WAX

£25 (30 MINS)

Gentle Lycon waxing for those hard to tame areas.

### THE DUKE'S HAND AND NAIL ER

£45 (45 MINS)

Hard weathered hands and nails need a little bit extra TLC. This special restorative manicure exfoliates and works hard skin. Soaks and softens hands followed by a nail shape and buff.

### THE DUKE'S PEDICURE

£45 (45 MINS)

Similar to the manicure, this pedicure pays special attention to soaking and softening hard skin and nails. Buffing and revitalising toes and heels.

LOOK OUT FOR OUR  
**THE DUKE-WEDNESDAY!**  
£33 OFF SELECTED TREATMENTS ON WEDNESDAY.

For more details please check out our website.

## WANT A LITTLE EXTRA WITH OUR SPA PACKAGE?

ADD A BLOW DRY EXPERIENCE TO YOUR PACKAGE  
FOR ONLY AN EXTRA £30 (NORMALLY £45).



Our Blow-dry Experiences, at our in-house hair salon Alchemy & i, are second to none. Not only will you get the ultimate Blow Dry, you can enjoy a cocktail of your choosing, made for you while you watch, or bottomless bubbles, wine or beer. Coffee and biscuits for those of you who wish to stay sober!

Please contact the salon on 01442 871 184 to add this to your package.

ALCHEMY & i  
BALNEARY & BLOWDRY | BUBBLES



SPRAY  
TANNING

SIENNA X £25

EXPRESS SIENNA X (14 HOURS) £26

1 HOUR EXPRESS £26

sienna 

## PIERCING

### EAR

STANDARD LOBE £25

CONCH £25

HELIX/CARTILIDGE £25

ROOK £25

DAITH £25

TRAGUS £25

ANTI-TRAGUS £25

SCAFFOLDING £35

### FACE

NOSE £25

SEPTUM £25

EYEBROW £25

MEDUSA £25

MONROE £25

LABRET £25

VERTICAL LABRET £25

LIP £30

### BODY

BELLY £25