



eden hall
day spa
nottinghamshire

day experiences and treatment tariff

Step 1 – Select Your Eden Day Spa Experience

Relaxed Experience £69

The Relaxed Day is the main element of all of our day experiences. This includes full use of the saltwater vitality swimming pool, sauna, saunarium, rose infused steam room, herbal caldarium, salt marine room, specialist showers, aqua massage centre, gymnasium and exercise or relaxation classes.

Plus soft luxurious towels and towelling robe for use on the day as well as a three course lunch in the Seventh Heaven Restaurant.



eden hall
day spa
nottinghamshire

Thalgo De-stress Day £94

The Relaxed Experience, plus a Thalgo Aromatic-Relax Back Massage to soothe and ease tensions around the back, neck and shoulders or a Thalgo Taster Facial to refresh and hydrate the skin.

Appointment time: 25 mins.

Elemis De-stress Day £94

The Relaxed Experience, plus a Well Being Back Massage or an Eden Relaxing Facial to ease away stresses and strains.

Appointment time: 25 mins.

Thalgo Time Out for Men Day £96

The Relaxed Experience plus a Thalgo Mens Marine Back Cleanse. Includes a mini Back Massage to help ease aches and strains, a soothing foot and leg massage and a purifying algae mask. Appointment time: 40 mins.

Or a full fitness profile. Profile time 55 mins.

Elemis Time Out for Men Day £96

The Relaxed Experience, plus an Elemis* Herbal Back Cleanse to include a mini Back Massage. This decongesting treatment helps improve skin texture and tone of the back.

Appointment time: 40 mins.

Or a full fitness profile. Profile time: 55 mins.

Elemis Beautiful Bump Day £105

The Relaxed Experience, plus an Elemis* Mother to be Massage. This treatment combines tried and tested safe massage techniques adapted to each stage of pregnancy.

Specialised positioning ensures the ultimate in comfort and relaxation. The treatment involves the whole body including the face and scalp. This helps relieve tension in the lower and upper back and also alleviates swelling in the hands and feet.

Appointment time: 1 hour 10 mins.

(LIMITED AVAILABILITY)



Thalgo Heavenly Body Day £120

The Relaxed Experience plus a Thalgo Indoceane comforting wrap. Let us take you on a journey through the continents of the east to experience this definitive Thalgo wrap. Enjoy the Indian Qi balm as it is applied to the hands and feet and warm oils from the Japanese sacred lotus are drizzled over the body. Unwind and relax whilst the eastern techniques are applied to the back and scalp. Luxuriate with an application of hydrating sublime cream to complete this ultimate wrap.

Appointment time: 55 mins.

Elemis Heavenly Body Day £120

The Relaxed Experience plus an Elemis Frangipani Nourish Wrap. Frangipani flowers produce a monoi, which simply means scented oil. This is used to protect and condition the skin. After a light skin brush, the warm monoi oil is poured over the body. Whilst cocooned in a wrap, your body absorbs this skin enhancing mixture and you will be treated to a relaxing face and scalp massage.

Appointment time: 55 mins.

Need any help with your choice? Call our reservations team who will be delighted to talk through your requirements and make recommendations.

Thalgo Sheer Indulgence Day £150

The Relaxed Experience plus a combination of Thalgo body and facial therapy. This wonderful therapy incorporates an Aromatic Back and Foot Massage along with a Purity Ritual Facial. Using special blends of aroma oils and various massage techniques we aim to melt away the stress and tensions of your back. The Purity Ritual Facial will leave your skin feeling fresh and rejuvenated. This marine based facial includes a cleanse, tone, exfoliation, face, neck and shoulder massage, mask and moisturiser. A soothing hand and arm massage completes this therapy. This truly indulgent experience also includes breakfast and to end your day in style, a glass of house champagne and luxurious Eden chocolates.

Appointment time: 1 hour 25 mins.

Elemis Sheer Indulgence Day £150

The Relaxed Experience plus a Well Being Back Massage and Skin Specific Facial. Delight in the indulgence of the muscle melting Well Being Back Massage and enjoy the immediate results of an Elemis* Skin Specific Facial. Proven active ingredients brighten the skin whilst legendary Elemis techniques cleanse and relax. This truly indulgent experience also includes breakfast and to end your day in style, a glass of house champagne and luxurious Eden chocolates.

Appointment time: 1 hour 25 mins.



For advice on our list of treatments please call **01636 525 555**.

The minimum guest age is 16.

Medical Conditions

Certain medical conditions may prevent the use of some facilities and treatments. If you have any of the following, please seek the advice of your doctor and notify our Reservations Team before visiting the spa.

- cancer
- heart condition
- high/low blood pressure
- arthritis or rheumatism
- diabetes
- epilepsy

We would also recommend any guest who is pregnant, has concerns about allergies or has restricted mobility to contact our Reservations Team for advice on using the spa facilities.

All appointment times include consultation and aftercare advice.

* Please note that some Elemis products contain nuts.

Step 2 -

Why not treat yourself to an additional therapy?

Body Treatments

Eden Signature Treatments

Fitness Profile

Your body's ability to deal with everyday activities without fatigue is your current state of physical fitness. This is made up of factors which we can test through either:

Mini Fitness Profile £29

Includes blood pressure, resting heart rate, height and weight (BMI), waist/hip ratio, body fat percentage and a VO2 cycle test.
Profile time: 25 mins.

Full Fitness Profile £39

Includes all of the above plus lung function, grip strength, muscular endurance (sit-ups) and flexibility. Profile time: 55 mins.

Eden Well Being Back Massage £35

A soothing treatment which relaxes muscles, eases tension and helps keep your neck and shoulders supple. Just the way you like it!
Appointment time: 25 mins.

Reflexology £50

An ancient method of alternative therapy. Reflexology uses the feet as a map of the entire body. By applying pressure and massaging the reflexes of the feet the whole body can be treated. Tensions are released, circulation is increased, the lymphatic system is stimulated and the body is facilitated to bring it back to its natural balance. A very interesting and relaxing treatment.
Appointment time: 55 mins.
(LIMITED AVAILABILITY)

Eden Full Body Massage incorporating Hot Stones £56

Specifically designed to induce deep relaxation and invite sleep. This treatment uses the power of essential oils along with Hot Basalt and Cool Marine stones to give you a truly divine experience. This total body massage relieves muscular aches and pains, increases blood circulation and stimulates lymphatic flow to give you a feeling of total well-being.
Appointment time: 55 mins.

Eden Back, Face and Scalp treatment incorporating Hot Stones £56

Designed to treat those areas where we are most prone to carry tension. This treatment is pure bliss. Hot stones are placed on various points of the body to deliver calm and relaxation as your feet are given a wonderfully relaxing massage. The back is then treated with a combination of manual and hot marine stone massage techniques to suit your needs and concerns before your face is thoroughly cleansed, exfoliated and nourished with products to suit your skin type. A scalp massage completes the treatment, lifting away the last of your tension and leaving you feeling totally relaxed. Appointment time: 55 mins.

Spa Find Treatments

Silky Skin £30

This full body exfoliation delivers perfectly silky skin using mineral salts combined with coconut oil. This treatment leaves the skin radiant and glowing. While the active ingredients are absorbed, you will receive a relaxing scalp massage to soothe the body and mind. Appointment time: 25 mins.

Aquasun £37

This treatment commences with a full body exfoliation to nourish and polish the skin; followed by the Aquasun therapy, recreating a beach experience. Dead Sea mineral water combined with jets gently massage the body whilst you relax beneath a low UV sun canopy to

promote a sense of well being. This treatment concludes with an application of heavenly body lotion to leave the skin hydrated. Appointment time: 40 mins. (LIMITED AVAILABILITY)

Infinite Indulgence £58

A pure spa experience to relax the body and mind; your body is luxuriously exfoliated before oils are applied. We then envelope your body in warm Dead Sea Mud to soften, soothe and re-mineralise the skin. While cocooned, you are treated to a heavenly scalp massage. Moisturiser tailored to suit your concerns eg. firming /stretch marks /cellulite is generously applied to the body to complete this treatment. Appointment time: 1 hour 10 mins.

Absolute Aquasun Experience £63

This treatment begins with a full body exfoliation to nourish and polish the skin; followed by the Aquasun therapy which recreates a beach experience. Relax beneath a low UV sun canopy whilst bathing in warm water infused with Dead Sea minerals. The bath's jets gently warm the body and promote a sense of well being. The SpaFind unique body massage which follows, completes this treatment leaving the skin soft and supple. Appointment time: 1 hour 25 mins. (LIMITED AVAILABILITY)

Jessica Treatments

Deluxe Manicure £39

A treatment care system especially for nails,

including the latest in anti-ageing products for the hands. Heated hand mitts help the moisturisers to work. This treatment line has been devised to give you improved nails and the therapist will explain the products to continue your home treatment. Appointment time: 1 hour 10 mins.

Deluxe Pedicure £39

A treatment care system especially designed to pamper the feet with the use of heated boots. Nail and foot care at its best, with a choice in nail colour if desired. Appointment time: 1 hour 10 mins.

Manicure £35

As Deluxe but without the use of the heated hand mitts. Appointment time: 55 mins.

Pedicure £35

As Deluxe but without the use of heated boots. Appointment time: 55 mins.

Thalgo Body Treatments

Back Massage £35

A soothing back massage to help ease tension. This treatment also incorporates the feet leaving you truly relaxed and stress free. Appointment time: 25 mins.

Aromatic Back Treatment £44

Rich in natural active marine algae, this treatment cleanses and purifies to leave the skin radiant. Incorporates a relaxing back massage to ease away tension. Appointment time: 55 mins.

Thalgomince LC24 Body Contouring Wrap (part body) £54

An intensive treatment for the hips, thighs, buttocks and stomach areas, incorporating the revolutionary Thalgomince LC24 with an exclusive slimming massage that targets unsightly cellulite and slackened muscle tone. A luxurious creamy mask is applied to areas of concern leaving the skin feeling velvety soft and smooth. With new advanced formulas, this treatment will leave your skin feeling tightened and toned whilst reshaping your body contours. Appointment time: 55 mins.

Aromatic Body Massage £55

This treatment uses powerful techniques based on Shiatsu and Swedish massage. To promote relaxation through improved circulation and lymphatic drainage, ultimately relieving all signs of stress and fatigue. Appointment time: 55 mins.

Slim & Sculpt £60

Based on Russian massage principles, the Slim & Sculpt treatment incorporates active products and massage techniques that synchronise to offer a tailor made double action of slimming and firming. A truly multi-sensory experience which guarantees a complete and personalised solution to fight against fat build up, dimpled and sagging skin. Slim & Sculpt awakens your senses with a delicious ginger and cocoa aroma. Appointment time: 1 hour 10 min.

Elemis Body Treatments

Elemis Well Being Massage £55

From the soles of your feet to the crown of your head the unique Ten Cultural Touches of Elemis are combined with the welcome touch that makes this much more than just a massage. Your body is lightly brushed before warm massage oils are smoothed over the body taking you on a journey of deep relaxation. Appointment time: 55 mins.

Elemis Coconut and Milk Ritual Wrap £54

A ceremony of pure sensuality to tantalise and delight! A traditional Balinese recipe with coconut, mungbean spices and lavender polish the skin, whilst the exotic body oil indulges your senses. Bask in the ritual as warm milk bath is poured over your entire body before being cocooned in a comforting foil wrap as your face and scalp are massaged. Healing, comforting opulence with pure unadulterated pleasure. Appointment time: 55 mins.

Elemis Body Sculpting Cellulite and Colon Therapy (part body) £58

Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The body sculpting lipo-refining serum and body sculpting firming cream target stubborn cellulite and sagging skin for visible, rapid results. A detoxifying fennel and birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems helping firm and smooth the skin, stimulate circulation and reduce fluid retention. Cleansing of the colon

through abdominal massage helps to detoxify the body working from the inside out.

Appointment time: 55 mins.

Eden Signature Treatments

Eden Relaxing Facial £35

This is an excellent introductory facial which includes a cleanse, tone, neck, shoulder, face and scalp massage, followed by exfoliation and moisturiser to finish. Appointment time: 25 mins.

Hopi Ear Candle £40

This treatment originates from the native American Indians of the Hopi Tribe. The candles are an effective and alternative way to cleanse, purify and heal the ears, nose and throat areas. Appointment time: 40 mins. (LIMITED AVAILABILITY)

Indian Head Massage £44

This relaxing massage technique has been practised throughout India for many centuries. It is carried out in a sitting position and focuses on energy centres of the head, neck, scalp and face, by using key acupressure points, relieves tension and stress. Appointment time: 40 mins. (LIMITED AVAILABILITY)

Eden Facial incorporating Hot Stones £56

This is the treatment for you if you adore facial massage! The skin is thoroughly cleansed and exfoliated to polish and unveil a fresh looking you. The facial massage begins, hot stones are applied and a sense of tranquility will surround you. Simply drift and allow your stresses and strains to melt

away. Appointment time: 55 mins.

Eden Back, Face and Scalp Treatment incorporating Hot Stones £56

Designed to treat those areas where we are most prone to carry tension. This treatment is pure bliss. Hot stones are placed on various points of the body to deliver calm and relaxation as your feet are given a wonderfully relaxing massage. The back is then treated with a combination of manual and hot marine stone massage techniques to suit your needs and concerns before your face is thoroughly cleansed, exfoliated and nourished with products to suit your skin type. A scalp massage completes the treatment, lifting away the last of your tension and leaving you feeling totally relaxed. Appointment time: 55 mins.

Facial Treatments

Thalgo Facial Treatments

Thalgo Taster Facial £35

The perfect introduction to Thalgo, this treatment incorporates active marine ingredients and vegetal milks to provide your skin with all it needs to be intensely restored, refreshed and hydrated. Includes cleanse, tone, exfoliation and luxurious hydrating mask and moisturiser. Appointment time: 25 mins.

Ocean Facial for Men £46

This hi-tech professional treatment is based upon relaxing massage movements and the application of a purifying mask, diffusing all the goodness of the highly energising Algue Bleue Vitale directly to

the heart of the skin. Appointment time: 55 mins.

Purity Ritual Facial £49

This is a prescriptive facial for all skin types. Individually tailored by your therapist to suit your needs. Includes cleanse, tone, exfoliation, face, neck and shoulder massage, mask and moisturiser. Also includes a hand and arm massage. Appointment time: 55 mins.

Absolute Rehydrating Facial £56

This luxury facial features relaxing massage techniques to activate the thirst quenching ingredients which deeply replenish, revive and soften dry skin. This facial also alleviates fine lines and wrinkles. Appointment time: 1 hour 10 mins.

Exceptional Facial £67

The "must have" facial featuring a silky smooth mask; supple and melting like a second skin. The mask infuses powerful natural marine anti-ageing actives and anti-oxidants to plump and smooth lines and wrinkles. Exceptional results – the complexion is radiant, the face appears visibly younger and the facial contour is lifted, infinitely youthful, like a holiday for the skin. Appointment time: 55 mins.

Elemis Facial Treatments

Elemis Skin Specific Facial £49

A deep cleansing facial suitable for both men and women. Specialised Eastern massage techniques help bring back radiance and youthful vitality. Appointment time: 55 mins.

Elemis Skin IQ + Facial for Men £61

Charged with clinically proven anti-ageing time defence wrinkle delay and time defence eye reviver. This treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results. Appointment time: 1 hour 10 mins.

Elemis Skin Solutions

Elemis Oxygen SkinCalm Facial (sensitive skin) £66

This face and eye treatment is pure soothing heaven for sensitive skins. Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed skin. This superior treatment is further enhanced by a luxurious hand and arm massage and a de-stress scalp treatment. Appointment time: 1 hour 10 mins.

Elemis S.O.S Purifying Facial (oily, problem and congested skins) £66

This powerful purifying face and eye treatment helps to absorb excess sebum, regulate and balance the function of the skin, whilst helping to repair scarring. Purifying massage techniques, combined with the unique Japanese Sulphur Mask impregnated with Vita-C Booster Serum, help to calm irritated skin and rebalance oil-rich pores,

leaving a beautiful matt skin. This superior treatment is further enhanced by a luxurious hand and arm massage and a de-stress scalp treatment. Appointment time: 1 hour 10 mins.

Elemis Advanced Anti-Ageing Facials

Elemis Pro-Collagen Quartz Lift Facial £71

This exceptional anti-wrinkle facial is clinically proven after just one treatment, this facial reduces the number of wrinkles by up to 94% and improves skin firmness by up to 57%. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficiency leaving a firmer, uplifted more youthful looking appearance. Appointment time: 1 hour 10 mins.

Elemis Visible Brilliance Facial (ageing, stressed and slackened skin) £71

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40% after just one treatment. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two phase amino active mask helps smooth, sculpt and restore skin radiance. Appointment time: 1 hour 10 mins.

Elemis Tri-Enzyme Resurfacing Facial* £74

This ground-breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just 1 treatment. This unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin. Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion. Appointment time: 1 hour 10 mins. *A patch test will be required on arrival.

Step 3 –

Add some finishing touches

Treatment Essentials

Eyebrow Shape £12

Appointment time: 10 mins

Eyebrow Tint and Shape £16*

Give your eyes an instant lift. Reshape and redefine your eyes. A beauty must have! Appointment time: 25 mins.

(Shaping does not involve waxing.)

Eyelash Tint £16*

A must have beauty treatment to enhance and darken your lashes. Various colours available. Appointment time: 25 mins. *For tints a patch test

will be required on arrival.

Make Up

Relax and let an expert guide you in making the right choice to suit your skin colouring and your lifestyle. The exquisite make-up collection has a range of seasonal colours offering something for everyone. Book your mini makeover on the day at our product SpaShop; on making this appointment a booking fee will be charged.

Celebration Cake

These can be pre-ordered at an additional charge. (Order requires a minimum of 48 hours notice)

Flowers

Surprise someone special for either a birthday, anniversary, celebration or just to say "I Love You". We are proud to offer the service of arranging fresh flowers:-

Small compact hand-tied bouquet of seasonal flowers
Medium stylish hand-tied bouquet

Large classical bouquet with a stylish twist
(Orders require a minimum of 48 hours notice. Prices available upon request.)

Breakfast

Whether you are here to continue your healthy regime or for total pampering and sheer indulgence why not start your day with a delicious continental breakfast?
Served between 8.30am and 10.30am.

Wines & Champagne

Served by the glass or bottle. Due to guest's safety and well being, we only offer one alcoholic drink per guest at lunch time. Otherwise alcoholic beverages are available from 4pm. Strawberries or Truffles are also available. Breakfast, wine and

champagne can be pre-booked or ordered on the day of your visit.

Gift Vouchers

Give an experience that will always be remembered. Gift vouchers are available for all the day experiences and in £10, £25 and £50 denominations. The perfect present, one which will never be forgotten. Gift vouchers can be redeemed at both of our Eden Day Spas. Please note gift vouchers are valid for 12 months and are non refundable. Day Experience Gift Vouchers cannot be split between two people or be downgraded.

Important Information

To avoid disappointment additional therapies should be booked on making your reservation. Prices and inclusive therapies are subject to revision without prior notice. Please note inclusive therapies are non transferable and non refundable. There may be occasions when advertised facilities, therapies and classes are not available or appropriate.

In such incidents we reserve the right to vary, amend, cancel or withhold without prior notice. All prices are inclusive of VAT where applicable. Full refunds on reservations can be made for cancellations up to 4 weeks before the date reserved. After that, any money paid can be used as payment or part payment against reservations in the following 6 months. Any cancellations or date changes made less than 48 hours before the date will also incur a compensation fee. Day experiences and additional spa therapies are subject to availability. Cancellation of treatments on the day of arrival will incur a compensation fee.

Step 4-

Call reservations on

01636 525555