



eden hall
day spa
nottinghamshire

day experiences and treatment menu

how would you like to feel? select your eden day spa experience...

relaxation day £75

A real treat for those looking to totally unwind and indulge in some precious "me time". This full day experience includes unlimited use of our saltwater vitality swimming pool, access to all water therapies and our sauna, saunarium, rose infused steam room, herbal caldarium & salt marine room. Enjoy exquisite cuisine in our Seventh Heaven Restaurant with an inclusive three course lunch complimented by an array of salads and side dishes. For more active relaxation our gymnasium is open to all guests and our professional instructors deliver regular exercise and relaxation classes. We also provide bathrobe and towels for use on the day. The Eden Relaxation Day is our most popular experience. How much you fit into your day is entirely up to you. Simply perfect!

Note: The Relaxation Day is the main element of all Eden day experiences. You can also create your own unique day by choosing from the extensive extra treatments we offer and simply adding them to a Relaxation Day.



taste of eden £45

This fantastic half day is great for those who have busy lifestyles or just want to sample eden. Arriving at 1:30pm and departing at 6:00pm; this half day includes an indulgent afternoon tea and full use of the salt water vitality pool, water therapies, heated rooms and gymnasium. Classes also available. (Available Monday to Friday).

eden with thalgo...

Thalgo provide an exceptional range of marine based beauty and skincare products.

de-stress day £99

(usual price £111)

Simply unwind! Enjoy: the pool • water therapies • heated rooms • gymnasium • exercise and relaxation classes • three course lunch including buffet options • use of robe and towels.

Plus the Thalgo Aromatic-Relax Back Massage (including the feet) to soothe and ease tensions around the back, neck and shoulders or a Taster Facial to refresh and hydrate the skin. Ideal for those new to spa treatments. Appointment time: 25 mins.

beautiful bump day £120 - new to eden!

(usual price £135)

Feel pampered and nurtured! Enjoy: the pool • relaxation classes • various comfy lounges • three course lunch including buffet options • use of robe and towels. Plus the Thalgo Pregnancy Pamper Treatment. Regain and protect your skin's elasticity and tone with this relaxing therapy featuring Thalgo's celebrity favourite Stretch Mark Cream. Leaving skin strengthened and firmer, this therapy can be enjoyed at any stage of pregnancy. Appointment time: 1 hour 10 mins.

made for men day £125 - new to eden!

(usual price £138)

Refresh and revive! Enjoy: the pool • water therapies • heated rooms • gymnasium • exercise and relaxation classes • three course lunch including buffet options • use of robe and towels.

Plus, the Thalgo Ocean Facial. This hitech professional treatment is based upon relaxing massage movements and the application of a purifying mask. This anti-ageing therapy thoroughly energises and rejuvenates the skin.

Appointment time: 1 hr 10mins.

heavenly body day £125

(usual price £131)

Satisfy your skin! Enjoy: the pool • water therapies • heated rooms • gymnasium • exercise and relaxation classes • three course lunch including buffet options • use of robe and towels.

Plus the Thalgo Indoceane Comforting Wrap. This is the ultimate therapy for those looking to pamper their skin. Enjoy soothing warm oils and light massage to the back and scalp followed by the application of a hydrating cream. Enveloped; drift away whilst these luxurious products hydrate and nourish the skin.

Appointment time: 55 mins.

sheer indulgence day £155

(usual price £176)

A decadent delight! Enjoy: the pool • water therapies • heated rooms • gymnasium • exercise and relaxation classes • three course lunch including buffet options • use of robe and towels.

Plus a combination of Thalgo body and facial therapy which incorporates an Aromatic Back and Foot Massage

every tuesday is ladies only!*

along with a Purity Ritual Facial. Using special blends of aroma oils and various massage techniques we aim to melt away stress and tension in 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 experience.

This truly indulgent day also includes continental breakfast and to end your day in style, a glass of house champagne and luxurious Eden chocolates.
Appointment time: 1 hour 25 mins.

eden with elemis...

Elemis combines natural ingredients with new technology to provide a luxurious spa range.

de-stress day £99

(usual price £111)

Simply unwind! Enjoy: the pool • water therapies • heated rooms • gymnasium • exercise and relaxation classes • three course lunch including buffet options • use of robe and towels.

Plus an Elemis Well Being Back Massage, focusing purely on the back and shoulder area to relieve tension and aching muscles **or** an Eden Relaxing Facial designed to give you a taste of Elemis – ideal for those new to spa treatments.

Appointment time: 25 mins.

beautiful bump day £120

(usual price £135)

Feel pampered and nurtured! Enjoy: the pool • relaxation classes • various comfy lounges • three course lunch including buffet options • use of robe and towels. Plus the Elemis Mother to be Massage – adapted to each stage of pregnancy. This inspirational therapy connects mother and baby through the power of touch. The ultimate in comfort and relaxation. Helping to relieve tension in the

back and alleviating swelling in the hands and feet whilst easing the mind and uplifting the spirit.

Appointment time: 1 hour 10 mins.

made for men day £125 - new to eden!

(usual price £138)

Refresh and revive! Enjoy: the pool • water therapies • heated rooms • gymnasium • exercise and relaxation classes • three course lunch including buffet options • use of robe and towels.

Plus the Elemis Skin IQ Facial for Men. 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. This gives the ultimate skin overhaul with maximum anti-ageing results.

Appointment time: 1 hour 10 mins.

heavenly body day £125

(usual price £131)

Satisfy your skin! Enjoy: the pool • water therapies • heated rooms • gymnasium • exercise and relaxation classes • three course lunch including buffet options • use of robe and towels.

Plus an Elemis Frangipani Nourish Wrap. Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce a monoi. This scented oil is poured all over the body for immediate softness and suppleness; you are then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

Appointment time: 55 mins.

sheer indulgence day £155

(usual price £176)

A decadent delight! Enjoy: the pool • water therapies • heated rooms • gymnasium • exercise and relaxation classes • three course lunch including buffet options • use of robe and towels.

Plus an Elemis 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 the Skin Specific Facial which includes a cleanse, tone, exfoliation, face, neck and shoulder massage, mask and moisturiser. This treatment is tailored to suit any skin type to help bring back radiance and youthful vitality.

This truly indulgent day also includes continental breakfast and to end your day in style, a glass of house champagne and luxurious Eden chocolates.

Appointment time: 1 hour 25 mins.

eden's pure pamper day £220 - new to eden!

A top to toe treat! Enjoy: the pool • water therapies • heated rooms • gymnasium • exercise and relaxation classes • three course lunch including buffet options • use of robe and towels.

Let us tempt you with a specially selected range of therapies designed to treat the whole body. Enjoy an Elemis Skin Specific Facial, an Elemis Well Being Massage and a Jessica Manicure to complete this all over luxury experience. A must for spa lovers!

Appointment time: 2 hours 55mins.

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

treat yourself to an additional therapy...

after choosing your day experience, indulge further with an additional treatment



treatments with this symbol are also suitable for men.

eden signature

head of the class £36 - new to eden! ♂

A stress melting massage. This indulgent treatment has been designed to incorporate main areas of tension to create a complete state of serenity. Concentrating massage on the face, neck, shoulders and scalp to leave you feeling totally nourished and relaxed. Appointment time: 25 mins.

well being back massage £36

Soothing and relaxing. This treatment focuses on the back, shoulders, neck and scalp; relieving tension and aching muscles. Appointment time: 25 mins.

relaxing facial £36

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

hopi ear candle £41 ♂

A great treatment for most ear conditions. This therapy 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. Appointment time: 40 mins.

indian head massage £45 ♂

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 and by using key acupressure points, relieves tension and stress. Appointment time: 40 mins.

reflexology £52 ♂

An ancient method of alternative therapy. Reflexology uses the feet as a map of the entire body, by applying pressure and managing the reflex's 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.

facial incorporating hot stones £58

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.

full body massage incorporating hot stones £58

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.

back, face and scalp massage incorporating hot stones £58

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 whilst your feet are massaged. Your back is then massaged with manual and hot marine stone techniques before your face is thoroughly cleansed, exfoliated and nourished with products to suit your skin type. A scalp massage completes the treatment, leaving you feeling totally relaxed. Appointment time: 55 mins.



deluxe manicure £42

A natural nail care system including the latest in anti-ageing products for the hands. This treatment includes exfoliation and massage of the hand and arm followed by a nourishing mask combined with heated mitts. The cuticles are pushed back and tidied. The natural nail is filed and shaped. Using high quality prescriptive nail care the nails are painted in your colour of choice. As an added treat, you can take the midi colour home!
*This treatment can be adapted for men
Appointment time: 1 hour 10 mins.

deluxe pedicure £42

A natural nail care system especially designed to pamper the feet. Focusing on the foot and lower leg, this treatment includes exfoliation and a warm foot bath.

Massage is followed by a nourishing mask combined with heated boots. The cuticles are pushed back and tidied. The natural nail is filed and shaped. Using high quality prescriptive nail care the nails are painted in a colour of your choice. As an added treat, you can take the midi colour home!

*This treatment can be adapted for men

Appointment time: 1 hour 10 mins.

manicure £38

As Deluxe but without the use of the heated hand mitts.

Appointment time: 55 mins.

pedicure £38

As Deluxe but without the use of heated boots.

Appointment time: 55 mins.

body treatments

spa FIND

NATURAL MINERAL THERAPY

silky skin £31

This full body exfoliation delivers perfectly silky skin using mineral salts combined with coconut oil. An application of mineralizing body lotion leaves the skin radiant and glowing. This treatment is ideal as a one off to pamper and nourish or as skin preparation for the party or holiday season.

Appointment time: 25 mins.

aquasun £38

An invigorating water therapy. This treatment commences with a full body exfoliation to nourish and polish the skin;

followed by the Aquasun therapy. 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.

infinite indulgence £61

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 specific concerns from stretch marks to psoriasis and eczema is generously applied to the body to complete this treatment.

Appointment time: 1 hour 10 mins.

absolute aquasun experience £66

A fabulous full body treatment. This therapy begins with an exfoliation to nourish and polish the skin; followed by the Aquasun therapy. Bathe in warm water infused with Dead Sea Minerals and relax beneath a UV sun canopy whilst jets gently massage from top to toe. The SpaFind unique body massage completes this treatment leaving the skin soft and supple.

Appointment time: 1 hour 25 min.



back massage £36 ♂

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 £46 ♂

A purifying back treatment for congested skin. This treatment incorporates exfoliation, application of a cleansing marine algae mask and a relaxing back massage to ease away tension. A 'facial' for the back.

Appointment time: 55 mins.

aromatic body massage £57

A relaxing massage using pressure point techniques to activate circulation and the lymphatic system. This treatment detoxifies and improves the function of the nervous system, ultimately relieving all signs of stress and fatigue.

Appointment time: 55 mins.

thalgomince LC24 body contouring wrap (part body) £57

An intensive treatment for the hip, thigh, buttock and stomach area. An exclusive slimming massage incorporating the revolutionary Thalgomince LC24 to target cellulite and slacked muscle tone. The luxurious creamy mask leaves skin feeling velvety soft and smooth, tightened and toned. This is the perfect treatment to combine with your slimming routine.

Appointment time: 55 mins.

slim & sculpt £65

A made-to-measure body re-shaping treatment. Based on fitness 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 This is the perfect treatment to combine with your slimming routine. Slim & Sculpt awakens your senses with a delicious ginger and cocoa aroma.

Appointment time: 1 hour 10 mins.

Elemis

well being massage £57 ♂

A soothing and nourishing therapy. From the soles of your feet to the crown of your head the unique flow of Elemis movements make this therapy more than just a massage. Light body brushing, application of warm oils and relaxing massage techniques create a sensation of wellness to deeply heal your mind and body, whilst soothing your soul.

Appointment time: 55 mins.

coconut and milk ritual wrap £56

Excellent for skin smoothing and softening. A traditional Balinese recipe with coconut, mungbean spices and lavender polishes 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 wrap as your face and scalp are massaged. A sumptuous treat for the skin.

Appointment time: 55 mins.

body sculpting therapy £59

A deep cleansing part-body treatment. 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. This is combined with specialist massage techniques to deeply cleanse the body's systems helping firm and smooth the skin, stimulate circulation and reduce fluid retention. Abdominal massage helps to detoxify the body from within.

Appointment time: 55 mins.

facial treatments



taster facial £36

The perfect introduction to Thalgo. This treatment incorporates active marine ingredients 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.

purity ritual facial £51

A prescriptive facial for all skin types. Includes cleanse, tone and exfoliation, a face, neck and shoulder massage with mask and moisturiser. A soothing hand and arm massage enhances this treatment. Individually tailored by your therapist to suit your skin concerns, this treatment leaves your skin soft, radiant and refreshed. Appointment time: 55 mins.

organic

terre & mer facial £57 - new to eden!

A truly relaxing ritual! This organic facial is personalised for soothing or anti-ageing depending on the needs of the skin. Application of essential oils and a moisturising sculpting massage nourish and hydrate. Finally, the double mask offers an unprecedented feeling of comfort and warmth leaving skin incredibly soft and rested and your complexion radiant. Appointment time: 55 mins.

specialised

wrinkle control facial £65- new to eden!

This anti-ageing facial helps to treat lines and wrinkles. Relax and rejuvenate with a specialised massage to soften and smoothe facial contours. Benefit from an

intensive double mask which bathes the skin in anti-ageing ingredients. Appointment time: 55 mins.

clear expert facial £68 - new to eden!

A specialised facial for a luminous complexion.

This high performance anti-pigmentation and rejuvenating treatment leaves skin with a perfect matte finish. Stimulating the production of Collagen III, skin is plumped, while Vitamin C protects cells from UV damage. The result is younger looking skin and a brighter, clearer complexion. Appointment time: 1 hour 10 mins.

Elemis

skin specific facial £51 ♂

A tailor-made deep cleansing facial. Specialised Eastern massage techniques on the face, hands and arms help bring back radiance and youthful vitality. A prescriptive facial suitable for all skin types. Appointment time: 55 mins.

modern skin facial £60 - new to eden!

Designed to restore radiance. Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. Including cleanse, tone, massage, exfoliation, mask and moisturiser; this treatment remineralises, rebalances and renews the skin. Appointment time: 55 mins.

skin solutions

oxygen skincalm facial £68

Pure soothing heaven for sensitive skin. Elemis 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 de-stress scalp treatment. Appointment time: 1 hour 10 mins.

S.O.S purifying facial £68

A purifying treatment for congested skin. This powerful face and eye treatment helps to regulate and balance the function of the skin. Elemis massage techniques, combined with the unique Japanese Sulphur Mask, helps to calm irritated skin and rebalance oil-rich pores, leaving a beautiful matte complexion. This superior treatment is further enhanced by a luxurious hand and arm massage and de-stress scalp treatment. Appointment time: 1 hour 10 mins.

advanced anti ageing facials pro-collagen quartz lift facial £74

An anti-wrinkle facial with fabulous results. This exceptional facial has been independently tested with phenomenal results. Clinically proven by Elemis after just one treatment this facial reduces the number of wrinkles by up to 94% and improves skin firmness by up to 57%. Specialised 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.

visible brilliance facial £74

To combat stressed and ageing skin. Independently tested by Elemis 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

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.

tri-enzyme resurfacing facial £76*

Peel away the years for smoother, more radiant skin.

This ground-breaking anti-ageing facial instantly smoothes the skin. Clinically proven by Elemis to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just one treatment. This unique facial targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin. This 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

treatment essentials

eyebrow shape £12*

Appointment time: 10 mins.

eyebrow tint and shape £17*

Give your eyes an instant lift. Reshape and redefine your eyes. A beauty must have!

Appointment time: 25 mins.

eyelash tint £17*

A 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.

*Shaping does not involve waxing.



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.

add some finishing touches...

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. (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 at an additional charge.

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 can also be purchased (subject to availability). 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. Please note gift vouchers are valid for 12 months and are non refundable. Day Experience Gift Vouchers can be upgraded but cannot be split or downgraded. Eden vouchers purchased from any source other than Eden Day Spas may not be valid.

group discount

- available Monday to Friday

The organiser will receive 50% off their chosen day experience when bringing a party of 10 or more. Alternatively, each party member can receive a 10% discount off days of their choice. If your party number drops to below 10 people group discount will no longer apply and full prices will be charged. This promotion cannot be used in conjunction with any other offer.

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 with less than 48 hours to the date of arrival 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.