

ESPA

Natural Beauty
Inner Calm



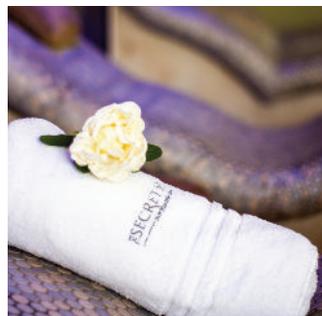
THE SECRET SPA

Northumberland
Established since 1999



THE SECRET SPA

Northumberland



WELCOME TO A WONDERFUL WORLD OF COMPLETE CALM AND SERENITY TO RE-ENERGISE THE MIND, BODY AND SOUL.

The Secret Spa was founded by Sarah Hindhaugh in 1999. Sarah is one of the many success stories from the Prince's Trust and has gone from strength to strength. The Secret Spa therapists have over 30 years' of combined experience.

The therapists pride themselves on providing professional and high quality beauty treatments and spa days, in a relaxed and friendly atmosphere.

All therapists possess relevant and up-to-date qualifications to deliver all treatments and spa days listed and are accredited by City and Guilds.

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The Secret Spa, Middle Road, Shilbottle, Alnwick, Northumberland, NE66 2XS
Tel: **01665 575 725** www.northumberlandsipa.co.uk

ESPA – FACIAL TREATMENTS

Our facials begin with a personal consultation and in-depth skin analysis, so your treatment experience can be entirely tailored to your precise needs.

PERSONALISED EXPRESS FACIAL 30mins £30.00

A speedy, instant facial designed for those with a busy schedule. Perfect for all skin types.

Includes: Triple cleanse, exfoliation, mask and scalp massage.

LIFT & FIRM EYE TREATMENT 45mins £45.00

An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches.

PERSONALISED FACIAL 60mins £55.00

Reveal exceptional results whatever your skin concerns with this entirely bespoke facial. Perfect for all skin types.

Includes: Triple cleanse, exfoliation, facial massage, mask and scalp massage.

OPTIMAL SKIN PROFACIAL 60mins £60.00

This radiance boosting facial is designed to instantly brighten the complexion and delay the early signs of ageing.

Includes: Deep brush cleanse, exfoliation, mask, facial and eye area massage hand and arm exfoliation and treatment.

AGE DEFYER FACIAL 60mins £60.00

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing. This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

LIFT & FIRM FACIAL 90mins £90.00

A highly effective advanced facial treatment using specialised lifting massage techniques alongside naturally powerful skincare to stimulate collagen production and help combat the signs of ageing. The results are instant – lines and wrinkles are minimised and the complexion is smoother, firmer, even-toned and instantly rejuvenated.

Includes: Deep cleanse, exfoliation, specialised age defying facial massage, lift and firm mask and scalp massage



ADVANCED ENZYME PEEL**90mins****£90.00**

This is the ultimate of all facials!

Give your skin a more plumped and firmer appearance with a combination of our unique enzyme peel, lifting and smoothing mask and rose quartz and anti-ageing facial massage.

Includes: Deep cleanse, enzyme peel, age-defying Rose Quartz crystal massage, lifting and smoothing mask, scalp massage

ADVANCED RADIANCE FACIAL**90mins****£90.00**

Purify, smooth and reawaken skin with this stimulating facial treatment. Deeply cleanse and refresh your complexion while removing dull, dead cells and boosting cell regeneration. Personalised facial massage and a cooling and toning mask complete this treatment, to leave skin toned and supple.

Includes: Deep brush cleanse, steam and extraction if required, exfoliation, facial massage, cooling and toning mask, hand and arm or scalp massage

ESPA – MASSAGE TREATMENTS

Our body treatments and massages include a bespoke selection of products, aromatherapeutic oils and techniques to best meet your own skincare and wellbeing requirements.

30mins – £30.00**60mins – £60.00****75mins – £75.00****80mins – £80.00****SWEDISH****30mins / 60mins or 75mins**

A stimulating massage using Swedish Tapotement techniques to invigorate the body and speed up the metabolism.

AROMATHERAPY*30mins / 60mins or 75mins**

A deeply relaxing massage using essential oils to enhance the mood and treat ailments.

DEEP TISSUE**30mins / 60mins or 75mins**

A firm massage combining stretches and joint rotations to relieve deep seated tension.

PREGNANCY MASSAGE**30mins / 75mins**

Target areas prone to stress and tension during pregnancy with this deeply nourishing body treatment.

BALINESE*80mins**

This truly luxurious treatment begins with gently heated aromatherapy oils being poured onto the centre of the stomach or back, after which it is spread along the entire body using long, warming strokes to encourage complete calm and wellbeing. This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed.

ESPA – MASSAGE TREATMENTS

Our body treatments and massages include a bespoke selection of products, aromatherapeutic oils and techniques to best meet your own skincare and wellbeing requirements.

INNER CALM MASSAGE

60mins / £60.00 or 75mins £75.00

Find your inner calm with this deeply relaxing and soothing treatment for mind and body, using a specially selected blend of oils, tailored to you.

With neck and eye pillows to encourage warmth and relaxation, indulge in this soothing holistic treatment, combining personalised aromatherapy massage and warm Rose Quartz crystals through the scalp.

Includes: Warm neck and eye pillows, full body aromatherapy massage, Rose Quartz crystals



ESPA – ALTERNATIVE TREATMENTS

SALT & OIL SCRUB	30mins	£30.00
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This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

SCALP, NECK & SHOULDER MASSAGE	30mins	£30.00
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REFLEXOLOGY	45mins	£30.00
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SOOTHING FOOT RITUAL	45mins	£45.00
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A complete treatment to ease tired legs and puffy feet, enjoy exfoliation, massage and mask with the added comfort of heated booties to soothe aches and pains.

DEEPLY WARMING BACK TREATMENT	50mins	£50.00
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A beautifully soothing back treatment combining skin brushing, exfoliation, massage and mask. The backs of the legs are also massaged whilst the muscle warming mask works its magic!

*HERO TREATMENT	90mins	£90.00
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This luxurious back, face and scalp combination begins with a cleansing of the back, followed by exfoliation and a soothing back massage to ease away stress and tension.

The treatment includes our personalised facial and scalp massage! A true HERO treatment!

BODY WRAP	60mins	£60.00
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Following body exfoliation, a Marine Algae or Mud Wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, the entire body is lathered in rich moisturiser leaving you with a sense of wellbeing, cleansed and revitalised.

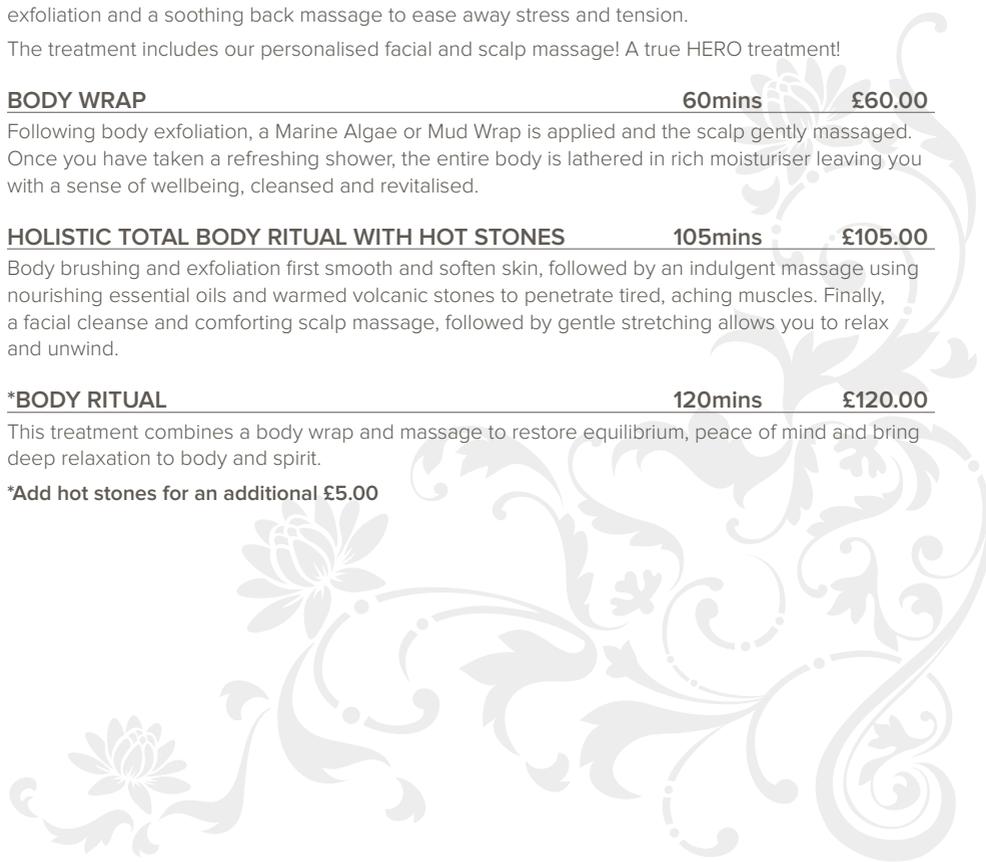
HOLISTIC TOTAL BODY RITUAL WITH HOT STONES	105mins	£105.00
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Body brushing and exfoliation first smooth and soften skin, followed by an indulgent massage using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles. Finally, a facial cleanse and comforting scalp massage, followed by gentle stretching allows you to relax and unwind.

*BODY RITUAL	120mins	£120.00
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This treatment combines a body wrap and massage to restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

***Add hot stones for an additional £5.00**



TINTING TREATMENTS

Eyelash Tint	30mins	£9.00
Eyebrow Tint	15mins	£6.00
Advanced Brows by Mii (Patch test is required 24hrs prior to treatment)	45mins	£25.00

WAXING TREATMENTS

Full Leg	60mins	£25.00
¾ Leg	45mins	£20.00
½ Leg	30mins	£15.00
Underarm	15mins	£10.00
Bikini	15mins	£10.00
Eyebrow Shape	15mins	£6.00
Upper Lip	15mins	£6.00
Chin	15mins	£6.00
Lip & Chin	30mins	£10.00



NAIL TREATMENTS

File & Polish	15mins	£10.00
Manicure / Pedicure	45mins	£25.00
Upgrade to Gel Polish		extra £5.00
Gel Removal		£10.00

SPECIAL OCCASIONS & GIFTS

Book a Treatment or Spa Day for family or friends – You may be part of a bridal party wanting to unwind and relax before the big day, you and your partner need a day of tranquillity and calm together, or perhaps it's someone's birthday or someone who deserves a treat, The Secret Spa has the answer.

Gift Vouchers – If you're not sure what to book, buy that special someone a gift voucher to redeem against their own choice. The Secret Spa will provide the recipient with a relaxing and calming experience restoring a healthy balance to their mind, body and soul.

Gifts Online – Our online shop has a wide range of gift ideas for your friends and family.

Tel: **01665 575 725** Email: sarah@northumberlandspa.co.uk
or visit www.northumberlandspa.co.uk



SPA PACKAGES



SPOIL YOURSELF WITH ONE OF OUR LUXURIOUS SPA PACKAGES

Whether it be a full day or half day, we are sure you will find that something special to suit your needs. Perfect for a birthday celebration, small hen party or just because you deserve it.

Our packages are suitable for ladies, mums-to-be and gents and include full use of our fitness suite and spa.

You will be able to relax for the duration in our fluffy gowns and flip flops, towels are also provided for your convenience.

FULL SPA DAY PACKAGE

Arrival 9.00-9.15am / Departure 4.00-4.30pm

- Lunch with a complimentary glass of Prosecco
- Full use of our fitness suite and spa
- Fluffy gowns, towels and flip flops

Choose from:	Monday-Friday	Saturday
30min treatment	£60.00pp	£70.00pp
60min treatment	£85.00pp	£95.00pp
75min treatment	£95.00pp	£105.00pp
90min treatment	£115.00pp	£125.00pp



HALF SPA DAY PACKAGE

9.00am-12.00pm or 2.00pm-5.00pm

- Welcome refreshments with sweet treats
- Full use of our fitness suite and spa
- Fluffy gowns, towels and flip flops

Monday-Friday	30min treatment of your choice	£50.00pp
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Saturday	30min treatment of your choice	£60.00pp
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ADD A LITTLE EXTRA?

Picked the perfect package but wish to book extra treatments?
Or want to create your very own bespoke package!

Spa days can be tailor made, meaning you can select the desired treatments to create a unique experience. Prices will vary depending on selected treatments so please contact us, **Tel: 01665 575 725** or **Email: sarah@northumberlandspa.co.uk** and quotations can be provided.

EXTEND YOUR STAY?

Book one of our cottages visit www.villagefarmcottages.co.uk or **Tel: 01665 575 591**

JENZ HAIR SALON

Complete your day by having your hair washed and styled by our professional hairdressers. **Tel: 01665 581 590** for an appointment.

BOOKING INFORMATION

All spa days require a credit/debit card number as a form of deposit, or gift voucher reference number, on booking to secure any spa experience.

Advanced booking is essential. We are unable to make provisional reservations. All of our spa and beauty treatments are suitable for both male and female guests.

PRICING AND BOOKING

The Secret Spa reserves the right to amend pricing without prior notice. We recommend advanced booking to avoid disappointment, Weekends and school holidays are always busier periods.

CANCELLATION POLICY

All spa packages require a minimum of 7 days' notice of cancellation, after which time full charges will be applicable. Should you need to cancel a scheduled appointment for an individual treatment less than 24hrs beforehand, you may be charged.

ARRIVAL

Please arrive at least 10mins before your scheduled appointment. Should you be late we will do our utmost to honour your full treatment.

WHAT TO WEAR

We provide fluffy towels, gowns and slippers for your comfort during your stay. You may stay in your gowns all day!

TREATMENTS

All our treatment times include a consultation and aftercare advice to ensure you receive maximum benefits. All treatments are subject to availability.

Some treatments may require a medical note from your GP. Treatments are available to clients aged 16 years and over only.

PRODUCTS

All of the products are from the ESPA range and are 99 to 100% natural, using only plant and marine extracts and aromatherapy oils to enhance your skin.

We do not offer refunds on any products that have been opened, used or tampered with. Should you require a tester before purchase please ask a therapist who will kindly help and advise you on the relevant products.

Give the gift of time... the perfect present! The chance to relax and enjoy a moment of pure tranquillity. The Secret Spa Gift Vouchers are available for use against spa treatments, spa days and products.

Vouchers are valid for 6 months from the date of purchase. Vouchers cannot be refunded, transferred or redeemed for cash or credit. The life of the voucher cannot be extended under any circumstances.