



Hair removal

Waxing – The PHD waxing system is a quick and effective way to remove hair semi-permanently while leaving the skin hair free and smooth. A disposable applicator head is used for each client to eliminate risk of cross contamination and provide a hygienic treatment.

Sugaring – An ancient Egyptian technique used to remove hair, it is 100% natural and therefore ideal for use on more sensitive areas.

Body

½ Leg	£15	Lip or Chin	£5
Full leg	£25	Lip & Chin	£10
Bikini	from £10	Eyebrow	£8
Underarm	£10	Chest	£25
Full arm	£12	Back	£25

Eyes

Eyeshadow	£12.50
Eyebrow shape & tint	£11
Lash/brow tint	£15
Lash/brow tint & shape	£20
Lash Perm & tint	£30

** Please note patch tests are required 24hrs prior to tints & perms*

Nails

Manicure 1hr	£22
Deluxe Manicure 1hr 15mins	£28
Pedicure 1 hr	£25
Deluxe pedicure 1hr 15mins	£30

** Please note polish may still be wet on departure, for pedicures open toe shoes are advisable*

Mummy & Princess Manicure 1hr 30mins £35

Allows mother and daughter to spend some quality time together, doing things girls love to do. Mummy has a deluxe manicure whilst daughter has her nails shaped and a Jessica nail polish of their choice applied. Polishes must be chosen from the range of Jessica nail products as provided by Spa@LC

ETIQUETTE

Please arrive 15mins before your allocated treatment and check in at Spa@LC reception desk.

Spa@LC has the right to decline or will offer the client an alternative treatment if contra indications occur.

It is essential that you advise us of any medical conditions and allergies prior to arrival so that we can ensure the treatments are suitable for you. We accept no responsibility for providing alternative treatments if correct information has not been given at booking stage.

- The wet spa area is suitable for over 16's.
- You will be asked to remove your jewellery before your treatment.
- Bags will not be permitted in the treatment rooms, you must use the lockers provided. Please bring £1 coin for the locker.
- Alcohol must not be consumed prior to your treatment; if anyone is found to be under the influence of alcohol or drugs you will be refused the treatment but will still be charged.
- It is not recommended that you swim or use the sauna, steam or aromatherapy room after a tanning or waxing treatment.
- All treatment times advertised on the brochure include a consultation, treatment and recommended skin care routine.
- Please bring a towel if you wish to use the wet spa area.
- All Elemis treatments come with complimentary use of the wet spa area.

Gift Vouchers

- Gift Vouchers can only be redeemed for the products and treatments as described.
- Gift Vouchers are not transferable and cannot be refunded for money.
- Gift Vouchers are only valid for the dates described and cannot be extended.
- We reserve the right to replace treatments and products no longer available.
- We reserve the right to change the Terms and Conditions without written notice.
- Torn or defaced vouchers will not be accepted.

Cancellation policy for individuals and groups

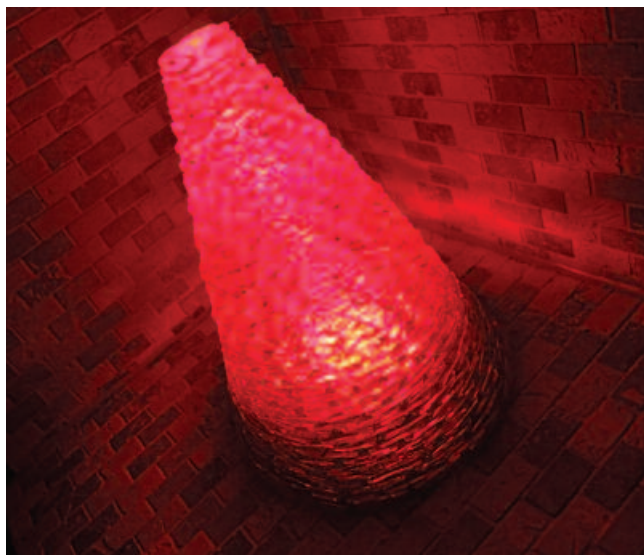
- Bookings must be cancelled 48hrs prior to treatment times or full cost will be charged.
- Amendments to your treatment type should be done at least 72 hours in advance and are subject to availability.
- Although we will make every effort to ensure you get your full treatment, please be aware that if you are late for your appointment then it will be taken off your treatment time, if there is not sufficient time to carry out the treatment you will be charged the full amount.



Spa@LC packages are designed with the individual in mind. The packages are an indulgent but affordable way to completely relax and unwind in the tranquil setting of the spa.

Each Spa package contains the following:

- Treatments as listed for each package, Bronze, Silver, Gold or Platinum
- Welcome drink on arrival
- Use of luxury robe and slippers for the day
- Water throughout the day
- A large bath sheet
- Use of the spa, sauna, steam room, aromatherapy room, monsoon showers and heated beds
- A light lunch
- A complimentary gift of sample sizes from leading spa brand Elemis



Bronze package: £55.00

Option 1: (total treatment time: 90mins)
LC Back Neck and Shoulder massage
Choice of Deluxe manicure or pedicure

Option 2: (total treatment time: 90mins)
LC Express facial
Choice of Deluxe manicure or pedicure

Silver package: £85.00

Option 1: (total treatment time: 2hrs)
Elemis Deep tissue massage
Elemis skin specific facial

Option 2: (total treatment time: 2hrs 15mins)
Elemis Skin specific facial
Elemis Aroma stone massage

Gold package: £110.00

Option 1: (total treatment time: 2hrs 45mins)
Elemis skin specific facial
Exotic wrap
Deluxe pedicure or manicure

Option 2: (total treatment time: 3hrs 15mins)
Elemis deep tissue massage
Elemis skin specific facial
Choice of Deluxe manicure or pedicure

Platinum package: £150.00 (total treatment time: 4hrs 30mins)

The ultimate in relaxation and top to toe treatments.
Absolute spa ritual
Deluxe Manicure
Deluxe Pedicure
Lime and Ginger salt glow

What to wear

Disposable underwear will be provided but please bring a swimming costume if you are going to use the wet spa.

Spa days

- A robe, towel and slippers will be provided for you throughout the duration of the spa day. These will need to be returned at the end of the day.
- All spa days are inclusive of a light lunch and use of the sauna, steam and aromatherapy rooms as well as the showers and heated beds. Classes and gym sessions are charged at an extra cost unless specified as part of your package.

Special Occasions

Champagne, strawberries with hot chocolate sauce or a fruit platter can be added to any treatment or package. Please enquire at spa reception for further details.

Teen Pamper Day

Just passed exams? Sweet sixteen birthday? The Big 18?

Go on treat yourself from a selection of facials, manicures, massages, wraps & pedicures and choose from a range of treatments on offer for you and your friends. Relax in the wet spa and chill out on the heated loungers whilst chatting with your friends.

Packages start from £45 including lunch and use of the relaxation area.

Teen spa days are designed for 15-18 yr olds. A parent or guardian must sign the health questionnaire for under 16's. Additional people not booked on a spa day but wanting to use the wet spa and relaxation area can do so at an extra charge of £5.20 per person. This is for a maximum of 1 hour.

Contra indications

If you are unsure as to whether a medical condition would prevent you from having a particular treatment or if you are pregnant, please contact Spa@LC direct for advice before booking.



Please enquire at spa reception for monthly promotions & special offers.



Advanced Anti-Ageing Facial for Men
Skin IQ+ Facial 1 hr 15mins £65

Anti-Ageing booster for tired, stressed skin. 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.

Advanced Performance Facial for Men
Urban Cleanse Facial 1 hr 15 mins £55

Deep cleanse and complete skin detox. This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities.

Elemis Face and Body Therapy for Men
Total Time Out 2hrs £90

The ultimate skin and body therapy for men. Select either the Anti-Ageing Elemis Skin IQ+ or the Urban Cleanse Facial combined with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage.

Other treatments also available for men:

- Hair Removal
- Massage
- Exotic Lime and Salt Glow
- Aroma Stone Therapy
- Deep Tissue Massage
- Wraps
- Pedicure / Manicure

Elemis Exotic Therapy

Beautiful treatments suitable for both men and women

Exotic Lime and Ginger Salt Glow 30mins £40

Invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

Exotic Coconut Rub and Milk Ritual Wrap 45mins £55

Pure sensuality to enliven the senses. Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

Exotic Frangipani Body Nourish Wrap 45mins £55

For immediate softness and suppleness. Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.



The LC Half body massage 30mins £25

A great 30 minute treatment which alleviates stress, eases aching muscles and revives the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

Elemis Deep Tissue Muscle Massage 1hr £50

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce stress and muscle tension.

Elemis Absolute Spa Ritual 2hrs £90

The ultimate skin and body therapy for maximum results. Choose from one of the unique Elemis Advanced Anti-Ageing or Skin Solutions Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage. Two hours of pure relaxation with dramatic results!

Elemis Aroma Stone Therapy 1hr 15mins £65

Warm Basalt stones to melt away tension. Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

Elemis Cooling Hot Stones Body Facial 1hr £65

Experience the luxurious hot and cold sensations of this massage to target your specific problem areas, alleviate stress and ease aching muscles. You will then be treated to one of Elemis' Advanced Anti-Aging Facials, designed to smooth out wrinkles and restore youthful radiance.

Elemis Mother-to-Be 1hr 15mins £65

Massage, adapted to each stage of pregnancy. This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

Ceremony of the Sun 1hr £35

Mimics your own natural colour whatever your skin tone
The safe way to a golden glow with a self tanning cream.

**Elemis Detox Therapy Body Sculpting Cellulite and Colon Therapy** 1hr £60

Redefine and smooth your silhouette. 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 skin, stimulate circulation and reduce fluid retention.

Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

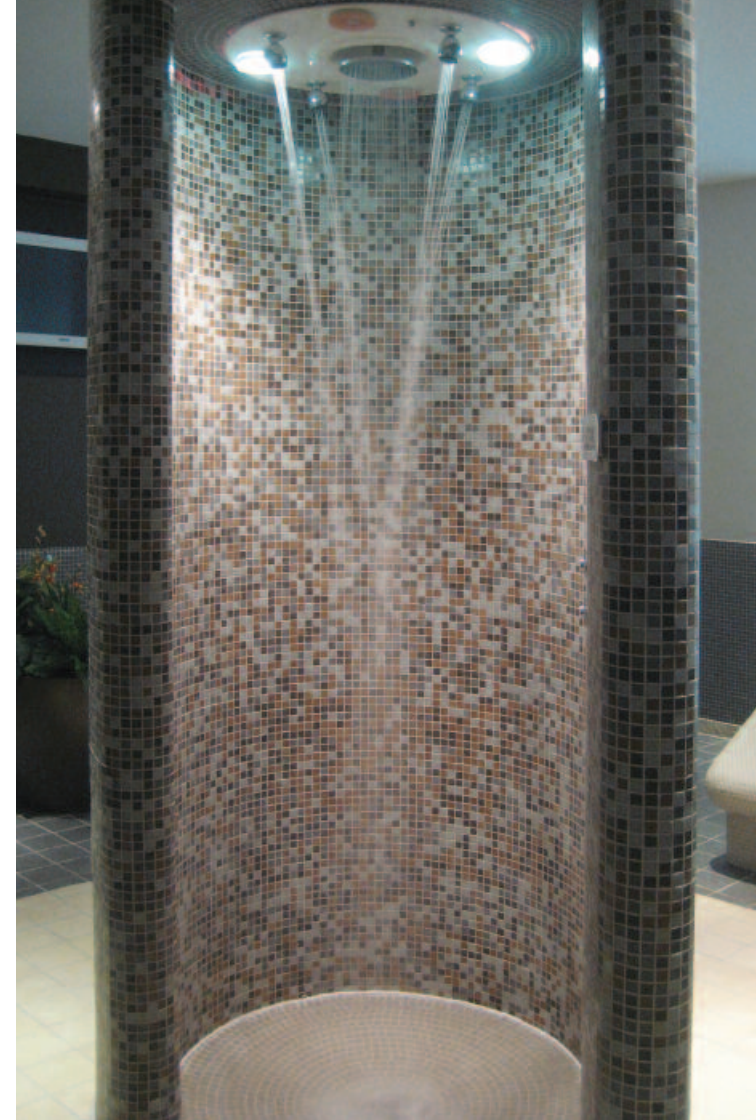
Elemis Cellutox Aroma Spa Ocean Wrap 1hr 15mins £60

A deeply detoxifying blend to decongest and stimulate the system. Let thoughts drift away whilst being cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment.

Combining the richness of sea plants and marine algae, this therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

Elemis Musclease Aroma Spa Ocean Wrap 1hr 15mins £60

Powerful seaweed wrap for complete muscle relaxation. Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of essential oils, this specialised treatment helps ease aching, tense muscles.



Elemis Advanced Anti-Ageing Facials

Tri-Enzyme Resurfacing Facial 1 hr £65

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.

Visible Brilliance Facial 1 hr 15 mins £65

To combat ageing, stressed and slackened skin. 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 1 treatment.

Pro-Collagen Quartz Lift Facial 1 hr 15 mins £65

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just 1 treatment, this facial reduces the number of wrinkles by up to 94% and improves skin firmness by up to 57%.

Taster Facial 30mins £25

This introductory facial provides a quick and instant pick-me-up for any occasion. Includes skin consultation and product recommendation.



Elemis Skin Solutions Facials

Oxygen SkinCalm Facial 1hr 15 mins £50

Pure soothing heaven for sensitive skin. Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask impregnated with Absolute Skin Calm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

S.O.S. Purifying Facial 1 hr 15 mins £50

A purifying treatment for congested skin. A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, impregnated with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

Elemis Skin Specific Facials

Fruit Active Glow 1hr £40

Bring back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Exotic Moisture Dew 1hr £40

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

Herbal Lavender Repair 1hr £40

For perfect restoration of skin balance. Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

