

H<sup>A</sup><sub>R</sub>SPA

Submerge yourself in HarSPA - founded on the clarity and wellbeing of coastal life. Using products with naturally sourced marine elements and botanicals our treatments immerse mind, body and skin in purity and calm.

#### SPA FEATURES:

- Swimming pool
- Hydrotherapy pool
- Sauna
- Steam room
- Fitness suite
- Relaxation lounge
- Treatment rooms
- Outdoor sun terrace
- Harbour hideaway

# HARSPA MARINE MIND AND BODY

Your treatment will start with a relaxing foot soak while your therapist carries out a short consultation.

Your therapist will then use a skin brush to stimulate the circulatory and lymphatic systems before performing a full body polish, using products rich in seaweed to help eliminate toxins, and Mandarin and Orange that will leave your skin feeling soft and supple.

Following this invigorating start to your treatment, you will begin to feel totally relaxed while your therapist carries out a specialised massage. Using long, slow wave like movements and drainage techniques, this massage will help to remove toxins as well as balancing the mind and body.

The next part of your treatment is designed to address your concerns. Using traditional Swedish massage techniques your therapist will work on muscular tension to ease aches and pains.

Conclude this luxury treatment with a personalised facial which incorporates exfoliation, deep cleansing, facial and scalp massage and a detoxifying mask.

**160 minutes - £185.00 per person**



# HARSPA FACIALS

Focused on naturally improving the condition of the skin, every facial begins with a skin analysis and includes specific double cleansing techniques, gentle exfoliation, acupressure facial massage following by a deep cleansing and intensive face mask. Whilst the mask is taking effect, experience a relaxing Oriental head massage with Pink Hair and Scalp Mud, then enjoy specific moisturising and skin protection to suit your needs.

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## RADIANT EYE TREATMENT

**40 minutes - £52.50**

Perfect for the delicate eye area and designed for all skin types this eye treatment helps to reduced concerns, such as puffiness, dark circles and fine lines. Your treatment will include face cleansing, HarSPA eye mask, relaxing pressure point face massage and firming eye massage.

## EXPRESS FACIAL

**25 minutes - £45.00**

This mini facial is ideal for those on the go. Your skin will be cleansed and lightly exfoliated. Your therapist will apply the HarSPA Rasul mud mask which will draw out impurities and remove dead skin cells. While the mask dose its job you will fill totally relaxed with a shoulder, neck and Scalp massage.

## ESSENTIAL FACIAL

**55 minutes - £65.00**

Following a consultation and skin analysis your experienced HarSPA therapist will tailor your facial to suit your needs. Your therapist will focus on your areas of concern and will recommend a skin care routine to follow at home. Not only does this facial give you more knowledge of your skin type but it also includes elements of massage that will leave you feeling totally relaxed.

## FIRMING COLLAGEN FACIAL

**85 Minutes - £85.00**

Restore your skins hydrolipidic film; a protective layer that covers the entire surface of the skin, its main function is to defend the skin against bacteria, acting as an external protective barrier. The HarSPA Collagen facial incorporates a collagen mask to help your skin keep this film. Your facial also includes a firming face massage that is both relaxing and beneficial to help fight against signs of ageing.

## RADIANT FACIAL

**70 Minutes - £72.50**

Bring back your natural glow, this HarSPA facial uses a triple cleansing technique and deep exfoliation along with the power of rice bran to repair, restore, nourish, plump and brighten your skin.

The combination of soothing eye, face and scalp massage will leave you totally relaxed. The therapist will then use a mask tailored to your individual needs and so giving your skin a final boost while you enjoy a hand, arm, shoulder and neck massage.

# ESPA HOLISTIC FACIALS

Focused on naturally improving the condition of the skin, every facial begins with a skin analysis and includes specific double cleansing techniques, gentle exfoliation, acupressure facial massage following by a deep cleansing and intensive face mask. Whilst the mask is taking effect, experience a relaxing Oriental head massage with Pink Hair and Scalp Mud, then enjoy specific moisturising and skin protection to suit your needs.

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## EXPRESS ESPA FACIAL

**40 minutes - £52.50**

## ESPA PERSONALISED FACIAL

**55 minutes - £70.00**

## ESPA AGE-DEFYER FACIAL

**85 minutes - £90.00**

This regenerating facial and firming eye treatment helps minimise fine lines, combat the signs of ageing and visibly improves the appearance of your skin.

Special age-defying massage techniques help hydrate and protect your skin with particular focus on the delicate area around the eyes, neck and lips that are prone to fine lines. Skin is left feeling fresh, replenished and nourished.

# ESPA

## ADVANCED FACIALS

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### OPTIMAL PRO FACIAL 70 minutes - £72.50

Tri-Phase cleansing technology enhanced with Clarisonic brushing for a deeper cleanse. This deeply moisturising facial instantly revives and brightens the complexion, whilst ultimately protecting against environmental damage and delaying the early, invisible stages of skin ageing. ESPA's advanced Pro range of products will be used throughout this treatment.

### LIFT & FIRM FACIAL 80 minutes - £90.00

An advanced facial using Super Active™ products to improve skin tonicity and firmness and enhance cellular regeneration. This facial uses Tri-ActiveR ingredients combined with specialised facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results, the benefits of which can be seen immediately.

### ADVANCED ENZYME FACIAL 90 minutes - £95.00

A powerful and highly effective facial to boost cell regeneration and give an instantly smooth, radiant complexion. A deep brush cleanse is followed by an intense Enzyme Peel containing botanical extracts and Pumpkin Enzymes to deeply exfoliate and remove dead skin cells. After a soothing massage using Rose Quartz Crystals to help cool and calm, a Lifting and Smoothing Mask is applied, containing concentrated Seaweed Extracts, Argan Oil and Menthol, to give your skin a more plumped and firmer appearance.



# HARSPA

## BODY TREATMENTS

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### SEA SALT BODY EXFOLIATION 40 minutes - £55.00

The sea salt in our HarSPA exfoliators removes dead skin cells and the invigorating movements performed by your therapist will improve blood flow and so bringing essential nutrients to help encourage cell renewal. Your skin will be left feeling softer and looking brighter. A relaxing Indian head massage concludes this luxurious treatment.

### RELAXING BODY PAMPER 110 minutes - £105.00

This body treatment incorporates a relaxing foot pamper to include foot soak and exfoliation. You will then enjoy a soothing full body massage using HarSPA warmed body oil, your therapist will bespoke the massage to suit your individual needs. This luxurious treatment concludes with a HarSPA facial cleanse and facial massage.

### INVIGORATING BACK PAMPER 55 minutes - £65 Why not add hot stones - £68

Revive the neglected skin on your back, this treatment starts with an invigorating sea salt scrub to increase circulation and remove dead skin cells. You will then enjoy a bespoke back massage, your HarSPA therapist will focus on areas of concern, working to loosen and sooth

tight muscles. This treatment concludes with a detoxifying back mask and soothing scalp massage.

### RASUL MUD BODY WRAP 80 minutes - £90.00

Using detoxifying sea salt scrub and Rasul mud mask this full body wrap is perfect to remove dead cells, cleanse and detox the skin. Feel invigorated while your therapist scrubs your skin from top to toe, the mask is then applied. While the mask is working you can enjoy a relaxing face and scalp massage.

### FOOT AND LEG PAMPER 55 minutes - £62.50

Incorporates a Soothing foot soak and foot exfoliation followed by a relaxing foot and leg massage, perfect for tired, heavy feet.

# HARSPA MASSAGE

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## HARSPA REVIVER MASSAGE

HarSPA reviver is a deep tissue massage to ease achy muscles and work on areas of tension. During a consultation your therapist will discuss your individual needs to tailor make the perfect massage.

**70 minutes - £87.50**

**90 minutes - £100.00**

## HARSPA BESPOKE MASSAGE

Using oils tailored to your needs, choose to feel uplifted or choose to feel relaxed.

**25 minutes back massage - £45.00**

**40 minutes back massage to include scalp - £62.50**

**70 minutes full body massage with scalp - £87.50**

## ESPA MASSAGE

Using Espa Aromatherapy oils this soothing and gentle massage is tailored to your individual needs, helping to reduce stress, tension and fatigue, leaving you with a total sense of relaxation and wellbeing.

**55 minute Full Body Massage £72.50**

## LAVA SHELL MASSAGE

This warming massage uses warm sea shells with the shells retaining their heat for the entire treatment. The heat from the shells penetrates deep into the muscles, working to restore and revive, easing tension and removing toxins.

**25 minutes back massage - £47.50**

**55 minutes full body massage - £75.00**

## HOT STONE MASSAGE

The heat of the volcanic basalt stones travel deep into the muscles stimulating warm relief and relaxation.

**25 minutes back massage - £45.00**

**55 minutes full body massage - £70.00**

## LOMI LOMI MASSAGE

Lomi Lomi is a traditional Hawaiian massage technique that works gently, yet deeply into the muscles with continuous flowing strokes. Lomi Lomi will promote total relaxation, relieve stress and tension as well as improving blood and lymph flow to assist in the elimination of wastes and toxins. The therapist uses forearms to massage, giving the sense of gentle waves moving over the body. Energy blockages are released, to balance physical and emotional well-being. This treatment can be tailored to suit specific needs but is partially good if you are looking for a firm massage to relieve muscular tension.

**40 minutes back massage - £65.00**

**70 minutes full body massage - £92.50**

## BAMBOO MASSAGE

A unique massage technique that uses natural bamboo. This massage is highly effective for those who like an intensive and firm pressure, tight muscles will be left feeling relaxed and reenergised.

**25 minute back massage - £47.50**

**55 minute full body massage - £75.00**

All massage treatment times include a short consultation.

# ESPA

## BODY TREATMENTS

The ESPA philosophy is focused upon enhancing an individual's lifestyle by using deeply relaxing and anti-stressing oils, revitalising seaweeds, cleansing muds, exfoliating sea salts and therapeutic herbs. The treatments provide deep cleansing and exfoliation whilst relieving tension and stress, leaving the mind and body soothed and relaxed.

### SMOOTH AND FIRM BODY EXPERIENCE

**70 minutes - £82.50**

This luxurious treatment includes a top to toe body brush and polish before your therapist applies ESPA' s Smooth and Firm body mask combined with a warm nourishing oil. While the mask absorbs in to the skin your therapist will help you to feel totally relaxed with a shoulder, neck and head massage. To finish the remaining mask will be gently massaged in, leaving your skin soft and smooth.

### ESPA TOTAL HOLISTIC BODY

**110 minutes - £105.00 (£115.00 with hot stones)**

Includes a full body exfoliation, full body aromatherapy massage, facial cleanse and facial massage.

### ESPA HOLISTIC BACK, FACE AND SCALP

**85 minutes - £85.00 (£100.00 with hot stones)**

Includes a back exfoliation, back massage and ESPA facial.

### ESPA CELLULITE HIP AND THIGH TREATMENT

**70 minutes - £72.50**

An intensive exfoliation and massage to the hip and thighs to target areas prone to cellulite.

# PREGNANCY TREATMENTS

## ESPA PREGNANCY PAMPER

**55 minutes - £70.00**

A relaxing massage perfect for pre and post pregnancy

## HARSPA PREGNANCY PAMPER

**90 minutes - £100.00**

Includes a relaxing foot soak, foot and leg massage and HarSPA Express facial with Radiant eye treatment

## FOOT AND LEG PAMPER

**55 minutes - £62.50**

Incorporates a soothing foot soak and foot exfoliation followed by a relaxing foot and leg massage, perfect for tired, heavy feet.

# MEN'S TREATMENTS

Men need to spa too! That's why we created treatments designed to help reduce stress, tension and fatigue. Our men's body massages and facials are specifically tailored to your individual needs to achieve the best possible results for your skin and your mind. All treatments are unisex and can be tailored to each individual.

## HARSPA HANDS AND FEET

**90 minutes - £75.00**

This treatment is a combination of exfoliation, cuticle work, nail filing and massage to revive tired hands and feet

## HARSPA HANDS

**40 minutes - £35.00**

A deeply nourishing hand treatment to include and exfoliation, cuticle work, filing and shaping of the nails and a relaxing massage.

## HARSPA FEET

**55 minutes - £50.00**

A relaxing foot treatment to include a foot exfoliation and removal of hard skin, filing and shaping of the nails and relaxing foot massage.

## HARSPA MEN'S FACIAL

**40 minutes - £52.50**

Your skin will be cleansed and lightly exfoliated, your therapist will apply a HarSPA Rasul mud mask to draw out impurities and remove dead skin cells. While the mask does its job you will feel totally relaxed with a bespoke shoulder neck and scalp massage, perfect to ease tired and aching muscles.

## INVIGORATING BACK PAMPER

**55 minutes - £65**

**Why not add hot stones - £68**

Revive the neglected skin on your back, this treatment starts with an invigorating sea salt scrub to increase circulation and remove dead skin cells. You will then enjoy a bespoke back massage, your HarSPA therapist will focus on areas of concern, working to loosen and soothe tight muscles. This treatment concludes with a detoxifying back mask and soothing scalp massage.

## HARSPA UPLIFTING MASSAGE

**70 minute Bespoke Full body massage  
to include scalp - £87.50**

Using uplifting body oil your therapist will bespoke your massage to suit your individual needs

## HARSPA REVIVER MASSAGE FOR MEN

**70 minutes - £87.50**

Deep tissue, personalised HarSPA Reviver massage.

# FINISHING TOUCHES

HARSPA MANICURE - 40 MINUTES - £36.00

HARSPA PEDICURE - 55 MINUTES - £42.00

FILE AND PAINT TO FINGERS OR TOES - £27.00

ADD FRENCH POLISH TO ANY NAIL TREATMENT FOR JUST £6.00

UPGRADE TO GELERATION POLISH FOR AN ADDITIONAL £7.50

GELERATION POLISH DRIES INSTANTLY AND LASTS UP TO 3 WEEKS!

EYE BROW TINT 25 MINUTES - £15.00

EYE LASH TINT 25 MINUTES - £25.00

## MII COSMETICS

Combines the finest ingredients, effortless application and unrivalled expertise to bring out natural beauty. There is also a complete minerals range which works in harmony with the skin to give you a glow both inside and out.

### SPECIAL OCCASION MAKEUP 55 minute - £50.00

Indulge yourself on a special occasion with a 55 minute makeup session with one of our experienced therapists. Whether it's to finish your look for an evening out or flawless perfection on your wedding day, we will create that special look.

### WAXING AVAILABLE ON REQUEST

Please speak to the spa reception for details and pricing.



