

# Fretwell SPA

## Price Guide

*Call 01709 702250 to make a reservation*

Residents dial 452 from your bedroom

10% Discount for Residents of the Hotel



ESPA

# NATURALLY BEAUTIFUL SKIN



## Facials

|                           |                                                    |        |
|---------------------------|----------------------------------------------------|--------|
| 1. Re-hydrator Facial     | <i>For Dry and Dehydrated skin</i>                 | £50.00 |
| 2. Skin Purifying Facial  | <i>Oily, Problematic or Congested skin</i>         | £50.00 |
| 3. Skin Radiance Facial   | <i>Dull, Sallow Skin or Irregular Pigmentation</i> | £50.00 |
| 4. De-sensitizer Facial   | <i>Sensitive, Red or Irritated/ Irritable Skin</i> | £50.00 |
| 5. Age-defyer Facial      | <i>Mature or Stressed skin</i>                     | £55.00 |
| 6. Express Facial         | <i>Personalised – 25 minutes</i>                   | £30.00 |
| 7. Lift and Eye Treatment | <i>30 minutes</i>                                  | £30.00 |

## Body Treatments

Detoxifier, De-Stresser, Muscle Relaxer, Jet-lag Reviver, Immune Booster, Energiser or Body Toner.

|                                    |               |            |
|------------------------------------|---------------|------------|
| ESPA Aroma Back, Neck and Shoulder | 30 minutes    | £32.00     |
| Scalp, Neck and Shoulder           | 30 minutes    | £30.00     |
| ESPA Aroma Full Body Massage       | 1 hour        | £55.00     |
| Hot Stone Aroma Massage            | 1 hour        | £45.00     |
| Salt and Oil Scrub                 | 30 minutes    | £30.00     |
| Body Polish                        | 30 minutes    | £30.00     |
| Sports Massage                     | 30/60 minutes | £25/£50.00 |



## Waxing

|                       |        |
|-----------------------|--------|
| Full Leg              | £24.00 |
| Half Leg              | £18.00 |
| Bikini                | £10.00 |
| Full Leg & Bikini     | £30.00 |
| Underarm              | £10.00 |
| Lip or Chin           | £8.00  |
| Lip & Chin            | £12.00 |
| Back                  | £20.00 |
| Chest                 | £20.00 |
| Eyebrow wax and Shape | £8.00  |

## Tinting

|                        |        |
|------------------------|--------|
| Eyebrow Tint 15 mins   | £10.00 |
| Eyelash Tint 30 mins   | £8.00  |
| Eyebrow & Eyelash tint | £15.00 |

## HD Brows

|            |        |
|------------|--------|
| 45 minutes | £25.00 |
|------------|--------|



## Nail Treatments

|                                                                                                                      |        |
|----------------------------------------------------------------------------------------------------------------------|--------|
| <b>File and Polish</b>                                                                                               | £15.00 |
| <b>Manicure</b><br>Soak, Exfoliation, Massage, Cuticles, File and Polish – 40-45 minutes                             | £26.00 |
| <b>Deluxe Manicure</b><br>Soak, exfoliation, massage heat mitts, hand mask, file and polish – 1 hour                 | £32.00 |
| <b>Mini Manicure</b><br>Soak, cuticle work, file and polish – 30 minutes                                             | £20.00 |
| <b>Pedicure</b><br>Soak, exfoliation, massage, cuticles, file and polish – 55 minutes                                | £28.00 |
| <b>Deluxe Pedicure</b><br>Soak, exfoliation, massage, heated booties, foot mask, cuticle, file, polish<br>75 minutes | £35.00 |
| <b>Mini Pedicure</b><br>Soak, cuticle work, file and polish – 30 minutes                                             | £22.00 |
| <b>Manicure and Pedicure Package</b>                                                                                 | £50.00 |

## Gelish

Hands

£25.00

Feet

£25.00

Soak Offs £5.00

(Gelish add on to manicure/pedicure - £10.00)



Performs like Gel,  
Applies like Polish



*The Fretwell Spa at Hellaby Hall Hotel*

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