



*Fretwell*  
BEAUTY SPA



## Elemis Skincare Therapy

### HANDS-ON FACIALS

30 minutes **£40** | 60 minutes **£65**

#### ◆ **Touch Facials**

The hands of our therapists are profoundly effective anti-ageing tools. Targeted facial treatments will gently but firmly take on the challenges of your complexion needs, leaving you feeling relaxed and renewed.

#### ◆ **Pro Collagen Age Defy** (anti-ageing)

Tackles fine lines and wrinkles with the clinically proven\* age-defying benefits of marine-charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

#### ◆ **Skin Solution - Superfood Pro Radiance**

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

#### ◆ **Peptide 24/7 Skin Sync**

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to Elemis, are combined with specialist massage techniques to replenish skin with a well-rested glow.

# Elemis Skincare Therapy

## BIOTEC ANTI-AGEING FACIALS

60 minutes £75 | 90 minutes £90

This pioneering Biotec machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch.

### ♦ Biotec Firm-a-Lift

Rediscover the architecture of your face with this groundbreaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a more contoured complexion that is remarkably lifted.

### ♦ Biotec Line Eraser

Targets wrinkles and energises the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven\* facial treatment that effectively irons out wrinkles and fills out lines.

### ♦ Biotec Skin Resurfacer

This unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, transforming the texture and revealing younger-looking skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.



## BIOTEC SKIN SOLUTION FACIALS

60 minutes **£75** | 90 minutes **£90**

### ♦ **Biotec 24/7 Skin Sync**

This ground-breaking facial combines exclusive botanical formulations with a deeply cleansing ultrasonic peel for a well-rested glow. LED light therapy helps reset the clock for optimum skin wellness, whilst galvanic technology stimulates the skin for maximum results and an illuminated, wide-awake feel.

### ♦ **Biotec Radiance Renew**

This cellular-boosting-treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while a galvanic rejuvenating current restores moisture for an instantly clear and visibly brighter skin.



### ♦ **Biotec Blemish Control**

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

### ♦ **Biotec Sensitive Skin Soother**

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result calms and soothes skin.

### ♦ **Biotec Super-Charger for Men**

The facial to de-stress, de-age and de-fatigue the male complex while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

## Elemis Body & Holistic Treatments

### ◆ Hot Stone Massage

A full body massage using Elemis aromatic oil according to your needs, along with heated volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, helping you unwind and feel rejuvenated.

*40 minutes* **£50** | *Includes Face: 75 minutes* **£75**

### ◆ Wellness Holistic Massage

After a personal consultation your therapist will choose one of the Elemis aromatic massage oils to suit your specific needs. Massage away your aches, pains and tone and relax muscles. Can be tailored to address any areas of concern.

*Back: 30 minutes* **£40** | *Full Body: 60 minutes* **£65**

### ◆ Freestyle Deep Tissue Massage

Your therapist will select one of the Elemis aromatic oils according to your concerns, this could be stress relief, muscle pain, balance, or general relaxation.

*Back: 30 minutes* **£45** | *Full Body: 60 minutes* **£70**



### ◆ Intensely Cleansing Salt Scrub

*Lime & Ginger or Frangipani Monoi*

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Exfoliates, cleanses and hydrates.

*35 minutes* **£37**

### ◆ Fretwell Holistic Escape

This treatment starts with a relaxing back massage to relieve any stresses and strains. A mini facial with scalp massage will follow leaving your skin glowing. Your nails are then beautifully shaped and painted.

*80 minutes* **£90**

## Spa Packages

### Relaxing Pamper Day

*Available Daily | per person £85*

- ◆ Access to leisure facilities including swimming pool, sauna, steam room and spa pool
- ◆ Use of spa garden with hot tub (4hrs)
- ◆ 30 minute treatment - choice of facial, mini manicure, mini pedicure or back massage
- ◆ Complimentary glass of fizz after treatment
- ◆ Use of relaxation area with complimentary tea, coffee and cookies for one hour after treatment
- ◆ Light lunch or afternoon tea
- ◆ Robes and towels provided

*Add on treatments and upgrades available, please ask for further information*

Leisure facilities open Monday to Saturday 9:30am - 5:00pm.  
Sundays and Bank Holidays 9:30am - 4:00pm.

### Gift Vouchers

Purchase directly from Fretwell Beauty Spa or over the phone and paid for with a credit or debit card. You can also visit our website to purchase online.

### Girls Night In

*Sunday to Thursday | per person £125*

*Friday & Saturday | per person £135*

- ◆ Overnight accommodation in standard room
- ◆ Full English breakfast
- ◆ Two course dinner in the Carnelly restaurant
- ◆ 30 minute treatment - choice of facial, mini manicure, mini pedicure or back massage
- ◆ Use of spa garden with session in hot tub
- ◆ Half of bottle of rosé wine per person in the room
- ◆ Chocolates, popcorn and movies in the room
- ◆ Use of relaxation area with complimentary tea, coffee and cookies for one hour after treatment
- ◆ Access to leisure facilities including swimming pool, sauna, steam room and spa pool
- ◆ Robes and towels provided

*Add on treatments and upgrades available, please ask for further information*

Prices based on minimum of two people sharing.

## Nail Treatments

- ◆ **Essential Manicure** | 45 minutes **£30**  
Soak, exfoliation, massage, cuticles, file and polish.
- ◆ **Immaculate Manicure** | 75 minutes **£36**  
Soak, exfoliation, massage, heat mitts, hand mask, file and polish.
- ◆ **Mini Manicure** | 20 minutes **£25**  
Soak, cuticle work, file and polish.
- ◆ **Essential Pedicure** | 45 minutes **£32**  
Soak, exfoliation, massage, cuticles, file and polish.
- ◆ **Pristine Pedicure** | 75 minutes **£40**  
Soak, exfoliation, massage, heated booties, foot mask, cuticle, file and polish.
- ◆ **Mini Pedicure** | 20 minutes **£26**  
Soak, cuticle work, file and polish.
- ◆ **Manicure & Pedicure** | 90 minutes **£60**
- ◆ **File & Polish** | 15 minutes **£20**
- ◆ **Gelish Hands or Feet** | 45 minutes **£30**
- ◆ **Gelish** Add on to Manicure / Pedicure | 15 minutes **£10**
- ◆ **Soak Offs** | **£10**



# Waxing & Tinting

## INTIMATE WAXING

### ♦ **Hollywood** | £40

The queen of intimate waxing, completely removing all hair from the female region, suitable for sensitive intimate areas.

### ♦ **Brazilian** | £35

The Brazilian treatment leaves a narrow strip or triangle at the front but everything else is whipped away.

### ♦ **The Fretwell Inbetween** | £25

Leaves a narrow strip or triangle and a tidy underneath.

## WAXING

### ♦ **Full Leg** | £28

### ♦ **Half Leg** | £22

### ♦ **Bikini** | £15

### ♦ **Back** | £25

### ♦ **Chest** | £25

### ♦ **Full Leg & Bikini** | £37

### ♦ **Half Leg & Bikini** | £32

### ♦ **Underarm** | £12

### ♦ **Lip or Chin** | £10

### ♦ **Lip & Chin** | £12



## BROWS

### ♦ **The Fretwell Brow Enhancement** | 45 to 60 minutes £25

A personalised brow-shaping treatment giving you the ultimate in well groomed, high definition eyebrows. Patch test required.

## TINTING

### ♦ **Eyebrow Wax** | £10

### ♦ **Eyebrow Tint** | £10

### ♦ **Eyelash Tint** | £12

**Please note:** A patch test **MUST** be carried out 48 hours before your appointment for all tinting treatments.



## Etiquette

In order to help you make the most of your time with us and to allow us to provide you with the best possible level of service, we try to create a perfect environment which is considerate to all our clients. By following our etiquette guide this should ensure your visit runs smoothly.

If you've booked a treatment, package or break with us, we ask that you arrive 15 to 20 minutes before your scheduled treatment time, so you can complete our consultation form and begin your relaxation experience.

## Late Arrivals

We ask that you arrive in plenty of time to enjoy the experience, if you are running late for your appointment we will try to honour your treatment time, however this is not always possible. Late arrivals can result in shortened treatment time but treatments will still be charged at full price.

## Consultation Forms

These are to be completed prior to your treatment, they are to safeguard your wellbeing and to enable us to safely deliver your treatments.

## Mobile Phones

The Fretwell Beauty Spa environment is one of tranquillity and relaxation, therefore we ask that you respect other guests rights to privacy and serenity and do not use mobile phones, pagers or cameras within the premises. Try to switch off.

## Cancellations

If you need to cancel your appointment we do request 72 hours notice for packages or multiple treatments. 48 hours notice is requested for single treatments. A 100% cancellation charge will be incurred for any missed appointments, treatment or experience not cancelled at least 48 hours prior to appointment. All deposits taken for treatments or packages are non-refundable. Spa packages carry separate terms, please speak to a member of staff when booking, as these are **NON-CANCELLABLE** and **NON-TRANSFERABLE**.

## Age Requirements

Fretwell Beauty Spa is generally an adult-oriented atmosphere therefore we are not able to accept appointments for children under the age of 16, unless accompanied by a parent or guardian. Children under the age of 18 may need a signed waiver and / or accompaniment by a parent or adult guardian for treatments. Please see our website for the latest terms and conditions.

## Pre-Treatment & After Care Waxing Advice

Before hair removal treatments and for 12 hours after do not; have a hot bath, hot shower, sauna or jacuzzi. Do not exercise. Do not apply moisturising creams, sunbathe or use a sun bed. Avoid wearing tight fitting clothing, such as tights, leggings etc.

## Booking Confirmation

We require a 50% **NON-REFUNDABLE** deposit to hold your appointment for any treatments £50 and over. For treatments under £50 we require a **NON-REFUNDABLE** deposit of 20%. If a deposit is NOT PAID we cannot hold your booking.



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