

Elemis Skincare Therapy

HANDS-ON FACIALS

◆ Pro Glow Renewal Facial

For gorgeous, glowing skin.

Elemis' signature deep cleansing wellness facial, showcasing prebiotic and antioxidant rich goodness to deliver a healthy looking, light-from-within glow. Harnessing highly effective resurfacing to gently smooth. Super-hydrating, skin-kind formulas and nutrient-rich superfoods nourish and protect to maintain healthy, balanced skin. In one treatment, skin looks visibly refreshed and rebalanced.

◆ Pro Glow Smooth Facial

The hit workout for your skin.

Improves skin-fitness and firmness, whilst reducing fine lines and wrinkles with our clinically proven formulas and signature skin-lifting massage techniques. Powerful resurfacing lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.



◆ Pro Glow Resurface Facial

Purify and brighten as skin texture is transformed.

Focussing on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines and pigmentation. Resurfacing removes dead skin cells, whilst supercharged deep cleansing eliminates impurities, makeup and debris for an immediately clearer, brighter, complexion. Skin Kind blends, balances and boosts hydration and skin clarity to bring luminous, baby-smooth skin to the surface. Dull, uneven, tired looking skin will appear instantly brighter, smoother and renewed.

◆ Pro Glow Brilliance

Nourish and glow with this brightness-boosting facial, reviving dull, lacklustre skin.

Turn up the brightness with our triple cleanse, melting away makeup, daily pollutants and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer-looking skin. Immediately revealing an outdoor- fresh glow, skin is left feeling fresh, radiant and healthy.

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BIOTEC ANTI-AGEING FACIALS

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

◆ Pro Glow Renewal Facial +

For a healthy gorgeous glow.

Elemis' signature deep cleansing skin-wellness facial harnesses the goodness of prebiotics and antioxidants to deliver a healthy looking, lift-from-within glow. After just one treatment, skin looks visibly refreshed and rebalanced.

◆ Pro Glow Smooth Facial +

The ultimate hit workout for your skin.

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology. Targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity.



◆ Pro Glow Resurfacing +

Reveal stunningly smooth skin.

Super-charged deep cleansing and powerful ultrasonic peel technology eliminates visible pollutants, dirt and impurities for an immediately clear, brighter complexion. Gentle resurfacing helps to reduce visible dryness and smooths the appearance of fine lines. Dull uneven, tired-looking skin will appear renewed and stunningly smooth and clear.

◆ Pro Glow Brilliance +

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, makeup and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich superfoods will plump and smooth with a super-charged air massage to breathe life into the skin. Immediately revealing a super healthy complexion, you'll look and feel more radiant, relaxed and glowing.

◆ Pro Glow Genius Facial +

Harnessing the power benefits of all 6 Elemis Biotec 1.0 technologies, skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multifaceted rejuvenation, and skin hydration. An unsurpassed, age defying facial resulting in a more lifted, radiant youthful appearance after just one treatment.

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BIOTEC SKIN SOLUTION FACIALS

◆ 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.

◆ 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.

◆ 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.



◆ Intensely Cleansing Salt Scrub

Choose from 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.

◆ Peaceful Pregnancy Massage

A tailored treatment specifically for mum's-to-be. Our trained therapists will ensure mum's-to-be can still be pampered too, using safe massage techniques. Peaceful Pregnancy Massage offers the enjoyment of a relaxing, gentle and nourishing treatment, leaving you with a sense of tranquillity and calmness.

Spa Packages

Relaxing Pamper Day

Available Daily

Supplement will apply for Fridays and Saturdays

- ◆ Access to leisure facilities including fully equipped gym, swimming pool, sauna, steam room and spa pool
- ◆ Use of spa garden with session in hot tub
- ◆ 30 minute treatment – choice of facial, mini manicure, mini pedicure or back massage
- ◆ Complimentary glass of fizz
- ◆ Use of relaxation area with complimentary tea, coffee and biscuits
- ◆ Light lunch or afternoon tea
- ◆ Robes and towel provided

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

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

Available Daily

Supplement will apply for Fridays and Saturdays

- ◆ 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 biscuits
- ◆ Access to leisure facilities including fully equipped gym, 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.

Spa Packages

Ultimate Sleepover

Available Daily

Supplement will apply for Fridays and Saturdays

- ◆ Overnight accommodation in executive room
Full English breakfast
- ◆ Three 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
- ◆ ½ Bottle of Prosecco per person, in your room
- ◆ Use of relaxation area with complimentary tea, coffee and biscuits
- ◆ Access to leisure facilities including fully equipped gym, swimming pool, sauna, steam room and spa pool
- ◆ Robes and towels provided

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

Romantic Spa Package

Available Daily

Supplement will apply for Fridays and Saturdays

- ◆ Overnight accommodation in executive room
- ◆ Full English breakfast
- ◆ Two course dinner in the Carnelly restaurant
- ◆ 30 minute treatment – choice of couples facial or couples back massage
- ◆ Use of spa garden with session in hot tub
- ◆ ½ Bottle of Prosecco per person, in your room
- ◆ Chocolates in room and rose petals on bed
- ◆ Use of relaxation area with complimentary tea, coffee and biscuits
- ◆ Access to leisure facilities including fully equipped gym, swimming pool, sauna, steam room and spa pool
- ◆ Robes and towels provided

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

Spa Packages

Two Night Pamper Package

Available any two days of the week

Supplement will apply for Fridays and Saturdays

- ◆ Overnight accommodation for two nights in executive room
- ◆ Full English breakfast both mornings
- ◆ Three course dinner both evenings in the Carnelly restaurant
- ◆ Either two 30 minute treatments or one 60 minute treatment - choice of facial, mini manicure, mini pedicure or back massage
- ◆ Use of spa garden with session in hot tub
- ◆ ½ Bottle of Prosecco per person, in your room
- ◆ Use of relaxation area with complimentary tea, coffee and biscuits
- ◆ Access to leisure facilities including fully equipped gym, swimming pool, sauna, steam room and spa pool
- ◆ Robes and towels provided

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



Nail Treatments

- ◆ **Essential Manicure** | 45 minutes
Soak, exfoliation, massage, cuticles, file and polish.
- ◆ **Mini Manicure** | 20 minutes
Soak, cuticle work, file and polish.
- ◆ **Essential Pedicure** | 45 minutes
Soak, exfoliation, massage, cuticles, file and polish.
Upgrade available with use of relaxing mitts or boots
- ◆ **Mini Pedicure** | 20 minutes
Soak, cuticle work, file and polish.
- ◆ **File & Polish** | 15 minutes
- ◆ **Gelish Hands or Feet** | 45 minutes
- ◆ **Gelish** Add on to Manicure / Pedicure | 15 minutes
- ◆ **Soak Offs**



Waxing & Tinting

INTIMATE WAXING

♦ Hollywood

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

♦ The Fretwell Inbetween

Leaves a narrow strip or triangle and a tidy underneath.

WAXING

- ♦ Full Leg
- ♦ Half Leg
- ♦ Bikini
- ♦ Back
- ♦ Chest
- ♦ Full Leg & Bikini
- ♦ Half Leg & Bikini
- ♦ Underarm
- ♦ Lip or Chin
- ♦ Lip & Chin



BROWS

♦ The Fretwell Brow Enhancement | 45 to 60 minutes

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

TINTING

- ♦ Eyebrow Wax & Shape
- ♦ Eyebrow Tint
- ♦ Eyelash Tint

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.