

## 30 min Treatments – £45

### CACI NON-SURGICAL FACIAL

Crystal free microdermabrasion light therapy to tone facial muscle.

### PERSONALISED EXPRESS FACIAL

Consultation, Cleanse, Exfoliate, Mask & Booster serum

### BACK, SHOULDER, NECK & HEAD MASSAGE

Focuses on key areas of tension using ESPA body oil chosen for your specific needs.

### INDIAN HEAD MASSAGE

Using traditional and Indian techniques on the face, scalp, neck, shoulders and upper back.

### ESPA HOT STONE MASSAGE

A therapeutic massage using aromatherapy oils and warm volcanic stones to relieve deep muscular tension.

### ESPA SALT & HOT OIL BODY SCRUB

Full body exfoliation, combination of sea salt & essential oils to leaving your skin completely nourished.

### INVIGORATING FOOT TREATMENT

For tired feet & heavy legs, sooth aches and pains.

## 60 min Treatments – £75

### CACI NON-SURGICAL FACIAL

Crystal free microdermabrasion light therapy to tone facial muscle.

### OPTIMAL SKIN PRO-FACIAL

Rebalance, hydrate and revitalise with this targeted facial. Instantly reviving and brightening your complexion.

### RE-HYDRATOR FACIAL

An intense and regenerating facial for dehydrated skin, leaving it supple and nourished.

### AGE DEFIER FACIAL

A luxurious and regenerating facial for maturing skin to help minimalise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing.

### ESPA SWEDISH MASSAGE

Traditional full body massage using firm pressure to promote relaxation and ease muscle tension.

### DEEP MUSCLE MASSAGE

A powerful massage designed to alleviate deep-seated tension and muscular stress.

### ESPA AROMATHERAPY MASSAGE

Using a blend of individually chosen essential oils for your specific needs.

### ESPA DETOX BODYWRAP

A detoxifying treatment that eliminates toxins and improves circulation. The treatment ends with a mind calming scalp massage for ultimate relaxation.

## 90 min Treatments – £95

### FACIALS

#### ESPA ADVANCED FACIAL

Suitable for all skin types. An age defying and sublime relaxing massage using Quartz Crystals, finishing with a lifting smoothing mask and our revolutionary skin radiance serum; powerfully brighten, firm and even skin tone.

#### ESPA LIFT & FIRM FACIAL

An advanced facial using Super Active ingredients combined with specialised facial massage techniques to improve skin tonicity, firmness and to enhance cellular regeneration. This treatment stimulates collagen production to deliver intense result; the benefits can be seen immediately.

#### CACI ULTIMATE FACIAL

Truly visible and corrective results without the need for surgery or invasive procedures.

### MASSAGES

Swedish, Deep Tissue, Aromatherapy & Hot Stone Massages

## Flotation Therapy

During flotation, floating in darkness with no extreme hot or cold temperatures deprives your usual senses; the result is a deep state of relaxation for both mind and body. Benefits: relieving stress, relieving arthritis, skin conditions, detoxifying increase circulation.

30 minutes £45

40 min £55

## Salon Services

### HANDS & FEET

Jessica Prescriptive Manicure.....	£42
Jessica Prescriptive Pedicure.....	£55
Gel Nail Removal.....	£15
Gel File & Polish.....	£25
File & Polish.....	£20

### HAIRDRESSING & STYLING

Re-style cut and blow dry.....	£45
Cut & Blow dry.....	£40
Wash & Blow.....	£25
Bridal Hair Trial.....	£55
Bridesmaid Hair Trial.....	£45

### MAKE-UP

Special occasion make-up.....	£35
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### HAIR REMOVAL

Eye Brow .....	£15
Under Arm.....	£15
Full leg.....	£35
Half leg.....	£25
Regular Bikini.....	£20
Full Leg & Bikini.....	£45
Full Leg Bikini & Under arm.....	£50
Back, Shoulder & neck wax.....	£35

### SPRAY TANNING

Full body tan.....	£25
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# Barnsdale Spa Menu



Near Oakham Rutland LE15 8AB Tel: 01572 771313  
[www.barnsdalehotel.co.uk](http://www.barnsdalehotel.co.uk) [beauty@barnsdalehotel.co.uk](mailto:beauty@barnsdalehotel.co.uk)  
Facebook: Barnsdale Hair and Beauty

## NEW OPENING HOURS

Monday	9am – 6pm
Tuesday	9am – 6pm
Wednesday	9am – 6pm
Thursday	9am – 9pm
Friday	9am – 9pm
Saturday	9am – 9pm
Sunday	11am – 5pm

Also available Day packages, Overnight spa packages & Gift vouchers  
Free on-site parking

**15% DISCOUNT available on all services for Timeshare Holders & Hotel Guests**

## ESPA

Natural Beauty  
Inner Calm



**A 50% deposit is required at time of booking. Please note – failure to give 24 hours' notice prior to cancellation would result in full charge for the treatment/service.**