

THE
CITY
SPA

BOOKINGS

T: 0845 2489772

M: 0845 CITYSPA

info@thecityspa.co.uk

www.thecityspa.co.uk

OPENING TIMES

Tuesday	9.30am	–	6.00pm
Wednesday	9.30am	–	8.00pm
Thursday	9.30am	–	8.00pm
Friday	9.30am	–	6.00pm
Saturday	9.00am	–	6.00pm
Sunday	11.00am	–	4.00pm

ADDRESS

54 Highcross Street
Leicester LE1 4NN

Welcome to The City Spa - a day spa for men and women offering a variety of treatments to help soothe, relax, invigorate and beautify.

Our facilities include:

Contemporary treatment rooms. Double treatment rooms. Luxury showering facilities. Relaxing City Spa Lounge. Complimentary use of luxury robes and slippers. Wine and Champagne with selected treatments. Tea, coffee and juices for all guests.

Brands

Elemis, Essie nail products, Leighton Denny Expert Nails, Circaroma organic ranges, Mama Mio, gift sets and gift vouchers. The Perfume Studio consultations are available for individuals and for group bookings.

Services

Corporate hire of our exclusive City Spa Lounge for up to 50 guests. Corporate packages for staff and customers - gift sets and vouchers. Spa events can be arranged for private parties and celebrations.

We hope you enjoy your visit to The City Spa.

WOMEN - FACE

Circaroma Organic Facial

Blends of the finest natural and organic ingredients are used for this luxurious treatment, which makes a definite difference to how your skin looks and feels.

45 mins £40
60 mins £50

The City Spa Superb Facial

This precision treatment provides an instant and long-term result for skin lacking firmness and elasticity. Thai-Style heat compresses are used to massage the face to soothe and detoxify your skin.

45 mins £45
60 mins £50

The City Spa Essential Facial

This unique facial treatment is designed to enhance the youthful appearance of your skin. The Caviar Extract Mask has remarkable benefits and is extremely relaxing.

30 mins £35
60 mins £50

The City Spa Eye Revive Treatment

Treats dark circles, bags, fine & deep lines. Includes a fabulous eye massage to improve circulation.

30 mins £25

Elemis Face and Body Sensation

Your therapist will adapt this unique full body massage using hot stones to target your specific problem areas, alleviate stress and ease aching muscles. This is followed by an intensive anti-ageing booster facial, designed to smooth out wrinkles and restore youthful radiance.

60 mins £65

Recommended: 1 treatment every 3 weeks. Course of 6.

£325

Elemis Pro-Collagen Quartz Lift Facial

This advanced anti-ageing facial uses the power of Padina Pavonica which is accelerated by the electrical energy of precious minerals; Quartz, Tourmaline, Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance.

1 hr 15 mins £75

Including décolleté treatment.

Recommended: 1 treatment every 3 weeks. Course of 6.

1 hr 30 mins £95
£375 / £475

WOMEN - ELEMIS ADVANCED ANTI-AGEING FACIALS

Elemis Visible Brilliance Facial

Specialized micro-circulatory massage techniques combined with Liquid Radiance, Cellular Recovery and the two phase Amino Active Mask helps smooth, sculpt and restore skin radiance and plumpness.

Including décolleté treatment.

Recommended: 1 treatment every 4 weeks. Course of 6.

1 hr 15 mins £75

1 hr 30 mins £95
£375 / £475

Elemis Tri-enzyme Resurfacing Facial

This facial pioneers the precision layering of 3 targeted enzyme serums to resurface the skin and remove the thickening layer of the epidermis. Skin is left incredibly smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

Including décolleté treatment.

Recommended: 1 treatment every 3 weeks. Course of 6.

1 hr 15 mins £75

1 hr 30 mins £95
£375 / £475

Elemis Oxygen Skin Calm Facial

Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed skin.

Recommended: 1 treatment every 4 weeks. Course of 6.

60 mins £55

£275

Elemis S.O.S Purifying Facial

Purifying massage techniques combined with the unique Japanese Sulphur Mask impregnated with Vita-C Booster Serum help to calm irritated skin and rebalance oil-rich pores, leaving beautiful matt skin.

Recommended: 1 treatment every 4 weeks. Course of 6.

60 mins £55

£275

WOMEN - ELEMIS SKIN SPECIFIC FACIALS

Elemis Fruit Active Glow Facial

For a powerful skin recharge, this facial will bring back the glow to tired, dull and lifeless complexions. Skin is deeply cleansed and stimulated by specialist eastern massage techniques, whilst powerful skin conditioning actives nourish and renew vital radiance.

50 mins £45

Recommended: 1 treatment every 4 weeks. Course of 6.

£225

Elemis Exotic Moisture Dew Facial

For skin in need of a super saturating moisture boost, this thirst-quenching facial is perfect. Following a deep cleanse and nourishing facial massage, the skin is fed with moisture loving actives that will bring back that healthy, dewy look to the skin.

50 mins £45

Recommended: 1 treatment every 4 weeks. Course of 6.

£225

Elemis Herbal Lavender Repair Facial

For perfect restoration of skin balance, this facial helps to heal and repair oily, problem and congested skin. Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

50 mins £45

Recommended: 1 treatment every 4 weeks. Course of 6.

£225

Elemis Taster Facial

This introductory facial allows you to experience a sample of the world renowned Elemis facial treatments. This is a quick pick me up for dull, lifeless skin and is an excellent pre make up facial for that special occasion.

30 mins £35

WOMEN - BODY MASSAGE

We offer a selection of different massage techniques so that you can choose one suited to how you're feeling. If you need help or advice on the most appropriate massage for your needs, then please ask.

Thai-Style Massage

Herbal heat compresses are used to give a traditional, yet modern, massage that soothes and alleviates muscle tension.

Full Body

60 mins £55

Back

30 mins £35

Swedish Massage

This classic massage technique is particularly effective for people suffering from work related stress or general muscle tension. It incorporates stroking, kneading and chopping movements, all applied firmly, but without extreme pressure, creating a relaxing massage experience.

Full Body

60 mins £50

Back

30 mins £30

Deep Tissue Massage

This massage technique aims to relieve deep set stress and muscle tension. Deep rhythmic pressure massage gives the whole body a vigorous workout. Combined with specially blended massage oils, this treatment can be adjusted to suit the individual needs of the client. Especially effective after sports. Not for the faint hearted!

Full Body

60 mins £50

Back

30 mins £30

WOMEN - BODY MASSAGE

Aroma Stone Therapy Massage

Warm stones are placed on key energy points of the body, evoking an aura of warmth. The stones are used to massage the body using traditional techniques to ease the pain and tension of aching muscles as well as deeply relaxing and rebalancing the mind and body.

Full Body

Back

1 hr 15 mins £60

30 mins £35

Circaroma Organic Aromatherapy Massage

This massage is a real sensory experience for the entire mind and body. A gentle massage technique is used to relax the body as the specially formulated aromatic oils work on the senses. Circaroma oils are certified organic by the Soil Association.

Full Body

Back

1 hr 15 mins £60

30 mins £35

Aromatherapy Massage

Using the power of essential oils this gentle massage therapy will help you to relax by releasing tension from your body, enhancing your well-being.

Full Body

Back

50 mins £45

30 mins £30

Leg and Foot Reviver

Pressure point massage is combined with traditional massage techniques to rejuvenate tired, hardworking legs and feet.

30 mins £30

WOMEN - BODY TREATMENTS

The City Spa Citrus Salt Scrub

This is a relaxing, nourishing full body exfoliation using our exclusive Citrus Salt Scrub, which contains a unique blend of Lemon, Orange and Bergamot essential oils, and to help stimulate a sluggish system. This is followed by a full body moisturisation, using our luxurious organic Lemon and Geranium Body Butter, resulting in smooth, soft skin. 30 mins £30

The City Spa Luxury Citrus Salt Scrub

A facial cleanse, exfoliation and moisturisation are complemented by a relaxing scalp massage in addition to our Citrus Salt Scrub, described above. 45 mins £40

Elemis Exotic Lime & Ginger Salt Glow

A fabulous exfoliation treatment using warm oils and Exotic Lime & Ginger Salt Glow. This treatment is completed with the application of Exotic Island Flower Body Lotion. Skin is left glowing and vibrant. 30 mins £35

Elemis Luxury Exotic Lime & Ginger Glow

A facial cleanse, exfoliation and moisturisation are complemented by a relaxing scalp massage in addition to the fabulous body treatment, described above. 45 mins £45

Circaroma Organic Body Polish

This invigorating treatment leaves your skin deeply nourished and polished to perfection. Organic oils and body polish are applied and the treatment finishes with highly moisturising organic body butter. 30 mins £30

The City Spa Back Cleanse

This treatment has been specifically formulated to clear spots and acne. Your skin will be deeply cleansed and a clay mask applied to help decongest the skin. 30 mins £30

WOMEN - BODY TREATMENTS

Circaroma Warming Body Treatment

A warming treatment to nurture both body and soul. Begin by sitting back and relaxing whilst your feet are cleansed and organic, aromatic oils are diffused around you. Your body will be polished with brown sugar scrub then massaged. A warming body mask will then be applied to ease all aches and pains resulting in true relaxation.

60 mins £60

Circaroma Warming Back Treatment

A lovely treatment for an often neglected area. Firstly have your back cleansed and polished with organic brown sugar body polish to remove dry skin. Warming oil is then drizzled onto the skin and your therapist will then relieve all your stresses and tension with a deeply relaxing massage.

30 mins £35

The City Spa Jasmine and Coconut Moisture Infusion

Our luxury treatment includes body brushing to exfoliate the skin, followed by a hot mitt ritual and the drizzling of warm Jasmine and Coconut oil, which is then gently massaged into your skin to infuse the oils.

30 mins £30

Elemis Exotic Frangipani Body Wrap

This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness, combined with a facial pressure point massage and de-stress scalp treatment.

60 mins £55

With Back Massage

1 hr 20 mins £80

Elemis Musclease Aroma Spa Ocean Wrap

Helps to ease the pain of rheumatism, arthritis and general aches in the muscles, with the use of Elemis specifically designed musclease oil.

60 mins £65

Elemis Exotic Coconut Rub and Milk Ritual Wrap

This exotic wrap is excellent for skin smoothing and softening and is combined with a facial pressure point massage and de-stress scalp treatment to stimulate the senses and relax mind and body.

60 mins £60

With Back Massage

1 hr 20 mins £80

WOMEN - BODY SOLUTIONS

Elemis Cellutox Aroma Spa Ocean Wrap

This treatment detoxifies and deep cleanses the body inside and out. A warm seaweed body mask combined with a blend of essential oils is applied to the body, before you are cocooned in a comforting foil wrap. Excellent for improving the dimpled appearance of cellulite and reducing fluid retention.

Recommended: 2 treatments per week for 1 month. Course of 8.

60 mins £65

£450

Elemis Body Sculpting Cellulite and Colon treatment

A detoxifying Fennel and Birch peel off body mask is applied and combined with specialist massage techniques, helping to firm and smooth the skin, stimulate circulation and reduce fluid retention.

Recommended: 2 treatments per week for 1 month. Course of 8.

60 mins £65

£450

Mama Mio Bootcamp For Butts - A 'butt lift' in 1 hour

Reduce cellulite and water retention, improve skin tone and reduce wobble with this radical circulation boosting, double exfoliation, and algae mask treatment. Course of 6

60 mins £50

£250

Mama Mio Bootcamp For Tummies - A 'tummy tuck' in 1 hour

If your tummy is your trouble spot, this is the treatment for you. It combines the benefits of a resurfacing fruit acid peel for deep double exfoliation, with toning and tightening actives and an algae-rich mask. Specific massage techniques wake up lazy abs and radically increase circulation. Course of 6

60 mins £50

£250

Mama Mio Bootcamp For Boobs - A 'boobjob' in 1 hour with 'batwing blaster'

This amazing bust & upper body treatment that will boost pecs and triceps, dramatically increasing circulation to the whole bust area and releasing pressure points that affect posture. Gentle exfoliation is combined with an Omega-rich mask to plump up tired skin and boost collagen, whilst elasticising and smoothing. Course of 6

60 mins £50

£250

WOMEN - BODY SOLUTIONS

Universal Contour Wrap

Lose inches, guaranteed, with this clay wrap treatment. Ideal before a special event.

Course of 3 full wraps

Course of 5 full wraps

2 hrs £65

£165

£260

Elemis Total Glow Self Tan Treatment

This luxurious tanning treatment begins with an Exotic Lime and Ginger full body exfoliation, before the application of the rich tanning cream. Skin is left soft, smooth and with a natural looking glow.

1 hr 15 mins £50

WOMEN - SPRAY TANNING

The City Spa are proud to introduce Vani-T Organic spray tanning. Vani-T is one of Australia's leading spray tanning brands and all of the products in the range are 100% organic, with no harsh chemicals. We stock the full range of Vani-T aftercare and maintenance products and none of the products are tested on animals.

Vani-T offer two formulations to ensure a natural looking tan, whatever your skin type.

Liquid Sun - This formulation should be left on for a minimum of 8 hours, but ideally overnight to achieve a beautiful tanned result.

Velocity - This revolutionary formulation is left on the skin for a minimum of 1 hour and a maximum of 4 hours, depending on the depth of colour required. This product should not be left on for more than 4 hours. This tan is ideal for those who want a 'no fuss' tanning experience.

If you would like advice as to which formulation is right for you please ask.

Full Body	30 mins	£25
Half body	15 mins	£15

WOMEN - HANDS & FEET

Leighton Denny Expert Nail systems provide prescriptive care for hands, feet and nails, offering technologically advanced formulations and award winning treatments.

In addition they offer up to the minute trends, style and glamour and introduce you to the world of colour cocktailing, French moons and naked moons, along with the perfect classic paint and French finishes. Ask your technician for details.

Leighton Denny manicures and pedicures offer you a choice of nail treatments, specific to your nail needs and a great choice of colour polishes. If you would like to have both, or any of the specialist finishes, then please specify when booking. There is a small additional charge for all specialist finishes. All manicures and pedicures include a classic colour finish.

There are three treatment ranges to solve every nail concern.

HYDRA-FLEX – recommended for dehydrated, mature, brittle nails.

This will restore flexibility and hydrate the nails.

BIO-BUILD – recommended for weak, thin, peeling and papery nails. Recommended after acrylic or other false nails, will also strengthen weak and fragile nails.

BRILLIANCE – recommended for yellowed, stained nails.

Will brighten and whiten nails.

Please allow an additional 15 minutes to your treatment time and simply add the additional price onto your treatment cost as shown below.

Treatment	£5
French Finish	£5
French Moon	£5
Naked Moon	£5

WOMEN - HANDS & FEET

Leighton Denny Custom Manicure

The ultimate treat for the 'best dressed hands and nails'. Cuticles are treated, nails buffed and hands expertly massaged. This is completed with a classic colour nail paint of your choice.

30 mins £25

Leighton Denny Immaculate Manicure

As voted by Harpers Bazaar, this award winning manicure provides luxury and glamour for hands and nails. This complete treatment exfoliates, nourishes and protects your hands and nails against the daily wear and tear of a busy lifestyle, whilst helping to improve the signs of premature ageing. This is completed with a colour nail paint of your choice.

60 mins £35

Essie Manicure

Experience the A-list celebrity favourite manicure with Essie's chip-resistant and outstanding durability formula. Nails and cuticles are nourished and conditioned to ensure the best finish of your chosen colour or French paint.

With colour paint

45 mins £25

With French paint

60 mins £35

Essie Luxury Manicure

An exotic mask intensified with heated mittens follows a luxurious hand massage, and is in addition to all the steps of a standard Essie manicure.

With colour paint

60 mins £35

With French paint

1 hr 15 mins £45

Elemis Exotic Hand Ritual

A luxurious treatment to condition and soften hands with warmed aromatherapy oils. A wonderfully relaxing treat.

30 mins £35

The City Spa Citrus Hand Ritual

This relaxing hand treatment includes an exfoliation, using our Citrus Salt Scrub, followed by a hand massage, using our organic Lemon and Geranium Body Butter.

30 mins £30

WOMEN - HANDS AND FEET

Leighton Denny Custom Pedicure

Revive tired looking feet and toes with a foot massage, cuticle work and nail buffing. This is completed with a colour nail paint of your choice. **30 mins £25**

Leighton Denny Pristine Pedicure

This luxury treatment is great for even the most neglected feet. They will be exfoliated, nourished and massaged to help relax and revitalise them. Nails will be buffed and nourished to give the best finish. This is completed with a colour paint of your choice. **60 mins £35**

Essie Pedicure

Experience the A-list celebrity favourite pedicure with Essie's durable, chip-resistant formula. Nails and cuticles are nourished and conditioned to ensure the best finish of your chosen colour or French paint.

With colour paint **45 mins £25**

With French paint **60 mins £35**

Essie Luxury Pedicure

A luxury foot massage is followed by an Exotic Mask intensified with heated booties that results in smooth, soft skin. and is in addition to the steps of a standard Essie manicure.

With colour paint **60 mins £35**

With French paint **1 hr 15 mins £45**

Elemis Sole Delight Foot Treatment

Warmed aroma-therapeutic oils nourish and condition your feet and nails, whilst the decadence of the Elemis Skin Nourishing Milk Bath and Exotic Frangipani Monoi Moisture Melt lavish a rich and healing action on your skin. **30 mins £35**

The City Spa Citrus Foot Ritual

This relaxing foot treatment includes an exfoliation, using our Citrus Salt Scrub, followed by a foot massage, using our organic Lemon and Geranium Body Butter. **30 mins £30**

Leg and Foot Reviver

Pressure point massage is combined with traditional massage techniques to rejuvenate tired, hardworking legs and feet. **30 mins £30**

WOMEN - HOLISTIC THERAPIES

Hopi Ear Candles

Ear candles have been used for thousands of years and can help with many conditions such as; Sinusitis, Tinnitus, Rhinitis, Migraine, discomfort after flying and even snoring. The lit candle is inserted into the ear and a chimney effect is created, drawing out wax and any other impurities, as well as regulating pressure in the inner ear.

30 mins £25

Indian Head Massage

Many people hold their stress and tension in their shoulders and temples. Indian head massage is the perfect way to relieve this tension and make you feel rejuvenated. 30 minutes are spent massaging your shoulders, neck and head leaving you feeling completely uplifted and relaxed.

30 mins £25

WOMEN - GROOMING

Party Lashes

These semi permanent lashes will last for two to three days and enhance the appearance of your own lashes. Perfect for a special occasion.

30 mins £25

Eyelash Extensions

Using the latest techniques we will enhance your natural lashes with stunning results. Suitable for a special occasions or regular wear. The lashes can last up to 8 weeks with top up treatments, depending on the natural cycle of your own lashes and lash care.

Full set

1 hr 45 mins £75

Corner Flicks

45 mins £40

Top Up Lash Treatment

Recommended every 2-3 weeks. The length of time you need is dependent upon your lash cycle and lash care between visits. Our trained therapist will advise you on after care and home maintenance programs. Home care products are available at The City Spa.

30 mins £20

45 mins £35

WOMEN - GROOMING

Waxing

Eyebrow shape	10 mins	£11
Chin	5 mins	£10
Lip	5 mins	£9
Chin and lip	15 mins	£17
Chin, lip and eyebrow shape	20 mins	£22
Full arm	30 mins	£18
Half arm	15 mins	£15
Under Arm	15 mins	£12
Full leg	45 mins	£25
Half leg	30 mins	£20
Bikini line	15 mins	£12
Brazilian	20 mins	£18
Hollywood	30 mins	£22
Bikini line & Full leg	60 mins	£35
Stomach	15 mins	£15

Tinting*

Eyebrow tint	10 mins	£10
Eyelash tint	20 mins	£15
Eyebrow and eyelash tint	30 mins	£20
Eyebrow shape & lash tint	30 mins	£20
Eyebrow shape, brow & lash tint	40 mins	£25
Eyebrow shape & tint	30 mins	£20
Eyelash perming **	30 mins	£25

Threading

Lip	15 mins	£10
Chin	15 mins	£10
Lip & chin	30 mins	£18
Eyebrow shape	30 mins	£15
Eyebrow tidy	15 mins	£10
Face	30 mins	£18
Eyebrow tidy, lip & chin	40 mins	£25

Electrolysis	5 mins	£10
	10 mins	£12
	15 mins	£14
	30 mins	£21
	45 mins	£27

* Tinting treatments require a patch test 48 hours in advance.

** Eyelash perming treatment requires a patch test 48 hours in advance.

WOMEN - SPA MATERNITY

The City Spa offers exclusive treatments for all stages of pregnancy from the highly acclaimed Mama Mio. Spa maternity treatments are all designed to increase skin elasticity, increase circulation, reduce water retention, nourish parched and itchy skin, ease tired muscles and make you feel relaxed and gorgeous. All treatments are tested and safe for all stages of pregnancy.

Mama Mio Mellow Mama Maternity Massage

A complete body massage using specific pre-natal techniques to relax, renew and rejuvenate. Allow yourself to indulge taking a well deserved moment to dream of your life with your baby. This is ideal for all stages of pregnancy and is recommended to help your skin adapt to the changes pregnancy brings, this is especially useful for minimizing stretch marks.

60 mins £55

Recommended: 1 treatment every 2 weeks in 1st & 2nd trimester.

Mama Mio Free Your Mind

A heavenly treatment for the upper back and neck tension complimented with a lovely scalp massage to ease your mind. A cooling Mama Mio eye compress starts the treatment which is followed by a deep shoulder and neck massage, exactly what you need to beat pre-baby stress and literally free your mind.

45 mins £35

Mama Mio Yummy Tummy

A glorious facial for your tummy providing mega moisture and nourishment for your tight as a drum skin and will help build elasticity and ease itchy belly syndrome. This treatment helps reduce stretch marks and soothes and nourishes your skin. Free Your Mind is also included in this relaxing treatment.

60 mins £60

WOMEN - SPA MATERNITY

Mama Mio Lighten Up

Created to help when your legs feel tired and swollen, this is a lower leg treatment all about reducing water retention and increasing circulation. The treatment uses Gravida Oil – a tested and totally safe aromatherapy oil, which is relaxing and has properties which work deeply on your skin.

30 mins £35

Mama Mio Post Pregnancy Pamper Healing Hour

Up to four months after baby, your body is still behaving as though it is pregnant; this treatment helps to alleviate the physical stress your body has experienced. New motherhood can be exhausting and sometimes you need the mothering.

60 mins £50

WOMEN - BODY TREATMENTS

Mama Mio Bootcamp For Butts - A 'butt lift' in 1 hour

Reduce cellulite and water retention, improve skin tone and reduce wobble with this radical circulation boosting, double exfoliation, and algae mask treatment.
Course of 6

60 mins £50

£250

Mama Mio Bootcamp For Tummies - A 'tummy tuck' in 1 hour

If your tummy is your trouble spot, this is the treatment for you. It combines the benefits of a resurfacing fruit acid peel for deep double exfoliation, with toning and tightening actives and an algae-rich mask. Specific massage techniques wake up lazy abs and radically increase circulation.

Course of 6

60 mins £50

£250

Mama Mio Bootcamp For Boobs - A 'boobjob' in 1 hour with 'batwing blaster'

This amazing bust & upper body treatment that will boost pecs and triceps, dramatically increasing circulation to the whole bust area and releasing pressure points that affect posture. Gentle exfoliation is combined with an Omega-rich mask to plump up tired skin and boost collagen, whilst elasticising and smoothing.

Course of 6

60 mins £50

£250

THE CITY SPA WEDDING SERVICES

We have designed 3 Wedding spa packages, which give you the opportunity to relax, unwind and look great on your special day.

Brilliance

While cocooned in an Elemis Exotic Body Wrap you will enjoy an Elemis Advanced Visible anti-ageing Brilliance Facial to smooth, sculpt and restore your skins radiance. You can then choose a manicure or pedicure to complete the package.

1 hr 50 mins
£130 for 1
£240 for 2

Glow

This package begins with an Elemis Lime & Ginger Salt Glow exfoliation treatment to soften and smooth the skin. You will be wrapped in a heated blanket to ensure the oils penetrate deep into your skin for maximum effect. Whilst wrapped you will enjoy an Elemis Skin Specific Facial and your package will be completed with your choice of manicure or pedicure.

1 hr 45 mins
£85 for 1
£160 for 2

Groom package

This fantastic ritual will help you to relax & unwind before the start of your wedding celebrations. You will enjoy The City Spa Essential Facial followed by a Deep Tissue Back Massage. The Elemis Exotic Hand treatment for men will ensure your hands are perfectly groomed for the wedding.

1 hr 20 mins
£75 for 1
£140 for 2

For a full, bespoke package we are delighted to offer a private consultation of 30 minutes. The cost of this is deductible from treatments booked. Please ask for details.

30 mins £25

MEN - FACE

Circaroma Organic Facial

Blends of the finest natural and organic ingredients are used for this luxurious treatment. We know this will make a definite difference to how your skin looks and feels.

45 mins £40
60 mins £50

The City Spa Superb Facial

This precision treatment provides an instant and long-term result for skin lacking firmness and elasticity. Thai-Style heat compresses are used to massage the face to soothe and detoxify your skin.

45 mins £45
60 mins £50

The City Spa Essential Facial

This unique facial treatment is designed to enhance the youthful appearance of your skin. The Caviar Extract Mask has remarkable benefits and is extremely relaxing.

30 mins £35
60 mins £50

The City Spa Eye Revive Treatment

Treats dark circles, bags, fine & deep lines. Includes a fabulous eye massage to improve circulation.

30 mins £25

Elemis Skin IQ Facial

An intelligent anti-ageing facial that adapts to super boost the skin. Prescribed to protect against the harsh, ageing effects of shaving and environmental damage, this is the ultimate skin overhaul for male skin.

1 hr 15 mins £68

Elemis Urban Cleanse Facial

A high performance complexion cleanse for total skincare defence. This super grooming facial decongests the skin, working overtime to eliminate blocked pores, neutralize impurities and reduce sensitivity.

1 hr 15 mins £55

The City Spa Express Facial

This is an ideal introduction to facials, a great addition to any massage or simply when you're short of time. Products will be selected dependent on your skins needs to achieve maximum results in this express facial.

30 mins £35

MEN - FACE

Elemis Tri-enzyme Resurfacing Facial

This facial pioneers the precision layering of 3 targeted enzyme serums to resurface the skin and remove the thickening layer of the epidermis. Skin is left incredibly smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

Recommended: 1 treatment every 3 weeks. Course of 6.

1 hr 15 mins £75

£375

Face and Body Sensation

Your therapist will adapt this unique full body massage using hot stones to target your specific problem areas, alleviate stress and ease aching muscles. This is followed by an intensive anti-ageing booster facial, designed to smooth out wrinkles and restore youthful radiance.

Recommended: 1 treatment every 3 weeks. Course of 6.

60 mins £65

£325

MEN - FACE AND BODY TREATMENTS

Elemis Total Time Out

Achieve the ultimate goal for complete skin, body and lifestyle management.

2 hrs £95

Select either the Elemis Skin IQ or the Elemis Urban Cleanse power-packed facial and combine it with the dynamic and immediate relief of the Elemis Deep Tissue Full Body Massage. Total Time Out!

Stress Away

A Full Body Aroma Stone Massage, using specially blended essential oils is combined with our reviving and relaxing Citrus Hand & Foot Ritual ensuring you leave absolutely stress free.

2 hrs

£105 for 1

£195 for 2

Just for Two

This experience includes an Elemis Deep Tissue Back Massage to take away any muscular tension, and a Lymphatic Drainage Facial Massage to leave your skin stress free.

1 hr

£55 for 1

£100 for 2

MEN - BODY AND MASSAGE TREATMENTS

We offer a selection of different massage techniques so that you can choose one suited to how you're feeling. If you need help or advice on the most appropriate massage for your needs, then please ask.

Thai-Style Massage

Herbal heat compresses are used to give a traditional, yet modern, massage that soothes and alleviates muscle tension.

Full Body

60 mins £55

Back

30 mins £35

Swedish Massage

This classic massage technique is particularly effective for people suffering from work related stress or general muscle tension. It incorporates stroking, kneading and chopping movements, all applied firmly, but without extreme pressure, creating a relaxing massage experience.

Full Body

60 mins £50

Back

30 mins £30

Deep Tissue Massage

This massage technique aims to relieve deep set stress and muscle tension. Deep rhythmic pressure massage gives the whole body a vigorous workout. Combined with specially blended massage oils, this treatment can be adjusted to suit the individual needs of the client. Especially effective after sports. Not for the faint hearted!

Full Body

60 mins £50

Back

30 mins £30

Aroma Stone Therapy Massage

Warm stones are placed on key energy points of the body, evoking an aura of warmth, whilst the deep penetrating heat from the stones are used to massage the body using traditional techniques to ease the pain and tension of aching muscles as well as deeply relaxing and rebalancing the mind and body.

Full Body

1 hr 15 mins £60

Back

30 mins £35

MEN - BODY AND MASSAGE TREATMENTS

Circaroma Organic Aromatherapy Massage

This massage is a real sensory experience for the entire mind and body. A gentle massage technique is used to relax the body as the specially formulated aromatic oils work on the senses.

Full Body

1 hr 15 mins £60

Back

30 mins £35

Aromatherapy Massage

Using the power of essential oils this light massage will help you to relax by releasing tension from your body, enhancing your well-being.

Full Body

50 mins £45

Back

30 mins £30

Circaroma Warming Body Treatment

A warming treatment to nurtures both body and soul. Begin by sitting back and relaxing whilst your feet are cleansed and organic, aromatic oils are diffused around you. Your body will be polished with a brown sugar scrub then massaged. A warming body mask will then be applied to ease all aches and pains resulting in true relaxation.

60 mins £60

Circaroma Warming Back Treatment

A lovely treatment for an often neglected area. Firstly have your back cleansed and polished with organic brown sugar body polish to remove dry skin. Warming oil is then drizzled onto the skin; your therapist will then relieve all your stresses and tension with a deeply relaxing massage.

30 mins £35

Leg and Foot Reviver

Pressure point massage is combined with traditional massage techniques to rejuvenate tired, hardworking legs and feet.

30 mins £30

Organic Spray Tanning

Full Body 30 mins £25

Half body 15 mins £15

MEN - DETOX AND BODY CLEANSING

Elemis Musclease Aroma Spa Ocean Wrap

This wrap treatment eases muscles and helps with the pain of rheumatism, arthritis and muscle spasms. A warm body mask containing seaweed and essential oils is applied to the body. You are then cocooned in a foil wrap whilst relaxing with a facial pressure point massage and scalp treatment.

1 hr 15 mins £65

Elemis Body Sculpting Cellulite and Colon treatment

A detoxifying Fennel and Birch peel off body mask is applied and combined with specialist massage techniques, helping to firm and smooth the skin, stimulate circulation and reduce fluid retention.

60 mins £65

Recommended: 2 treatments per week for 1 month. Course of 8.

£450

The City Spa Back Cleanse

This treatment has been specifically formulated to clear spots and acne. Your skin will be deeply cleansed and a clay mask applied to help decongest the skin.

30 mins £30

Universal Contour Wrap

Lose inches guaranteed with this clay wrap treatment. Ideal before a special event.

2 hrs £65

Course of 3 full wraps

£165

Course of 5 full wraps

£260

MEN - HANDS AND FEET

Leighton Denny Custom Manicure

The ultimate treat for the most well groomed hands and nails. Cuticles are treated, nails tidied and buffed and hands massaged. This manicure includes your choice of nail treatment to enhance nail health or a matt finish nail coat. 30 mins £25

The City Spa Citrus Hand Ritual

This relaxing hand treatment includes an exfoliation, using our Citrus Salt Scrub, followed by a hand massage, using our organic Lemon and Geranium Body Butter. 30 mins £30

Elemis Exotic Grooming For Hands

Cuticles and nails are conditioned with oils whilst Elemis Skin Nourishing Milk Bath lavishes its richness for soft and supple hands. 30 mins £35

Leighton Denny Custom Pedicure

Revive tired looking feet and toes with a foot massage, cuticle work and nail buffing. This pedicure includes your choice of nail treatment to enhance nail health or a matt finish nail coat. 45 mins £25

The City Spa Citrus Foot Ritual

This relaxing foot treatment includes an exfoliation, using our Citrus Salt Scrub, followed by a foot massage, using our organic Lemon and Geranium Body Butter. 30 mins £30

Elemis Exotic Grooming for Feet

Expert manipulation of reflex points with warmed oils nourish and condition neglected feet. Extra rich hydration softens hard-working heels. 30 mins £35

Leg and Foot Reviver

Pressure point massage is combined with traditional massage techniques to rejuvenate tired, hardworking legs and feet. 30 mins £30

MEN - HOLISTIC THERAPIES

Hopi Ear candles

Ear candles have been used for thousands of years and can help with many conditions such as; Sinusitis, Tinnitus, Rhinitis, Migraine, discomfort after flying and even snoring. The lit candle is inserted into the ear and a chimney effect is created, drawing out wax and any other impurities, as well as regulating pressure in the inner ear.

30 mins £25

Indian Head Massage

Most of you will hold all of your stresses and tension in your shoulders and temples. Indian head massage is the perfect way to relieve this tension and make you feel like you're walking on air. 30 minutes are spent massaging your shoulders, neck and head leaving you feeling completely uplifted and relaxed.

30 mins £25

MEN - HOLISTIC THERAPIES

Eyebrow Shape	10 mins	£11
Chest Wax	15 mins	£20
Chest & Abdomen	30 mins	£25
Back Wax	20 mins	£20
Shoulder Wax	15 mins	£15
Back & Shoulder Wax	30 mins	£30
Full Leg Wax	45 mins	£30

THE CITY SPA EXPERIENCES FOR MEN AND WOMEN

At the City Spa we have designed Spa Packages for one or two people to enjoy. Packages range from simple best selling combinations to total pampering. All of our packages offer excellent value and offer a saving on individually booked treatments. Our packages can also be purchased along with a 2 course lunch, which can be taken during the longer packages (over 4 hours) or at the end of shorter packages. To add a 2 course lunch and glass of wine, beer or soft drink, simply ask us for more details when making your booking.

Top to Toe

This fantastic ritual starts with an Aroma Stone Full Body Massage, followed by an Advanced Prescriptive Facial, to leave your skin glowing. Your hands and feet will then be pampered by a relaxing and reviving Citrus Hand & Foot Ritual. An optional hand and toe paint is included.

4 hrs

£165 for 1

£290 for 2

The Way To Heaven

Start your journey with a Swedish Full Body Massage followed by our exclusive Jasmine and Coconut Infusion which leaves skin deeply cleansed, moisturised and softened to perfection. Your journey continues with a Skin Specific Facial, which is tailored to your skins needs. Total relaxation is guaranteed with a Luxury Manicure, complete with an application of your chosen nail colour, whilst enjoying a glass of champagne. This truly is heaven!

3 hrs

£180 for 1

£350 for 2

Forget Me Not

This exclusive ritual starts with our exclusive Jasmine and Coconut Moisture Infusion, excellent for skin smoothing and softening followed by a Skin Specific Facial. This is followed by Full Body Massage and finished with our Citrus Hand or Foot Ritual. An optional hand or toe paint is included. An experience you won't forget.

2 hrs 30 mins

£140 for 1

£240 for 2

Yummy Mummy Spa Experience

This beautiful Mama Mio Full Body Massage will leave your body light as a feather and this is followed by a Skin Specific Facial, which will ensure your skin is moisturized, brightened and glowing. This package is complemented by a choice of a Manicure or a Pedicure.

2 hrs 30 mins

£115 for 1

£220 for 2

SPA EXPERIENCES FOR MEN AND WOMEN

Stress Away

A Full Body Aroma Stone Massage, using specially blended essential oils is combined with our reviving and relaxing Citrus Hand & Foot Ritual ensuring you leave absolutely stress free.

2 hrs
£105 for 1
£195 for 2

Total Wellbeing

Experience an invigorating Full Body Deep Tissue, Swedish or Aromatherapy Massage which helps relax and to relieve stress and muscle tension. This is combined with a Prescriptive Skin Specific Facial.

1 hr 45mins
£85 for 1
£155 for 2

Spa Beautiful

This package has a combination of a Skin Specific Facial, followed by a Back Massage, this package is further complemented by a Manicure and a Pedicure. A perfect spa package for a special occasion.

2 hrs 45 mins
£130 for 1
£240 for 2

Body Beautiful

This package begins with a full body Citrus Salt Scrub followed by a Deep Tissue, Swedish or Aromatherapy Back Massage. This package is completed by a Manicure and a Pedicure.

1 hr 45 mins
£95 for 1
£180 for 2

Spa Ritual

From the soles of your feet to the crown of your head this treatment is the ultimate therapy for your skin. Choose from one of the unique Skin Specific Facials and combine it with the powerful effect of a Back Massage. Choose from the following: Deep Tissue Back Massage, Swedish Massage or an Aromatherapy Massage.

1hr 30 mins
£65 for 1
£110 for 2

SPA EXPERIENCES FOR MEN AND WOMEN

Total Moisture Infusion

This deeply relaxing package begins with our Jasmine and Coconut Moisture Infusion, which includes body brushing and the application of warm Jasmine and Coconut oil to rehydrate and moisturize your body. The oils are massaged into your skin to create a sense of total wellbeing. This is followed by a hydrating facial. The perfect choice for mature, dry skin which needs a complete moisture boost.

1 hr 15 mins
£65 for 1
£110 for 2

Just for Two

This experience includes a Deep Tissue, Swedish or Aromatherapy Back Massage to relax and take away any muscular tension, followed by a Taster Facial, leaving your leaving your skin stress free.

60 mins
£55 for 1
£100 for 2

Ultimate Spa Experience

Spend a day with us, arriving at 10.30 am for your skin consultation and to map out your day. You will begin with a Full Body Massage of your choice, select a Deep Tissue, Swedish or an Aromatherapy massage, followed by a Full Body Salt Scrub followed by our luxury Jasmine and Coconut Moisture Infusion. Whilst you are cocooned in a wrap, to further enhance the moisturisation process you will have an Advanced Prescriptive facial to give your skin a wonderful glow. After a light lunch we will move to your feet with a choice of a Luxury Essie Pedicure or a Leighton Denny Immaculate Manicure. To end your day you can take advantage of an optional make-up application, using Krush Organic Mineral make up to complete your transformation

Up to 6 hrs
£260 for 1
£500 for 2

THE PERFUME STUDIO

This experience makes a wonderful gift for a bride and groom, anniversaries or special occasions. Why not share this experience with a few friends to make it truly memorable and book a perfume party, complete with Champagne and chocolate fountain.

1 hour
consultation from
£55 includes
bespoke fragrance

SPA MEMBERSHIP

Become a member of The City Spa and pay a monthly fee to access exclusive services. An annual Spa Membership fee of £700 or £59 per month by standing order represents a saving of £200 over the year for your regular and luxury treatments.

As a member you will receive the following benefits:-

- Treatments up to a value of £75, offering you a saving of £16 a month.
- 10% off additional treatments (does not include promotional offers).
- 10% off product purchases.
- Exclusive Spa Members special events and promotions.

CORPORATE PACKAGES AT THE CITY SPA

We can organise corporate gifts and spa memberships for your employees as part of your well-being programme at work. We can organise The City Spa gift vouchers and gift sets for your team or customers as a way of saying thank you. Ask us about our corporate rates for booking spa memberships and private hire of our exclusive Spa Lounge, complete with Champagne and wine bar for exclusive corporate entertaining for up to 50 people.

SPA PARTIES AND EVENTS

Why not have a spa party to celebrate a special occasion or just to have a get together with friends. Birthdays, baby showers and brides to be are all great reasons to have a celebration.

Call us on 0845 2489772 or email info@thecityspa.co.uk for more details.

All prices correct at time of print, but may be subject to change without notice.

HOW TO SPA

To ensure you benefit from the fully allocated treatment time, we ask that you arrive 15 minutes prior to your appointment. This will ensure you can be shown to the treatment room in enough time so as your treatment begins at the time booked. If you are delayed we will do our best to offer the full treatment, but there may be circumstances beyond our control, where this is not possible. In this situation a shortened treatment will be given. The City Spa cannot be held responsible for shortened treatments due to late arrivals and the full treatment price will be charged. We request that mobile phones are switched off or on silent when in the day spa. To enable spa guests to access emails or work via their laptop whilst visiting, The City Spa has a wireless connection in the lounge area. Please take care of your valuables, as we cannot be responsible for any loss. Guests will be provided with disposable underwear for treatments such as scrubs and tanning. Tinting treatments and tanning require a patch test 48 hours in advance. When having a pedicure we are delighted to invite guests to stay in our lounge area until their polish has fully dried, however, if you are short of time we would suggest open toe footwear is brought to avoid smudging. Clients having a manicure or file & paint may wish to pay prior to their treatment to avoid smudging.

CONSULTATION AND MEDICAL STATUS

Please note that all treatments and packages are booked subject to medical status. Each treatment may have contra-indications. If you are unsure before making a booking please seek advice from your doctor. Suitability of treatments will be re-confirmed on arrival at the spa. You will be required to complete a consultation form before your treatment commences on your first visit and we ask that you arrive 15 minutes prior to complete the form. If treatments prove unsuitable, alternatives will be offered where possible. If it is not your first visit to the spa, you must inform us of any changes in your health or medical status.

DEPOSITS & CANCELLATION

A deposit is required to secure appointments of 1 hour or more. Clients who wish to change or cancel an appointment are kindly requested to provide 24 hours notice or their deposit will be forfeited. Clients with gift vouchers are not required to leave a deposit, but a deduction of up to 50% of the treatment price may be made from their voucher should we not receive 24 hours notice of a cancellation or change to appointments.

GIFT VOUCHERS

Gift vouchers can be purchased online at www.thecityspa.co.uk and in the spa. They can be purchased for any denomination and are valid for six months after purchase. Gift vouchers may be redeemed against treatments or products, but not used on the website. Gift vouchers are non refundable.