



# THE WINTER SPA

HEALTH ◊ HAIR ◊ BEAUTY








## THE WINTER SPA WELCOME

Tranquillity in the heart of the great border city. Your treatments can range from the latest cutting and colouring trends in the ultra modern Hair-Spa, to a deeply relaxing full body and mind ritual in one of our mood lit treatment rooms - all using the best products with the finest ingredients.

Whether seeking to escape the stresses of everyday life or a pampering touch, our welcoming and expertly trained staff will take care of your every need, leaving you looking your absolute best and completely relaxed.

Take time out and enjoy  
The Winter Spa experience...




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GERMAINE<sup>®</sup> CAPUCCINI

  
Pierre René  
PROFESSIONAL

  
Schwarzkopf  
PROFESSIONAL

  
Mi

  
JESSICA

# HEALTH

With 50 years experience, Germaine de Capuccini has developed some of the world's most talked about skincare formulations, combining natural active ingredients with cutting edge technology.

Our Germaine de Capuccini facials offer highly specialised, specific solutions to a wide range of skin problems and concerns. Commencing with a warm pinda protocol and signature Japanese Kirei cleanse, these facials offer not only unparalleled, visible results but also provide a highly relaxing experience.

Being experts in emotional, physical and spiritual wellness, Germaine de Capuccini's exquisite body therapies not only treat and nourish your skin but are designed to optimise your state of well-being.



## THE WINTER SPA FACE

### THE WINTER SPA PRESCRIPTIVE

Relaxing facial tailored to your skin type, age and concerns. (1 hr - £56)

### THE WINTER SPA MINI PRESCRIPTIVE

A mini facial perfect for those short of time. (30 mins - £36)

### SO DELICATE

Natural plant facial to calm and correct sensitive skin. (1 hr - £63)

### PUREXPERT

Purifying facial to reduce acne, excess oil and breakouts. (1 hr - £63)

### ROYAL ELIXIR

A strengthening facial for tired, stressed skin. (1 hr - £63)

### HYDRACURE

Deeply hydrating facial to reduce and prevent dehydration. (1 hr - £72)



## THE WINTER SPA ADVANCED ANTI-AGEING

### EXCEL THERAPY O<sub>2</sub>

Oxygenating facial to protect against pollution damage. (75 mins - £87)

### TIMEXPERT RIDES COLLAGEN BOOST

Advanced facial to reduce expression lines and wrinkles. (75 mins - £92)

### TIMEXPERT RIDES COLLAGEN BOOST EYES

Advanced eye treatment to reduce puffiness, lines and wrinkles. (45 mins - £49)

### TIMEXPERT C+ ANTI-GLYCATION

Illuminating facial to prevent early ageing caused by sugar damage. (75 mins - £78)

### TIMEXPERT WHITE

A glycolic facial to reduce pigmentation and dark spots. (75 mins - £95)

### TIMEXPERT LIFT & CONTOUR

The ultimate facial to lift and re-define facial features. (75 mins - £95)



## THE WINTER SPA FACE ENHANCE

Add one of our enhance treatments to your facial.  
(All £18 - included in your facial time)

### TIMEXPERT RIDES EYE MASK

Express eye treatment to reduce puffiness, lines and wrinkles.

### SOOTHING ROSE MASK

Hydrating mask to calm and soothe sensitive or stressed skin.

### COLLAGEN EXPERT FACIAL MASK

Effective collagen mask to firm and plump the skin.

### GLYCOCURE RENEWING PEEL

Exfoliation peel to renew the skin at the deepest level.  
(Additional 15 mins on top of your treatment time)\*

\*Subject to availability, please mention when booking.



## THE WINTER SPA MASSAGE

### AROMATIC MASSAGE

Aromatherapy massage customised for your needs.  
(30 mins - £38 / 1 hr - £58)

### MEDITERRANEAN CANDLE MASSAGE

Indulgent full body massage using warm oil from one of our Mediterranean candles to ease tension. (1 hr 15 mins - £72)

### BACK, NECK & SCALP MASSAGE

A deep heat back, neck and silk scalp massage to alleviate tension.  
(45 mins - £49)

### PHYTOCARE BAOBAB RITUAL

Energising full body massage & exfoliation using Baobab oil to nourish the skin, reduce stretch marks and increase elasticity.  
(1 hr 15 mins - £75)

### CRYSTAL HARMONY

An exfoliating full body massage with precious stones to energise, firm and balance the skin. (1 hr - £69)



## THE WINTER SPA SCRUBS & WRAPS

### TIMEXPERT C+ BODY SCRUB

A revitalising body scrub packed with Vitamin C and antioxidants to gently polish and renew the skin. (45 mins - £59)

### TIMEXPERT C+ BODY ENVELOPMENT

A revitalising body scrub and body wrap packed with Vitamin C to boost collagen production and renew the skin. (1 hr - £69)

### PHYTOCARE BAOBAB POLISH

A nourishing and regenerating body scrub using ethically sourced organic Baobab oil and seeds. (45 mins - £55)

Why not add our Timexpert C+ Body Scrub or Phytocare Baobab Polish onto your massage for a totally indulgent experience?



## THE WINTER SPA FOR MEN

Specialist treatments designed specifically for men. Focussing on impeccable grooming and intensive therapy each treatment will leave you totally relaxed and expertly prepared. For mens maintenance and waxing, please see p19.

### MENS PRESCRIPTIVE FACIAL

Relaxing facial tailored to your skin type, age and concerns. (1 hr - £56)

### MENS MINI PRESCRIPTIVE FACIAL

A mini facial perfect for the man on the go. (30 mins - £36)

### FOR MEN ENERGY FACIAL & MASSAGE

A healing and energising facial with aromatic back massage. (1 hr 30 mins - £79)

### BACK, NECK & SCALP MASSAGE

A deep heat back, neck and scalp massage to alleviate tension. (45 mins - £49)

### AROMATIC MASSAGE

Aromatherapy massage customised for your needs. (30 mins - £38 / 1 hr - £58)





## THE WINTER SPA ESCAPES & PACKAGES

Combine some of our favourite signature treatments to make the most of your visit.

For bespoke packages for couples or groups, please contact us for a wide variety of combinations including all of our services, afternoon teas and parties etc.

### CHILL

The ultimate "chill out" escape includes:

- Refreshing Foot Ritual
- Mini Prescriptive Facial
- Luxurious Foot Massage
- Aromatic Back Massage

(2 hrs - £99)

Add an Essential Pedicure & Polish for £10

### OFF PEAK RETREAT

- Aromatic Massage
- Mini Prescriptive Facial
- Scalp Massage

Available Monday - Friday 9am - 11am.

(1 hr - £49)

Why not add a Face Enhancement (p6) for an extra indulgent treat?

### GLOW

Our soothing glow escape includes:

- Warm Spiced Body Scrub
- Mediterranean Candle Massage

(1 hr 45 mins - £95)

### WONDERLAND

This ultimate escape includes:

- Baobab Full Body Exfoliation & Massage
- Baobab Scalp Massage
- Facial Massage

Energising Leg Therapy

(2 hrs - £99)

### PERFECTLY PREPPED!

Be it a wedding, prom or any other big day stunning Hair Up Make Up Artist completes the look. (£70)



## HAIR & MAKE UP

Take a seat in our ultra modern hair spa and experience the difference. The difference of using the Schwarzkopf Professional colouring system and our exclusive Schwarzkopf shampooing, conditioning and treatment rituals. Every service includes a complimentary hair and scalp analysis and therapeutic head massage.

Our exclusive Pierre René Cosmetics make up bar is perfectly stocked to enable your make up artist to create any look you require. With a huge range of cosmetics available along with our exclusive Palette {Match} System of over 120 shades of eye shadows and rouges we can create any look you desire.

Relax in confidence while our expertly trained team attend to your every need in a professional but welcoming environment.



## THE WINTER HAIR SPA

### STYLING

Women's wash cut and blow dry	£34
Men's wash cut and blow dry	£24
Blow dry	£24
Hair Curl (without blow dry)	£24
Hair Curl (with any other service)	£10
Hair Up	£38

### COLOUR CORRECTION AND PERMING

Straightening, Relaxing, Perming and Colour Correction are all priced by consultation, we offer a strand test service for £5 redeemable against any full price colouring service.

### TECHNICAL

Full Head of Highlights	£47
Half Head of Highlights	£43
T- Section of Highlights	£39
Full Head Colour	£39
Full Head Colour Regrowth	£34
Fashion Colour Techniques from (full head colours with highlights)	£45
Pre-lighten and Tone from	£45

All colouring techniques must be booked with a corresponding styling finish. Patch tests may be necessary for some technical services. All technical services must be booked with a styling option.  
Children under the age of 12 receive a 50% discount for cutting services on Mondays, Tuesdays and Wednesdays.



## THE WINTER SPA MAKE UP

### PIERRE RENÉ MAKE UP SESSION

The perfect introduction to our range for any day or evening event, wedding or prom. (45 mins - £37)

### A TOUCH OF COLOUR

15 mins with your make up artist focusing on any single area. (15 mins - £9.50)

### PIERRE RENÉ MAKE UP TUTORIAL

Hints and tips from your make up artist to realise your perfect look including colour correction, contouring, strip lash application and GlamourEyes. (1 hr 15 mins - £57)

### FINISHING TOUCHES

GlamourEyes	30 mins - £21
Strip Lash Application	5 mins - £7.50





## BEAUTY

At The Winter Spa, your beauty and well being are paramount. Whether it be the finishing touch or staying perfectly prepped with a continued programme, we can take care of your every need using truly innovative brands such as Jessica Nails, Hot Wax System and Mii Cosmetics. Our therapists will keep you one step ahead and looking your best.

## THE WINTER SPA HANDS AND FEET

### ESSENTIAL MANICURE

Jessica nail shape and polish (15 mins - £17)

### ESSENTIAL PEDICURE

Jessica nail shape and polish (15 mins - £17)

### JESSICA PRESCRIPTIVE MANICURE

Nail conditioning, cuticle work, hand massage, shape & polish. (45 mins - £35)

### JESSICA PRESCRIPTIVE PEDICURE

Nail conditioning, cuticle work, foot massage & mask, shape & polish. (1 hr - £45)

### LEREMEDI INTENSIVE HAND THERAPY

The ultimate hand therapy including an anti-ageing hand treatment and Prescriptive Manicure. (60 mins - £52)

### ZENSPA INTENSIVE FOOT THERAPY

A nourishing, repairing foot therapy using heated booties and finished with a Jessica Prescriptive Pedicure (1 hr 15 mins - £57)

Why not add an enhancement to your Jessica manicure or pedicure. Please mention all enhancements when booking.

### THE PERFECT FRENCH POLISH

(Add 10 mins - £5)

### GELERATION

(Add 10 mins - £5)

### GELERATION REMOVAL

(Add 30 mins - £5)

\*We recommend the wearing of flip flops or open sandals for pedicures without Gel.



## THE WINTER SPA DEPARTURE LOUNGE

Look fabulous on your holiday with our most requested maintenance services to see you through the best two weeks of the year. Choose from combinations of Jessica GELeration Essential Manicure and Pedicures, and our Kissed By Mii full body exfoliation and tan application.

### ECONOMY CLASS

Jessica GELeration Essential Manicure and Pedicure to keep your nails looking flawless in a single colour for the whole holiday. (50 mins - £39)

### CLUB CLASS

Jessica GELeration Essential Manicure and Pedicure and our Kissed By Mii full body exfoliation, moisturiser and tan application. (2 hrs 15 mins - £85)

## THE WINTER SPA TANNING

### KISSED BY MII TANNING THERAPY

(1 hr 15 mins - £49)

Created with marine mineral extracts, Kissed by Mii has taken the nourishing benefits of natural ingredients to replenish your skin's natural minerals, leaving it sublimely soft so your tan can develop beautifully.

In this extended, relaxing and therapeutic treatment, a super fine, gentle exfoliator is used for the face as well as the body, delicately buffing away dry skin to create a smooth surface for a longer lasting flawless tan.

Key ingredients include sea lavender, inula flower and coral seaweed. Followed by a shower, then moisturiser to deeply nourish, you will be perfectly primed for the perfect glow.

Available in three shades (Delicately Light, Beautifully Medium and Deliciously Dark), our tanning products are the ideal way to create the natural look of summer at any time of year. Quick to dry, your flawless, streak-free tan will develop in 6-8 hrs.



## THE WINTER SPA MAINTENANCE

### WAXING

Eyebrow Shape	(15 mins - £13)
Upper Lip	(15 mins - £13)
Chin	(15 mins - £14)
1/2 Leg Wax	(15 mins - £19)
Full Leg Wax	(30 mins - £24)
Bikini Wax	(15 mins - £17)
Brazilian Wax	(45 mins - £34)
Hollywood Wax	(45 mins - £37)
Underarm	(15 mins - £15)
Forearm Wax	(15 mins - £15)

### MENS MAINTENANCE

Chest Wax	(30 mins - £27)
Back Wax	(30 mins - £27)
Mens Eyebrow Tidy	(15 mins - £13)

Please note, waxing times shown are approximate and are intended as a guideline.

### ENHANCED EYES

Eye Lash Tint	(30 mins - £19)
Eye Brow Tint	(15 mins - £16)
Eye Lash and Brow Tint	(35 mins - £30)
Eye Brow Tint and Shape	(30 mins - £26)

For Lash Extensions & Eye Make Up please see p13  
A 24 hr patch test is essential prior to any tinting.  
All bookings are subject to a min 24 hour cancellation policy.



## HOW TO WINTER SPA

All bookings are subject to a minimum 24 hour cancellation policy. A 100% charge can be incurred for any treatments or services cancelled within twenty four hours of the appointment

We kindly ask that all mobile phones and electrical equipment are switched to silent to ensure the peace and tranquillity of the Spa.

Regrettably we are unable to allow infants or small children into The Spa, children under the age of eighteen must be accompanied by a responsible adult.

Please arrive 15 minutes prior to your appointment to give yourself the opportunity to relax and complete a consultation card. Late arrival could result in your treatment not being honoured.

\*All prices correct at time of going to print. The Winter Spa Ltd reserves the right to change prices or withdraw services and offers at any time.

Kindly advise if you know of any health conditions, injuries, allergies or disabilities that may affect your treatment choice at the time of booking.

During pregnancy, it is recommended that massage therapies are not conducted within the first trimester, if in any doubt, please speak to your therapist in the strictest confidence.





## THE WINTER SPA

HEALTH • HAIR • BEAUTY

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