



## ESSENTIA SPA

Welcome to the Essentia Spa UK where you can forget your worries for a little while and relax, allow us to calm and sooth you, as you deserve! In a world full of stress and tension you need to grab that piece of you time with both hands! You need time out, to revive yourself, refresh, its essential and here at Essentia Spa UK is the place to do it.

[www.essentiaspa.co.uk](http://www.essentiaspa.co.uk)

# SPA PACKAGES

## RELAX

£180

Detach yourself from the world outside and allow your body to be transported into a state of tranquillity.

- 60 minute Aromatherapy Massage
- 30 minute Body Polish
- 60 minute Prescriptive Facial

## WELLNESS PACKAGE

£190

- De-stress, unwind and re-energise yourself!
- 30 minute Anti stress eye treatment
- 30 minute Facial
- 90 minute Aromatherapy Massage

## BEAUTY BOOSTER

£170

- 30 minute Aromatherapy Massage
- 30 minute Full body Polish
- 30 minute oxygenating Reviver Facial
- 30 minute De-stress Eye Treatment

# Professional Facial Treatments

All facial treatments include face, neck, and shoulder massage

## 60 MINUTE PRESCRIPTIVE FACIAL

£75

An introductory facial, which through consultation and diagnosis, will be tailored to meet your skins individual requirements.

## 60 MINUTE AROMATHERAPY FACIAL

£80

Soothes the skin with a holistic approach, healing mind, body and soul. Includes a deeply relaxing pressure point massage and eye mask.

## MICRO-DERMABRASION

Our skin revive Micro-Dermabrasion treatment gives you immediate results and an overall tone and improvement. Safe and effective, alternative to the use of chemical acid peels. This treatment evens out skin tone and texture, dilates open pores, pigmentation, scaring, fine lines, stretch marks and wrinkles. Ultra-fine crystals are aluminium-oxide to remove the top layer of skin. ( DISCOUNT NOT APPLICABLE WITH THIS TREATMENT.)

## 45 MINUTE

£75

RECOMMENDED COURSE OF 6 FOR THE PRICE OF 5!

£375

# Eyes, Lips, & Décolleté

## DE-STRESS EYE TREATMENT FOR WRINKLES

Alleviates the problem of wrinkles & crepeness around the eye area, using freeze dried collagen. Hydrates & plumps reducing the appearance of finelines, firms and tightens.

30 MINUTE £50

## DE-STRESS TREATMENT FOR DARK CIRCLES & PUFFINESS

Ginkgo Biloba extracts help stimulate the lymphatic capillaries, to effectively drain toxins for the eye area which are the main cause of dark circles & puffiness.

30 MINUTE £50

## YOUTHFUL LIP SMOOTHING TREATMENT

An excellent treatment to re-define the lip contour. Smoothes wrinkles,furrows & improves elasticity. Retinol rich, the results leave you with visibly more youthful looking lips.

30 MINUTE £50

# Complementary Therapies

## AROMATHERAPY MASSAGE

Aromatherapy works on the mind, body, and soul, restoring balance and calm, whilst removing stress and tension. It is beneficial for headaches, migraines, digestive complaints as well as general aches and pains.

30 MINUTE £55

60 MINUTE £75

90 MINUTE £100

## SWEDISH MASSAGE

Traditional Swedish massage uses a variety of techniques to relieve tension in the muscles, soothes aches and pains and balances the body.

30 MINUTE £55

60 MINUTE £75

## THAI-STYLE MASSAGE

This one hour treatment uses deep massage with heated compresses full of natural ingredient and finishes with fragrant blends of essential oils. Toxins and fluids that make us sluggish and lethargic, are given a kickstart as this powerful spa treatment rejuvenates and stimulates your body and mind. Its natural holistic lifestyle treatment is the ultimate in detoxification re-balancing and relaxation.

30 MINUTE £55

60 MINUTE £75

## REFLEXOLOGY

An ancient art of healing, which works on specific pressure points on the feet and hand. This gentle relaxation therapy eases and promotes the body's self healing mechanism, bringing about balance and harmony within the body.

30 MINUTE £55

60 MINUTE £70

# Complementary Therapies

## HOT STONE MASSAGE

A hot stone massage is a type of massage therapy. It's used to help you relax and ease tense muscles and damaged soft tissues throughout your body.

30 MINUTE £55  
60 MINUTE £75

## INDIAN HEAD MASSAGE

This specific massage targets tension in the upper body neck, shoulders, upper back, and scalp. Using Marma and acupressure point's congestion and tension will be broken down giving you relief from chronic neck and shoulder pain, migraines, headaches and general stress. Great for office bound workers.

30 MINUTE £55

## LYMPHATIC MASSAGE

A specific massage which concentrates on lymphatic nodular areas to release toxins, and de-congest the lymphatic system. Excellent for water retention and areas of cellulite.

60 MINUTE £75

## PREGNANCY MASSAGE

A valuable treatment for any pregnant lady, this soothing massage will concentrate on all those painful, swollen areas, especially the lower back, ankles, feet thighs and arms. The massage will stimulate the lymphatic system to drain away excess fluid and reduce water retention; it will also assist with digestive complaints, headaches and insomnia.

60 MINUTE £75

# Professional Body Treatment

## BACK POLISH

body polish exfoliation which turns dry, old rough skin into super smooth, gleaming skin! Not only does the treatment refine the texture and appearance of the skin, it hydrates it too, so it's left super soft all over!

30 MINUTE £55

## AROMATHERAPY SALT GLOW

A specific massage which concentrates on lymphatic nodular areas to release toxins, and decongest the lymphatic system. Excellent for water retention and areas of cellulite.

60 MINUTE £70

## TOTAL BACK RITUAL

A total treatment to aid all back complaints, your skin will be buffed smooth, deep cleaned and treated to remove any congestion. After steaming we will apply a treatment mask to balance out the skin, we finish with a soothing back massage to relieve tight muscles.

60 MINUTE £70

# Beauty Essentials

## SPA HAND TREATMENT

A luxury, effective treatment for the hands, beginning with exfoliating to remove dead skin cells, your hands are then massaged and a hydrating mask is applied. We then tidy nails and cuticles, remove the mask and finish with a lick of paint from the O.P.I professional range.

60 MINUTE £45

## FRENCH MANICURE/PEDICURE

Get a great polished look which compliments a suntan so well!

£8 EXTRA

## SPA FOOT TREATMENT

A luxury and effective for those hard working feet! Beginning with a soothing foot soak, we will then remove all dry skin and calluses with an ultra effective foot peel. We will then massage the feet and apply a nourishing mask while we tidy the nails and cuticles. Your feet are then finished off with a nail colour of your choice from O.P.I professional range.

60 MINUTE £50

## TIDY, SHAPE AND RE-PAINT

(HAND 30 MINUTE OR FOOT 30 MINUTE)

£35

# Beauty Essentials

## SHELLAC CND

Brand 14+ Day nail colour combines the ease of polish with the high performance wear and stunning shine. A true innovation in chip-resistant, long-lasting nail colour.

## WAXING

We choose to use the PhD waxing system which is the most hygienic from the body waxing; you are guaranteed silky smooth skin for weeks at a time. Please leave at least 3-4 weeks hair growth before your waxing treatment.

Full leg	£35
Half Leg	£30
Full leg & bikini	£50
Bikini	£20
Half arm	£20
Full arm & underarm	£40

Hollywood	£50
Brazilian	£40
Lycon Hot Wax available	£5 EXTRA

Lip	£10
Chin	£10
Eye Brows	£15
Full Arm	£35
Under Arm	£25
Back	£40

Shellac Overlay	
Hands	£45
Feet	£45
Removal From	£15
FRENCH	£8 EXTRA

# Beauty Essentials

## ELECTROLYSIS

Permanent hair removal by the process of inserting a fine, solid, presterilized needle into a hair follicle and applying a small amount of electrical current to permanently destroy the hair growth cells. Galvanic and blend method used.

15 MINUTE	£15
20 MINUTE	£20

## THREADING

The ancient art of threading delivers accurate, sculpted eye-brows, as well as effective hair removal for the rest of the face.

Eye-brow threading – shaping	£15
Lip/Chin threading	£10
Full face threading	£35

## EYE TREATMENTS

Perfect for the summer months and the holiday season, or even if you just don't like the idea of mascara! Why not try a tint?

Eyelash Tint	£20
Eyebrow Tint	£15
Eyelash/brow Tint	£35

We advise you to visit the spa 48 hours before your appointment for a patch tint test.

# Beauty Essentials

## BROW LAMINATION

Brow Lamination delicately and accurately grooms brow hairs into a perfect shape and style that stay in place for upto 8 weeks. Brow Lamination re-aligns brow hairs into shape adding fullness and definition using specialised products and techniques.

£50

## LASH LIFT

Our lash lift is a revolutionary eyelash treatment which is designed to lift your natural lash at the root, creating the effect of longer lifted lashes.

£65

## EYELASH EXTENSIONS

A lash extension treatment involves applying individual synthetic lashes onto each natural eyelash to add extra length and volume. They're perfect for holidays, a big event or just perfect lashes every day.

Available on request

## EYEBROW MICROBLADING

Microblading is a long-lasting eyebrow tattooing treatment in which you create tiny precision hair strokes by hand, using tiny microblades. The microblades create channels that allow you to implant specialist pigment into the dermal layer of the skin to create the very finest of 'hair' strokes. The result are amazingly realisitic.

Top-up is required after 4 weeks of treatment.

From £300

Top-up from £150

# Ellipse IPL Hair Removal

## LADIES

Consultation	£FREE
Skin test	£5
Chin	£45
Upper lip & Chin	£70
Centre Brow	£20
Cheeks	£50
Full Neck	£50
Under arm	£60
Chest	£90
Nipples/Breast	£30
Full Stomach	£150
Half Stomach	£75
Full Back	£180

Lower Back	£80
Full Arms	£120
Half Arms	£80
Hollywood	£120
Bikini Line	£65
Extended Bikini Line	£95
Extended Bikini & Underarm	£150
Bikini & Underarm	£120
Buttocks	£100
Half Leg	£160
Full Leg	£250
Hands/Feet	£40
Full Face (inc. Half Neck)	£120

# Ellipse IPL Hair Removal

## MEN

Consultation

£FREE

Skin Test

£FREE

Face/Beard

£190

Face & Neck

£250

Neck Front

£70

Centre Brow

£20

Back

£200

Chest

£160

Abdomen

£125

Chest and Abdomen

£250

Upper Arms

£110

Forearms

£130

Lower Legs

£180

Thighs

£180

Full Legs

£290

Hands or Feet or Cheeks

£60

Top Shoulders

£80

Neck/Collar Line

£80

Ears

£50

# Crystal Clear

## CRYSTAL CLEAR H2O GLOW

£100

Achieve red carpet results with Crystal Clear's most intense hydration treatment yet. The H2O Glow facial delivers freezing cold oxygen throughout the epidermis to nourish and invigorate skin cells, while the COMCIT roller allows Hyaluronic Acid to reach deeper dermal layers via micro-channels; plumping and re-balancing the skin from the inside out. The result is brighter, fresher, hydrated skin that glows with a youthful radiance.

## FROZEN FACIAL

£120

The most effective and advanced skin rejuvenation treatment yet, tackling lines, wrinkles and pigmentation. Enjoy a full cleanse and gentle exfoliation, followed by our ground-breaking COMCIT™ treatment, using Cryo-Oxygen and Micro Rollers to infuse the skin with a potent Active Infusion Serum, tailor made to tackle the concerns of ageing skin and stimulate collagen production while plumping and firming the skin. Treatment is finished with the application of a Crystal Clear face mask, providing an extra hit of hydration.

## OXYGEN FACIAL

£80

Breathe life into your skin with Oxygen therapy, immediate incredible results. Discover why Crystal Clear's Oxygen Therapy is the celebrity secret for younger looking, rejuvenated skin! Colin Firth and Kate Moss are committed fans of Crystal Clear Oxygen Therapy. As we age oxygen levels in the skin cells decrease, resulting in a loss of elasticity and the formation of lines and wrinkles. Oxygen therapy replenishes lost oxygen. Our secret weapon- Oxygen Serum is packed with active ingredients that restructure the skin from the inside out, visibly plumping lines and wrinkles while firming the skin around the eyes, face and neck.

# Crystal Clear

## ELITE

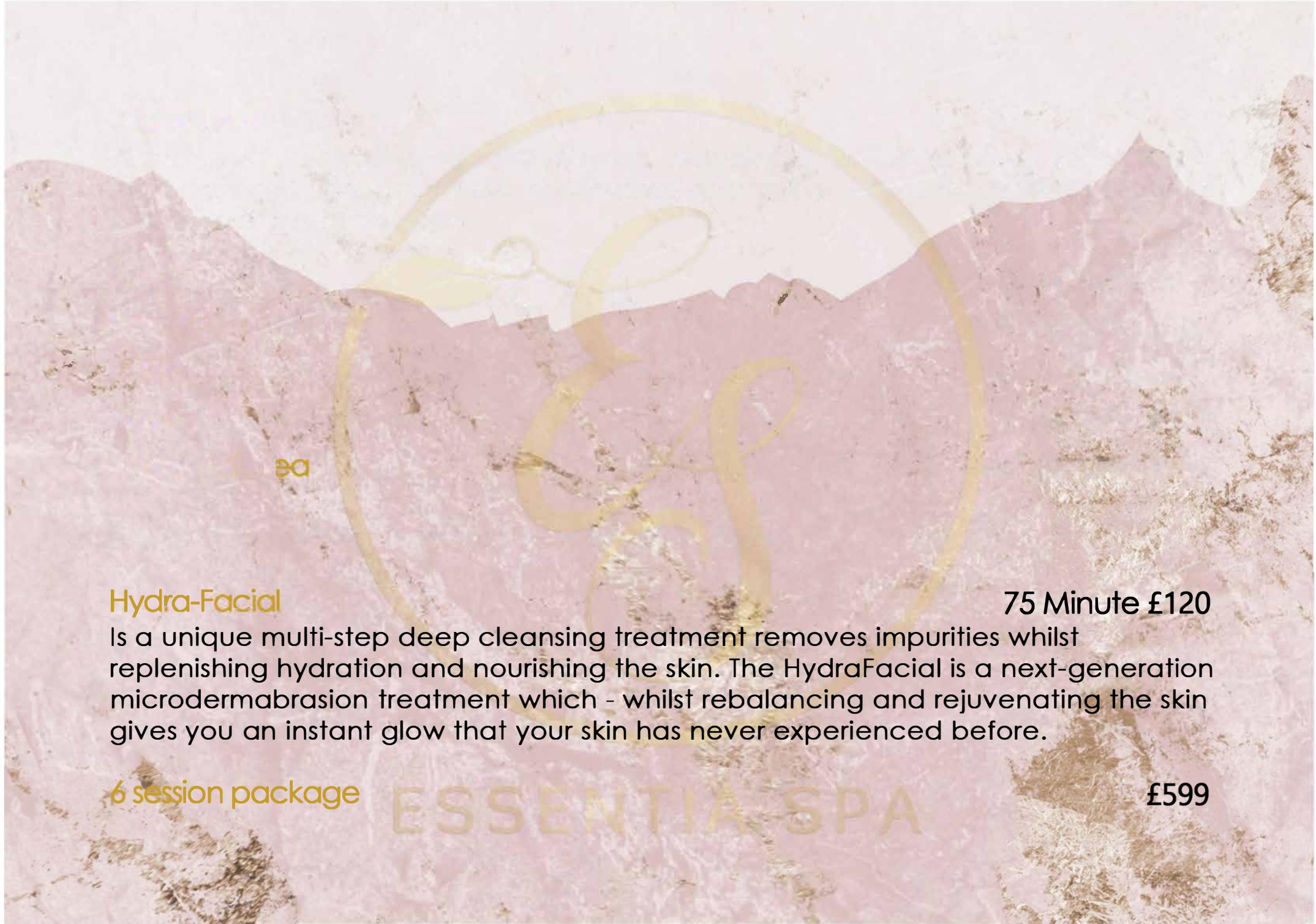
£110

COMCIT stands for Cryo Oxygen Microchannelling Collagen Induction Therapy. It offers the simultaneous delivery of Cryo Oxygen whilst our unique Microchannelling Roller (like Derma rolling) creates hundreds of microscopic channels in the skin's epidermal/dermal junction, allowing the topical infusion of powerful skin rejuvenation ingredients to be driven into the skin.

Resulting in:

- Instantly smooth, fresh, firmer, plumper and more youthful skin.
- Reduced lines and wrinkles.
- Tauter, more rejuvenated skin.
- Promotion of new Collagen growth.

The active ingredients contain Vitamin C, Hyaluronic acid and PhytoCellTec-based on stem cells of the Argan Tree. It is the very first active ingredient capable of both protecting and vitalising human dermal stem cells. COMCIT ELITE immediately gives skin firmness, tone and radiance.



### Hydra-Facial

75 Minute £120

Is a unique multi-step deep cleansing treatment removes impurities whilst replenishing hydration and nourishing the skin. The HydraFacial is a next-generation microdermabrasion treatment which - whilst rebalancing and rejuvenating the skin gives you an instant glow that your skin has never experienced before.

6 session package

£599

ESSENTIAL SPA

# Gentleman's Grooming

## MENS FACIAL

Designed to alleviate and reduce shaving rash. Rich in Propolis, which is renowned for its healing and hydrating qualities. It gently soothes and calms the skin and leaves the complexion glowing.

60 MINUTES £75

## TOTAL BACK RITUAL

A total treatment to aid all back complaints, your skin will be buffed smooth, deep cleansed and treated to remove any congestion. After steaming we will apply a treatment mask to balance out the skin, we finish with a soothing back massage to relieve tight muscles.

60 MINUTES £70

## MENS SPA HAND TREATMENT

A total treatment to aid all back complaints, your skin will be buffed smooth, deep cleansed and treated to remove any congestion. After steaming we will apply a treatment mask to balance out the skin, we finish with a soothing back massage to relieve tight muscles.

45 MINUTES £40

## MENS SPA FOOT TREATMENT

Following the same procedure as above but with the addition of a foot peel to remove stubborn hard skin and calluses. Feet are left super smooth and soft.

45 MINUTES £50

## Chest or Back Wax

£35

## Chest & Back Wax

£60

# Bookings/Cancellation policy

Here at Essentia Spa UK we want to offer a service which is both efficient and fair to all, so with this in mind we have in place a 24-hour cancellation policy. When we take your booking we will ask for a debit/credit card number in order to secure the appointment, in the event of you not being able to make the appointment or you need to amend it, we require 24-hours notice without this you will be charged accordingly. All packages and courses require pre payment or a deposit and are non-refundable or transferable.

## Gift Vouchers

We offer gift vouchers which are redeemable against any of our treatments or retail. They are a great idea for a gift for anyone. They suit all occasions and are available for specified treatments or certain amount i.e. 5,10,20. All vouchers are non-refundable and must be used within 6 months of purchase date.

## Opening Hours

Mon & Fri: 10am - 7pm  
Tues - Thur: 11am - 8pm  
Sat: 10am - 7pm  
Sun: 10am - 6pm

## Our Address

Essentia Spa @ Heathrow Allied Health, 625 Sipson Road, Sipson, West Drayton UB7 0JE

## Contact Details

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