



VERULAMIUM

SPA & WELLNESS



Escape to the Verulamium Spa

Take time out for yourself at the Verulamium Spa. We are committed to delivering a personalised experience to meet your every need, whether you have 30 minutes or 3 hours, allow us to take care of you.

Choose from one of our of luxurious treatments using Caudalie and Environ products or take advantage of our wide range of beauty services including Jessica manicures and pedicures, gel nails waxing, tinting and shaping.

Our facilities include 5 luxurious treatment rooms, couple's suite, as well as our beautiful heat and water oasis.

Use of the Heat and Water facilities is available at £28 per person, alternatively book any 30 minute treatment and receive complimentary spa use. Spa membership options are available from £28.50 per month, please speak to a spa host for more details.

Enjoy our treatment loyalty scheme - book any 5 treatments and receive the 6th treatment free of charge (Terms and conditions apply).

 [facebook.com/VerulamiumSpa](https://www.facebook.com/VerulamiumSpa)

 [@VerulamiumSpa](https://twitter.com/VerulamiumSpa)



Pampering Hands & Feet

JESSICA - HANDS & FEET

Jessica Geleration Hands£35

Jessica Geleration Feet£38

Geleration lasts up to 21 days without peeling, chipping or fading. A unique gel in a bottle, it is applied like a polish with a durable strength of gel.

Jessica Geleration Application Only..£25

Jessica Luxury Manicure£30

55 mins. A luxurious treatment that treats your individual nail type. This manicure leaves each nail shaped, polished and treated to perfection. Thermal mitts are used to ensure you feel completely pampered.

Jessica Luxury Pedicure£35

55 mins. This replenishing intensive treatment is the perfect remedy for hard working feet. Incorporating an exfoliation, massage and hot booties and then finished with the perfect polish.

Jessica Express Manicure£25

25 mins. A tailored manicure that includes cuticle care, file and a perfect polish.

Phenom Manicure£32

Phenom Pedicure£38

Phenom delivers fast drying, chip resistant nails with exposure to natural light. No LED UV lamps are needed. Phenom can be removed with nail varnish remover. For a longer lasting manicure that delivers mirror like shine.

Jessica Express Pedicure£25

25 mins. A tailored pedicure to treat your individual nail type. Includes hard skin removal, cuticle work, application of foot lotion and a perfect polish.

Express Manicure &

Express Pedicure£45

55 mins. A tailored manicure and pedicure that includes cuticle care, file and a perfect polish on the hands and feet.

File & Polish hands or feet £12

20 mins. A nail file and an application of Jessica nail polish.



THREADING

Eye Brow Thread.....	£12
Lip Thread.....	£8
Chin Thread.....	£8
Lip & Chin Thread.....	£14
Full Face Thread.....	£28

SHAPING AND TINTING

Eye brow shape.....	£12
Eye lash tint.....	£12
Eye brow tint.....	£13
Eye lash & brow tint.....	£18
Eye brow shape & tint.....	£18

WAXING

Half Leg Wax.....	£20
Full Leg Wax.....	£25
Bikini Wax.....	£16
High Bikini.....	£18
Woman's Stomach Wax.....	£15
Woman's Back Wax.....	£25
Half Leg/Bikini.....	£28
Full Leg/Bikini.....	£34
Half Leg/Brazilian Wax.....	£36
Full Leg/Brazilian Wax.....	£42
Half Leg/Hollywood Wax.....	£40
Full Leg/Hollywood Wax.....	£48
Lip Wax.....	£7
Chin Wax.....	£8
Lip & Chin Wax.....	£13
Underarm Wax.....	£10
Half Arm Wax.....	£15

Full Arm Wax.....	£20
Hot Wax Bikini.....	£21
Hot Wax High bikini.....	£23
Hot Wax Brazilian.....	£30
Hot Wax Hollywood.....	£35
Hot Wax Eyebrow.....	£17
Hot Wax Lip.....	£12
Hot Wax Underarm.....	£15

LVL lash lift.....£45

50 mins. The LVL Lash Lift is the revolutionary lash phenomenon that reveals your natural lashes in all their glory. Exclusive to Nouveau Lashes, the LVL effect is about freedom. It's about knowing your eyes will be the centre of attention. Without you having to do a thing. Make the most of what nature gave you. With the length, volume and lift effect of LVL.

Jane Iredale Make Up Free Colour match 10mins

30 minutes..... £45
Colour match with application.

Clean natural and vegan skin care.

Learn to look radiant and youthful in an instant using jane iredale mineral cosmetics. Free from fillers, parabens and synthetic chemicals, this cult make-up range provides beautiful, flawless coverage while caring for your skin.

The most beautiful cosmetic you can wear is a healthy skin. That's why everything jane iredale develops is a true extension of your skin



care. jane iredale make-up is not just a refinement of conventional makeup; it's a new technology. It's so effective it is recommended by plastic surgeons, dermatologists and skin care professionals around the world.

- Quality formulas with skincare benefits enhance your natural radiance
- Highly pigmented pure mineral powders offer superior, long-lasting coverage
- Multitasking makeup maximizes and simplifies your beauty routine
- Our SPF products are recommended by The Skin Cancer Foundation as effective broad spectrum sunscreen
- Free of parabens, talc, phthalates, synthetic fragrance, fillers and GMO ingredients
- Extensively tested for safety, stability, efficacy and performance
- Non-comedogenic formulas won't clog pores
- Dermatologist and allergy tested
- Preserved using only highly effective, natural ingredients
- Cruelty-free makeup has always been the core of our brand
- Certified cruelty-free by CCIC (Leaping Bunny)
- Animal-free testing
- We do not sell our products in markets where animal testing is required

Feed, Fortify, Finish

Our three-step system is designed to enhance the appearance of your skin and help you see faster, longer-lasting results from your beauty regime.

Environ Advanced Prescriptive Skincare

ENVIRON SKIN CARE CONSULTATIONS

20mins Free
Book in with our Environ specialist and receive expert advice about a skincare routine and a facial programme specifically for you.

ENVIRON FACIALS

30mins - This time effective treatment targets a specific area of concern using unique skin care techniques that ensure effective results. This treatment is perfect for when your time is limited.

60mins - This treatment targets three areas of concern.

90mins - This treatment treats all areas of the face, neck and chest.

Environ active vitamin

30mins£45
60mins£65
90mins£85

Packed with nourishing, anti-ageing ingredients, the Active vitamin treatment will leave your skin looking radiant and dewy. The freshest,

most active forms of vitamin A, C and antioxidants are driven deep into the lower layers of the skin using soundwaves and small electrical pulses. This scientific approach stimulates collagen to soften lines and improve elasticity, increase hydration and boost radiance. This facial is suitable for all skin types and is particularly effective at addressing sun-damage, pigmentation, premature ageing, uneven skin tone and scarring.

Environ collagen power

30mins£45
60mins£70
90mins£85

This peptide-packed facial helps to boost collagen, softens fine lines and tighten lax skin, resulting in a more youthful appearance. Ideal for targeting mature or photo-damaged complexions.

The treatment uses gentle soundwaves to drive a special nutrient-packed serum deep into the lower layers of the skin. The formula contains a unique combination of three peptide complexes which work in a synergy to give skin a plumper, more radiant appearance.

Environ purifying

30mins£45
60mins£65
90mins£80

Created to purify micro-exfoliate and re-hydrate your skin, this particular treatment assists with the treatment of acne, scarring and deep skin congestion. The combination of scientifically advanced products and techniques revives and refreshes your skin, leaving you skin like new.

Environ cool peel

60mins£65

This revolutionary approach to peeling achieves incredible results without damaging the skin. Low strength lactic acid is used to reduce the skin's pH and trigger the release of growth factors, which creates tighter, smoother skin. It destroys bacteria, boosts hydration and removes the build-up of dead skin cells, helping to decongest the surface and smooth its texture. The cool peel is ideal for clients with lines and wrinkles, rough or problem skin, sun damage and Rosacea.

Environ signature

90mins£80

This luxurious treatment involves all the elements of the Environ Active Vitamin Treatment but with an added face and scalp massage to aid relaxation. This treatment is ideal for those looking to add a little something extra to their facial experience.

Environ decongestion

90mins£80

This treatment involves all the elements of the Environ Active Vitamin Treatment but with an added steam and extraction ideal for problematic congested skin.

Environ hydraBoost

60mins£70
90mins£85

The perfect antidote to dry, lacklustre skin, this intensive treatment deeply hydrates while plumping and firming the skin. Based on hyaluronic Acid, which holds 1000 times its own weight in water, it helps to reduce fine lines, caused by dehydrating and increase the plumpness of the dermis, resulting in moisturised, glowing skin.

Environ Focus frown

60mins£75

This highly effective treatment used a special pentapeptide serum to target frown lines and achieve dramatic results. The unique combination of active ingredients are driven deep into the skin to soften lines and reduce muscle tension in the forehead helping to prevent new lines forming. The treatment targets the same chemical complexes as injectable's without the associated risks.

Environ Focus frown add on

20mins£25

You can add the focus frown onto any other Environ facial.

Caudalie

Caudalie treatments are designed to indulge skin while providing visible results thanks to products renowned worldwide for their exceptional anti-oxidant properties. The natural brand based around the grape and the grapevine ensure optimum results whilst delivering luxurious textures, aromas and divine treatments.

0% parabens, mineral oils, sodium laureth sulphate and animal ingredients.

We recommend...

CAUDALIE'S SIGNATURE TREATMENT **1 hr 50 mins - £120**

The ultimate face and body experience, this treatment begins with a luxurious deep tissue back massage using the Divine Oil for indulgent relaxation. Your therapist will then personalise a Caudalie express facial to suit your skins requirements this includes the ultimate eye treatment which lifts and firms the eye area and finishes with a relaxing scalp massage. Indulge in this total face and body experience which will leave you relaxed, refreshed & radiant looking.



Environ

We recommend...

ENVIRON SIGNATURE TREATMENT **90 mins - £80**

This luxurious treatment involves all the elements of the Environ Active Vitamin Treatment but with an added face and scalp massage to aid relaxation. This treatment is ideal for those looking to add a little something extra to their facial experience.

Advanced Caudalie Skincare Facials

SKIN CARE CONSULTATIONS:

Caudalie skin care consultation

20 mins Free

Book in with our Environ specialist and receive expert advice about a skincare routine and a facial programme specifically for you.

Vinosource Anti-Oxidant Hydrating Facial.....£55

55 mins. Moisturises, Soothes & Hydrates: A skin renewing treatment to deeply moisturise the skin. This facial starts with a gentle cleanse, a massage using fresh grapes followed by a recovery essential oil massage that soothes dry skin. The application of an intensely moisturising mask, and our Vinosource treatments restore moisture levels for a healthy, glowing complexion.

VineActive Detox Facial.....£55

55 mins. Anti-Oxidant, anti-wrinkle, protect: A burst of vitamins and energy for the skin! Created for clients who need a rescue from pollution this facial features products with two key ingredients: grape-seed polyphenols and vitamin C, to shield skin from free radicals and prevent future damage. After a thorough Cleansing and deep exfoliation, a detoxifying mask with pink clay, coffee and grape marc eliminates impurities and toxins. Your skin will look smooth & revitalised.

Anti-Ageing Eye Treatment.....£30

25 mins. This treatment works on lifting & firming the eye area. Wrinkles and fine lines are visibly smoothed. This treatment works on puffiness, dull & lifeless skin. The eye contour is left radiant with youth and vitality.

Vinoperfect Radiance Facial£55

55 mins. Radiance, anti-dark spots/pigmentation: The ideal treatment for skin lacking radiance and luminosity. After skin is gently cleansed, a massage with essential oils and hot and cold basalt stones stimulates your skins radiance. The deep action peeling mask awakens the luminosity of your complexion. Caudalie's Vinoperfect collection adds the finishing touch to this facial, leaving you looking rested & radiant.

Resveratrol Lift Facial£60

55 mins. Lifting & firming, anti-wrinkle: Specially created for skin lacking in radiance and luminosity. After the skin is cleansed a stimulating massage visibly firms and redefines the contours of your face. The application of the warming mask enhances the lifting effect of Caudalies Resveratrol Lift skin firming products. The toning and lifting effects are immediate, your face appears resuscitated.

Premier Cru Facial£85

80 mins. This exceptional beauty treatment is a blend of our most effective anti-ageing ingredients and treats all signs of skin ageing. Thanks to an innovative modelage technique, followed by an exclusive mask enriched with Resveratrol, the skin feels denser, smoother and firmer. Wrinkles and fine lines fade visibly. Your complexion looks younger and radiant.

Express D - Vine£35

25 mins. Instant radiance booster: Express facial for a burst of radiance in just 25 minutes. The facial starts with a deep cleanse, exfoliation and a mask to boost radiance. Your skin looks rested, your complexion's brightness is restored.

Add on an eye treatment to any 55 minute Caudalie facial for £20.



Caudalie Body Treatments

Divine body massage

55mins£60

80mins£85

A relaxing body massage featuring our award winning Divine Oil, a combination of 4 exceptional plant oils. Your skin will be luxuriously softened, moisturised and wrapped in a delicate floral fragrance; a blend of roses, grapefruit, pink pepper, vanilla, cedar and white musk.

Divine back massage

25mins£38

40mins£46

Fleur de vigne candle massage

55mins£65

80mins£85

This cocooning massage is a signature Caudalie massage, the ultimate in relaxing for the mind and body. Using our 'Fleur De Vigne fragrance' with an exquisite scent of grape blossom, bergamot, blackcurrant and sandalwood, compression and lissage techniques, you will be left feeling totally indulged, tension soothed away and energy re-boosted.

Fleur de vigne candle back massage

25mins£40

40mins£50

Divine body exfoliation£35

25 mins. It is an ideal "starter" for your treatments. Designed for indulgent pampering with mild exfoliation. This softening body scrub with brown sugar is combined with 4 exceptional plant oils to gently eliminate dead skin cells. Upon contact with water, the scrub transforms into a milk to leave your skin moisturised, soft silky and delicately scented. Ideal event for the most fragile, delicate of skins.

Divine body treatment.....£60

55 mins. Designed for indulgent pampering with mild exfoliation. The softening body scrub with brown sugar combined with 4 exceptional plant oils to gently eliminate dead skin cells. This is followed by a 25 minute back, neck and shoulder massage, to ease away tension and stress. Your skin will feel pampered and de-stressed.

Crushed cabernet exfoliation£35

25 mins. It is an ideal "starter" for your treatments. To regain your skin's radiance and softness, we have developed this scrub with a base of grape-seed, honey, brown sugar and the essential oils of the Contouring Concentrate. The application of the Nourishing Body Lotion combined with our Contouring Concentrate completes this treatment and leaves your skin clean, refined and perfectly smooth. This is an ideal treatment for a slimming program or after being exposed to the sun.

Crushed cabernet scrub & massage.....£55

55 mins. Slimming: This body treatment begins with the most popular scrub from the Vinotherapie Spa. The scrub with grape-seeds, honey, brown sugar and 6 essential oils leaves your skin radiant and perfectly smooth. The sculpting body treatment, with the essential oils of Caudalie's Contouring Concentrate, completes this treatment to smooth cellulite and refine your body. This is an ideal treatment for a slimming program or before exposure to the sun.

The Des Vignes Body Treatment

25 mins£38

50 mins£42,

55 mins£60,

80 mins£85

This very relaxing massage incorporates our NEW Caudalie Thè Des Vigne Oil, using techniques to suit your requirements, relax tight muscles and uplift the mind. The Des Vignes Oil combines subtle notes of honeyed ginger, neroli, orange blossom, white musk and jasmine. The skin if left feeling soft, hydrated & shrouded in the subtle TDV fragrance.



Massages

SWEDISH MASSAGE

A massage concentrating specifically on areas of tension, allow your therapist to relieve muscle aches and pains, using a plant based oil.

25 mins £35 45 mins £45
55 mins £60 80 mins £85

DEEP TISSUE MASSAGE

Tense, aching muscles and busy minds can leave us feeling overwhelmed.

Deep tissue massage helps restore mobility and reduce muscular aches and pains while the base oil calm the mind aiding exercise recovery. Deep tissue massage helps to restore mobility and reduce muscular aches and pains while the base oil calms the mind aiding exercise recovery.

25 mins £40 45 mins £50
55 mins £70 80 mins £90

REFLEXOLOGY TREATMENT

50 mins £60

Discover the holistic benefits of a pressure point massage applied to the feet.

HOT STONE MASSAGE

Using pre-blended aromatherapy oils allow your body to surrender to the gentle heat of the volcanic stones that are massaged on to the body. A relaxing experience to make you feel like you are walking on air.

25 mins £40 45 mins £55
55 mins £70 80 mins £90

SCALP MASSAGE

25 mins £35

Allow time to escape with a calming and relaxing head massage. Your therapist will work on pressure points over the forehead and massage slowly and deeply across the head to ease built up tension and reduce stress.

COUPLE MASSAGE

Book a 55 minute couples massage for £70 per person and enjoy your day with use of the spa facilities.



Mum To Be

CAUDALIE MUM TO BE TREATMENT - £70

Pure indulgence for face and body, adapted to pre and post-natal stages of pregnancy and how you look and feel. Eases backache, fluid retention, stress, fatigue and tired legs, as well as improving skin tone and elasticity.

Afterwards, you'll feel energised and wonderfully relaxed, with baby-soft skin

PREGNANCY MASSAGE

A bespoke Swedish massage to the back, neck and shoulder massage to relieve the strains of pregnancy.

25 mins £40
45 mins £50



Men's Treatments

RELAX AND UNWIND WITH A FACIAL OR MASSAGE

Caudalie VineActive Facial

55 mins£55

Anti-Oxidant, anti-wrinkle, protect. A burst of vitamins and energy for the skin! Created for clients who need a rescue from pollution this facial features products with two key ingredients: grape-seed polyphenols and vitamin C, to shield skin from free radicals and prevent future damage. After a thorough Cleansing and deep exfoliation, a detoxifying mask with pink clay, coffee and grape marc eliminates impurities and toxins. Your skin will look smooth and revitalised.

Environ purifying facial

30mins£45

60mins£65

90mins £80

Created to purify micro-exfoliate and re-hydrate your skin, this particular treatment assists with the treatment of acne, scarring and deep skin congestion. The combination of scientifically advanced products and techniques revives and refreshes your skin, leaving you skin like new.

Deep Tissue Massage

Tense, aching muscles and busy minds can leave us feeling overwhelmed. Massage techniques are used to help restore mobility and reduce muscular aches and pains while aromatherapy oils are used to reduce muscular tension and calm the mind aiding exercise recovery.

25 mins£40 45 mins £55

55 mins £70 80 mins £90



Hot stone massage

Using your choice of pre-blended aromatherapy oils, your body will surrender to the gentle heat of the volcanic stones that are massaged on to the body. A relaxing experience to make you feel like you are walking on air.

25 mins£40 45 mins £55

55 mins £70 80 mins £90

GROOMING SERVICES FOR MEN

Jessica Manicure

25 mins£25

Jessica Express pedicure

25 mins£25

A tailored pedicure to treat your individual nail type. It includes hard skin removal, cuticle tidy, massage and finishes with a nail buff.

MENS WAXING SERVICE

Chest Wax - 30 minutes£25

Back Wax - 30 minutes£25

Eyebrow Wax - 10 minutes..... £12

Spa Experience Packages

SPA RELAX DAY - £40

- Full use of the facilities
- Use of swimming pool
- Use of gym

PAMPERING SPA DAY - £95

- 25 minute massage
- 25 minute facial
- Use of spa facilities
- Use of swimming pool
- Use of gym

TOP TO TOE - £190

- 55 minute personalised facial
- 55 minute Swedish massage
- Luxury Manicure
- Luxury Pedicure
- Use of the spa facilities
- Use of Swimming Pool
- Use of gym
- Use of the swimming pool

MUM TO BE - £105

- 55 minute Caudalie pregnancy treatment
- 55 minute Luxury Pedicure
- Use of the spa
- Use of swimming Pool
- Use of gym

INDULGENCE PACKAGE - £120

- 55 minute Caudalie personalised facial
- 55 minute hot stones massage
- Full use of the spa
- Use of the gym & swimming pool

ULTIMATE INDULGENCE PACKAGE - £120

- 55 minute crushed cabernet scrub and massage
- 55 minute facial
- Use of the spa facilities
- Use of the gym
- Use of the swimming pool

CELEBRATION PACKAGE - £60

- Choice of a 25 minute treatment
- Use of the spa facilities

TWILIGHT PACKAGE - £60

- 40 minute back, neck and shoulder massage
- Use of spa facilities
- Monday - Friday 4pm - 9pm



Exclusive Spa Experience

£145 PER PERSON, MINIMUM OF 10 PEOPLE.

Exclusive use of the spa for you and your friends, whether its just a get together or a special occasion, enjoy the following:

- Exclusive use of heat and water oasis
- 40 minute treatment (Choice of Massage, facial, manicure/pedicure)
- Champagne reception
- Canapes and nibbles
- Complimentary robe, towel and slippers
- Relax room
- Sun terrace
- Available Saturday 6.30pm - 9pm

If you can't find a package that suits your needs, please speak to a spa host and we can tailor make one for you. For more information please refer to the website.

Enjoy your Verulamium Spa experience

In order for you to relax, unwind and enjoy your spa experience, please read our helpful tips to gain the most from your visit.

OPENING TIMES

Monday & Friday 08:00 - 21:00
Saturday & Sunday 09:00 - 18:00

TREATMENT TIMES

Monday & Friday 09:00 - 20:00
Saturday & Sunday 09:00 - 18:00

ADVANCED BOOKINGS

To avoid any disappointment we strongly advise that you book all treatments in advance. Please contact our Spa Reservations Team on 01727 736087. Alternatively you can visit www.verulamiumspa.com to make an online booking enquiry.

ARRIVAL

In order for you to get the most out of your experience please arrive at least 10 minutes prior to your treatment to complete a consultation form and enjoy a welcome drink. Treatments that include use of the spa, we would recommend arriving at least 45 minutes prior to your treatment, to familiarise yourself with the spa surroundings. Please note treatments under 80

minutes or beauty treatments do not include use of the spa.

CANCELLATION

We operate a 24 hour cancellation policy to avoid a 100% charge or redemption from your gift certificate. All packages and group bookings in the spa must be paid in full upon booking.

GIFT CERTIFICATES

Treat a loved one to a Verulamium Spa Gift Certificate. All certificates must be used within 12 months of purchase. Please contact our Spa Host Team with any enquiries. Please note that gift certificates are non-transferable and non-refundable.

HEALTH CONCERNS

Please notify our Spa Therapists if you have any special medical conditions, allergies or if you are pregnant. We do not recommend any treatments are carried out during the first trimester of pregnancy. We may require a doctors note or for you to complete a client disclaimer form to enable us to perform certain treatments where medical conditions are concerned. Heat and Water Oasis use will also be subject to health concerns.

SPA ETIQUETTE

We want you to feel comfortable during your spa experience, therefore we will provide you with spa robes, towels and slippers. Our therapists are trained to observe client modesty at all times, disposable briefs and boxers are available during treatments. Men are required to wear underwear at all times. Appropriate swim attire must be worn during the use of the heat and water areas.

LOSS OR DAMAGE

We strongly advise that no jewellery is to be worn at any time while relaxing within the spa area. We will not be held accountable for any loss or damage to jewellery or possessions. We would also recommend that no alcohol is consumed prior to your treatment. Water will be provided for you within the spa area. We want your spa experience to be as tranquil as possible, therefore we ask that no mobile phones be used while in the spa area.

AGE REQUIREMENTS

The minimum age for access in to the spa is 16. Beauty treatments will be available for those over 14 but must be accompanied by an adult at all times.

THE VERULAMIUM SPA OFFERS

Caldarium The under seat heating provides a gentle dry heat treatment room.

The benefits include relaxing the muscles, gentle care and regeneration of the skin and hair, and detoxification of the body.

Laconium The humidity is low, leaving the room feeling cooler than a traditional sauna, which allows a more relaxing and less intense experience. The benefits include stimulating the circulation and purifying and detoxifying of the body.

Kelo Sauna A traditional sauna, the temperature is maintained between 80 – 100 degrees centigrade. The benefits include eliminating toxins from the body and relieving stress.

Aroma Steam Room An enclosed space with large amounts of high temperature steam. The benefits are rids the body of toxins, boosts the immune system and aids relaxation, ideal after a workout.

Hydro Spa Pool The temperature is kept at 32 degrees centigrade. The benefits include: helps the body to relax, aids rehabilitation following an injury or surgery.

Spa Bistro Choose from a wide selection of hot and cold beverages, light meal options or afternoon tea.

Relaxation Area and Sun terrace Complete your experience by relaxing in our tranquil and calm environment.

VERULAMIUM

SPA & WELLNESS

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