



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 £32 per person, alternatively book any 30 minute treatment and receive complimentary spa use.

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£38

Jessica Geleration Feet £40

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. £28

Jessica Luxury Manicure£35

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£38

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. Add on hot stone stones during your foot and lower leg massage - £5

Jessica Express Manicure£28

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

Jessica Express Pedicure£28

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£50

55 mins. A tailored manicure and pedicure that includes cuticle care.



THREADING

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

SHAPING AND TINTING

Eyebrow Shape.....	£12
Eye Lash Tint.....	£12
Eyebrow Tint.....	£13
Eye Lash & Brow Tint.....	£18
Eyebrow 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.

NOUVEAU LASH EXTENSIONS

Giving you the appearance of fuller, thicker looking lashes with added volume, the ultimate lash treatment.

Full Set of individual lashes.....	£55
Individual infills (2-3 weeks).....	£30
Individual infills (3+ weeks).....	£35
Full set Russian Volume.....	£70
2 week Russian infills.....	£35
3 week Russian infills.....	£45
4 week Russian infills.....	£55

Jane Iredale Make Up Free Colour match

10 mins

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 Essential Treatments

Environ's pioneering dual electro-sonic technology sets the benchmark for professional skincare treatments, low frequency sonophoresis with pulsed iontophoresis in combination with Environ's professional skin care products, help deliver more of what skin needs where it needs it most – making a real lasting difference to your skin for life.

ENVIRON FACIALS

Essential Youth

Helps soften the appearance of fine lines, sun-damage & sagging skin with our peptide and vitamin packed facial for a more youthful appearance.

Essential Moisture Boost

Helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient, promoting a moisturised, glowing-looking skin.

Essential Comfort Calm

Ideal for sensitive, irritated skin. A powerful combination of smart ingredients, leaving the skin feeling soothed and healthy radiance.

Essential Radiance Reveal

A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct combination of ingredients, resulting in flawless, radiant-looking skin.

60mins£65

90mins£85

FOCUS-ON TREATMENTS

Specially developed to target specific areas using Environ's revolutionary dual electro-sonic DF technology, ensuring that your primary skin care concerns are directly addressed. Perfect for when time is limited.

Focus-On Frown treatment

An iconic-peptide blend assists in reducing the appearance of expression and frown lines around the eyes and forehead resulting in a more youthful appearance.

Focus-On Eye Treatment

Combining our powerful peptide complexes with Hyaluronic Acid, ensures a completely refreshed, hydrated and youthful appearance.

Focus-On Texture treatment

An intensive combination of the three Environ technologies, Dual ELECTRO-SONIC, COOL PEEL and MICRO-PERFUSION improve the appearance of mild-scarring, revealing smoother, evenly textured skin.

Focus-On Even Tone treatment

The powerful combination of Vitamin A, C and AHA is a unique approach to assist in lightening the appearance of pigmented marks resulting in a more even-toned, brighter complexion.

30mins£45

ENVIRON COOL PEEL TREATMENTS

Environ's unique Cool Peel Technology is a non-invasive, intelligent skin renewal system developed by Dr Des Fernandes, to safely and effectively help refine, revive and brighten skin. Experience a real, lasting difference to skin through beautiful science.

Youth Renew cool peel

This cool peel treatment assists with reducing the appearance of premature ageing, fine lines, sun-damage and an uneven skin complexion. Discover the power of an intelligent skin peel that will leave the skin looking refreshed and vibrantly youthful.

Moisture Boost Cool peel

Designed to gently buff the skin's surface and focus on revitalising dry, tired-looking skin, revealing a healthy-looking glow. The gentle yet effective peel is suitable to do all year round with no visible peeling.

Deep Cleansing cool peel

Environ's interpretation of the classic deep cleanse peel. The unique method of deep cleansing the skin is gentle

in exfoliating the skin's surface, yet effective in purifying and assisting to control the appearance of congested, breakout prone skin. This unique, gentle peel helps to achieve visible improvements, leaving the skin radiantly healthy and refreshed.

Bright Recovery Cool Peel

The gentle lactic acid cool peel therapy assists with reducing the appearance of premature ageing, fine lines and uneven toned skin complexion as a result of excessive sun exposure.

Blemish control cool peel

The powerful cool peel therapy assists with the management of blemish prone, distressed skin, by purifying, cleansing and assisting to unclog pores and dissolve impurities. Our hero treatment for problematic skin conditions.

Vibrant-C Micro peel

A concentrated vitamin C infused peel that is freshly mixed before application to ensure optimal freshness and efficacy. Proven to deliver a healthy complexion with an even skin tone and texture because vitamin C is essential for the skin to function at its best. Excellent choice for sun-damaged, pigmented and mature skins.

45mins£55

60mins£65

Caudalíe

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...

PREMIER CRU FACIAL

55 min - £75

Ultimate anti-aging

This exceptional anti-aging facial will lift, moisturize, smooth, plump & even the skin with cutting edge innovative techniques and products from the Premier Cru Range.

This advanced facial includes a massage carried out using a roller with a micro-point system which improves the penetration of active ingredients, stimulating the natural production of collagen and elastin. The application of an exclusive hydrogel mask enriched with Resveratrol-Oleyl and anti-aging active ingredients, will provide immediate tightening and lifting effects to the face and jaw areas. The results are spectacular: wrinkles and fine lines are visibly reduced; the skin is smoother and firmer, and a radiant glow enhances the even complexion.



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.

Caudalie Advanced Skincare Facials

Vinosource Hydrating and Nourishing Facial£60

55 mins. A skin-renewing treatment to deeply moisturize the skin.

This treatment starts with a gentle cleansing of the skin. A massage with fresh grapes followed by a recovery essential oil massage to soothe dryness. The application of an intensely moisturizing mask, and our Vinosource-Hydra products restore moisture levels for a healthy, glowing appearance.

Vinergetic C Facial.....£60

55 mins. Anti-pollution, recharge and Glow A deeply energizing vitamin cocktail. This facial treatment hydrates, renews, energizes & protects the skin cells in the epidermis. Combined with regenerating aromatherapy massage using essential oils, an antioxidant mask follows, highly concentrated in pink clays, grape marc and coffee, it deeply cleanses the skin while draining toxins. This facial reduces the visual appearance of fine lines & wrinkles, smooths and protects the skin. Your skin looks plumper, youthful and your

complexion smooth. This is a perfect facial for those wishing to maintain and protect their skins from the environment and free radical damage.

Resveratrol Lift Facial Firming.....£65

55 mins. Lifting and anti-wrinkle. Specially created for skin that lacks firmness, contour & vitality. This facial uses the Award-winning Resveratrol Lift Range (in Partnership with Harvard Medical School) to deliver exceptional lifting effects. After skin is gently cleansed, a stimulating massage visibly firms and redefines the contours of your face. The application of a warming firming mask enhances the lifting effect of the Resveratrol Lift products. The toning and lifting effects are immediate, your face appears resculpted. The firming and lifting effects are immediate, your face is as if resculpted, and radiant with youth.

Vinoperfect Radiance Facial£60

55 mins Complexion correcting / anti-dark spot. A unique facial treatment specifically designed to correct the complexion, restoring radiance and vitality to the skin. Specifically created for tired, dull & uneven skin types, this is a must have facial treatment. Exceptional massage techniques with essential oils and small hot and cold basalt stones, awaken the luminosity of the complexion, inducing a feeling of wellbeing. A Radiance Peeling Mask is applied for a gentle peeling action to restore your complexion's even tone. The Vinoperfect Serum adds the finishing touch to this treatment, leaving you looking radiant, even and luminous.

Lifting & Firming Eye Treatment ..£35

25 mins. Lifting & Firming. This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. It starts with a delicate massage followed by the application of a hydrogel patch concentrated in red vine, horse chestnut and ivy leaf that smooth features, substantially diminishing dark circles and instantly reducing puffiness. The eye contour is lifted, and the eyes enhanced.

Express D-Vine Facial.....£38

25 mins. Instant glow & Hydration. Specially designed for men and women who are time short, yet still want results. This express treatment is tailor made to meet the needs of every skin type. This facial includes eye and skin cleansing, deep exfoliation, the application of a customized mask, and a hand massage completes this moment of well-being. The experience is completed with serums and moisturisers to meet your individual requirements. Your skin's freshness, comfort and evenness are restored.

Vinopure Facial£60

55 mins. Purifying, decongesting, calming. This treatment purifies your skin, cleanses your complexion and helps regulate excess sebum. A skin cleansing and a face massage with essential oils and a cryo-massager will help remove impurities and tighten pores. The cryo-massager will have an anti-inflammatory action on the skin (and anti-dark circles on the eye contour).



Caudalie Body Treatments

Fleur de vigne candle massage

55mins£70

80mins £80

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-boostered.

Fleur de vigne candle back massage

25mins £40

40mins£50

Crushed cabernet

scrub & massage.....£60

55 mins. Slimming: This body treatment begins with the most popular scrub from the Vinothérapie 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.

Crushed Cabernet Scrub£35

25 mins. The indulgent body treatment incorporates one of the most popular scrubs from our Vinothérapie@ Spas. This exfoliation technique regains your skin's radiance and softness, providing optimum opportunity for the skin to absorb all the hydrating ingredients to follow. We have developed this scrub with a base of grapeseed, honey, brown sugar and essential oils.

The Des Vignes Body Treatment

25 mins£38

40 mins£48

55 mins£65

80 mins£90

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 is 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 £40 40 mins..... £50
55 mins £65 80 mins..... £90

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.

25 mins £45 40 mins..... £60
55 mins £75 80 mins..... £95

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 £45 40 mins..... £60
55 mins £75 80 mins..... £95

SCALP MASSAGE

25 mins£38

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 £75 per person and enjoy your day with use of the spa facilities.



Mum To Be

CAUDALIE MUM TO BE TREATMENT - £75

Pure indulgence for the 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£45
40 mins£55



Men's Treatments

RELAX AND UNWIND WITH A FACIAL OR MASSAGE

Vinergetic C Facial

55 mins£60

Anti-pollution, recharge and Glow. A deeply energizing vitamin cocktail. This facial treatment hydrates, renews, energizes & protects the skin cells in the epidermis. Combined with regenerating aromatherapy massage using essential oils, an antioxidant mask follows, highly concentrated in pink clays, grape marc and coffee, it deeply cleanses the skin while draining toxins. This facial reduces the visual appearance of fine lines & wrinkles, smooths and protects the skin. Your skin looks plumper, youthful and your complexion smooth. This is a perfect facial for those wishing to maintain and protect their skins from the environment and free radical damage.

Essential Youth

60mins£65
90mins£85

Helps soften the appearance of fine lines, sun-damage & sagging skin with our peptide and vitamin packed facial for a more youthful appearance.

Essential Moisture Boost

60mins£65
90mins£85

Helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient, promoting a moisturised, glowing-looking skin.

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£45 **40 mins£60**
55 mins£75 **80 mins£95**

Bamboo Massage

25 mins£40 **40 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£45 **40 mins£60**
55 mins£75 **80 mins£95**

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

Eye brow Wax - 10 minutes£12

Spa Experience Packages

SPA RELAX PACKAGE - £45

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

CELEBRATION PACKAGE - £65

- 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

DIVINE SPA DAY - £100

- 55 minute treatment of your choice
- Use of the spa facilities
- Use of the gym
- Use of the swimming pool

PAMPERING SPA DAY - £100

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

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

- 25 minute Facial
- 55 minute Massage
- Use of the spa facilities
- Use of the gym & swim

ULTIMATE INDULGENCE PACKAGE - £130

- 25 minute Facial
- 55 minute Hot stone massage
- Use of the spa facilities
- Use of the gym & swim



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 10:00 - 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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