



ABBHEY

SPA & WELLNESS



The Abbey Spa

Take time out for yourself at the Abbey 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 products, or take advantage of our wide range of beauty services including Jessica manicures and pedicures, Geleration nails, waxing, tinting and shaping.

Our facilities include 4 luxurious treatment rooms, a couple's suite, as well as our beautiful heat and water oasis.

Access to the spa facilities is £16.30 for a 2 hour session, alternatively book any 55 (to 80) 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).

*Excluding beauty treatments

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

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



Pampering Hands & Feet

JESSICA - HANDS & FEET

Jessica Geleration Hands£30

Jessica Geleration Feet£36.50

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£25

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£26.50

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.

File & Polish Hands or Feet £10

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

Gel Soak Off£10

20 mins.

Complimentary when booking a gel Manicure or Pedicure

Express Manicure & Express Pedicure£35

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

Jessica Express Manicure£20

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

Jessica Express Pedicure£20

25 mins. A tailored pedicure to treat your individual nail type. It includes hard skin removal, cuticle tidy and a perfect polish.



SHAPING AND TINTING

Brow Shape£10

Brow Tint£11

Brow Tint£9

Brow and Tint£15

Brow Shape and Tint£15

Brow threading£6

Lip Threading£6

Chin Threading£6

Lip & Chin Threading£10

Full Face Threading£20

Please note when having a tinting treatment, a patch test needs to be done at least 24 hour prior to your treatment.

WAXING

Half Leg Wax£18

Full Leg Wax£23

Bikini Wax£15

Brazilian Wax£25

Hollywood Wax£30

Half Leg/Bikini£25

Full Leg/Bikini£32

Half Leg/Brazilian Wax£35

Full Leg/Brazilian Wax£41

Half Leg/Hollywood Wax£40

Full Leg/Hollywood Wax£45

Lip Wax£6

Chin Wax£6

Lip and Chin Wax£10

Underarm Wax£7.50

Half Arm Wax£11.50

Full Arm Wax£17

Chest Wax£20

Back Wax£20

Back, Neck and Shoulder Wax£22

Back and Chest Wax£35

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.



Caudalie Advanced Skincare Facials



Vinosource Hydrating and Nourishing Facial£55

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.....£55

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.....£60

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£55

55 mins. Complexion correcting / anti-dark spot. A unique facial treatment specifically designed to correct the complexion, restoring radiance and vitality to the skin. Specially 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 ..£30

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.....£35

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£55

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

Crushed Cabernet Exfoliation.....£30

25 mins. Slimming: 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.

Fleur De Vigne Candle Massage

Relaxing and Soothing

This massage is a signature Caudalie massage. Under the glow of the soft light of a massage candle that melts into a warm oil, delicately scented with Fleur de Vigne (Grape Blossom), enjoy a unique and relaxing experience where all your senses will be indulged. Tension will be relieved, and you will regain your energy.

25 mins £35 40 mins £40

55 mins £50 80 mins£75

Crushed Cabernet Scrub & Massage£50

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 De Vigne Body Massage

This treatment incorporates our signature Caudalie massage, using techniques to deeply relax the muscles and mind. The Des Vignes fragrance captures the last dusk falling on the sweet grapevines in a sensual, powdery evening scent. Combining subtle notes of honeyed ginger liqueur, neroli, orange blossom, white musk and jasmine in calming & sensual fragrance

25 mins £35 40 mins £40

55 mins £50 80 mins£75



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 £33 40 mins £40
55 mins £50 80 mins £75

Deep Tissue Massage

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 £35 40 mins £45
55 mins £60 80 mins £80

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 the body. A relaxing experience to make you feel you are walking on air.

25 mins £35 40 mins £45
55 mins £60 80 mins £80

Couples Massage

55 mins £60 per person

Book a 55 minute couples Swedish massage and enjoy your day with use of the spa facilities included for.

Relaxing Scalp Massage

25 mins £25

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.

Aromatherapy Massage

Using the finest pre-blended aromatherapy oils, this massage helps to relieve tension and restore lost energy. Massage strokes to soothe, energise, restore, detox, offer resistance or help ease aching muscles are used to relax the mind, body and soul.

25 mins £33 40 mins £35
55 mins £45 80 mins £70





Men's Treatments

RELAX AND UNWIND WITH A FACIAL OR MASSAGE

Deep Tissue Massage

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 £35 40 mins £45
55 mins £60 80 mins £80

Hot Stone Massage

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

25 mins £35 40 mins £45
55 mins £60 80 mins £80

Vinergetic C Facial

55 mins £55

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.

GROOMING SERVICES

Maintenance Manicure

25 mins£20

Maintenance Pedicure

25 mins£20

MENS WAXING

Chest Wax.....£20

Back Wax£20

Back and Chest Wax.....£35

Stomach Wax..... £14



Spa Experience Packages

MUM TO BE PACKAGE - £85

- Pregnancy massage
- Luxury pedicure
- Use of the gym
- Use of the swimming pool
- Welcome drink

RELAX PACKAGE

Monday - Friday - £40

Saturday & Sunday - £45

- 190 minutes
- 25 minute treatment of your choice
- Use of the spa facilities

TWILIGHT PACKAGE - £45

- 200 minutes
- 40 minute back, neck and shoulder massage
- Use of the spa facilities

COUPLES PACKAGE

Monday - Friday - £100

Saturday & Sunday - £120

- 200 minutes
- 2 x 25 minute treatments each
- Use of the spa facilities



Exclusive Spa Experience

PRIVATE HIRE - £25 per person

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
- 10% off any treatments booked

**Minimum of 10 people,
Maximum of 20 people.**

Friday - 7pm - 9pm

Saturday/Sunday - 5:30pm - 7:30pm

LUXURY HIRE - £55 per person

Exclusive use of the spa for you and your friends, whether it's just a get together or a special occasion, enjoy the following;

- 25 min treatment of your choice
- Exclusive use of the heat and water oasis
- 10% off any treatments booked

**Minimum of 10 people,
Maximum of 20 people.**

Friday - 7pm - 9pm

Saturday/Sunday - 5:30pm - 7:30pm



Enjoy your Abbey 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

Mon(female only) 10:00 - 21:00
Tues 10:00 - 21:00
Wed (male only) 10:00 - 21:00
Thurs 10:00 - 21:00
Fri 10:00 - 21:00
Sat 09:00 - 18:00
Sun 09:00 - 18:00

ADVANCED BOOKINGS

To avoid any disappointment we strongly advise that you book all treatments in advance. Please contact a spa host on 03330 05 0489.

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 facilities, we would recommend arriving at least 45 minutes prior to your treatment, too familiarise yourself with the spa surroundings.

CANCELLATION

We operate a 24 hour cancellation policy to avoid a 100% charge or redemption from your gift certificate. Full payment will be taken at the time of booking.

GIFT CERTIFICATES

Treat a loved one to an Abbey Spa gift certificate. All certificates must be used within 12 months of purchase. Please note 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 doctor's note or for you to complete a client disclaimer form to enable us to perform certain treatments where medical conditions are concerned.

SPA ETIQUETTE

We want you to feel comfortable during your spa experience therefore we will provide you with towels and robes if you are on a spa day experience. Our therapists are trained to observe client modesty at all times, disposable briefs and boxers are available during a treatment. Appropriate swim attire must be worn during the use of the heat and water area.

LOSS OR DAMAGE

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

AGE REQUIREMENTS

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



ABBEY

SPA & WELLNESS

Bobby Moore Way, Barking, IG11 7HW
Spa Team: 03330 05 0489
abbeyspaenquiries@everyoneactive.com
www.theabbeyspa.co.uk