



ABBEY

SPA & WELLNESS



Escape to the 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 £15.40 for a 2 hour session, alternatively book any 55 minute treatments* 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

 [@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£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£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.

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

Eye Brow Shape	£10
Eyelash Tint.....	£11
Eye brow Tint	£9
Eyelash and Eye brow Tint	£15
Eye brow Shape and Tint.....	£15
Eye brow threading	£6
Lip threading	£5
Chin threading.....	£5
Lip & Chin threading.....	£8
Full face threading	£15

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.....	£20
Hollywood Wax.....	£25
Half Leg/Bikini	£25
Full Leg/Bikini	£32
Half Leg/Brazilian Wax	£30
Full Leg/Brazilian Wax	£36
Half Leg/Hollywood Wax	£35
Full Leg/Hollywood Wax	£40
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.....	£14
Back Wax	£14
Back, Neck and Shoulder Wax	£18



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 - £99

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.



CAUDALÍE
PARIS

VINOTHÉRAPIE
BY
CAUDALÍE
PARIS



Caudalie Advanced Skincare Facials

Vinosource Anti-Oxidant Hydrating Facial.....£50

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.....£50

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.

Resveratrol Lift Facial.....£55

55 mins. Lifting & Firming, anti-wrinkle. Specially created for skin that lacks vitality and firmness. After skin is gently cleansed, a stimulating massage visibly firms and redefines the contours of your face. The toning and lifting effects are immediate, your face appears re-sculpted.

Vinoperfect Radiance Facial£50

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.





Anti-Ageing Eye Treatment.....£25

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.

Express D-Vine Facial.....£30

25 mins Instant radiance boost. Express facial for a burst of radiance in just 30 minutes. After a deep cleansing facial to exfoliate the skin, the application of a mask immediately boosts radiance. Your skin looks rested, your complexion's brightness is restored.

Vinopure Facial£50

55 mins. 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.

Divine body massage

55mins£50

Relaxing: 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.

Crushed cabernet

scrub & massage.....£50

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.

Divine back, neck & shoulder massage

40 mins £40





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 £28 40 mins £35
55 mins £45 80 mins £70

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 £30 40 mins £40
55 mins £55

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 £30 40 mins £40
55 mins £55

COUPLES MASSAGE

55 mins £52

Book a 55 minute couples Swedish massage and enjoy your day with use of the spa facilities included for £52 per person.

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 £28 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.

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55 mins £55

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GROOMING SERVICES FOR MEN

MAINTENANCE MANICURE

25 mins£20

MAINTENANCE PEDICURE

25 mins£20

MENS WAXING

Chest wax £14

Back wax £14

Back and chest wax£20



Spa Experience Packages

CELEBRATION PACKAGE - £50

- A 25 minute treatment of your choice
- Use of the spa facilities
- Use of the gym
- Use of the swimming pool
- Welcome drink

MUM TO BE PACKAGE - £85

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

RELAX PACKAGE

Monday – Friday - £30

Saturday & Sunday - £35

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

TWILIGHT PACKAGE - £45

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

COUPLES PACKAGE

Monday – Friday - £80

Saturday & Sunday - £100

- 200 minutes
- 2 x25 minute treatments each
- Use of the spa facilities

HOLIDAY PACKAGE - £85

- 120 minutes
- Gel application on hands and feet
- 45 minutes of waxing of your choice
- Eyebrow tint & shape





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(mixed) 10:00 - 15:00
Mon (ladies only) 15:00 - 21:00
Tues(mixed) 10:00 - 21:00
Wed(men only) 10:00 - 15:00
Wed(mixed) 15:00 - 21:00
Thurs (ladies only) 10:00 - 15:00
Thurs(mixed) 15:00 - 21:00
Fri(mixed) 10:00 - 21:00
(Private hire available)..... 19:00 - 21:00
Sat(mixed) 09:00 - 18:00
(Private hire available)..... 18:00 - 20:00
Sun(mixed) 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 or 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. 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.





Bobby Moore Way, Barking, IG11 7HW

Spa Team: 03330 05 0489

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www.theabbeyspa.co.uk