



CHILTERN'S

SPA & WELLNESS



Escape to Chilterns Spa & Wellness

Welcome!

Take time out for yourself at Chilterns Spa & Wellness. We are committed to delivering a personalised experience to meet your every need, whether you have 30 minutes or 3 hours, allow us to pamper you.

Choose from one of our luxurious treatments using Caudalie 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 as well as a beautiful heat oasis.

Use of the thermal facilities is available at £15 per person, alternatively book an 80-minute treatment and receive complementary spa use.

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



Pampering hands & feet

Geleration Gel Manicure £35

Jessica GELeration is a next generation soak-off gel nail system.

Created with the nurture of your natural nail in mind, Jessica GELeration protects your nails, while offering weak, bitten or problem nails the opportunity to grow underneath the gel.

Geleration Gel Pedicure £35

Gel 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

Luxury Manicure

50 mins £30

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.



Luxury Pedicure

55 mins £35

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.

Express Manicure

25 mins £25

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

Express Pedicure

25 mins £25

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

Express Manicure & Express Pedicure

50 mins £45

A tailored manicure and pedicure to treat your individual nail type. The express manicure includes a cuticle tidy, file and a perfect polish, the express pedicure includes hard skin removal, cuticle tidy and a perfect polish.

Gel soak off

20 mins £10

Gel soak off is complimentary when a Gelation manicure is booked.

Shaping and tinting*

Eyebrow shape..... £12

Eyelash tint £15

Eyebrow tint..... £12

Eyelash & brow tint.....£22

Eyebrow shape & tint..... £20

*If you haven't had a tint with us before, please book in for a patch test 24 hours before your appointment.



Waxing

Half leg wax	£20
Full leg wax	£30
Bikini wax	£16
Extended wax	£20
Brazilian wax	£30
Hollywood wax	£35
Half leg & bikini	£30
Full leg & bikini	£40
Half leg & Brazilian wax	£45
Full leg & Brazilian wax	£50
Half leg & Hollywood wax	£50
Full leg & Hollywood wax	£55
Lip wax	£8
Chin wax	£8
Lip & chin wax	£16
Underarm wax	£10
Half arm wax	£15
Full arm wax	£25

LVL lash lift 50 mins £50

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.





We recommend...

Caudalie products 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.

Caudalie Signature treatments **1 hour 50 mins £120**

The ultimate face and body experience, this treatment begins with a back massage using the Divine body oil for indulgent relaxation. Your therapists 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 finished with a relaxing scalp massage. Indulge in this face and body experience which will leave you relaxed, refreshed and radiant looking.

Reiki **50 mins £55**

Reiki was developed in Japan in the early 20th Century and is a form of hands-on spiritual healing in which universal life energy flows through the healer to the recipient to be used in whatever way she or he needs.

Each session begins with a holistic consultation.

What can Reiki do for me?

Reiki gently balances and calms the emotions, restores self-worth and gives back a sense of purpose. When the spiritual body is healed, the emotional body will be healed. Only then will the physical body be ready and prepared to accept any further healing from any source, either traditional or complimentary. Reiki healing has been found to be especially beneficial for stress, grief, worry and anxiety. Often, painful conditions are relieved by Reiki, the experience is reported to be deeply relaxing, promoting a sense of peace, rejuvenation and positivity.



What can I expect?

You will remain fully clothed and will be helped onto a massage bed, with blankets available for your warmth and comfort. The therapist goes through a set healing process placing hands on or just off the body from the head and working down finishing at the feet as agreed with the client prior to the treatment.

What will I feel?

Some people feel nothing – this does not mean that the Reiki has not worked. Some people will feel heat, cold, or a combination of both, you may see colours, and you may feel tingling. All of these feelings are the energy working through your body for your benefit. The experience tends to be quite unique to each client.



Advanced skincare

Facial – Caudalie

Our facial treatments were developed from the unique combination of our patented grape and grapevine ingredients with the latest skincare techniques.

In the hands of our therapists, you'll experience a full regimen of skincare treatments paired with relaxing massages for firmer, healthier, more beautiful skin.

Vinosource Hydrating and Nourishing Facial

50 mins £55

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.

Vinopure Facial

50 mins £55

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).

Vinergetic C Facial

50 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 skin from the environment and free radical damage.



Resveratrol Lift Facial Firming
50 mins£60

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
50 mins£55

**Radiance, anti-dark spots/
pigmentation**

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 well-being.

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
25 mins£30

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
25 mins£35

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.



Caudalie Body Treatments

Crushed Cabernet Exfoliation

25 mins£35

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.

Crushed Cabernet Scrub & Massage

55 mins£55

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.

The Des Vignes Body massage

25 mins£38

40 mins£45

55 mins£65

80 mins£85

Relaxing

A relaxing body massage incorporating 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.



Fleur Des Vignes Candle massage
Relaxing and Soothing

55 mins£65

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 Des Vignes (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.





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
40 mins	£45
55 mins	£60
80 mins	£85

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

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

Scalp Massage

25 mins	£35
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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.

Couples massage

55 mins	£70 per person
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Book a 55 minute Swedish massage in the couple's room and enjoy use of the thermal facilities.



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£40

40 mins£50

55 mins£70

80 mins£90

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Grooming services for men

Maintenance manicure

25 mins£25

Maintenance pedicure

25 mins£25



Men's Waxing

Chest wax	£20
Back wax.....	£20
Back, neck and shoulder wax.....	£35
Eyebrow wax	£12



Mum To Be

Pre Natal-Massage

55 mins £70

Soothing and relieving

This gentle and enveloping massage with grape-seed oil soothes tension brought on by pregnancy, stimulates blood circulation and improves the skin's tone and elasticity. Safely enjoy a moment of absolute relaxation and well-being with your baby-to-be.

Pregnancy Massage

25 mins£40

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

40 mins£45



Spa Experience Packages

Spa Relax day £25

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

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

Pampering spa day £80

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

Indulgence package £100

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

Men's package..... £100

- 55 minute massage
- Express Facial
- Use of the spa facilities
- Use of the gym
- Use of the swimming pool

Mum to be package £95

- Caudalie Pregnancy massage
- Luxury Pedicure
- Use of the gym
- Use of the swimming pool

Rasul

The Rasul spa treatment is an ancient Arabic ritual, the treatment uses mineral rich mud along with heat and steam. The temperature in the chamber is kept up to 107 Fahrenheit. You stay in the chamber for 20 minutes to allow the mud to dry. This experience exfoliates, hydrates the skin and eliminates toxins.

50 mins

For 1 person£50

For 2 persons.....£90





General Information

Enjoy your 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 – 10am – 9pm

Saturday & Sunday – 9am – 6pm

Advanced bookings

To avoid disappointment we strongly advise that you book all treatments in advance. Please contact a spa host on **01494 788900**. Alternatively you can visit **www.everyonespa.com** to make an online booking enquiry.

Arrival

In order for you to get the most of your experience please arrive 10 minutes prior to your treatment to complete a consultation form. Treatments that include use of the spa facilities, we would recommend arriving at least 45 minutes prior to your treatment, to familiarise yourself with the spa surroundings.

Cancellation

We operate a 24 hour cancellation policy to avoid 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 a 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 if you are having a spa package, we will provide you with towels, robes and slippers. 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.

The Chilterns Spa & Wellness offers

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

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.

Monsoon Showers – Hot or cold rain water will refresh and revitalise you in between and after your thermal experience.

Heated benches – Allow yourself to relax on our ceramic heated benches.

Foot Baths – Your feet work hard, so give them some pampering with our individual foot spas.

Relaxation area – Complete your experience by relaxing in a tranquil environment.





CHILTERN

S P A & W E L L N E S S

Chilterns Spa, Chilterns Lifestyle Centre

Chiltern Avenue, Amersham HP6 5AH

Telephone: 01494 788900

chilternsspaenquiries@everyoneactive.com

www.everypa.com