

# artspa

## Treatment menu



Artspa are pleased to present the following treatments,  
please call 01285 862 846 or email:  
[spa@lowermillestate.com](mailto:spa@lowermillestate.com) to find out more details and to  
make an appointment.

## **Facial treatments**

Pevonia Botanica offers a wide range of facials which are designed to deal with a variety of skincare concerns using only the purest natural ingredients, which will leave you feeling refreshed and relaxed.

- ***Skin diagnosis and skin care lesson (25 mins)*** £15.00  
Truly understand your skin and learn how best to treat it in order to achieve long term visible results. Includes a mini cleanse, professional skin diagnosis and application tips to maximise your investment in professional skincare.  
(£15 is redeemable against Pevonia product purchases)
- ***Prescriptive facial (55 mins)*** £50.00  
A tailor made facial to suit every skin, a perfect introduction to Pevonia.
- ***Myoxy Caviar facial (1hr 25mins)*** £120.00  
A safe alternative to botox and the most advanced defence against ageing. This anti ageing treatment replenishes your skin with pure caviar extract, pearl extract and a revolutionary blend of phyto-extracts. This luxurious thermal mask will improve elasticity, increase oxygenation of cells and suppleness of skin as well as dramatically reducing facial expression lines and wrinkles.
- ***Reviver facial (25mins)*** £30.00  
An express facial to boost skins clarity and freshness by oxygenating the surface of the skin which instantly hydrates, softens and brightens.
- ***Anti free radical facial (55mins)*** £65.00  
A warming clay mask, which rejuvenates dry dehydrated skin with lavender and peppermint. Helps to reverse the anti free radical damage that ages the skin.
- ***Aroma facial (55mins)*** £45.00  
Holistic facial including a deeply relaxing pressure point massage using essential oils.
- ***Luminous 'c' and sea facial (55mins)*** £65.00  
Contains vitamin C to counteract photo ageing. Leaves the skin smooth, bright and glowing. Good for all skin types.
- ***Plantomer facial (55mins)*** £60.00  
Contains seaweed that tones, heals and soothes sensitive skin.
- ***Oxy-vital (55mins)*** £55.00  
Rich in aloe and azulene to soothe heal and hydrate. Ideal for highly sensitive, irritated and sunburnt skin
- ***Elasto-firm (55mins)*** £55.00  
Elastin based facial to firm and tighten skin leaving the complexion hydrated youthful and radiant.
- ***Skinfit Caviar facial for men (55mins)*** £60.00  
Healing and hydrating anti ageing facial to gently soothe and calm skin.
- ***Ultimate deep cleanse facial (55mins)*** £50.00  
Excellent for oily, congested skins.

**Add any Pevonia eye or lip treatment to a facial for only £10.00 (see pg5)**

## Body Treatments

- **Body polish (25mins)** £28.00  
Rich and creamy body exfoliation which gently removes impurities and rough skin.

- **Aroma salt glow (25mins)** £34.00  
A vigorous body scrub incorporating aromatic salts and essential oils, choose from contouring or anti stress.

- **Pevonia Self tan (55mins)** £45.00  
After exfoliating the skin Pevonia tanning emulsion is applied, allowing you to obtain a golden tan without exposure to the sun's harmful rays.

## Body wraps

The treatment commences with a full body scrub, followed by an all over mask applied to the body before being wrapped in a thermal blanket allowing the body's heat to activate the absorption of the natural ingredients.

- **Fit for life moor mud wrap (55 mins)** £58.00  
Aids fatigue and stress by boosting the body's immune system. Excellent for tired muscles and arthritis. This mud offers a gentle thermal action bringing a state of deep relaxation.

- **Back wrap with moor mud (45mins)** £42.00  
A luxury back treatment using pure Moor mud. Relieving muscular tension, aches and pains it will refine and radiate the skin. Ideally followed with a back massage.

- **Green coffee wrap for cellulite (55mins)** £58.00  
The ultimate answer to effectively treat cellulite. This wrap stimulates your body's ability to break down fat. Green coffee is naturally rich in chlorogenic acid to leave the skin smooth and toned.

- **Moroccan cocoon (55mins)** £58.00  
Minerals from the fertile valleys of Morocco help to moisturise, energise and refresh the body. Recommended for sensitive skins, eczema and psoriasis.

- **Aromatherapy cocoon (55mins)** £42.00  
A warm aromatic treatment in which the body is cocooned in essential oils.

- **Water lilly after-sun wrap (55mins)** £58.00  
Immediate relief to sun damage or sensitive skin.

- **Aromatic detox wrap (50mins)** £45.00  
Using a blend of seaweeds and aromatherapy essential oils to detoxify and purify for a mini detox treatment.

- **Detox thalasso wrap (55mins)** £58.00  
An intensive treatment using a blend of the finest seaweed to activate circulation, cleanse and detoxify the body. This treatment detoxifies and re mineralizes dry, depleted skin.

- **Desert heat (55mins)** £58.00  
Mineral rich earth of the Arizona desert leaves the skin bright and smooth. The thermal action counteracts muscular fatigue and stress. (**Not** recommended for sensitive skins)

## **Massage Therapy**

Massage has been used for thousands of years to relax, bring benefits to health and well being. Select one of our specifically designed treatments to target your needs, an ideal choice for both men & women who want to feel totally pampered.

### ***Artspa Signature Massage (1hr 25mins)*** £100.00

The ultimate in caviar indulgence assembled by the artspa team and world leader Pevonia Botanica in the perfect antidote to the ageing effects and stresses of city life. Your skin will be drenched in luxury as our experienced therapists perform a full body signature massage utilising a caviar massage medium containing the purest natural ingredients. A head to toe treatment incorporating the therapeutic benefits of hot stones.

### ***Back, Neck and Shoulder Massage (25mins)*** £30.00

### ***Swedish Full Body Massage (55mins)***

Standard £48.00  
Aromatherapy oils £55.00

### ***Swedish Full Body, Face&Scalp Massage (1hr 25mins)***

Standard £60.00  
Aromatherapy oils £70.00

### ***Aromatherapy Massage – 100% Organic Aromatherapy oils (1hr 10mins)*** £65.00

Aromatherapy massage is the therapeutic application of touch using a range of movements or strokes upon the skin, muscles and joints. It has significant benefits for all the body's essential systems. After a short consultation your therapist will tailor make a blend chosen to suit your individual needs from our range of 100% Organic Aromatherapy oils from Spaladium.

### ***Deep Tissue Massage (40mins)*** £45.00

Especially for those who prefer a firmer massage. A tailor made massage focuses on specific areas of tension, working on whatever muscles need it most.

### **Time for Mum – Pre natal massage (1 hr 55 mins)** £70.00

This treatment package is specifically tailored to safely care for mothers to be massage techniques and products for mothers-to-be needs. This treatment combines a signature massage with focus is placed on the limbs, back and abdomen. Also includes a Plantomer facial to hydrate, heal and soothe your skin and a hand and foot treatment.

- Hand and Arm Body Polish with Massage
- Back, Leg and Abdomen Anti-Stress Massage
- Plantomer Facial

### **Hot Stone Massage**

*Combining stone placement and massage techniques using warm stones to melt away stress, tension, aches and pains. Experience the ultimate complete head to toe treatment that you will never forget.*

#### ***Refresh Stone Massage (40mins)*** £60.00

This treatment offers a shorter introduction to stone massage. Including a spinal layout using warm, basalt stones and then the stones will be incorporated into the massage for the face, scalp, hands and feet.

#### ***Relax Stone Massage (1 hr 25mins)*** £80.00

This massage concentrates on the entire body incorporating a full body, face and scalp massage. Includes a spinal layout and deeply relaxing massage techniques performed with the warm stones.

#### ***Rejuvenate Stone Massage (1hr 55mins)*** £110.00

This ultimate head to toe treatment is a complete cleansing and massage ritual. The experience begins with a full body exfoliation, followed by a full body, face and scalp massage all incorporating the warm basalt stones.

### **Gentlemen's Retreat**

The following treatments have been specifically formulated for gentlemen.

Back Wax	£28
Chest Wax	£28
Shoulder Wax	£15
Back, Chest & Shoulder Wax	£55
Mens Nail and grooming	£20
<i>Skinfit</i> Caviar facial for men	£60

## Manicures and Pedicures

### ***Jessica File & Polish (20mins)*** £15.00

An instant transformation to the hands or feet. Includes reshape and application of specialised nail treatment & colour.

### ***Pevonia Spa Pedicure (55mins)*** £42.00

If you want great feet, look no further. The Pevonia spa pedicure is more than a treatment it is a spa therapy for the feet. Our feet are often neglected yet prone to fatigue, dryness and thickening. Provide your feet with the care and attention they deserve by going barefoot confidently to reveal fresh, silky-soft hydrated feet. This treatment includes hard skin removal, exfoliation, leg and foot massage, cooling mask, cuticle work and finished with a file and polish.

### ***Jessica Prescriptive Manicure (55mins)*** £36.00

A therapeutic manicure prescribing a range of treatments for individual nail types to cultivate beautiful hands and nails. Includes a hand and arm massage, file and cuticle work, and finally a colour of your choice.

## Caviar Hand and Foot Treatments

Lavishly unite anti ageing performance with absolute luxury! Combining anti ageing ingredients: caviar, marine collagen, retinol and repairing vitamins with enriching natural actives. Hands and feet are brightened with natural enzymes, then exfoliated with polished jojoba beads. A delightful caviar mask is applied which leaves both hands and feet smooth and gloriously rejuvenated.

Youth renew foot treatment (40 mins) £35.00

Youth renew hand treatment (40 mins) £35.00

### ***Pevonia Youth Renew Luxury Manicure (80mins)*** £50.00

Our top of the range manicure incorporates Pevonia's youth renew anti ageing caviar hand treatment and the heated mittens, providing the ultimate in anti ageing hand and nail care. Includes exfoliation, 98% pure caviar massaged into the skin, mask application, thermal mitts, cuticle work, nail tidy & colour application.

### ***Backscratcher Acrylic Nail Extensions (90mins)*** £45.00

Combines the best resin and acrylic technology without the use of drills or toxic chemicals. Application requires minimal filing and buffing so not to damage the natural nail.

Infills (60mins) £25.00

Individual nail application £5.00

## Waxing Treatments

Using the advanced roller wax system, wax can be applied quickly and easily, allowing the hair to be removed with minimal discomfort.

Half Leg Wax	£18
Half Leg & Bikini Wax	£25
$\frac{3}{4}$ Leg Wax	£25
Full Leg Wax	£28
Full Leg & Bikini Wax	£35
Underarm Wax	£10
Bikini Wax	£15
Lip & Chin	£10
Lip or Chin Wax	£7

## Eye Aesthetics

Treatments to enhance and bring definition to the eyes.

*Eyelash Tint	£15
*Eyebrow Tint	£9
*Eyelash & Brow Tint	£20
*Eyebrow Shape	£9

\*A patch test is required 24hrs prior to application of tint.

## Performance Eye and Lip Treatments

Natural anti-ageing care for the most common areas of concern. The eye and lip treatments commence with a Pevonia cleanse and lotion before the treatment, with a facial moisturiser applied at the end.

These intense treatments can be combined with any of the Pevonia facials for an extra £10 each.

### ***De-stress eye puffiness (25mins)***

**£25**

Using ginkgo Biloba to stimulate lymphatic capillaries to increase the draining of toxins from around the eye, this treatment will help to reduce dark circles, puffiness and fine lines.

### ***De-stress eye wrinkles (25mins)***

**£25**

Using pure freeze dried marine collagen to hydrate, plump and reduce fine lines.

### ***Youthful lip treatment (25mins)***

**£25**

Smooths wrinkles, improves elasticity and suppleness



## Artspa Signature Treatment

Antidote @ artspa – The ultimate in anti ageing luxury

The ultimate in caviar indulgence assembled by the artspa team and world leader Pevonia Botanica is the perfect antidote to the ageing effects and stresses of city life.

Your skin will be drenched in luxury as our experienced therapists perform a full body signature massage utilizing a caviar massage medium containing the purest natural ingredients and the therapeutic benefits of hot stones.

Your hands and feet will be restored and renewed via an opulent anti ageing therapy incorporating the latest manufacturing advancements and natural actives.

A thermal clay mask for the face will improve elasticity and suppleness, counteracting the imprint of time and dramatically reducing expression lines and wrinkles.

Take home the luxurious caviar gift box for the face including everything needed to keep up the outstanding results at home. A treatment and homecare package delivering long lasting unsurpassed results.

**Treatment time 2hrs 25 min**  
**Including Caviar gift set**

**£270.00**  
**£500.00**

## Pamper Packages

Allow us to guide you through a memorable experience with our carefully selected artspa signature spa packages. Each package has a particular benefit using the finest Pevonia ingredients and techniques. All packages include use of robes and slippers and drinks through out the day.

***Relax (3hrs)*** £125.00

- Aromatic seaweed wrap
- Full body aroma massage
- Pevonia aroma facial

***Rejuvenate (3 hrs)*** £148.00

- Prescriptive facial
- Fit for life Moor mud wrap
- Refresh stone massage

***Detox (3 hrs)*** £132.00

- Detox thalasso wrap
- Plantomer Facial
- Aroma salt glow

***Complete indulgence (4 hrs 30mins)*** £200.00

- Full body aroma face and scalp massage
- Heavenly hands manicure
- Luxury Jessica Pedicure
- Pevonia performance facial

***For Him (2hrs 45mins)*** £127.00

- Skin Fit caviar facial
- Deep tissue massage
- Aromatic back wrap

***Time for Mum – Pre natal Package (2 hours)*** £70.00

This treatment package is specifically tailored to safely care for mothers to be massage techniques and products for mothers-to-be needs. This treatment combines a signature massage with focus is placed on the limbs, back and abdomen. Also includes a Plantomer facial to hydrate, heal and soothe your skin and a hand and foot treatment.

- Hand and Arm Body Polish with Massage
- Back, Leg and Abdomen Anti-Stress Massage
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