

Gentleman's Treatments

Men's Renewal Package - 2h 15mins

Includes an Elemis Skin Specific facial, back massage and a complete hand and nail treatment _____ £75

Men's Skin IQ Facial - 75mins

This high power Anti-Ageing facial is the ultimate skin overhaul for male skin. By using a combination of massage techniques and professional products, this combats the harsh ageing effects of shaving and everyday environmental damage _____ £66.50

Men's Urban Cleanse Facial - 75mins

This super grooming, deep cleansing facial uses fast-acting ingredients and cleansing massage techniques to decongest, reduce sensitivity and provide the skin with the defence it needs against the damaging effects of daily pollutants _____ £56.50

Swedish Massage - 60mins

A deeply relaxing massage using traditional Swedish strokes with a medium pressure. This full body massage is a combination of techniques which soothe tired, strained muscles and stimulate blood circulation. It's ideal after sporting activities or simply as a means of relaxation. The choice of oils will be discussed between you and your therapist before treatment commences _____ £47

Back Massage - 30mins

Focussing on the back, neck and shoulder area to relieve tension and aching muscles. A choice of Swedish or Elemis deep tissue massage available _____ £27

Men's Hand & Nail Grooming - 45mins

A complete hand and nail treatment to keep them looking impeccable _____ £22



Professional Make-up

We use Bodyography Professional Cosmetics to achieve all of the below make-up looks. This lightweight, oil free Make-up range is enriched with vitamins and minerals to enhance the complexion of the skin whilst allowing it to breath.

Bridal Package 60mins trial session - 45mins on the day

Feel fantastic on your special day....this package includes a trial session prior to the wedding day so you can find the perfect colours and style of make-up to suit you. On the wedding day our make-up therapist will perfect your look in the Spa at your chosen pre-booked time _____ £55

Special Occasion Make-Up - 60mins per person

Let our trained make-up therapist perfect your look for that occasion when you need to feel extra special, whether it be for a party, a family meal out or an extravagant ball! Our therapist will first cleanse and tone your skin then discuss colours and styles with you throughout the session so you get the perfect make-up to suit you _____ £28

Make-Up Session & Lesson - 60mins

Our therapist will talk you through & teach you how to apply every aspect of your make-up, from foundations/bases to mascara & lip liner in a way which will bring out the very best of your features _____ £32

Special Treatment Packages

Reflections offers a wide range of really special treatment packages, both half and full day programmes, for those times when a single treatment is just not enough.

Each programme will save you a great deal compared with buying treatments on an individual basis. Why not make a day of it with your friends, family or colleagues as each package includes free use of our pool, steam room, sauna and gymnasium.



Enter a world of relaxation where the only thing that matters is you. Escape from the stresses of everyday life and indulge in one of our Spa packages designed to restore inner radiance and peace of mind. Our heavenly Relaxation Room is available to you throughout your Spa package, where you can take time out to soak in the tranquil atmosphere and totally recharge your mind, body & soul.

Soul Delight Package - 2h 45mins

Elemis Full Body Massage
Elemis Skin Specific Facial
Jessica Hand or Foot Treatment _____ £95

Indulgence Package - 3h 45mins

Elemis Exotic Lime & Ginger Salt Glow
Elemis Full Body Massage
Light lunch
Elemis Skin Solutions Facial
Jessica Prescriptive Deluxe Manicure _____ £130

Tailored packages for a group booking/party which includes lunch can be arranged. For further details please contact Reflections.

Please Note: Discounts do not apply when purchasing Spa packages and polish is not included to take home.



How to Spa

We kindly ask that all appointments are booked in advance to avoid any disappointment. To ensure your Spa experience is enjoyable as possible we ask that you arrive at least 15 minutes prior to your appointment. You will be asked to fill out a consultation form and will have time to get changed into your robe and slippers provided, ready for your treatments.

Please note that, as a courtesy to all our clients, a prompt appointment schedule is adhered to therefore it may not be possible for us to honour late arrivals. At the end of your treatment you will have the chance to further unwind in our Relaxation Room before changing to face the outside world.

In order to preserve a peaceful atmosphere we request that all mobile phones must be switched off at all times when in the Spa. Clients who wish to change or cancel an appointment are kindly requested to provide at least 24 hours notice. Treatment prices are subject to change without notice.

Reflections Day Spa operates a no smoking policy.

Accommodation packages also available - please call Shorefield Reservations team on 01590 648331 for further details.

Non-Members most welcome.

All clients must be 16 years of age or older.

Medical Conditions

When you book, please notify our therapists of any existing of former medical conditions that may affect the services they are able to offer you. For example:

- Cardiac conditions
- Back or neck injury
- Radiotherapy or chemotherapy. Clients are politely reminded that, for their own protection, if they have suffered from cancer in the last 3 years, they may be asked to provide a doctors note prior to treatment.
- If you have undergone surgery in the last three months
- If you have ever had Deep Vein Thrombosis (DVT)
- Skin allergies / sensitivity which may be aggravated by some of our products
- Pregnancy

Some treatments may be unsuitable, so you should consult your doctor prior to booking. If you are unsure please provide a doctor's letter. We are unable to make refunds if you fail to disclose a medical condition at the time of booking which subsequently prevents you receiving your treatment.


Reflections
Elemis Day Spa

Open 7 days a week
Saturday, Sunday & Monday 9am - 5pm
Tuesday & Friday 9am - 7pm
Wednesday & Thursday 9am - 8pm

Shorefield Country Park, Shorefield Road Milford on Sea Hampshire SO41 0LH
tel: 01590 648339 email: reflections@shorefield.co.uk

www.shorefield.co.uk


JESSICA® Elemis
spa-therapy


Reflections
Elemis Day Spa



...make time for yourself...

Shorefield Country Park, Shorefield Road
Milford on Sea Hampshire SO41 0LH

www.shorefield.co.uk

Elemis Advanced Anti-Ageing Facials

Elemis Visible Brilliance Facial - 75mins

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin. Moisturisation levels of the skin are proven to increase by up to 38% and elasticity by 28% after just one treatment _____ £66.50

Elemis Pro-Collagen Quartz Lift Facial - 75mins

An advanced anti-ageing facial and eye treatment, clinically proven to reduce the number of wrinkles, improve skin firmness and restructure the eye contour. Specialised lifting massage techniques are combined with anti-ageing products to provide maximum treatment benefits _____ £66.50

Tri-Enzyme Resurfacing Facial - 60mins

This revolutionary facial is clinically proven to deliver unprecedented resurfacing results, specifically targeting fine lines and wrinkles, acne and superficial scarring and uneven skin tone. A patch test is required 24 hours prior to treatment _____ £66.50

Skin Solutions Facials

Elemis Oxygen Skin Calm Facial - 75mins

This face and eye treatment is pure soothing heaven for sensitive skin, combining gentle massage techniques with calming products, to soothe the skin and ease redness _____ £56.50

Elemis SOS Purifying Facial - 75mins

This powerful purifying face and eye treatment helps to absorb excess sebum, regulate and balance the skin whilst helping to repair scarring. A combination of massage with rebalancing products leaves the skin beautifully matt _____ £56.50

Modern Skin Facial - 60mins

Designed for skin challenged by modern living and bursting with anti-oxidant rich minerals and vitamins. This purifying treatment helps remove damaging toxins, regenerates skin cells and rebalances sebum. Resulting in remineralised, rebalanced and renewed skin _____ £56.50

Elemis Skin Specific Facials

A therapeutic deep cleansing facial, prescribed for your individual skin type

Fruit Active Glow - 60mins

A great pick-me-up and pre-occasion treat to lift dull, lifeless skin _____ £42

Herbal Lavender Repair - 60mins

Helps to heal and repair congested, oil-rich skins _____ £42

Exotic Cream Moisture Dew - 60mins

For dry, thirsty skin in need of a hydrating surge _____ £42

Elemis Taster Facial - 30mins

The perfect way to experience a taste of the world renowned Elemis Facials. Take time out of your routine to give your skin an instant boost with our rejuvenating mini Facial _____ £27

Body Treatments

Elemis Full Body Deep Tissue Massage - 60mins

Focussing on relieving specific stress and muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout. Your massage will be combined with a choice of specially blended Elemis massage oils so that this treatment can be tailored to suit your individual needs. The choice of oils will be discussed between you and your therapist before treatment commences _____ £47

Swedish Massage - 60mins

A deeply relaxing massage using traditional Swedish strokes with a medium pressure. This full body massage is a combination of techniques which soothe tired, strained muscles and stimulate blood circulation. It's ideal after sporting activities or simply as a means of relaxation. The choice of oils will be discussed between you and your therapist before treatment commences _____ £47

Back Massage - 30mins

Focussing on the back, neck and shoulder area to relieve tension and aching muscles. A choice of Swedish or Elemis deep tissue massage available _____ £27

Fennel Cleansing Cellulite & Colon Therapy - 60mins

Cellulite is associated with poor circulation, fluid retention and a congested digestive system. This treatment works at the deepest level to flush and cleanse all three systems, leaving your skin firmer and smoother to the touch. This is a natural alternative to colonic irrigation, combining stimulating massage techniques, deep cleansing oils, skin toning cream and a Fennel Mask _____ £57.50

Elemis Nurturing Massage for Mother-to-be - 90mins

Helps to relieve tension in your lower and upper back and alleviate any swelling in the hands and feet, while easing your mind and uplifting your spirit. Recommended 1 treatment every 2 weeks in the 1st/2nd trimester. 1 treatment every week in the 3rd trimester _____ £60

Elemis Exotic Lime & Ginger Salt Glow - 45mins

An exfoliation ritual to invigorate and bring vitality to your face and body. Combines stimulating body brushing with face and body exfoliation and finished off with luxurious moisturiser to leave the skin glowing and replenished _____ £35

Elemis Stone Therapy Massage

Small stones are placed on key energy points on the body, evoking an aura of warmth. The heated stones are used to massage the body with deep penetrating heat, using traditional techniques to release muscular tension and balance the spirit

Full Body - 75mins _____ £60
Upper Body - 40mins _____ £34.50

Elemis Absolute Spa Ritual - 120mins

From the soles of your feet to the crown of your head, this customised face and body treatment is the ultimate in skin and body therapy. Choose from one of the unique Elemis Advanced Anti-Ageing or Advanced Performance facials and combine it with the powerful effects of full body massage _____ £90

Face & Body Sensation - 55mins

Pure body indulgence with exceptional anti-ageing facial results! Your Elemis therapist will customise a unique Elemis 'ice-cool thermal muscle stone massage' to your specific problem areas alleviating stress and easing aching muscles. Whilst your body is in a pure state of blissful relaxation, receive an intensive anti-ageing booster facial that will smooth out your wrinkles and restore youthful radiance _____ £60

Body Wraps

Elemis Cellutox Aroma Spa Wrap - 75mins

A detoxifying seaweed body mask containing Juniper and Lemon Essential Oils decongest and stimulate the body's system. Excellent for improving the dimpled appearance of cellulite and reducing fluid retention. Recommended 2 treatments per week for 1 month _____ £57.50

Elemis Musclease Aroma Spa Ocean Wrap - 75mins

Aromatherapy is combined with the riches of the ocean in this deep muscle warming treatment. A heated seaweed mask containing a warming blend of Pine and Rosemary Essential Oils helps ease the pains of rheumatism, arthritis, muscle spasm and fatigue _____ £57.50

Elemis Exotic Coconut Rub & Milk Ritual Wrap - 60mins

A Balinese recipe of Coconut, Mungbean, Spices and Lavender is combined with Exotic Frangipani Monoi Moisture Melt to polish the skin, whilst the Exotic Island Flower Body Oil indulges your senses. Excellent for re-hydrating and nourishing the skin _____ £57.50

Elemis Exotics Frangipani Body Nourish Wrap - 60mins

The skin is drenched with moisture for immediate softness and suppleness. Exotic, aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi used in this wrap for the ultimate radiance and all over glow to the body _____ £57.50

Holistic Therapies

Indian Head Massage - 30mins

Drawing inspiration from oriental techniques this massage has been created for the scalp, face, neck and shoulders to induce a state of complete relaxation. Excellent for easing tension headaches, migraines and sinus problems _____ £27

Hopi Ear Candles - 45mins

A natural and relaxing therapy, Hopi Ear Candles is completely painless and helps to rebalance the ear by drawing out impurities. This soothing treatment, a natural alternative to syringing, is excellent to aid in the relief of sinusitis, tinnitus, ear pressure problems, headaches, migraines, hayfever and excessive wax _____ £25

Reiki - 60mins

A natural form of healing using the laying-on of hand to channel universal life force energy. It is a holistic therapy which helps balance the mind, body & spirit _____ £35

Reflexology - 60mins

Reflexology is a unique system of foot massage based on holistic principles, whereby points on the feet relate to specific points all over the body. Locating and gently massaging these points on the feet helps to redress the imbalance of energy that can cause stress and ill-health _____ £35

Jessica Pedicures

Zen Spa Deluxe Pedicure with Thermal Booties - 75mins

The ultimate pedicure using aromatherapy based products for softer, smoother feet and legs, with the use of thermal booties for deeper penetration of oils and creams, improving circulation and soothing stiff joints. Finished with your choice of polish _____ £40

Zen Spa Pedicure - 60mins

A luxury foot treatment using aromatherapy based products for softer, smoother feet and legs. Finished with your choice of polish _____ £32.50

All of the above pedicures come with a free polish to take home, except if a French polish is requested.

Jessica Manicures

Jessica Perfect Trio Manicure - 75mins

The ultimate in prescriptive manicures, incorporating the Le Remedi hand treatment, deluxe manicure and heated mittens. This heat provides deeper penetration of oils and creams and helps to improve circulation and soothe stiff joints _____ £40

Jessica Prescriptive Deluxe Manicure - 60mins

A luxurious and effective treatment includes the Le Remedi hand treatment, a relaxing hand and arm massage, cuticle work and finished with a twist of colour _____ £32.50

Jessica Hand Treatment - 45mins

Hands age quickly, more so than the face. A luxurious and effective treatment for the hands, including Hand Cleanse, Exfoliate, Masque and application of hand renew Liposome Serum finishing with a twist of colour. Hands will feel softer, smoother, firmer and more attractive. The ultimate in handcare _____ £22
Without polish - 30mins _____ £17

File and Polish _____ £12

Paraffin Wax (can be added to any of the manicures or pedicures) _____ £10

All of the above manicures come with a free polish to take home, except if a French polish is requested and those included within a package.

Tanning

Naturasun Spray Tan - 30mins

Get that year round all over body glow with our fantastic **Naturasun Tanning booth**. Our qualified tan technician will manually spray your body ensuring an even covering of gorgeous colour, with a selection of shades to choose from to suit your individual skin type. Lasts 5-7 days.

Full Body _____ £28

Upper Body _____ £14

Lash & Brow Treatments

Eyelash Tint* _____ £13
Eyebrow Tint* _____ £9
Eyelash & Eyebrow Tint* _____ £16
Eyebrow Shape _____ £9

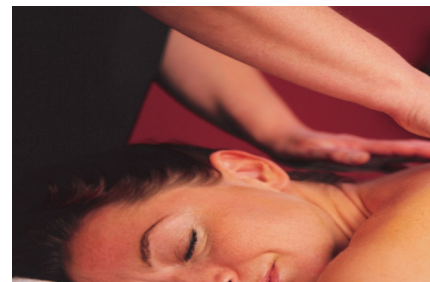
*Patch test required 24hrs in advance

Waxing

Half Leg _____ £15
Full Leg _____ £23
Bikini _____ £10
Full Leg & Bikini _____ £28
Underarm _____ £10
Lip _____ £7
Lip & Chin _____ £10
Chin _____ £7
Back _____ £15
Chest _____ £10

Gift Vouchers Available

For the perfect present, why not give a gift voucher. Available all year round, ask at the Spa Reception
For more details. Vouchers valid for 6 months



Book any treatment more than 7 days in advance and receive

30% Off

the brochure price non refundable
01590 648339
Available Monday-Thursday
Terms & Conditions Apply

