

# Reeds

HEALTH CLUB & SPA





# Welcome

Our Spa is somewhere you can relax, unwind and forget...even if only for a few precious hours. Our therapists specialise in a wide range of treatments to meet your every need.

If you are looking for a treatment, a spa day or a residential spa break then we have something for you and we can't wait to meet you.

To book a treatment please contact Reeds Health Club & Spa on the contact numbers provided and let us take you into another world!

**ELEMIS**

# ELEMIS

## ANTI AGING FACIAL TREATMENTS

### PRO-DEFINITION LIFT AND CONTOUR FACIAL

£55

Treatment time - 55 mins

Powered by breakthrough technology that combines cutting-edge plant stem cells, nutrient-rich natural lipids and firming plant actives. Powerful lifting techniques target sagging jowls, cheeks, chin and neck, whilst helping to reduce puffiness and fluid retention associated with sagging skin.

### PRO-COLLAGEN AGE DEFY FACIAL

£55

Treatment time - 55 mins

Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%, after just 1 treatment.\* Specialised lifting massage, combined with proven marine extract, Padina Pavonica, helps re-energise cell communication and rejuvenate skin.

### DYNAMIC RESURFACING FACIAL

£55

Treatment time - 55 mins

Clinically proven to resurface by up to 75% and increase skin smoothness by up to 32% after just 1 treatment\*. Pioneering precision layering of Tri-Enzyme serums, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing younger-looking skin.



# ELEMIS

## SKIN SOLUTIONS FACIALS

### SUPER FOOD PRO-RADIANCE FACIAL

£55

Treatment time - 55 mins

Perfect pre-occasion treatment. Moisturisation levels are clinically proven to increase by up to 61% and elasticity by up to 40% after just 1 treatment\*. Specialised micro-circulatory massage, helps smooth, firm, plump and restore radiance.

### SENSITIVE SKIN SOOTHER FACIAL

£40

Treatment time - 55 mins

Gentle massage techniques, helps to rebalance delicate, fragile and sensitive complexions. Relieves redness and evens skin tone, offering immediate comfort to irritated skin.

### ANTI-BLEMISH MATIFY AND CALM FACIAL

£40

Treatment time - 55 mins

Helps regulate and balance the function of the skin. Purifying massage techniques combined with unique masks help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matte complexion.

### EXPRESS FACIAL USING ELEMIS

£25

Treatment time - 25 mins

The ideal treatment for those who are short on time but still appreciate the need to be pampered. The skin will feel refreshed, soothed and revitalised.

### SCALP MASSAGE

£25

Treatment time - 25 mins

Ease tension instantly with this deeply soothing head massage. This massage also strengthens the hair and restores vitality and shine.

### HOPI EAR CANDLES

£25

Treatment time - 25 mins

An ancient therapy to help relieve sinus congestion, headaches and to aid relaxation. Can improve co-ordination and help with minor hearing impairments.

Skin solutions

# ELEMIS

## BODY TREATMENTS

### DEEP TISSUE MUSCLE MASSAGE

£52 55 MINS | £36 25 MINS

Treatment time - 55 mins or 25 mins

Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Dynamic blends of essential oils and level of pressure are customised to target individual needs. Helps relax, recharge and re-energise, whilst tension melts away.

### THE TARGETED TONING TIGHTENER

£60

Treatment time - 1hr 20 mins

ELEMIS' clinically proven Body Sculpting System is combined with a detoxifying Birch and Fennel peel-off body mask. Specialist abdominal, hip and thigh drainage massage techniques help with colon cleansing, to smooth the appearance of cellulite, boost circulation and reduce fluid retention. Skin is firmer and smoother to touch.

### INTENSELY CLEANSING SALT SCRUB

£35

Treatment time - 40 mins

Feel your senses lifted and your body invigorated by the sublime Frangipani or Lime and Ginger infused with skin enriching Japanese Camellia Oil Blend. After light body brushing, warm oil is drizzled luxuriously over the body. Skin is deeply cleansed, leaving it silky-smooth and glowing.

### EXOTIC FRANGIPANI OR SWEET ORCHID BODY NOURISH WRAP

£55

Treatment time - 55 mins

Aromatic monoi is poured all over your body and then cocooned in a nourishing foil wrap. Skin is drenched with moisture, for immediate softness, suppleness and radiance.

### SWEDISH FULL BODY MASSAGE

£45

Treatment time - 55 mins

Designed to ease muscle tension, relieve stress and promote general well being.

### SWEDISH BACK NECK AND SHOULDER MASSAGE

£25

Treatment time - 25 mins

A shorter massage, so that you can pop in, de-stress, and face the rigours of the world again.



## BODY TREATMENTS

### AROMA CANDLE MASSAGE - NATURAL SPA FACTORY

£55

Treatment time - 55 mins

A unique massage using warm oil melted from a specialist massage candle.

### BABY BUMP - MOTHER TO BE - NATURAL SPA FACTORY

£69

Treatment time - 1hr 15 mins

A complete face and body treatment to target skin concerns during pregnancy. Working on the skins elasticity, it helps to reduce the appearance of stretch marks and comforts tired legs, whilst relaxing the body from top to toe. Not to be taken in the first trimester.

### HOT STONE THERAPY - FULL BODY

£55

Treatment time - 55 mins

### HOT STONE THERAPY - BACK, NECK AND SHOULDERS

£35

Treatment time - 25 mins

A unique therapy using heated volcanic stones combined with massage to melt away the stresses of life. Works on a deep level to aid muscle relaxation, joint mobility and improve circulation.

### ST TROPEZ SPRAY TAN

£25

Treatment time - 25 mins

St Tropez is the first choice for professional and beginners the world over because every product creates a natural beautiful even tan. Perfect for holidays and party occasions.

*Available in Express or Extra Dark*

Body  
treatments



## MANICURES AND PEDICURES

### EXPRESS MANICURE/ EXPRESS PEDICURE

£25

Treatment time 25 mins

An essential tidy up of the hands or feet which includes nail shape, cuticle work and hand or foot massage. The treatment is concluded with an application of either a coloured polish or a Nailtiques formula.

### LUXURY MANICURE/ LUXURY PEDICURE

£40

Treatment time - 55 mins

The nails are shaped and the hands or feet and cuticles are intensively moisturised through the use of a nourishing mask and heated hand mittens or booties. The nails are painted with either a coloured polish or a Nailtiques formula.

### FRENCH MANICURE

SUPPLEMENT OF £5

As above plus an additional 15 minutes.

### COLOUR POLISH / FRENCH POLISH

£12.50 / £15.00

Treatment time - 20 mins / 25 mins

### MALE MANICURE

£25

Treatment time - 25 mins

Manicure for men with nail strengthener.

## CND SHELLAC NAILS

The world's colour expert has perfected the Gel Manicure and Pedicure.

The CND Gel System ensures incredibly durable, chip-free for up to 2 weeks with superior shine.

### INCLUDES NAIL SHAPE AND GEL APPLICATION

£35

Treatment time - 50 mins

### GEL NAIL REMOVAL

£10

Treatment time - 30 mins

## WAXING

A temporary hair removal method which is quick and effective, pain free and lasts between 4 - 6 weeks.

FULL LEG WAX	£22.00
HALF LEG WAX	£18.00
STANDARD BIKINI WAX	£12.00
CHEST WAX	£15.00
BACK WAX	£17.00
FOREARM	£9.00
UNDERARM WAX	£10.00
LIP OR CHIN WAX	£5.00

## BROW & LASH TREATMENTS

EYE BROW SHAPE	£9.00
EYE BROW TINT	£7.00
EYE LASH TINT	£12.00
BROW AND LASH TINT	£20.00

*All tinting requires a patch test 24hr prior to treatment*





## SPA DAYS

### BESPOKE SPA DAY 1

FROM £45.00 PER PERSON

Includes full use of the leisure facilities, lunch and a soft drink, a choice of 1 treatment from either nail, shape and paint fingers or toes, mini facial/ scalp massage or a back, neck and shoulder massage. Includes use of robe and slippers.

### BESPOKE SPA DAY 2

FROM £70.00 PER PERSON

Includes full use of the leisure facilities, lunch and a soft drink, a choice of 2 treatments from either nail, shape and paint fingers or toes, mini facial/ scalp massage or a back, neck and shoulder massage. Includes use of robe and slippers.

### BESPOKE SPA DAY 3

FROM £95.00 PER PERSON

Includes full use of the leisure facilities, lunch and a soft drink, a choice of 3 treatments from either nail, shape and paint fingers or toes, mini facial/ scalp massage or a back, neck and shoulder massage. Includes use of robe and slippers.

### BABY BUMP SPA DAY

£95.00 PER PERSON

Treatment time – 1hr 15 mins

A complete face and body treatment to target skin concerns during pregnancy. Working on the skin's elasticity, it helps to prevent the appearance of stretch marks and comforts tired legs, whilst relaxing the body from top to toe (Not to be taken in the first trimester). Includes use of the leisure facilities, lunch and a soft drink.

## WEDDINGS

### BEAUTIFUL YEW

FROM £119.00 PER PERSON

Includes full use of the leisure facilities, lunch and a glass of Prosecco, hire of robe and slippers.

- Eyelash and brow tint \*
- Eyebrow Shape
- Back Massage for her
- Back massage for him
- Shellac fingers or toes with an exclusive hand and feet scrub

*\*patch test required 24 hours prior*

### BRIDAL MAKEUP

Make up- Trial and Application

£75

Makeup no Trial - Ideal for Bridesmaids

£40



## SPA BREAKS

### 1 NIGHT SPA BREAK

Includes Overnight Accommodation with 2 course dinner in Marco's New York Italian restaurant, full English breakfast, 1 x 25min treatment each, full use of the leisure facilities and complimentary use of robes and slippers.

### 2 NIGHT SPA BREAK

Includes Overnight Accommodation with 2 course dinner in Marco's New York Italian restaurant, full English breakfast, 2 x 25min treatment each, full use of the leisure facilities and complimentary use of robes and slippers.

### ROMANTIC GETAWAY

Includes Overnight Accommodation with 2 course dinner in Marco's New York Italian restaurant, full English breakfast, 1 x 25 min treatment each, and a bottle of house wine in the room with fresh fruit and dipping chocolate. Full use of the leisure facilities and complimentary use of robes and slippers.

### MOTHER TO BE SPA PACKAGE

Includes Overnight Accommodation with 2 course dinner in Marco's New York Italian restaurant, full English breakfast, 1 x Mother to be treatment and Partner gets 1hr full body massage and express facial treatment, full use of the leisure facilities and complimentary use of robes and slippers. Can only be for the 2nd trimester and post - birth. Total treatment time per person 1hr and 15 mins.

### GROUP GETAWAY/ HEN PARTY

Includes Overnight Accommodation with 2 course dinner in Marco's New York Italian restaurant (in private room if available), full English breakfast, lunch with a glass of wine, 1 x 25min treatment each, full use of the leisure facilities and complimentary use of robes and slippers.

To book a spa break call 01509 672518 or check our website [www.yewlodgehotel.co.uk](http://www.yewlodgehotel.co.uk)



Spa breaks

## BEAUTY BOOKING AND TREATMENT ADVICE

We require 24-hour notice if you would like to cancel an appointment. 50% charge will be made for non-cancellation of appointments. Credit Card details are taken to secure a booking.

Some treatments are not recommended during pregnancy or with specific medical conditions and if you are unsure, please contact us.

### ARRIVAL

We advise our guests to arrive for day packages 30 mins prior to your appointment so that we can register your arrival at reception, after which you are welcome to use the leisure facilities to unwind. Please come to the health club reception 10 mins prior to your appointment to register and complete our health questionnaire. Arriving late will deprive you of precious minutes of your spa treatment.

### TERMS AND CONDITIONS

Please note treatments include your verbal consultation and time to get ready before and after your treatment.

Late policy – please be aware that if you are late for your treatment the time is deducted from the time allotted for you however; if you are more than 15 minutes late into a 25 minute treatment we shall have no alternative than to cancel your appointment and it will need to re-booked – subject to availability.

Unless you have an inclusive massage, treatments are Swedish and not deep tissue or hot stone etc. These are available for an upgrade fee and should be booked in advance.

Massages are strictly for over 16 years of age.

### GIFT VOUCHERS

Gift Vouchers are available to solve those 'buying dilemmas' for that special occasion, anniversary, birthday or special treat!



[WWW.YEWLODGEHOTEL.CO.UK](http://WWW.YEWLODGEHOTEL.CO.UK)

Reeds - 01509 686576

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HEALTH CLUB & SPA

**AT YEW LODGE HOTEL**

Packington Hill, Kegworth DE74 2DF

T: 01509 686576 (Reeds)

T: 01509 672518 (Hotel)

E: [reeds@yewlodgehotel.co.uk](mailto:reeds@yewlodgehotel.co.uk)

W: [www.yewlodgehotel.co.uk](http://www.yewlodgehotel.co.uk)