

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-GLOW GENIUS

£65

Treatment time - 55 mins

Skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration.

An unsurpassed, age-defying facial resulting in a more lifted, radiant youthful appearance after just one treatment.

PRO-GLOW SMOOTH

£65

Treatment time - 55 mins

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity.

PRO-GLOW RESURFACE

£65

Treatment time - 55 mins

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines. Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear a patch test is required 24hours prior.

PRO-GLOW BRILLIANCE

£65

Treatment time - 55 mins

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a super-charged air massage to breathe life into your skin. Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed, and glowing complexion.

EXPRESS FACIAL USING ELEMIS

£35

Treatment time - 25 mins

ELEMIS' signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow.

After just one treatment, skin looks visibly refreshed and rebalanced



ELEMIS

BODY TREATMENTS

ELEMIS DEEP TISSUE MUSCLE MASSAGE £62 55 MINS | £42 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.

ELEMIS THE TARGETED TONING TIGHTENER £70

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.

ELEMIS INTENSELY CLEANSING SALT SCRUB £45

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. **this treatment includes the use of a shower**

ELEMIS EXOTIC FRANGIPANI BODY NOURISH WRAP £65

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 BODY MASSAGE £55 55 MINS | £35 25 MINS

Treatment time - 55 mins | 25 mins

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

ELEMIS PEACEFUL PREGNANCY £70

Treatment time - 70 mins

This unique pregnancy massage is profoundly nurturing and tranquil. Performed on a bed of comfy pillows, mother-to-be are lulled and restored to optimum wellness. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Not to be taken within the 1st trimester.

CHEST AND SCALP MASSAGE £35

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

£40

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.

HOT STONE THERAPY – FULL BODY

£65

Treatment time - 55 mins

HOT STONE THERAPY – BACK, NECK AND SHOULDERS

£40

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.

MANICURES AND PEDICURES

EXPRESS MANICURE/ EXPRESS PEDICURE

£30

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 a coloured polish.

LUXURY MANICURE/ LUXURY PEDICURE

£60 Treatment time - 75 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 a coloured polish - please note French polish is a supplement of £7.50 and CND shellac upgrade is a supplement of £10 - booked prior to arrival.

FRENCH MANICURE

SUPPLEMENT OF £7.50

As above plus an additional 15 minutes.

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

£40

Treatment time - 50 mins

GEL NAIL REMOVAL

£15

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	£30.00
HALF LEG WAX	£22.00
STANDARD BIKINI WAX	£18.00
CHEST WAX	£20.00
BACK WAX	£20.00
UNDERARM WAX	£15.00
LIP OR CHIN WAX	£8.00

BROW & LASH TREATMENTS

EYE BROW SHAPE	£12.00
EYE BROW TINT	£7.00
EYE LASH TINT	£10.00
SHAPE, BROW AND LASH TINT	£25.00

All tinting requires a patch test 24hr prior to treatment



SPA DAYS

SERENE

FROM £55.00 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, 25 minute mini facial/scalp massage or a 25 minute back, neck and shoulder massage. Includes use of robe and slippers.

REVITALIZE

FROM £80.00 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, 25 minute mini facial/scalp massage or a 25 minute back, neck and shoulder massage. Includes use of robe and slippers.

INDULGENT

FROM £105.00 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, 25 minute mini facial/scalp massage or a 25 minute back, neck and shoulder massage. Includes use of robe and slippers.

PEACEFUL PREGNANCY SPA DAY

£99.00 PER PERSON

Treatment time – 70 mins

This unique pregnancy massage is profoundly nurturing and tranquil. Performed on a bed of comfy pillows, mothers-to-be are lulled and restored to optimum wellness. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Not to be taken within the 1st trimester, includes the use of facilities, light lunch and a soft drink/hot drink. Includes use of robe and slippers.



SPA BREAKS

FROM £99 PER PERSON

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



Spa breaks

BEAUTY BOOKING AND TREATMENT ADVICE

We require 72-hour notice if you would like to cancel an appointment. 100% charge will be made for non-cancellation of appointments. Full payment is taken at the time of 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.

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

Reeds - 01509 686576

Reeds

HEALTH CLUB & SPA

AT YEW LODGE HOTEL

Packington Hill, Kegworth DE74 2DF

T: 01509 686576 (Reeds)

T: 01509 672518 (Hotel)

E: reeds.beauty@yewlodgehotel.co.uk

W: www.yewlodgehotel.co.uk