

Spa Experience Treatments



TREATMENT RESERVATIONS: 0118 989 7575

Nirvana Spa welcomes you to the ultimate experience of peace and tranquillity. The following treatments have been specifically selected to restore, relax and refresh you to compliment your visit to our award-winning facilities.

NIRVANA SPA EXPERIENCE TREATMENTS

Celestial Heavenly Hands	25 minutes	£30.00	A
A relaxing hand and arm massage encourages nail growth and stimulates circulation. The warmth of the organic freshwater mud is applied and left to be absorbed into the skin and cuticles. A rich hand and nail cream protects and nourishes the skin and a light toning mist works to seal in moisture.			
Celestial Heavenly Feet	25 minutes	£30.00	A
This treatment revives feet and lower legs as they are cleansed and gently polished. A relaxing massage stimulates circulation and encourages lymph drainage. An intensive moisture wrap works its magic on hard skin and nails and a rich cream is applied to deeply moisturise.			
Nirvana's Reflexology	55 minutes	£56.00	
An ancient healing method that promotes relaxation by applying gentle pressure to reflex points on the feet. This treatment uses your body's natural energy to encourage self healing.			
Celestial Spa Facial	25 minutes	£30.00	A
This nourishing treatment begins with a cleanse and gentle exfoliation to restore your natural glow. The hydrating mask of lotus flower and precious gem extracts will soothe your skin while you enjoy a gentle head massage. A nourishing moisturiser with pure colloidal gold will leave your skin smooth and restored.			
Celestial Pure Indulgence Facial	55 minutes	£58.00	A
This luxurious treatment begins with a cleansing ritual while a creamy hydrating mask restores moisture to the skin, feel your body relax with a shoulder, neck and scalp massage. A nourishing moisturiser with pure colloidal gold, a radiant skin booster and cooling eye cream are applied to leave your skin feeling younger, smoother and truly relaxed.			
Celestial Sparkling Eyes	25 minutes	£30.00	A
This treatment will give you a sense of inner calm and well-being. After a cleansing ritual to your whole face you will experience the natural energy of the precious Rhodochrosite gemstones in a divine facial and eye massage. Head and neck tension disappears with a scalp massage, and lines are reduced as the cool eye mask works its magic.			
Celestial Relaxing Aromatic Massage	25 minutes	£33.00	P
A truly relaxing experience. This is an intensive massage to the whole back and shoulders with a gentle neck stretch. Comfort's 100% pure essential oil blend of soothing geranium, lavender and rosewood will help boost your immune system and restore a sense of happiness and well-being.			
Celestial Rejuvenating Aromatic Massage	25 minutes	£33.00	P
A totally uplifting experience. This is an intensive massage to the whole back and shoulders with a gentle neck stretch. Clarity's 100% pure essential oil blend of zingy citrus and refreshing bergamot oils will revitalise your body and invigorate your spirit.			
Celestial Pure Indulgence Body Massage	55 minutes	£60.00	P
This therapeutic full body massage is designed to ease tension, relieve stress and leave your body feeling pampered. A signature blend of oils most suited to your needs are selected, and to ensure you feel pampered from top to toe this treatment includes a divine head and scalp massage with a conditioning mineral hair and scalp mud to leave your hair shiny and soft.			
Celestial Nourishing Body Wrap	55 minutes	£60.00	P
This nurturing and remineralising body wrap begins with a full body polish to stimulate the circulation and reveal healthy radiant skin. The warmth of the organic freshwater mud soothes your body while you are enjoying a face and head massage. The exquisite Comfort body oil is applied to capture and seal in the lasting mineral effects leaving you totally relaxed.			
Celestial Head in the Clouds	25 minutes	£33.00	A
This treatment is designed to send you to a higher state of relaxation. A deeply relaxing massage to the face, scalp, neck and shoulders removes tension and stress whilst encouraging a healthy scalp and lustrous hair. The pure essential soothing oil blend will help boost your immune system and restore a sense of happiness and relaxation.			
Celestial Full Body Refiner	25 minutes	£30.00	P
This intensive body polish will stimulate and rejuvenate your skin leaving it visibly smoother with a youthful radiant glow			



Nirvana Swedish Massage

This popular treatment offers you the choice of a revitalizing and stimulating or soothing and relaxing massage.

Back Neck and Shoulder Massage

25 minutes £33.00

Full Body Massage

55 minutes £60.00

Clarins Pampering Face & Body Treatment (Pre/Post Pregnancy)

70 minutes £66.00

Pure indulgence for face and body, designed specifically to enhance well-being through your pre or post-natal stage of pregnancy. This treatment will help to ease backache, fluid retention, aid tired legs and ankles, relieving any swelling, aches and discomfort. The oil blends will condition, rejuvenate and nourish the skin improving skin tone and elasticity.

Celestial Men's Spa Facial

25 minutes £30.00

This treatment will ensure your skin will be looking its best, with a skin cleanse, tone and moisture boost, with your choice from one of the following: **Eye Focus** to help remove dark circles, puffy eyes or sinus problems. **Head and Scalp Focus** to encourage a healthy scalp and promote shiny hair. **Neck and Shoulder Focus** some targeted massage to release tension and stress.

Celestial Men's Indulgence Facial

55 minutes £58.00

This luxurious treatment uses products to ensure your skin feels really clean and thoroughly nourished. All the treatment options in the Express Men's Facial are included to ensure your skin feels refreshed, relaxed and noticeably smoother.

USEFUL INFORMATION

How to Book

When booking a treatment please allow as much notice as possible to avoid disappointment. All treatments are subject to availability. Treatment reservations: 0118 989 7530.

Alternatively, you can use our online booking request form at www.nirvanaspa.co.uk

Opening Times

The Reservations Department is open from 9am – 9pm daily. Treatments are offered from 10am to 9.30pm.

Methods of Payment

Members have the added benefit of being able to charge treatments and products to their account. All guest charges must be paid before leaving the Club or these will be transferred to the member's account. We accept all major debit/credit cards, with the exception of American Express.

Cancellation Policy

We require 24 hours notice of cancellation. If a treatment is cancelled within 24 hours and the booking is not reallocated, the full price will be charged. If you fail to arrive for an appointment, the full price will be charged. If you are late for a treatment the therapist will complete as much of the treatment as possible within the time that remains.

What to Wear

If you are having a treatment, your complimentary robe can be collected from Reception. Please change into this and your dry swimwear/underwear and check in at treatment reception 5-10 minutes before your appointment. Our therapists recommend you use our heated ceramic loungers in our stunning Nirvana Room before and after your treatments for maximum benefit. Before choosing your preferred treatment please check the following medical guidelines and refer to the Treatment Guidelines Key below.

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Medical Guidelines

If you are currently undergoing any long term medical treatment or on-going medical surveillance, taking any form of medication or you have a condition that is not controlled, then please seek advice from your specialist and select only treatments from our approved list.

If you suffer from allergies, have ever reacted to products or fragrance or have eczema, we may need to adapt the treatment accordingly.

If you suffer from any skin conditions then we may have to change your treatment or work around the area concerned.

If you are pregnant and in the first trimester then please select only treatments from our approved list. After the first trimester you may choose from all treatments apart from those identified by our Treatment Guidelines Key.

If you have undergone surgery in the last 12 weeks then please select a treatment that will not affect the area concerned.

If you have reduced physical mobility then please inform us so we can help select the appropriate experience for you.

TREATMENT GUIDELINES KEY

- A** Approved list.
- M** The following treatments are not suitable for men.
- P** The following treatments are not suitable during any stage of pregnancy.

All treatments are subject to availability, and need to be pre-booked and pre-paid.
All prices are subject to alteration without prior notice. All prices are inclusive of VAT.
Clients must be 16 or over. All treatment times are approximate.

For further information on all products, treatments, gift vouchers and club information please visit our website at

www.nirvanaspa.co.uk

