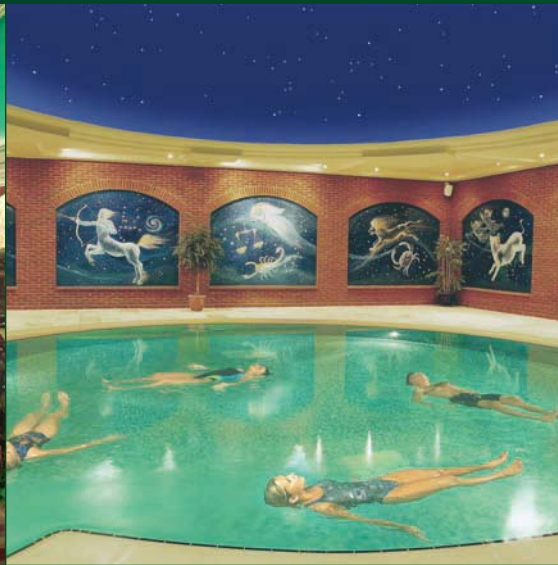


Escape for a day to Nirvana Spa



Imagine relaxing in a Spa with 6 pure, natural spring-fed pools, with water clean enough to drink. Your own lounge awaits you, creating that wonderful "holiday feeling" as soon as you arrive. Over 200 staff will tend to your every need at the UK's largest, purest, award-winning Spa. You have found your Nirvana...

*Nirvana
your
ultimate state
of bliss...*

*The Award-Winning
Nirvana Spa...
A magical retreat of
pure healing waters*



At Nirvana Spa we provide the ultimate experience of peace and tranquillity designed to restore, relax and refresh you.

Stimulate your senses in our award-winning, 53 station hydrotherapy spa, providing all the benefits of a full body massage in luxurious surroundings.

Try the adjacent plunge pools for a real spa experience!

Our unique clean and pure aqua facilities, including the Dead Sea Floatation treatment pools, 25m-fitness pool and the grand Roman Room pool, where your lounge awaits you.

Take advantage of our extensive fitness facilities, with personal guidance available from a member of our qualified team. Racket sports and exercise classes are also available.

For further information or to buy products, Spa Experiences and Gift Vouchers, please call 0118 989 7575 or visit our website at:

www.nirvanaspa.co.uk



Nirvana Spa Experiences

Enjoy a day or evening with one of our spa packages. All packages include use of the spa facilities, a light meal and selected refreshments, robe and towel hire and a Floatation Session in our unique Dead Sea Floatation Pools.

If you would like additional treatments to compliment your chosen experience, please refer to our Spa Treatment selection.

The ultimate in relaxation. Treat your mind, body and soul to a day of pure pampering.

Day Spa Experience

Monday to Thursday – £108.00

Friday to Sunday – £129.00

Evening Spa Experience

Monday to Thursday – £65.00

Friday to Sunday – £75.00

“Unlike a floatation tank, Nirvana’s floatation pool is bigger, more glamorous – and is a national first.”

Financial Times

“If it’s good enough for Robbie Williams and Kylie Minogue, it’s good enough for me. Music hums softly, tiny lights twinkle like stars and soon I am floating effortlessly in the pool’s gentle current.”

Daily Express



How often do you relax?

Our unique Spa Club Membership options enable you to benefit from having privileged access to our award-winning Spa at your convenience.

Designed for busy people seeking to escape, relax and unwind in the most luxurious surroundings.

The ideal gift for a loved one or a special treat for yourself, this truly is the ultimate supplement to your busy lifestyle . . . for further details on our exclusive Spa Club Memberships please contact our Spa Experience team.

Relax, you have found your Nirvana . . .



Booking Terms and Conditions

- The Minimum age for Nirvana Spa is 16 years. Please note we operate a 'No Smoking' policy and the use of mobile phones is prohibited within the club.
- If you are within the first twelve weeks of pregnancy, or have any medical conditions that we should take into account, you should seek the advice of your doctor.
- We only accept a maximum group size of 6 people on all Spa Experiences, so as to maintain the quiet tranquil atmosphere throughout the spa.
- All cancellations or rescheduled bookings with more than 48 hours notice will be subject to a 10% (minimum £10) cancellation fee. If less than 48 hours is given, you will be charged 50% of the fee.
- Your arrival and departure time will be confirmed at time of booking.
- Your treatment times will be confirmed on the day of your Spa Experience and may be subject to change.
- Full payment is required at time of booking. Please note we accept all major debit/credit cards with the exception of American Express.
- All Prices correct at time of issue.



Please note that all treatment times are approximate and include your consultation.

Nirvana's Luxury 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 **P**

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

70 minutes £66.00 **M**

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 **A**

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 **A**

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.

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