THE SPA AT five lakes

Treatment List

Five Lakes Signature Treatments

Full body massage	60 minutes	£60
Back and décolleté massage	45 minutes	£49
Back, décolleté, face and scalp massage	60 minutes	£60
Heavenly scalp massage	45 minutes	£49
Hot stone massage	70 minutes	£77
Hot stone back massage	45 minutes	£55
Reflexology	60 minutes	£65
Indian head massage	45 minutes	£49
Hopi ear candling	45 minutes	£49
Crowne Plaza Signature Treatment	120 minutes	£125
Pregnancy massage	70 minutes	£75

ESPA treatments

ESPA total body care with hot stones	100 minutes	£115
ESPA back, face and scalp treatment with hot stones	100 minutes	£115
ESPA aromatherapy facial	60 minutes	£60
ESPA full body massage	60 minutes	£60
ESPA skin brilliance facial	60 minutes	£60
ESPA pro-optimal facial	60 minutes	£60
ESPA taster facial	45 minutes	£49
ESPA back, face and scalp treatment	90 minutes	£85
ESPA total body care treatment	90 minutes	£85
ESPA algae wrap	60 minutes	£65
ESPA lift and firm hip and thigh treatment	60 minutes	£65
ESPA salt and oil body scrub	45 minutes	£49
ESPA skin hydrator wrap	75 minutes	£75
ESPA mud envelopments	75 minutes	£75

Glycolic treatments

Glycolic resurfacing facial	60 minutes	£65
Glycolic resurfacing facial with hand treatment	75 minutes	£75
Glycolic resurfacing back treatment	45 minutes	£55

Elemis Treatments

Pro-Collagen Age Defy Facial	70 minutes	£75
Superfood Pro-Radiance Facial	70 minutes	£75
High Performance Skin Energiser Facial For Men	70 minutes	£70
BIOTEC Firm-a-Lift Facial	70 minutes	£90

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BIOTEC Line Eraser Facial	70 minutes	£90
BIOTEC Radiance Renew Facial	70 minutes	£90
BIOTEC Anti-Pigment Brightener Facial	70 minutes	£90
BIOTEC Skin Resurfacer Facial	70 minutes	£90
BIOTEC Blemish Control Facial	70 minutes	£90
BIOTEC Sensitive Skin Soother Facial	70 minutes	£90
BIOTEC Super –Charger for Men	70 minutes	£90
Hot Mineral Body Boost	70 minutes	£75
Freestyle Deep Tissue Massage	70 minutes	£70
Body Nectar Nourishing Wrap - Frangipani	70 minutes	£79
Intensely Cleansing Salt Scrub - Lime and Ginger	70 minutes	£49
Thousand Flower Detox Wrap	70 minutes	£79

Manicure & Pedicure

File and polish	15 minutes	£15
Manicure	45 minutes	£32
Pedicure	45 minutes	£32
Luxury Pedicure	60 minutes	£40
Geleration polish add on	15 minutes	£10
French geleration polish add on	20 minutes	£15
Men Foot or Hand Ritual	45 minutes	£32

Spray Tan

Sienna X spray tan	20 minutes	£20

Treatment add on's	15 minutes	£20

These treatments can only be booked on top of any package or treatments and will follow on from the treatment that is already booked

Back massage
Scalp massage
Foot ritual
Back cleanse and exfoliation
Décolleté and face massage

*Please note: All treatment times include consultation and dressing time

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