

WELCOME

Offering you a friendly day spa environment that is inclusive and welcoming. Providing you with affordable luxury spa treatments that are delivered by friendly, trained professionals.

Enjoy your spa experience.



THERMAL SPA EXPERIENCE

Whichever spa you decide to visit, you will be welcomed with the same relaxed, professional and personal experience. Come alone, with a loved one or with a group of friends.

You'll find the perfect opportunity to relax, unwind and enjoy the wonderful thermal experience.

All our Spa Experience locations provide a unique experience. For more information on your chosen spa location please visit spaexperience.org.uk.



SIGNATURE EXPERIENCES

EXPERIENCE WELLBEING MASSAGE

25MINS/50MINS/90MINS

£31/£49/£74

Using a combination of massage techniques, this treatment de-stresses the mind and body leaving you relaxed and at peace. It uses our specially blended Pepper and Cinnamon Muscle Oil, which is designed to ease muscle tension and alleviate aches and pains.

EXPERIENCE BACK, FACE AND SCALP MASSAGE

25MINS/50MINS

£31/£49

This treatment begins with a luxurious back massage, using our signature oil blend, followed by a series of pressure points and massage movements over the face, and finishing with a focused scalp massage to leave you in a complete tranquil state.

EXPERIENCE BODY PUMICE

25MINS/50MINS

£31/£49

This exceptional skin softening body exfoliation combines sugar crystals with argan oil and milk, which gently massage, exfoliate rough skin and stimulate the micro-circulation. This treatment rejuvenates your skin, leaving it feeling moisturised, smooth and soft.

TOTAL SPA EXPERIENCE

50MINS

£49

Relax and unwind with this complete treatment allowing you to receive a multitude of experiences in one. Begin with a full body exfoliation, followed by a warm cocoon envelopment and soothing face and scalp massage. Then, enjoy the comforting touch of hot stones which will leave you feeling relaxed and at peace.

CROWN TO SOUL

25MINS/50MINS

£31/£49

Offering a modern application of ancient, eastern therapies the Crown to Soul treatment begins with a soothing foot and leg cleanse with exfoliation, followed by a relaxing foot and leg massage encompassing reflexology pressure points. Next a head, shoulder, neck and decollete massage using signature oils, complete with a Shirodhara-style scalp massage. This gentle and mindful therapy will leave you feeling, calm relaxed and balanced. Choose either Crown (head) or Soul (feet) in the 25 minute treatment.



MASSAGE



LA SULTANE DE SABA HEAD IN THE CLOUDS

25MINS

£31

This ritual treatment is a dreamy delight, which encapsulates relaxation and calm. It incorporates scalp, shoulder and face massage to comfort the mind, body and soul. Stresses and strains melt away and tired heads and muscles are soothed. The treatment is completed with a rejuvenating and lifting facial massage.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

25MINS/50MINS

£38/£56

Your therapist will select an aromatic oil according to your specific concerns, be it muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE

25MINS/50MINS

£38/£56

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

LA SULTANE DE SABA SLIMMING GREEN TEA TINGLER

50MINS

£51

This is a waist-down targeted therapy, combining active exfoliation and massage for immediate results on cellulite, slimming and wellbeing. Precise sculpting massage manipulations decongest, clearing toxins and improving tone and elasticity. Beneficial as a course, maximum once per week.

LA SULTANE DE SABA AYURVEDIC MASSAGE

50MINS

£56

Ayurveda is an age-old Indian tradition considered to be the oldest holistic medicine in the world. The use of massage strokes and techniques onto the body provides relaxation, reduces nervous tension and improves circulation.

LA SULTANE DE SABA MALAYSIAN BAMBOO MASSAGE

50MINS

£56

A warm bamboo massage encompassing various techniques including stretching, rolling and pressurising. Bamboo Massage is great for stress relief, is sculpting to the muscles and provides a firm comforting pressure.

ELEMIS COUTURE TOUCH

50MINS

£66

Combining elements of body and face, this treatment comprises a prescribed Elemis facial with a personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage.



PRENATAL

LA SULTANE DE SABA SWEETNESS IN BLOOM

50MINS

£61

This treatment uses the delicate, sweet fragrance of orange blossom to promote calm. Black soap and eucalyptus cleanse the face and ease blocked sinuses, before a facial massage is given to smooth fine lines and tone the skin. A honey, rose and ginger mask, packed with nutrients and sweet enough to eat, is then applied, soothing and softening the face and neck. The treatment finishes with a pure treat for the tummy, using warm melted shea butter to massage which effectively works to prevent and reduce the appearance of stretch marks.

ELEMIS PEACEFUL PREGNANCY MASSAGE

60MINS

£66

Mothers-to-be are restored to optimum wellness with this intuitive and relaxing massage which hydrates the skin that is expanding to accommodate a growing baby.



ESSENTIALS

FAKE BAKE TANNING	25MINS	£21
MANICURE OR PEDICURE	25MINS/50MINS	£23/£33
GEL COLOUR APPLICATION	45MINS	£26
GEL SOAK OFF	20MINS	£6
HAIR REMOVAL		
LIP/CHIN		£6
EYEBROW		£9
UNDERARM		£11
1/2 LEG/STD. BIKINI/ARM		£21/£18/£21
FULL LEG		£31
HIGH BIKINI/BRAZILIAN/HOLLYWOOD		£21/£28/£33
EYES*		
EYELASH TINT		£11
EYEBROW TINT		£8
EYEBROW SHAPE AND TINT		£16
EYEBROW SHAPE, EYEBROW AND EYELASH TINT		£23
LASHUS LASH LIFT	60MINS	£50

*Patch test required 24hrs before.

FACIALS

ELEMIS SUPERFOOD PRO-RADIANCE

25MINS/50MINS

£31/£61

A nutritional boost, rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave the skin plumper, radiant and lit up with good health.

*Independent clinical trials.

ELEMIS DYNAMIC RESURFACING PRECISION PEEL

25MIN/50MIN

£33/£66

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

*Independent clinical trials.

ELEMIS PRO COLLAGEN AGE DEFY

25MINS/50MINS

£33/£66

This treatment tackles fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished younger looking skin.

*Independent clinical trials.

ELEMIS PRO-DEFINITION LIFT AND CONTOUR

25MIN/50MINS

£33/£66

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. This treatment creates a profoundly sculpted, youthful effect.



MALE TREATMENTS

All the treatments at Spa Experience are unisex. The following treatments are tailored specifically for men.

ELEMIS HIGH PERFORMANCE SKIN ENERGISER	25MINS/50MINS	£31/£61
This is the hard-working facial for ageing and dehydrated skin, and tired eyes. It maximises cell regeneration, as steam and extraction decongest. Multi-dynamic facial massage sequences boost circulation, whilst a scalp massage deeply relaxes you.		
MALE MANICURE/PEDICURE	25MINS	£23
MALE HAIR REMOVAL	CHEST AND STOMACH	£21
	FULL BACK	£21
	BOTH CHEST AND BACK	£36



RITUALS

LA SULTANE DE SABA DEEP CLEANSE RASSOUL

50MINS

£46

Pure rassoul lava clay, known for its powerful purifying properties, is warmed with a luscious honey, rose and ginger mask, and melted shea butter. The body is enveloped in this highly effective warm wrap which removes impurities, conditions, smoothes and restructures the skin's tissue, leaving skin noticeably radiant and beautifully soft.

LA SULTANE DE SABA CLEOPATRA'S MILK AND HONEY RITUAL

50MINS

£66

This treatment is inspired by Cleopatra's bath ritual, thought to have preserved her youthful beauty. A full deeply cleansing body black soap is applied to the skin before a luscious shea and honey mixture is poured onto the body and a nourishing hair treatment is applied coating the hair and scalp. Whilst the remedies cocoon the skin, a hypnotic face and scalp massage is performed. A veil of brides elixir and body milk are applied to finish.

LA SULTANE DE SABA MALAYSIAN BAMBOO

90MINS

£90

This holistic therapy combines mystical Asian traditions, with tropical flowers, warm bamboo massage and vitality enhancing sugar cane, for a journey through the Malaysian road.

A deep cleansing sea shell and sugar cane scrub buff the body head to toe. Next comes a warm bamboo massage encompassing various techniques including stretching, rolling and pressurising. The complexion is then pampered with a sugar cane facial to brighten, smooth and enliven skin. Bamboo Massage is great for stress relief, is sculpting to the muscles and provides a firm comforting pressure.

LA SULTANE DE SABA AYURVEDIC SHIRODHARA

90MINS

£90

This is the ultimate full-body holistic treatment, which will take you on a journey of the spices. It contains a highly specialist blend of cinnamon, clove, cardamom, ginger, anise, rose and geranium, to brighten the skin and uplift the soul. Shea butter is used to encase the key energy points (chakras) and the shirodhara then drizzles rose water and an oil blend onto the chakras. A bowl dances over the body, immersing all the senses in a feeling of absolute relaxation and wellbeing. Then, warm spice-infused poultices are used to massage using our amber, vanilla and patchouli oil. All this is followed by a hands-on massage.

JOURNEYS

Our spa journeys include a relaxing 3-hour thermal spa session.

SPA EXPERIENCE MID WEEK ESCAPE*

£50

- Spa Experience Signature Treatment (25mins) *Available Monday–Thursday only.

LA SULTANE DE SABA AWAKENING

£93

- La Sultane De Saba Soap Cleanse, Wash and Scrub
- La Sultane De Saba Shea Butter Back Massage
- La Sultane De Saba Head In The Clouds

SPA EXPERIENCE DISCOVERY

£93

- Spa Experience Body Pumice (25mins)
- Spa Experience Wellbeing Massage (25mins)
- Elemis Superfood Pro-radiance (25mins)

SPA EXPERIENCE MIND AND BODY

£122

- Spa Experience Body Pumice (25mins)
- Spa Experience Wellbeing Massage including Face and Scalp (75mins)



SPA EXPERIENCE ALL ENCOMPASSING

£143

- Spa Experience Body Pumice (25mins)
- Spa Experience Wellbeing Massage (50mins)
- Choose from any Advanced Facial (50mins)

GROUP SPA HIRE

ARE YOU ARRANGING A GROUP DAY OUT OR CELEBRATION?

You can hire out a whole spa (at select locations).

This includes:

- Exclusive use of the Thermal Spa
- A glass of fizz or orange juice for each guest
- A towel, robe and slippers for each guest
- 20% discount off treatments booked during the session

Groups are classed as eight or more people.

For more information visit the spa reception on online at spaexperience.org.uk

MEMBERSHIP

Everybody deserves a little luxury in their life, especially when it's well earned after a good workout. Sign up to a Better Health and Fitness plus Spa membership today and enjoy the best of both worlds.

You'll have access to all the benefits of a Better Health and Fitness membership, so you can get fit in our gyms, pools or fitness classes, then you can relax and unwind in the spa.

Our Better Health and Fitness membership plus Spa starts from as little as £65 and comes with lots of benefits, enjoyable at all Better leisure centres in the area that you join*, including:

- Unlimited thermal spa access
- 30% off spa treatments
- 20% off spa retail
- Unlimited access to gyms
- Unlimited access to fitness classes
- Unlimited access to the swimming pools
- And much more...

*Better Health and Fitness plus Spa membership gives you access to gym, pool, fitness class and spa facilities at all Better leisure centres in the borough or city that you join. Facilities and activities vary by centre. Full terms and conditions apply and are available at www.better.org.uk/terms



GENERAL INFORMATION

Information within the brochure is subject to change, please always visit the spa website to check the latest pricing. This brochure is applicable to Spa Experience Epsom, Spa Experience Swiss Cottage, Spa Experience Welwyn, Spa Experience Waltham Forest.

For further information on opening times, spa etiquette, what to bring, where we are, medical concerns and general terms and conditions including cancellations and refunds, visit:

spaexperience.org.uk

Make sure that you don't miss out on our latest news, competitions and special offers. Follow us on social media.

   @spaexperienceuk

GIFT CARDS

We have a wide range of gift cards perfect for every occasion. These can be purchased on our website.

ONLINE STORE

Bring the luxury of Spa Experience home. Visit our online store to purchase all the products we use in spa.

SPA EXPERIENCE APP

Looking for last-minute appointments? Download our app from the Apple App Store or Google Play to get notifications on last-minute appointments and cancellations.