

THE BEAUTY SUITE HILTON AVISFORD PARK

The Hilton Avisford Park are delighted to introduce you to our beauty suite. Enjoy our luxurious facilities and innovative therapies and treatments that are both relaxing and rejuvenating.

Our professionally trained beauty therapists deliver luxurious treatments with outstanding results.

- **Two treatment suites**
- **Jessica nail stations**
- **Relaxation suite (for parties of 5 and over)**

All beauty treatments must be booked in advance to save disappointment. We look forward to welcoming you to enjoy a taste of pure mind and body relaxation.

LivingWell leisure facilities include:

- **Sauna**
- **Steam room**
- **Indoor swimming pool**
- **Outdoor swimming pool**
- **Squash court**
- **Tennis courts**
- **Putting green**
- **Croquet**
- **Air conditioned gym**
- **Free parking**

Elemis

Elemis has over 20 years experience in treating both men and women in the professional spa environment. Each spa-therapy has been developed by a specialised team using extensive clinical and scientific studies to ensure every therapy shows real results.

Designed to respect the body's complex physiology, Elemis spa-therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

Dynamic ingredients, medical grade formulas and dedicated research are all combined to provide a range of spa therapies that offer scientific solutions to every skin, body or lifestyle concern



Elemis Facials

Introductory facial 30 minutes

£26

This introductory facial provides a quick and instant pick-me-up for any occasion.

Visible brilliance facial 1 hour 15 minutes

£68

Designed to combat ageing, stressed and slackened skin

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 38% and elasticity by 28% after just one treatment.

Pro-Collagen Quartz Lift Facial 1 hour 15 minutes

£68

See a younger, firmer future instantly

This advanced anti-ageing facial is clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just one treatment. Digiata and red coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful-looking appearance.

Tri-enzyme resurfacing facial 1 hour

£68

Peel away the years for a smoother, more radiant skin

This ground-breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just one treatment. This unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin.

Elemis Advanced Performance Facials

Oxygen skin calm facial 1 hour 15 minutes

£58

Pure soothing heaven for sensitive skin

Gentle massage techniques are combined with calming actives to help rebalance delicate, fragile and sensitive complexions; helping to relieve redness, this superior face and eye treatment offer immediate comfort to stressed and irritated skin.

SOS purifying facial 1 hour 15 minutes

£58

A purifying treatment for congested skin

A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with unique ingredients, this facial helps to calm irritation and rebalance oil-rich pores, leaving a beautiful matte complexion.

Elemis Skin Specific Facials

Fruit active glow 1 hour

£48

Bring back the glow to a lifeless complexion

The skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Exotic moisture dew 1 hour

£48

Treat skin to a moisture boost

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.



Herbal lavender repair 1 hour

£48

For a perfect restoration of skin balance

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat break outs.

Elemis Face & Body Therapy

Absolute spa ritual 2 hours

£98

The ultimate skin and body therapy for women

The ultimate skin and body therapy for maximum results. Choose from one of the unique Elemis advanced anti-ageing or advanced performance facials and combine it with the powerful effects of Elemis deep tissue muscle massage. Two hours of pure relaxation with dramatic results!

Total time out 2 hours

£92

The ultimate skin and body therapy for men

Select either anti-ageing Elemis skin IQ+ or the urban cleanse facial combined with the dynamic and immediate tension-relief of the prescribed Elemis deep tissue muscle massage. Achieve the ultimate goal of the total time out!

Elemis Face and Body Sensation 1 hour

£65

Experience the perfect Elemis treatment duo, a sensational hot stone massage to the back of the body combined with a prescribed booster anti-ageing facial. Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquillity, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind. You will then be treated to your intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance.

Advanced Performance Facial for Men

Urban cleanse facial 1 hour 15 minutes

£68

Deep cleanse and complete skin detox

This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving skin visibly clear and squeaky clean.

Elemis Detox Therapy

Fennel cleansing, cellulite and colon therapy 45 minutes

£68

Deep cleanse, purify and improve skin texture

A detoxifying fennel and birch peel-off mask is combined with specialist hands-on drainage massage, to help refine the appearance of cellulite, boost the circulation and reduce fluid retention, leaving skin firmer and smoother to the touch. Cleansing of the colon through abdominal massage and de-stress scalp massage continues the purification of the body.

Elemis Body Wraps

Cellutox aroma spa ocean wrap 1 hour 15 minutes

£52

A detoxifying blend to decongest and stimulate the system

Let thoughts drift away while being cocooned in a comforting foil wrap. A facial massage and de-stress scalp massage make this the ultimate relaxation treatment. Combining the richness of sea plants and marine algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention.



Muscle ease aroma spa ocean wrap 1 hour 15 minutes

£52

Powerful seaweed wrap for complete muscle relaxation

Drift away while being cocooned in a comforting foil wrap. A facial massage and de-stress scalp massage make this the ultimate relaxation treatment. Using a warming blend of essential oils this specialised treatment helps ease aching tense muscles.

Pamper Packages

For pure relaxation why not treat yourself to one of our pamper packages. Unwind in the beautiful grounds of Avisford Park whilst sipping your herbal tea, lose your thoughts and simply slip away into a world of complete relaxation. Enjoy our facilities in LivingWell, unwind in our pool or simply lay in our steam and sauna rooms. These spa days are available Monday to Thursday only.

Leisure Spa Day

£50

An excellent introduction to your first spa experience.

Choose from one of the following:

- Elemis introductory facial
- Swedish back, neck and shoulder massage
- Jessica Zen spa 30-minute pedicure
- Jessica 30-minute manicure

your spa day includes a two-course lunch and full use of the LivingWell leisure facilities.

Relax and restore

£79

Elemis introductory facial 30 minutes

This introductory facial provides an instant pick-me-up for any occasion.

Jessica mini pedicure or mini manicure 30 minutes

The cuticles are cared for with oils and creams, the nail shape is perfected and treatment basecoats and colour are applied for the perfect finish for beautiful hands and feet.

Your spa day includes a two-course lunch and full use of the LivingWell leisure facilities.

Indulgence

£95

Exotic lime and ginger salt glow treatment 30 minutes

An exotic exfoliation ritual to invigorate and revitalize the body. After light body brushing, warm oils are drizzled luxuriously all over your body before our sublime Elemis exotic lime and ginger salt glow is applied. Your skin is deeply cleansed, polished and softened to perfection, completed with an application of exotic island flower body balm leaving the skin glowing and vibrant, replenished and flawless.

Back, neck and shoulders massage 30 minutes

A Swedish back, neck and shoulder massage is designed to help you unwind and lose that unwanted tension. Designed to leave you feeling brand new!

Your spa day includes a two-course lunch and full use of the LivingWell leisure facilities.

Relax and rejuvenate £105

Skin specific facial 1 hour

The therapist will use the luxury Elemis products to suit your skin type, a fruit active glow, herbal lavender or exotic moisture dew. A relaxing face, scalp, hand and arm massage make this treatment perfect for total relaxation.



Back, neck and shoulders massage 30 minutes

A Swedish back, neck and shoulder massage is designed to help you unwind and lose that unwanted tension leaving you feeling brand new.

Your spa day includes a two-course lunch and full use of the LivingWell leisure facilities.

Girls day out

£109

Exotic coconut rub and milk ritual wrap

A ceremony of pure sensuality to tantalize and delight. A traditional Balinese recipe of coconut, mungbean, spices and lavender is combined to polish the skin and stimulate the senses. Warmed skin nourishing milk bath is then poured over your entire body before being cocooned in a comforting foil or plastic wrap. This opulent exotic wrap is excellent for skin smoothing and softening, all combined with a deep Thai drainage facial massage and de-stress scalp treatment.

Jessica mini manicure or pedicure

The cuticles are cared for with oils and creams, the nail shape is perfected and treatment basecoats and colour are applied for the perfect finish for beautiful hands and feet.

Your spa day includes a two-course lunch and full use of the LivingWell leisure facilities.

The beautiful bride

£65

Every bride wants nothing more than to have beautiful skin on their big day. Why not start the process of pure relaxation with an Elemis exotic frangipani body nourish wrap. This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic aromatic Tahitian coconut and frangipani flowers are soaked together to produce the Monoi used in this wrap which Polynesian women traditionally used to protect their skin and provide the ultimate radiance, vitality and all over body glow.

To ensure your eyes look their best for the big day you will enjoy an eye ritual eyelash tint and eyebrow shape.

A Jessica manicure and pedicure will ensure you look your best from head to toe.

Enjoy a complimentary glass of wine while enjoying your treatments and full use of our facilities in LivingWell.

Fake Bake Tanning—Full Body Tan 1 hour

£35

Fake Bake Gold is the ultimate self-tan range, reserved exclusively for premium beauty salons and spas. The products contain the highest quality, naturally derived ingredients which pamper your skin, leaving it beautifully tanned and conditioned.

Fake Bake Gold is professionally applied following a full exfoliation to give the body a rich, golden glow.

Jessica Manicures

Jessica mini manicure 30 minutes

£22

The cuticles are cared for with oils and creams, the nail shape is perfected and treatment basecoats and colour are applied for the perfect finish until your next visit.



Jessica mini manicure with French polish finish 30 minutes £26

Jessica standard manicure 45 minutes £26

The hands are cleansed and exfoliated, the cuticles are cared for with oils and creams, the nail shape is perfected and treatment basecoats and colour are applied for the perfect finish until your next visit.

Jessica standard manicure with French polish finish 45 minutes £32

Jessica deluxe manicure 1 hour £36

Incorporating the le Remedi by Jessica hand treatment programme with thermal mittens. The Jessica prescriptive manicure alongside the le Remedi hand treatment programme is a complete facial for the hands. This luxury and effective treatment includes thermal mittens giving a deeper penetration for all of the oils and creams used, softening cuticles, improving circulation and soothing stiff joints. Hands will feel softer, smoother, firmer and more attractive. The ultimate in hand and nail care, including a complimentary polish.

Jessica deluxe manicure with french polish finish 1 hour £42

Male hand treatment 30 minutes £16

The hands are cleansed and exfoliated, the cuticles are cared for, the nail shape is perfected and with our relaxing hand massage, hands are left feeling rehydrated and looking like new.

Jessica Pedicures

Zen spa mini pedicure 30 minutes £26

The nail shape is perfected, cuticles are tidied and treatment basecoats and colour are applied for the perfect finish for beautiful feet.

Zen spa mini pedicure with French polish finish 45 minutes £32

Zen spa standard pedicure 45 minutes £32

The feet are soaked in a massaging foot spa, the nail shape is perfected, cuticles are tidied and the feet are exfoliated. Treatment basecoats and colour are applied for the perfect finish for beautiful feet.

Zen spa standard pedicure with French polish finish 45 minutes £36

Zen spa deluxe pedicure 1 hour 15 minutes £42

A luxury foot and leg treatment using aromatherapy based products for softer smoother feet, with the use of thermal booties for deeper penetration of oils and creams, softening cuticles and improving circulation and soothing stiff joints, finishing with perfectly pedicure polished feet.

Zen spa deluxe pedicure with French polish finish 1 hour 15 minutes £48

File and paint - hands or feet £12



Exotic Treatments

Lime and ginger salt glow 30 minutes

£38

Invigorated, cleansed and polished to perfection

An exotic exfoliation ritual to invigorate and revitalize the body. After light body brushing, warm oils are drizzled luxuriously all over your body before our sublime Elemis exotic lime and ginger salt glow is applied. Your skin is deeply cleansed, polished and softened to perfection, completed with an application of exotic island flower body balm leaving the skin glowing and vibrant, replenished and flawless.

Frangipani wrap 45 minutes

£52

For immediate softness and suppleness

This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic aromatic Tahitian coconut and frangipani flowers are soaked together to produce the Monoi used in this wrap which Polynesian women traditionally used to protect their skin and provide the ultimate radiance, vitality and all over body glow.

Coconut wrap 45 minutes

£52

Pure sensuality to enliven the senses

A traditional Balinese recipe of coconut, mungbean, spices and lavender is combined to polish the skin and stimulate the senses. Warmed Elemis nourishing milk bath is then poured over your entire body before being cocooned in a comforting foil or plastic wrap. This opulent exotic wrap is excellent for skin smoothing and softening, all combined with a deep Thai drainage facial massage and de-stress scalp treatment.

Sole delight foot treatment 30 minutes

£32

A sensory experience for your feet which promises to leave you walking on cloud 9!

Warmed aroma-therapeutic oils nourish and condition your feet and nails, whilst the decadence of the Elemis skin nourishing milk bath and exotic frangipani Monoi moisture melt lavish a rich and healing action on your skin. Combined with a scalp massage makes this the ultimate treatment.

Waxing

Full leg wax	30 minutes	£26
Three quarter leg wax	20 minutes	£20
Half leg wax	15 minutes	£16
Bikini wax	15 minutes	£12
Underarm wax	15 minutes	£9
Lip wax	10 minutes	£9
Chin wax	10 minutes	£9
Lip and chin wax	15 minutes	£14
Chest wax	25 minutes	£16
Back wax	25 minutes	£16
Eyebrow shape	15 minutes	£9



Massage

30 minute Elemis deep tissue back massage	£36
60 minute Elemis deep tissue muscle massage	£52
30 minute Swedish back, neck and shoulders massage	£26
60 minute Swedish full body massage	£44
45 minute total relaxation back and leg massage	£36
45 minute aromatherapy back, neck and shoulder massage	£40
75 minute aromatherapy Full Body Massage	£55

Indian head massage 30 minutes **£32**

Indian head massage techniques have been used for thousands of years to relieve tension. It uses kneading and compression techniques across the shoulders, neck and scalp as well as stimulation of pressure points on the face. It is particularly good for combating stress, headaches, migraine, insomnia and sinusitis.

Elemis aroma stone massage 1 hour 15 minutes **£68**

Small stones are placed on key energy points of the body, evoking an aura of warmth whilst the deep penetrating heat from the stones is used to massage the body using traditional techniques to ease the pain and tension of aching muscles as well as deeply relax and rebalance the mind and body.

Elemis mother to be massage 1 hour 30 minutes **£68**

The nine month journey of nurturing is a special time, connecting with the mother with the power of touch, working with two heartbeats as one. Combines tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. Helps to relieve tension in your lower and upper back and alleviating any swelling in the hands and feet., whilst easing your mind and uplifting the spirit.

Tinting*

Eyelash tint	30 minutes	£14
Eyelash and eyebrow tint	30 minutes	£16
Eyebrow tint	15 minutes	£10

*It is essential that a tint test is completed at least 24 hours before the treatment.

Day and evening make-up	45 minutes	£32
Bridal make-up	45 minutes - rehearsal	
	45 minutes - on the day	£60

Alternative treatments

LVL lashes - £85

Amazing Face permanent make-up - from £395

Amazing Lashes (semi-permanent lash extensions) - from £99

Spray tanning - £25

Beauty vouchers available to purchase - valid for six months