

## Empire Hotel Spa Brochure

### *Algologie* - a privileged link between the sea and yourself

Brittany/ Northern France with its unique resources was chosen more than 20 years ago by the French natural face and body Beauty Company. Brittany is a preserved area and exceptionally pure. Algologie has a large choice of natural face and body products that you cannot find elsewhere.

#### **FACIALS** 55 minutes – see individual prices

Upon consultation the beauty therapist will design a facial using products best suited to each individual's skin type and gender.

All facials include a deep cleanse, exfoliation, a facial massage using pressure points and lymph drainage techniques to help clear blockages and promote sinus relief - finishing with a mask and moisturiser.

Hydrating Line	£50
Sensitive Skin	£50
Anti-ageing	£50
Oily/Combination Skin	£50
Performance Facial (designed for men)	£50

#### **NAIL MENU by OPI**

File and Polish 20 minutes	£15
Luxury Manicure 55 minutes	£35

This treatment consists of nail shaping, cuticle work, an application of moisturiser prior to heated mitts followed by a massage of the hands and forearms and finished with a polish.

Luxury Pedicure 55 minutes	£45
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This consists of a soak in the massaging pedicure chair with optional heat, cuticle work, exfoliation, mask, massage and file and polish of your choice.

#### **INSTANT SOOTHERS**

Face & Scalp Massage 25 minutes	£30
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Pressure points and lymph drainage techniques are used to help clear blockages and promote sinus relief during this very relaxing treatment.

Leg & Foot Soother 25 minutes	£30
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Relieve and revive tired feet and legs with a foot scrub to soften skin followed by a foot and lower leg massage using a blend of essential oils to stimulate circulation along with either hot or cold stones to soothe and relieve.

#### **RELAXATION MENU & BODY TREATMENTS**

Aromatherapy Full Body Massage 55 minutes	£50
Aromatherapy Back, Neck & Shoulder Massage 25 minutes	£30

Aromatherapy is the use of essential oils to promote healing and a feeling of wellbeing and relaxation. Choose from relaxation oil or toning oil.

Swedish Full Body Massage 55 minutes	£50
Swedish Back, Neck & Shoulder Massage 25 minutes	£30

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension.

Hot Stones Full Body Massage 55 minutes £60

Hot Stones Back, Neck and Shoulder Massage 25 minutes £38

A deeply relaxing massage where smooth, heated stones are used to heat the body helping to ease tired and aching muscles.

Mums To Be Pampering Treatment 55 minutes £50

Designed for pampering the mother to be. Enjoy a relaxing facial, along with a scalp, leg and foot massage to ease tired aching feet.

Aromatherapy Head to Toe Bliss 1 hr 25 minutes £70

A complete mind, body & spirit experience. Relax with a full body aromatherapy massage starting with a face and scalp massage working towards the soles of the feet, encouraging a deep state of relaxation.

Aromatherapy Back, Face & Scalp Massage 55 minutes £50

Includes face and scalp massage using pressure points and lymph drainage techniques followed by a back, neck and shoulder massage using essential oils.

Empire Signature Treatment 1 hr 45 minutes £90

Indulge in a deluxe treatment which nourishes the skin and relaxes the mind and body. Consists of a back exfoliation, back massage, facial including a face and scalp massage and heated booties followed by a foot massage.

Back Cleanse & Soothe 50 minutes £50

Similar to that of a facial, the back is cleansed, exfoliated then treated to a massage to reduce tension using aromatherapy oils. Finishing with a tone and moisturiser.

Reflexology 55 minutes £45

Reflexology Taster 25 minutes £25

An ancient treatment working on the pressure points of the feet. Reflexology can help to energise, relax and restore the body's balance.