

A woman with dark hair is lying on a spa bed, wearing a light-colored, textured robe. She has her eyes closed and a peaceful expression, looking upwards. The background is softly blurred, showing other spa beds and warm, glowing string lights. The overall atmosphere is calm and relaxing.

ARIA

A sanctuary for the soul



## THERMAL SUITE EXPERIENCE

£35

Our blissful thermal bathing will open you up to a journey of pure relaxation. Improve breathing, cleanse the body, feel fresher and more in tune with your mind.

Booking the thermal suite experience includes use of our facilities and can only be added to Spa Treatments.

Excludes nails, waxing and eye treatments

**3hours**

# SPA DAY EXPERIENCES

Enjoy a blissful morning or afternoon at Aria and feel a sense of escapism, relaxation and total nourishment. All our Spa Experiences start with welcome refreshments.

A healthy meal which is served in our Champagne Lounge and full use of our Thermal Suites for 4 hours. Exclusive use of the Hibernate room is also included when booking a Spa Experience Day.

## SPA RITUAL

£95 / £130

### Choose from one of the following treatments:

- Ila ananda facial
- Ila renewed recovery facial
- Ila kundalini back experience
- Relax and revitalise
- Back revival ritual
- Detox ritual
- Mother to be
- Spa manicure
- Spa pedicure

**55mins**

## SPA RITUAL FOR TWO

£190 / £260

### Choose from one of the following treatments:

- Ila ananda facial
- Ila renewed recovery facial
- Ila kundalini back experience
- Relax and revitalise
- Back revival ritual
- Detox ritual
- Mother to be
- Spa manicure
- Spa pedicure

**55mins**

# PURE INDULGENCE

£135 / £170

## Choose from one of the following treatments:

- ila karuna kaya indulgence
- ila ku nye five element
- Ultimate body ritual
- Mother to be

**85mins**

# UNDER THE STARS

£75 / £110

## Choose from one of the following treatments:

- ila express facial
- Deep tissue massage
- Salt scrub

**25mins**



## ila ANANDA FACIAL

£75

### *For a radiant glow and indulgent nourishment.*

Using ila's Glowing Radiance collection, this divine therapy begins with an Aloe Vera and Pomegranate cleanse and a gentle Blackcurrant and Honey exfoliation to the face. This is followed by a powerful Damascene Rose Otto and Sandalwood oil Marma massage to stimulate energy to skin cells and restore natural luminance. A Green Clay mask reduces inflammation and leaves the skin glowing.

**55mins**

## ila CBD FACE THERAPY

£85

This deeply rejuvenating face therapy combines the powerful anti-inflammatory and anti-aging effects of CBD (Cannabinoid) with the effective calming techniques of 'Marma Therapy'.

This powerful synergy releases tension and stress from the face whilst restoring balance and vitality within the face & body.

**55mins**

## RELAX AND REVITALISE

£75

Muscle tensions in the back, neck and shoulder areas will be eased, with the massage not only leaving you feeling exceptionally calmer and more revived, but relaxed and invigorated too. Combined with our signature mini facial, tailor-made to meet the needs of every skin type, will leave you feeling completely rejuvenated.

**55mins**

## ila RENEWED RECOVERY FACIAL

£75

### *For a brighter complexion and even skin tone.*

Using ila's Renewed Recovery Collection, this medicinal face therapy draws on intensely healing rainforest extracts to cleanse and refresh clogged up, polluted or scarred skin. Lymphatic drainage techniques, warm herbal poultices and an Amazonian mud mask encourage toxin release, reduce puffiness, increase blood supply and boost collagen. Skin tone is brightened, and powerful anti-ageing ingredients work to even dark patches (especially around the eyes) and soften fine lines and wrinkles.

**55mins**

## HOPi EAR CANDLES

£50

Perfect for frequent flyers and those that suffer with hayfever or sinusitis the candles are a gentle way of stimulating the ear canal and help to ease congestion in the ear, nose and throat.

The crackling noise and heat relaxes the mind and body. Lymphatic drainage techniques are used to ease sinusitis and reduce congestion.

**45mins**







## ila KARUNA KAYA INDULGENCE

£75 / £115

***For stiff aching muscles, computer shoulders and deep rest.***

An effective full-body treatment which releases deeply held patterns of tension, removes toxins, and pacifies your mind. Heat will relax and soothe muscles whilst juniper berry and lemongrass cleanse and detoxify. The whole experience has been lovingly designed to be both remedial and relaxing: ideal for anyone needing a strong release of physical tension from the body.

**55 / 85mins**

## ila KU NYE FIVE ELEMENT

£75 / £115

***For dry skin, recovery and increased vitality.***

This therapeutic experience honours and respects the ancient Tibetan traditions of healing with organic and wild-grown essential oils chosen to balance the five elements of the physical body. Authentic techniques include cupping, acupressure, kneading, effleurage, warm quartz crystals, hot poultices and an invigorating head massage. This is a highly rejuvenating massage stimulating the lymphatic system and energising the meridian system.

**55 / 85mins**

## ila MOTHER TO BE

£75 / £115

***For a nourishing and nurturing experience during pregnancy.***

Pregnancy is a sacred time of grace for a woman, a time of receiving love and of nurturing peace and stillness. The Mother to Be treatment has been designed with this in mind. Enjoy a nourishing, tension releasing full body massage which includes a light technique and hot poultices being applied to each marma energy point to bring deep peace of bliss.

**55 / 85mins**

## ila KUNDALINI BACK EXPERIENCE

£75

***For exhaustion, stress and chronic fatigue Ideal for emotionally exhausted souls.***

This focused back experience has an extraordinarily soothing and restorative effect on the sympathetic and parasympathetic nervous systems. Chakra and sound healing activate the body's subtle flow of energy: tension is lifted, negativity is released, and your body is brought back to a state of awareness and balance.

**55mins**

## ila CBD KUNDALINI CALM

£85

This deeply soothing back treatment will increase your energy and spiritual enlightenment by awakening the dormant energy in the base of your spine known as Kundalini. When Kundalini energy is released, it travels up the spine to the third eye.

Ideal for emotionally exhausted souls, this treatment combined with anti-inflammatory effects of the CBD Healing Balm has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems. Chakra and sound healing activate and channel the Kundalini – the dormant energy at the base of the spine: tension is lifted; negativity is released; and the body is brought back to a state of awareness and balance.

***The CBD creates space for the body to heal itself.***

**55mins**

## DETOX RITUAL

£75

Stimulating and elevating, this ritual treatment promotes circulation and enlivens the systems of the body. Exfoliation and lymphatic drainage techniques combine with aromatherapeutic oils and cleansing algae to revive circulation, enliven the mind and enrich the skin.

**55mins**

## DRY CUPPING

£25

**Must be added on to a massage treatment**

Cupping therapy is an ancient form of alternative medicine. Special glass cups are placed on the skin to create a suction. Cupping helps with inflammation, blood flow, muscle stress, relaxation and well-being. Your skin should look normal around 7-10 days after the treatment.

## REFLEXOLOGY

£75

An ancient art of healing practiced over five thousand years. Pressure is applied to reflex points in your hands and feet, activating the nervous system to clear any blockages in corresponding areas of the body. Stress reduction with improved circulation encourages the body to return to normal functioning and promotes deep relaxation to elevate the state of consciousness.

**55mins**

## SALT SCRUB

£50

Our signature salt scrub combines body brushing with Himalayan salts, lavender or ginger. This vigorous scrub will leave your skin feeling silky smooth. Wonderful to incorporate with a massage or pre holiday.

**45mins**



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**55mins**

## DEEP TISSUE MASSAGE

£55 / £75

Our signature massage will restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension, helping you to move more freely and feel energised.

**25 / 55mins**

## BACK REVIVAL RITUAL

£75

This refreshing ritual combines a cooling back exfoliation with a personalised signature massage on the back and back of legs. We aim to awaken the senses and alleviate muscular tension with this powerful treatment.

**55mins**

## ila KU NYE FIVE ELEMENT

£75 / £115

***For dry skin, recovery and increased vitality.***

This therapeutic experience honours and respects the ancient Tibetan traditions of healing with organic and wild-grown essential oils chosen to balance the five elements of the physical body. Authentic techniques include cupping, acupuncture, kneading, effleurage, warm quartz crystals, hot poultices and an invigorating head massage. This is a highly rejuvenating massage stimulating the lymphatic system and energising the meridian system.

**55 / 85mins**

## MEN'S NAIL FILE AND CLEANSE

£25

Relax and enjoy your manicure treatment as our professionally trained nail technician treats and tidies your cuticles, massages the hands and files the nails into a perfect shape. Leave the salon feeling refreshed and your hands looking and feeling neat and tidy.

**30mins**



Our Nail studio offers a complete luxury manicure and pedicure experience performed by our professionally trained nail technicians. Whatever your preference, experience long lasting beautiful results for everyday nail type and lifestyle.

## HANDS

File and Polish 30min £25

Gel Manicure 45mins £35

Includes cuticle care & nail shape, finished with OPI gel polish

OPI SPA Manicure 55mins £50

A luxurious and personalised natural treatment for perfectly shaped, polished nails.

## FEET

File and Polish 30min £25

Gel Pedicure 45mins £35

Includes cuticle care & nail shape, finished with OPI gel polish

OPI Spa Pedicure 55mins £50

A cleansing and soothing foot treatment for a pure, serene and luxuriousexperience for perfectly shaped, polished nails.

Our waxing treatments use gold tea-tree wax, ideal for clients with sensitive skin types; featuring anti-fungal and anti-viral properties for ultimate hygiene and tea tree oil to help soothe and calm skin. By working at a slightly lower temperature than honey wax, our specialist gold tea-tree wax reduces the usual redness that waxing can usually cause leaving you smooth and hair free.

Eyebrow £10

Lip/Chin £10

Underarm £15

Arm £25

Half Leg £25

Full Leg £50

Bikini £20

Hollywood/Brazilian £50

Back £25

Chest £25

## LVL

£45

Exclusive to Nouveau Lashes, our LVL lash lift is the revolutionary lash treatment that creates masses of length, volume and lift with your own natural lashes. No mascara. No extensions. No maintenance. LVL lash lift is a fantastic alternative to lash extensions and the perfect way to enhance what you already have, whether your lashes are long, short, thick or stubborn. This treatment will create the look of longer, fuller lashes that make your eyes appear more open and youthful as well as saving time in your morning routine. So, if you're looking for a long-lasting, low maintenance, natural looking eyelash enhancement then Nouveau Lashes LVL lash lift is for you

**45mins**

## HD BROWS

£45

The High Definition Brows is a completely bespoke eyebrow shaping treatment incorporating tinting, waxing and threading to design and create a shape to suit your face.

**45mins**

## BROW LAMINATION

£45

Brow lamination is an eyebrow perming treatment that involves correcting the brow shape by setting the hairs in place using a chemical solution. If you have unruly, flat or downward growing hairs, eyebrow lamination can change the direction of growth to create a more uniform look with a higher arch and a more desirable brow shape for up to 6 weeks.

**45mins**

## BROW TINTING

Eyelash & Eyebrow Tint	£25
Eyebrow Tint	£10
Eyelash Tint	£20

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