

A woman with dark hair is lying on her back in a spa setting, wearing a light-colored, textured robe. She has her eyes closed and a peaceful expression. The background is softly blurred, showing warm string lights and another person in the distance. 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 EXPERIENCE DAYS

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 lunch 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
- 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

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
- Detox ritual
- Mother to be
- Spa manicure
- Spa pedicure

55mins

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

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 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 MOTHER TO BE

£75 / £115

For a nourishing and nuturing 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

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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£75

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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

ila KU NYE FIVE ELEMENT

£75 / £115

For dry skin, recovery and increased vitality.

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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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