

ARIA

A SANCTUARY FOR  
THE SOUL



Welcome to Aria, your luxury sanctuary of escapism, relaxation and total well-being. Nestled in the heart of Cheshire, Aria is a luxury, holistic spa using a variety of organic and results driven products to bring strength, clarity and connection to your everyday life. Aria's holistic therapy style treatments integrate the ancient healing arts, using vibrant ingredients to ensure that the treatments for both face and body are results-driven and facilitate a re-connection to the flow of healing energy.

Cleanse your mind, body and soul at Aria and experience purity and excellence like nowhere else.

# WELLNESS EXPERIENCES

## HALF DAY WELLNESS EXPERIENCES

Half day Wellness Experiences start with welcome refreshments.

Brunch, lunch or evening meal served in our Champagne Lounge.

Full use of the Thermal Suites for 4 hours including exclusive use of the Hibernate room. Treatments range from 25 minutes to 55 minutes.

Half day experience times include your treatment, a meal and thermal suites.

### BLISSFUL MORNING

**55 mins**

Relax & Revitalise  
Back Revival Ritual  
Aria Sculpting Facial  
ila Kundalini Back Experience  
ila Glowing Radiance Facial  
ila CBD Face Therapy  
Detox Ritual  
ila Mother to be  
Skinceuticals Bespoke Facial

**(£165 / £185) 9.15am-1.30pm**

*weekdays / weekends*

### AFTERNOON UNWIND

**55 mins**

Relax & Revitalise  
Back Revival Ritual  
Aria Sculpting Facial  
ila Kundalini Back Experience  
ila Glowing Radiance Facial  
ila CBD Face Therapy  
Detox Ritual  
ila Mother to be  
Skinceuticals Bespoke Facial

**(£165 / £185) 1.30pm-5.45pm**

*weekdays / weekends*

### MINI RETREAT

**25 mins**

Scalp, Neck and Shoulder Massage  
Aria Signature Back Massage  
ila Express Facial  
Hopi Ear Candles  
Salt Scrub

**(£145 / £165) timings provided at booking**

*weekdays / weekends*



# WELLNESS EXPERIENCES

## FULL DAY WELLNESS EXPERIENCES

Full day Wellness Experiences include welcome refreshments on arrival.

Brunch or lunch served in our Champagne Lounge.

Treatments range from 55 minutes to 110 minutes followed by exclusive use of the Hibernate room.

Enjoy full use of our gym facilities and thermal suites for 8 hours as part of your Wellness Experience.

### SPA RITUAL

**55 mins**

Relax & Revitalise  
Back Revival Ritual  
Aria Sculpting Facial  
ila Kundalini Back Experience  
ila Glowing Radiance Facial  
ila CBD Face Therapy  
Detox Ritual  
Skinceuticals Bespoke Facial  
ila Mother to be  
Aria Signature Massage  
ila Deep Therapeutic  
ila Karuna Kaya Indulgence  
Lava Shells  
Reflexology

**(£195 / £215)**

*weekdays / weekends*

### SOUL RITUAL

**85 mins**

Ultimate Body Ritual  
Aria Mind Body and Soul  
ila Karuna Kaya Indulgence  
ila Mother to be

**(£235 / £255)**

*weekdays / weekends*

### COUPLES CONNECT

**55 mins**

Relax & Revitalise  
Back Revival Ritual  
Aria Sculpting Facial  
ila Kundalini Back Experience  
ila Glowing Radiance Facial  
ila Mother to be  
ila CBD Face Therapy  
Skinceuticals Bespoke Facial  
Aria Signature Massage  
ila Deep Therapeutic  
ila Karuna Kaya Indulgence  
Lava Shells  
Reflexology

**(£390 / £430)**

Couples Retreat Room  
*weekdays / weekends*

### PURE INDULGENCE

**110mins - (Choose any two)**

Aria Signature Massage  
Aria Sculpting Facial  
ila Kundalini Back Experience  
ila Glowing Radiance Facial  
Lava Shell Massage  
Skinceuticals Bespoke Facial  
ila Karuna Kaya Indulgence  
ila Deep Therapeutic Massage  
ila Shirodhara Third Eye Ritual - 110 mins

**(£290 / £310)**

*weekdays / weekends*

Athelis Club and Spa members receive a discount on spa treatments, enquire at Aria Spa reception. For access to the thermal suites please book a Wellness Experience.

# FACE

## ILA GLOWING RADIANCE FACIAL

**55 mins £95**

*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.

## ILA CBD FACE THERAPY

**55 mins £95**

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.

## ARIA SCULPTING FACIAL

**55 mins £95**

Our bespoke sculpting facial focuses on lifting and contouring the face. Following a deep Clarisonic cleanse, we use gua sha stone as an aid in lymphatic facial drainage.

A firm sculpting massage increases blood flow and helps the appearance of fine lines. Combining intra-oral Buccal massage we are able to lift, smooth and reduce puffiness. A cooling mask is applied to calm the skin and finishes with a Tibetan scalp massage.

This facial is great for people who suffer with TMJ, tight jaws, migraines and headaches.

## ILA EXPRESS FACIAL

**25 mins £75**

Our signature express facial is tailor-made to meet the needs of every skin type and will leave you feeling completely rejuvenated.

# SKINCEUTICALS

## AT ARIA SPA

### SKINCEUTICALS BESPOKE FACIAL

**55 mins £95**

This facial treatment combines potent, active ingredients to target dull, tired looking skin and restore luminosity. Our experienced therapists will tailor make this facial directly to combat your concerns giving unbelievable results

### SKINCEUTICALS CHEMICAL PEEL

**£15**

Add one of the Chemical Peels to Skinceuticals Bespoke Facial.

### SENSITIVE SKIN

Designed as an in-clinic treatment for sensitive skin or those new to chemical peels to help restore radiance and brightness to dull, rough textured skin. Skin will appear brighter, more radiant and refreshed.

### ACNE/AGING SKIN

This diverse peel restores radiance and brightness to dull, lacklustre skin experiencing mild discolouration, signs of ageing and rough texture

### HYPERPIGMENTATION SKIN

Targeting discolouration and improving uneven appearance of photodamaged skin. This incredible peel provides powerful exfoliation to accelerate skin renewal and brighten skin.

# MASSAGE

## ARIA SIGNATURE MASSAGE

**25 mins £75**  
**55 mins £95**

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.

## BACK REVIVAL RITUAL

**55 mins £95**

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.

## LAVA SHELL MASSAGE

**55 mins £95**

Lava Shell massage is a heat treatment that uses Tiger-striped clam shells as a massage tool. This massage is perfect for anyone with tense muscles, as the heat from the Lava Shells will gently relax and smooth away knots. The shells release calcium ions when heated, which transfers to your skin during the massage and help to firm and regenerate the skin.

## RELAX & REVITALISE

**55 mins £95**

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.

## ARIA MIND, BODY & SOUL

**85 mins £135**

The Ultimate Mind, Body & Soul combines our popular Ila Kundalini Back Experience with Sound Healing, Chakra balancing, Lymphatic Facial Massage and Tibetan Scalp Massage. This 85 minute ritual will help your body release negative energy and restore your state of awareness and balance.

## ULTIMATE BODY RITUAL

**85 mins £135**

This ritual combines our signature deep tissue massage, tibetan scalp massage and Lymphatic Facial Massage. The experience is designed to create ultimate relaxation and bring balance to the mind and body.

# MASSAGE

## ILA KARUNA KAYA INDULGENCE

**55 mins £95**  
**85 mins £135**

*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.

## ILA KUNDALINI BACK EXPERIENCE

**55 mins £95**

*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.

## ILA DEEP THERAPEUTIC MASSAGE

**55 mins £95**

*For Muscular Fatigue and Joint Pain, computer shoulders & deep rest.*

A firm, effective full-body massage with Shiatsu stretches along with rhythmic, hypnotic pressure points that work together to release deeply held patterns of tension and pacify your mind.

## ILA MOTHER TO BE

**55 mins £95**  
**85 mins £135**

*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.

*85min treatment includes facial*

## ILA SHIRODHARA THIRD EYE RITUAL

**110 mins £190**

This soothing treatment heals your energy with a bespoke approach, the treatment works on any of your Chakras which feel out of balance. The treatment starts with relaxing reflexology points on the head, hands and feet followed by a full body exfoliation, zone out with a full body massage which focuses on the Chakras, Marma points and the lymphatic system incorporating our divine warm poultices. Oil is then gently poured onto your third eye, a practice known as Shirodhara, the ancient Indian Ayurvedic healing technique, which helps cure fatigue, insomnia, and headaches.



# BODY

## DETOX RITUAL

**55 mins £95**

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.

## REFLEXOLOGY

**55 mins £95**

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.

## HOPI EAR CANDLES

**25 mins £75**

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.

## DRY CUPPING

**£25**

*Must be added on to a massage treatment*

Cupping is an ancient eastern therapeutic method using suction cups to remove toxins from the body. This time honoured alternative medicine will encourage healthy blood flow to areas of muscle tension and tightness. The marks produced from cupping assist in identifying the affected areas on the body and will fade in 7-10 days.

## SALT SCRUB

**25 mins £75**

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

# LPG ENDERMOLOGIE

## AT ARIA SPA

**Turn back time, naturally.**

Endermologie is a pain free, effective and scientifically proven method for removing stubborn areas of cellulite. It achieves incredibly long-lasting fat reduction, for firm, tight skin, less wrinkles and a more revitalised and slimmer figure.

## BODY

### ENDERMOLOGIE® ID

**40 mins £80**

**Front:** Tummy/Saddle bags/Inner thighs/Front thighs/Knees  
**Back:** Arms/Back/Waist/Buttocks/Back of thighs/Calf

Choose 3-4 areas

### RELAXATION

**30 mins £60**

This is a massage sequence using the LPG Alliance 80.

**Treats:** Front of thighs, back, buttocks, hips, back of thighs and calf

Choose 3-4 areas

### FLUID MOBILISATION

**30 mins £60**

This is lymphatic drainage treatment for the whole body.

**Treats:** Stomach, front of thighs, front of calf, back of thighs, back of calf

Choose 3-4 areas

### ENDERMOPUNCTURE

**50 mins £100**

This treatment uses acupuncture points on the whole body working on the meridian points over the underlying organs will stimulate the drainage of excess fluids, stimulating detoxification.

Good for someone on a diet and exercise regime to speed the metabolism of fluids and to detoxify or as a first-time treatment, or for a sluggish system e.g. hormonal/thyroid.

# LPG ENDERMOLOGIE

AT ARIA SPA

## FACE

### THE GLOW

**15 mins £30**

Radiance increasing treatment

### FLUID MOBILISATION

**15 mins £30**

Lymphatic drainage for the face

### AGE-DEFYING RE-PLUMPING

**30 mins £60**

Combats hollowing around the eyes and mouth

**Treats:** The neck, cheek, forehead, temple, frown line, eye wrinkle, lip area, bitter lines

### AGE-DEFYING SKIN TONING

**30 mins £60**

This is for sagging skin and loss of elasticity

**Treats:** The neck, jowl, cheek, forehead, eyebrows, bitter lines, nasolabial folds

### AGE-DEFYING RE-SCULPTING

**30 mins £60**

Ideal for contouring and sculpting the face

**Treats:** Double chin, neck, jowl, cheeks, drainage

*For best results we recommend a course of twelve body treatments and course of six face treatments*

# EYES

## LVL

**45 mins £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.

## HD BROWS

**45 mins £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.

## BROW LAMINATION

**45 mins £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.

## BROW TINTING

Eyelash & Eyebrow Tint

**£25**

Eyebrow Tint

**£10**

Eyelash Tint

**£20**

# NAILS

Elim is a medical grade manicure and pedicure treatment which uses state-of-the-art ingredients to remove hard skin and calluses from the feet and actively treats signs of aging in the hands. Elim products use facial grade ingredients, such as AHAs and Sodium Hydroxide in place of abrasive traditional foot files and blades which can sometimes trigger a response to over produce hard skin.

## HANDS

### GEL FINGERS

**45 mins £35**

Shape, cuticle removal and Gel Bottle finish.

### BUILDER GEL

**60 mins £40**

Shape, cuticle removal and BIAB.

### ELIM MEDIHAND EXPRESS

**30 mins £25**

Nail shaping, cuticle work, illuminating exfoliation followed by ultra-rich hand therapy to restore lost moisture and protect against UV damage.

Add Gel

**£15**

### ELIM MEDIHAND

**60 mins £50**

A medical grade manicure that delivers a results driven treatment to improve the skin and actively treat signs of aging. Including UV damage, pigmentation, wrinkles and texture concerns. This really is a 'Facial' for your hands. MediHand includes everything in the express plus Volcanic Mask to nourish. Age reversal hand cream and painted with Gel Bottle. Gold Spritz to finish.

## FEET

### GEL TOES

**45 mins £35**

Shape, cuticle removal and Gel Bottle finish.

### ELIM MEDIPEDI EXPRESS

**30 mins £35**

This stand alone foot treatment is for anyone suffering with hard cracked heels. Calluses are softened with the Heel Peel Tonic. The Tonic changes the Ph level of the skin which enables hard skin to soften and be removed. The skin is then returned to its natural Ph levels with Neutraliser. Foot Perfector is applied to nourish and Gold Spritz to finish.

Add Gel

**£15**

### ELIM MEDIPEDI

**70 mins £60**

The complete Elim Medipedi treatment. Heel Peel Tonic is applied to alter the PH of hard, calloused skin enabling thorough treatment and revealing smooth skin. Neutraliser applied to rebalance the skins Ph. Gentle exfoliation followed by application of Volcanic Mask to nourish. Foot soak and massage. Nails and cuticles tidied and painted with Gel Bottle. Gold Spritz to finish.

Gel Removal

**30 mins £10**



# WAXING

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	<b>£10</b>
Lip/Chin	<b>£10</b>
Underarm	<b>£15</b>
Arm	<b>£25</b>
Half Leg	<b>£25</b>
Full Leg	<b>£50</b>
Bikini	<b>£20</b>
Extended Bikini	<b>£30</b>
Hollywood/Brazilian	<b>£50</b>
Back	<b>£25</b>
Chest	<b>£25</b>

# SPA ETIQUETTE

## ARRIVAL TIME

We suggest you arrive 30 minutes prior to your treatments, allowing you to start relaxing as soon as possible.

## MEDICAL CONDITION

If you have any type of medical condition, please inform us at time of booking. Certain treatments may not be advisable for people with certain medical conditions so it is best advised to speak to us first.

## PREGNANCY

We have specifically designed treatments for expectant women or nursing mothers. Please allow our wonderful spa team to guide you in selecting which treatments are most suitable during this special time, all treatments can be performed after the first trimester.

## CANCELLATION POLICY

A booking fee will be taken upon booking. If you wish to cancel your booking, please give 24hrs notice. Aria Spa have the right to charge a 50% booking cancellation fee if appropriate notice has not been given. Failing to attend your appointment will lead to a 100% charge of treatments.