

A R I A

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.

# GAIA JOURNEYS

A Gaia journey is a full or half day experience that includes welcome refreshments on arrival.

Brunch or lunch served in our Champagne Lounge.

Treatments are 110 minutes followed by exclusive use of the Hibernate room.

Enjoy full use of our thermal suites for 8 or 4 hours as part of your Gaia Journey.

If you wish to use our couples room please request upon booking, limited availability.

## **Choose your journey from the following.**

### GAIA RAINDROP THERAPY

Raindrop therapy is a healing technique using pure essential oils. It combines aromatherapy oils and soothing massage to bring total balance, harmony, and body wellness mentally, physically, and emotionally. Techniques are used throughout the massage to release toxins and lymph, boosting the immune system, and bringing the body back to natural alignment. The ritual includes full body massage using the purest essential oils used as droplets to the back, spine and feet, a face cleanse, and a nurturing scalp massage.

### GAIA CRYSTAL THERAPY

The ultimate goal of crystal healing is to bring the whole body back to a state of pure love. This treatment is personalised using crystals to discover which chakras are blocked and includes meditation, full body massage, facial using jade wands and a nurturing scalp massage. Aftercare, product advice and a crystal prescription will be recommended by your therapist.

**£215 - Member**

**£265/£285 - Non-Member Half Day / Non-Member Half Day**

**£295/£315 - Non-Member Full Day / Non-Member Full Day**

### GAIA TOTAL HOLISTIC THERAPY

A deeply therapeutic ritual to release tension and stress bringing the mind and body into harmonious balance. Using advanced Balinese combined with Lomi Lomi techniques, originating from Hawaii. The body is exfoliated followed by an application of our nourishing GAIA mud. Once showered, a GAIA blend of your choice is poured warmly onto the body for a muscle easing massage. The GAIA rejuvenating face treatment will complete this ritual leaving a natural feeling of wellbeing, whilst skin is left smooth and replenished.

### ARIA AYURVEDIC THERAPY

This soothing treatment to tranquillity promotes realignment of the Chakras and a sense of nourishment for the mind. The treatment begins with acupressure point therapy of the scalp, palms and soles of the feet. Then a serene all over body exfoliation is performed to stimulate detoxification. Followed by a restorative chakra balancing light pressured back and leg massage. The final part of this treatment incorporates a scalp massage and the Ayurvedic pouring of oil to the 3rd eye, releasing a sense of peace to the soul.

*£20 Supplement charge for weekend bookings for non-members (Fri/Sat/Sun)*

# WELLNESS EXPERIENCES

## HALF DAY WELLNESS EXPERIENCES

Half Day Wellness Experiences includes welcome refreshments on arrival.

Brunch or lunch served in our Champagne Lounge.

Treatments are 55 minutes or 25 minutes followed by exclusive use of the Hibernate room.

Enjoy full use of the Thermal Suites for 4 hours.

If you wish to use our couples room, please request upon booking, limited availability.

### BLISSFUL MORNING/AFTERNOON UNWIND

**55mins - ( 9:15am-1:30pm / 1:30pm-5:45pm )**

Relax & Revitalise

Aria Sculpting Facial

Muladhara Back Experience

SkinCeuticles Bespoke Facial

Aria Shape and Sculpt Massage

Gaia Restorative

Gaia Equilibrium Crystal Facial

Gaia Jade Facial

Gaia Mud Cocoon

Mother Gaia

### MINI RETREAT

**25mins**

Express Facial

Aria Signature Back Massage

Salt Scrub

Hopi Ear Candles

Gaia Indian Head Massage

Stomach Sculpt

**£120 / £170-£190 - Member / Non-Member**

*£20 Supplement charge for weekend bookings for non-members (Fri/Sat/Sun)*

**£100 / £150-£170 - Member / Non-Member**

*£20 Supplement charge for weekend bookings for non-members (Fri/Sat/Sun)*

# WELLNESS EXPERIENCES

## FULL DAY WELLNESS EXPERIENCES

Full Day Wellness Experiences includes welcome refreshments on arrival.

Brunch or lunch served in our Champagne Lounge.

Treatments are 55 minutes or 85 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 Full Day Wellness Experience.

If you wish to use our couples room, please request upon booking, limited availability.

### SPA RITUAL

**55min - ( 9:30am-5:30pm )**

Aria Signature Massage  
Relax & Revitalise  
Aria Sculpting Facial  
Muladhara Back Experience  
SkinCeuticles Bespoke Facial  
Lava Shells  
Aria Shape and Scuptl Massage  
Reflexology

**£120 / £200-£220 - Member / Non-Member**

*£20 Supplement charge for weekend bookings for non-members (Fri/Sat/Sun)*

### SOUL RITUAL

**85mins - ( 9:30am-5:30pm )**

Ultimate Body Ritual  
Arisolvo Release  
Gaia Mud Cocoon  
Mum & Bump  
Mother Gaia  
Gaia Poultrice Massage

**£160 / £240-£260 - Member / Non-Member**

*£20 Supplement charge for weekend bookings for non-members (Fri/Sat/*





# ARIA & GAIA FACIALS

## ARIA SCULPTING FACIAL

**55 mins £100**

Our bespoke sculpting facial focuses on lifting and contouring the face. Following a deep clarisonic cleanse, we use gua sha stones to aid lymphatic facial drainage. A firm sculpting massage increases blood flow and helps reduce 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.

## GAIA JADE FACIAL

**55 mins £100**

This healing massaging facial will leave your skin feeling rejuvenated and glowing. Gaia's natural skincare products are softly massaged deep into the skin, using healing Jade Crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.

## GAIA EQUILIBRIUM CRYSTAL FACIAL

**55 mins £100**

There is a link between our skin, our identity, and our sense of self-worth. Using a powerful combination of anti-inflammatory plant ingredients along with balancing chakra crystals woven throughout the treatment which lend their energetic and healing benefits, bringing the mind and body back to a state of equilibrium.

## EXPRESS FACIAL

**25 mins £80**

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

# SKINCEUTICALS FACIALS

## SKINCEUTICALS BESPOKE FACIALS

**55 mins £100**

Clinical grade advanced facial skincare backed by science. Formulated from decades of research to give groundbreaking and proven results to correct all skin concerns alongside preventing future damage. 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

**£20**

Why not add a chemical peel to your SkinCeuticals Bespoke Facial. SkinCeuticals are renowned for formulating expert chemical peels containing lactic acid and fruit enzymes. A significant part of your skincare journey, proven to reduce pigmentation, fine lines whilst improving texture and restoring radiance. Our expert therapists will carry out an in-depth consultation on which peel will be most suitable for your skin type, and help you achieve your desired results.

## SENSITIVE/NORMAL SKIN PEEL

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 PEEL

This diverse peel restores radiance and brightness to dull, lacklustre skin. Experiencing mild discolouration, signs of aging and rough texture.

## HYPERPIGMENTATION SKIN PEEL

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



# GAIA MASSAGE

Gaia treatments have been created to meet the varied needs of modern individuals, using effective, natural ingredients and highly skilled therapeutic techniques. These body treatments will relax your mind and body, bringing you in to the present moment. The power of touch combined with the use of essential oils have therapeutic benefits on a physical and emotional level.

## GAIA POULTICE MASSAGE

**55 mins £100**  
**85 mins £140**

This massage uses herbal compresses that have healing and soothing properties. All the herbs used are grown naturally and are part of the blend that makes GAIA. Aromatic herbs and spices have been used for centuries for various ailments and treatments as they help to increase the flow of chi (energy).

## GAIA RESTORATIVE TREATMENT

**55 mins £100**

Experience a therapeutic back cleanse followed by exfoliation with GAIA's own unique body scrub, before GAIA's mud mask is applied in sweeping motions to detoxify and cleanse. Following the removal of the mud with a hot towel, the back is massaged with hot stones using one of the GAIA oils; Awakening, Balancing or Calming.

## ARISOLVO RELEASE

**85 mins £140**

Experience a customized full-body and scalp therapy merging Acupressure, Ayurveda, and Yoga-inspired techniques, harmonizing the body's Meridians and Marma points. This holistic ritual relieves muscle tension, enhances circulation, and promotes lymphatic flow. It fosters alignment across mind, body, and spirit, reducing stress, enhancing sleep, and increasing flexibility for improved physical endurance.

## GAIA INDIAN HEAD MASSAGE

**25 mins £80**

Gaia's Indian head massage is a treatment combining massage on the face, shoulders and scalp. A series of techniques are performed to manipulate the muscles realising tension and stress throughout the mind and body.

## AFFINITY EXPERIENCE TREATMENT

**55 mins £100**  
**85 mins £140**

A safe and relaxing experience developed for those undergoing medical treatment, including cancer, and in need of a little nurturing or spiritual healing. The Gaia Affinity Experience is completely bespoke, and tailored to individual needs, considering circumstances, and ensuring a personalised journey allowing you to be naturally comforted and protected by GAIA.

## MOTHER GAIA

**55 mins £100**  
**85 mins £140**

A beautifully gentle, relaxing treatment perfect during and after pregnancy. This nurturing treatment exfoliates the back and is followed by a specifically designed massage focusing on alleviating muscular aches on stressed areas, helping you to feel relaxed and restored.

Our 55 minute treatment includes a full body massage and bump massage. Our 85 minute treatment also includes a bump mask, express facial, with our jade wands and scalp massage.



# ARIA MASSAGE

## ARIA SIGNATURE MASSAGE

**25 mins £80**  
**55 mins £100**

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.

## RELAX & REVITALISE

**55 mins £100**

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. You will leave feeling completely rejuvenated.

## ULTIMATE BODY RITUAL

**85 mins £140**

This ritual combines our Signature Deep Tissue Massage, Tibetan Scalp Massage and Lymphatic Facial Massage. This experience is designed to create ultimate relaxation whilst balancing the mind and body.

## MUM & BUMP

**85 mins £140**

Our head to toe pregnancy treatment will melt away any unwanted muscle tension with a full body massage tailed to you. Helping those tired feet with our cooling foot gel, while soothing your baby bump with our healing vitamin loaded mask. Finished with an Indian head massage to really help you to relax, sleep better and completely switch off.

## LAVA SHELL MASSAGE

**55 mins £100**

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 gradually relax and smooth away knots. The shells release calcium ions when heated, which transfers to your skin during the massage and helps to firm and regenerate the skin.

## MULADHARA BACK EXPERIENCE

**55 mins £100**

This back focused experience has a soothing effect on the Sympathetic and Parasympathetic nervous system. 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. This is best suited to someone that needs to relax, de-stress and who enjoys a light pressure massage.

## ARIA AYURVEDIC THERAPY

**110 mins £195**

This soothing treatment to tranquillity promotes realignment of the Chakras and a sense of nourishment for the mind. The treatment begins with acupressure point therapy of the scalp, palms, and soles of the feet. Then a serene all over body exfoliation is performed to stimulate detoxification. Followed by a restorative chakra balancing light pressured back and leg massage. The final part of this treatment incorporates a scalp massage and the Ayurvedic pouring of oil to the 3rd eye, releasing a sense of peace to the soul.

# BODY

## REFLEXOLOGY

**55mins £100**

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.

## ARIA SCULPT AND SHAPE MASSAGE

**25 mins £80**  
*Stomach sculpt only*

**55 mins £100**

This sculpting and shaping massage is a powerful way to cleanse, drain lymph and contour the body. Gentle rhythmic massage techniques are used to stimulate and promote the flow of the lymphatic system. Deeper regenerating movements are performed to the stomach. This allows the body to reactive natural functions as well as bringing nutrients to the cells, revealing a more toned and sculpted waistline. This focused massage encourages the body to facilitate the removal of toxins and excess water, it is ideal for anyone suffering with fluid retention, low energy, tension as well as medical conditions such as fibromyalgia and lymphoedema.

## HOPI EAR CANDLES

**25 mins £80**

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.

## GAIA MUD COCOON

**55 mins £100**  
**85 mins £140**

Enjoy this protective cocooning treatment and emerge awakened. You will experience a whole body, and scalp therapy in this indulgent treatment, including a sea salt exfoliation and natural mud and clay mask. Completing this nurturing treatment is our awakening body cream, with nourishing coconut oil and shea butter. Our 85 minute treatment also includes an express facial.

## SALT SCRUB

**25 mins £80**

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.

## DRY CUPPING

**£30**

*Must be added to a massage treatment.*

Cupping is a 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.

# LPG ENDERMOLOGIE

## AT ARIA SPA

### Turn back time, naturally.

Endermologie is a pain free, effective, and scientifically proven method using motorised rollers combined with sequential suction to help remove stubborn areas of cellulite. It achieves incredibly long-lasting fat reduction, resulting in firmer, tighter skin, less wrinkles, and a more revitalised and slimmer body.

## BODY

### ENDERMOLOGIE® ID

40 mins £90

**Front:** Stomach / Exterior thighs / Inner thighs / Knees  
**Back:** Arms / Back / Waist / Buttocks / Back of thighs / Calf

Choose 3-4 areas

### RELAXATION

30 mins £70

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 £70

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 £110

This treatment uses acupuncture points on the whole body using the alliance 80 head. Working on the meridian points over the underlying organs which stimulate the drainage of excess fluids, stimulating and detoxification. Good for someone on a diet and exercise regime to speed up the metabolism of fluids and to detoxify, or those with a sluggish system. e.g. hormonal/ thyroid.







# LPG ENDERMOLOGIE

## AT ARIA SPA

### FACE

Acting like a real face workout, the motorized roller awakens the natural synthesis of essential rejuvenating substances. This cell stimulation then assists the fibroblasts which are rejuvenating cells to boost their production of collagen, elastin, and hyaluronic acid. Resulting in a tighter, firmer and more sculpted appearance whilst hydrating the skin.

#### THE GLOW

**15 mins £40**

This treatment boosts microcirculation and oxygenates the skin for immediate radiance. A quick healthy glow as seasons change or before a special occasion.

#### FLUID MOBILISATION

**15 mins £40**

Decongests the eye contour area and drains toxins for a unified complexion. An ideal treatment for faces with signs of fatigue.

#### AGE-DEFYING RE-PLUMPING

**30 mins £70**

The face recovers harmonious volume, the skin is re-plumped and deeply moisturised, wrinkles and fine lines are smoothed.

**Treats:** Neck, Cheek, Forehead, Temple, Frown line, Eye wrinkle, Lip area, Bitter lines.

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

#### AGE-DEFYING SKIN TONING

**30 mins £70**

Restores skin's density while filling in wrinkles and fine lines from within. The eyes are opened up, the skin becomes more supple for a real 'lifting effect'.

**Treats:** Neck, Jowl, Cheek, Forehead, Eyebrows, Bitter lines, Nasolabial folds. Bitter lines, Nasolabial folds

#### AGE-DEFYING RE-SCULPTING

**30 mins £70**

The face is visibly slimmed, facial contours are firmed, sculpted and reshaped.

**Treats:** Double Chin, Neck, Jowl, Cheeks.

# EYES

## LVL

**45 mins £50**

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 long-lasting, low maintenance, natural looking eyelash enhancement the LVL lash lift is for you.

## HD BROWS

**45 mins £50**

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.

**A patch test is required 48 hours before any eyelash or brow treatment.**

## BROW LAMINATION

**45 mins £50**

Brow lamination is an eyebrow sculpting 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

**£30**

Eyebrow Tint

**£15**

Eyelash Tint

**£25**

# 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 £40**

Shape, cuticle removal and Gel Bottle finish.

### BUILDER GEL

**45 mins £45**

Shape, cuticle removal and BIAB.

### ELIM MEDIHAND EXPRESS

**30 mins £30**

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

Add Gel

**£20**

### ELIM MEDIHAND

**60 mins £55**

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 £40**

Shape, cuticle removal and Gel Bottle finish.

### ELIM MEDIPEDI EXPRESS

**30 mins £40**

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

**£20**

### ELIM MEDIPEDI

**70 mins £65**

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 £15**

# 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 with 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>£15</b>
Lip/Chin	<b>£15</b>
Underarm	<b>£20</b>
Arm	<b>£30</b>
Half Leg	<b>£30</b>
Full Leg	<b>£55</b>
Bikini	<b>£25</b>
Extended Bikini	<b>£35</b>
Hollywood/Brazilian	<b>£55</b>
Back	<b>£30</b>
Chest	<b>£30</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 CONDITIONS

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. We do offer affinity experience treatments for those undergoing medical treatments including cancer, 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 booking will lead to a 100% charge of the booking.

## WEEKEND BOOKINGS

When booking a Gaia Journey or Wellness Experience as a non - member please ensure you book the correct experience to avoid any additional charges. Non - members booking spa treatments please be aware there is a supplement fee for Friday, Saturday and Sunday bookings which will be applied on arrival at the spa.