

EYE TREATMENTS

* Patch test required 24 hours prior to first treatment

Eyelash Tint*	£12
Eyebrow Tint*	£8
Eyelash and Eyebrow Tint*	£18

Semi-Permanent Full Eye Lash Extension	£49
Semi-permanent Express Lashes	£30
<i>To the outer edge of the eyelash to add thickness and volume</i>	

Refills (per Hour)	£29
Refills (per 1/2 Hour)	£19
<i>Two weekly top ups recommended for fuller effects</i>	

Threading	£8
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BRIDAL

Bridal Package	£198
<i>Bridal Hair Trial and Bridal Hair Actual</i>	
<i>Bridal Make-Up Trial and Bridal Make-Up Actual</i>	
<i>File Paint and Shape Fingers and Toes</i>	

Hair	£86
<i>Bridal Hair Trial & Bridal Hair Actual</i>	
Make-Up	£80
<i>Bridal Make-up Trial & Bridal Make-Up Actual</i>	

Mother of the Bride/Groom Hair	£36
Mother of the Bride/Groom Make-Up	£36
Bridesmaids Hair	£36
Bridesmaids Make-Up	£30
Flower Girl (up to 16 years old)	£20

MOTHER TO BE

* All Treatments after 12 weeks

Bumps & Daisy Pregnancy Massage	£50
<i>Duration: 55 mins</i>	
<i>Anti stretch mark oil is applied working gently to soothe, relieve and restore moisture to the skin</i>	
<i>Neroli and mandarin help ease the effects of water retention, increase circulation and promote relaxation</i>	

Bumps & Daisy Soothing Foot and Leg Massage & Scrub	£29
<i>Duration: 30 mins</i>	
<i>Soothe away the aches and pains that pregnancy brings, helping circulation using bumps and daisy pregnancy scrub and oil</i>	

Indian Head Massage	£29
<i>Duration: 30 mins</i>	
<i>Soothe away stress and tension in the back, scalp and face</i>	

Back Massage	£29
<i>Duration: 25 mins</i>	
<i>Gentle and soothing to ease away all the stress and tension</i>	

Facials

Select any decléor facial

MENS TREATMENTS

All our treatments are for both men and women to enjoy with the addition of:

Facial Duration: 30 mins	£30
Back Wax	from £15
Chest Wax	from £15

OPI Manicure/Pedicure	£30
<i>Duration: 30 mins</i>	
<i>Packed with botanical ingredients this is a must have treatment to keep your feet or hands looking great. Includes soak, scrub, cuticle care and Massage</i>	

TEEN TREATS

Duration: 30 mins (under 16)

Indian Head Facial	£20
Shape and Paint for fingers or toes	£12

WAXING

Full Leg	£24
¾ Leg	£20
Half Leg	£17
Underarm	£10
Lip or chin	£8
Lip and Chin	£12
Eyebrows	£8
Bikini Line	£12

SPA PACKAGES

Day spa	£70 pp
<i>Take some time out for a day. Select any one treatment to the value of £55, plus use of the pool and jacuzzi including a 2 course lunch or a traditional afternoon tea.</i>	

Overnight Escape Spa	£150.00 pp
<i>The perfect way to escape and totally relax. Enjoy any one treatment to the value of £55, use of the pool and jacuzzi, followed by a 2 course lunch, 3 course dinner, overnight accommodation with full English breakfast before your departure.</i>	

Chill out Sunday	£49 pp
<i>Relax and unwind with an afternoon tea and select any of the following two 20 minute treatments: back massage, facial for men and women, foot massage or scalp massage</i>	

SPECIAL OCCASSIONS

We cater for any special occasions particularly baby showers, Hen/Stag parties and birthdays. Please contact us for more information

Children's Birthday Parties
Saturday and Sunday AM subject to availability. Use of the spa for one hour followed by either a 20 minute facial or shape and paint on fingers or toes £12 per head - aged 12-16. (Minimum 6 max 10). Add afternoon tea for £8 per head

DECLÉOR
PARIS

Terms and Conditions:

Please visit www.lotus-spa.co.uk for full information on Spa booking terms

Cancellation notice – we require 48 hours notice, if within 48 hours full payment still applies

OPENING TIMES:

Monday	10.00am - 5.00pm
Tuesday	10.00am - 8.00pm
Wednesday	10.00am - 8.00pm
Thursday	10.00am - 8.00pm
Friday	10.00am - 8.00pm
Saturday	10.00am - 6.00pm
Sunday	10.00am - 4.00pm

Gift Vouchers

Please ask for more information.

O·P·I

Revised Price List October 2013



Lotus

— S P A —

AT THE BEDFORD SWAN

WELLBEING FOR MIND, BODY & SOUL

Price List

01234 369910

contact@lotus-spa.co.uk

www.bedfordswanhotel.co.uk

Free Parking available at the rear of Hotel

Open to both Residents & Public

WELL-BEING BODY TREATMENTS

Swedish Massage £48
Duration: 55mins
An energising massage helping to ease muscles, improve circulation and aid the removal of toxins

Back, Neck and Scalp Massage £29
Duration: 25 mins
Relieving tension from the areas where it builds up the most to ease and soothe

Deep Tissue Back Massage £35
Duration: 25 mins
A deep firm pressure to relieve muscle tension and decongest the back

Hot Stone Back Massage £35
Duration: 25 mins
Soothing back massage incorporating hot stones to sooth aching muscles

Deep Tissue Massage £70
Duration: 55 mins
Deep pressure is used to ease muscle pain and sooth tight muscles

Aromatherapy Full Body Massage £55
Duration: 55 mins
Gentle massage movements are used to balance the mind and body helping with stress and fatigue. Choose pure essential oil blends of De-stress, Equilibrium, Uplift or Relaxation

Hot Stone Full Body Massage £55
Duration: 55 mins
A wonderful stress relieving treatment, using heated natural basalt stones. The heat penetrates into the muscles, calms and centres the mind, balancing treatment

Chakra Balancing Full Body Massage £60
Duration: 55 mins
A deeply relaxing, soothing and healing treatment balancing the whole body, clearing negative energy and stress with the hot stones and crystals

Thai Oil Full Body Massage £55
Duration: 55 mins
Working on Sen Meridian lines to re-energise and unblock stuck energy, an uplifting massage

Indian Head Massage £42
Duration: 45 mins
Working on the back, shoulders, neck then moving onto the scalp and face. Especially good for relieving stress, tension, fatigue, insomnia, and headaches

Reflexology £38
Duration: 45 mins
The feet are the therapist's mirror of the body. By applying pressure to the feet on energy lines, it can alleviate ailments balancing the whole body, giving an overall feeling of well-being and internal balance

Thai Foot Massage £38
Duration: 45 mins
Working on acupressure points and reducing stress, induces deep relaxation, and boosts energy levels

Soothing Foot/Leg Scrub and Massage £29
Duration: 30 mins
A relaxing massage for aching feet and lower leg incorporating a luxurious scrub

Hopi Ear Candles £32
(inc face and scalp massage)
Duration: 45 mins
A pleasant non-invasive treatment of the ears, used to treat a variety of conditions such as tinnitus, excess ear wax, sore throat, hay fever, headaches, sinusitis, catarrh and asthma

Time Together Treatments £120 (per couple)
Duration: 55 mins
Choose from Aroma, Hot Stones or Thai Massage to in a romantic setting with use of special scents and oils, followed by wine and chocolates

WRAPS

all wraps include scalp or foot massage and massage oil applied

Slimming & Remineralising Body Wrap £48
Duration: 55 mins
Combination of two seaweeds for an intense shaping treatment, Laminaria and Lithothamnium increases the slimming action during the treatment. Lithothamnium provides minerals and marine salts and promotes the breakdown and elimination of fat. The iodine contained in Laminaria has slimming properties and helps combat cellulite and fatty deposits.

Green Tea Herbal Heating Wrap £48
Duration: 55 mins
Detoxifying treatment with numerous health enhancing components and antioxidants that drain toxins out of the body

Ginger, Sweet Orange & Cocoa Body Wrap £48
Duration: 55 mins
Ginger, Sweet Orange & Cocoa Beans have antioxidant properties and stimulate blood circulation energising the body improving feeling of well being.

SCRUBS

Lime & Lemongrass Salt Scrub £48
Duration: 55 mins
To revive tired skin the fresh lime and zesty lemon notes in this gorgeous scrub make it the perfect pick-me-up, incorporates body massage

Lotus Flower, Pineapple & Cranberry Scrub £48
Duration: 45 mins
Exotic pineapple, cranberry and lotus body polish make this the ultimate tropical experience to awaken mind, body and soul, incorporates body massage

TANNING

Sienna X manually applied, including body polish. Turn your tanning session into an hour of relaxation and indulgence that will leave skin feeling as soft and radiant (8 hours to develop)

Full Body £25
Arms and legs £20

HANDS AND FEET

OPI Manicure £25
Duration: 45 mins
Replenish and revitalise your skin with a wonderful luxurious and indulgent OPI Avoplex manicure. This treatment is designed to restore elasticity, plump and smooth dry skin. The Moisture Replenishing system is based on the multiple therapeutic benefits of Avocado, to sooth and smooth your hands.

OPI Deluxe manicure £35
Duration: 55 mins
As above, plus a luxury scrub and massage incorporating an age defying serum and mask with hot mitts to hydrate and deeply nourish your hands

OPI Pedicure £28
Duration: 45 mins
Formulated with nature's most soothing and effective botanical ingredients this treatment will renew and restore feet to silky smoothness

OPI Deluxe Pedicure £38
Duration: 55 mins
The sumptuous botanical extracts and hydrating properties of OPI's Pedicure Range. Feet are soothed, scrubbed, hydrated and a mask is applied incorporating heated booties for the ultimate treat

File, Cuticle tidy and Polish £16
Duration: 30 mins

French Polish extra £4

Shellac - UV Polish £25
Remove and re-applied £29
Remove only £5

DECLÉOR FACIALS

Ultimate Vitamin Glow
Duration: 60mins
Power-packed with vitamins and anti-oxidants, this award winning facial melts away stress. Combines a rebalancing Essential Oil elixir plus warm, decongesting mask for skin that's purified, perfectly replenished and glowing.

Moiture Quench
Duration: 1hr 15mins
This super-hydrating facial quenches the thirstiest skin. Includes gentle exfoliation to smooth then a nutrient-rich mask to intensively rehydrate for skin that's supple and cashmere soft.

Oxygenating Pure & Matt
Duration: 1hr 15mins
For instant clarity on dull, devitalised skin, this antibacterial and mattifying facial blitzes spots and shine. Includes Aquatic Plant Powders and an oxygenating power mask for a brighter and shine-free complexion that's simply flawless.

Divine Nutrition
Duration: 1hr 15min
By cocooning skin in deliciously nourishing Essential Oils and active nutrients, this facial comforts, renews and repairs. Ultra-nourishing to feed dull, dry, exposed skin, it transforms complexions to radiant and satin smooth.

Harmonie Calm
Duration: 1hr 15mins
Acting like a calming comfort blanket, this blissful treatment relieves stressed, angry skin. Power-packed with skin strengthening Essential Oils and including a skin-perfecting peel-off mask, it works immediately for clear, soothed and resilient skin.

White Radiance
Duration: 1hr 15mins
Like looking at pigmentation and uneven skin tone through a soft focus lens, this illuminating facial dramatically restores radiance. Using advanced Vitamin C technology and a precision plant power mask, skin is left glowing and beautifully even.

Discovery Facial

Duration: 30mins
Short of time? Discover why Decléor facials are world famous with this rescue remedy. Includes revitalising massage, Essential Oils and a gentle polish to wake-up tired skin leaving it fresh and radiant.

DECLÉOR ADVANCED ANTI-AGEING FACIALS

Bio Retinol Wrinkle Resist
Duration: 1hr 15mins
For immediately visible results, bio retinol ap2™ combined to powerful youth-boosting ingredients and gentle exfoliation target lines and wrinkles. A mineral mask also lifts, plumps and firms for a luminous, younger-looking complexion.

Collagen Plump & Lift
Duration: 1hr 15mins
Energising but luxurious, specialised massage helps recharge skin tissues while an indulgent, collagen-rich mask infuses the complexion with skin-plumping nutrients. The skin's natural renewal process is kick-started for firmer, radiant skin.

Advanced Sculpt & Lift
Duration: 1hr 15mins
Targets the seven signs of ageing to plump out lines and increase tone. Strengthening from within, skin becomes less sensitive and satin-smooth, with a new freshness and luminosity.

Vital Eyes
Duration: 45mins
Put the sparkle back! Featuring repairing and intensively hydrating eye masks, this targeted treatment fights fatigue, quenches moisture loss and helps erase wrinkles for a sparkling, rested eye zone.

Aha Skin Refiner
Duration: 45mins
Potent yet kind to skin, AHAs blur imperfections, lines and wrinkles for an even, super smooth complexion. The ideal seasonal booster, it will also supercharge your daily homecare regime.