

## EYE TREATMENTS

\* Patch test required 24 hours prior to first treatment

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

## NOUVEAU LASHES

Made from soft natural human hair, these lashes are very comfortable lasting up to 4-6 weeks. They will stay looking good however active you are. You don't need to wear mascara and can sleep, shower and exercise with no worries.

Full set of top lash Extensions	£75
Duration: 2hrs inc. first maintenance (must be taken within 2 weeks of full set)	
Lash Maintenance	£30
Duration: 45 mins	
Mini Top-up	£20
Duration: 20 mins	

## 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

## BRIDAL

Bridal Package	£190
Bridal Hair Trial & Actual, Bridal Make-Up Trial & Actual, File Paint and Shape Fingers and Toes.	
Hair Trial	£36
Actual	£50
Flower Girl	£20
Make-Up Trial	£36
Actual	£50
Mother & Bridesmaids Hair	£36
Mother & Bridesmaids Make-Up	£30

## MENS TREATMENTS

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

Back Wax	from £15
Chest Wax	from £15
OPI Manicure/Pedicure	£30
Duration: 30 mins	

Intensive Energising Facial	£50
Duration: 55 mins	
Our fatigue-fighting treatment re-invigorates the skin leaving it soothed and moisturised.	

Express Energising Facial	£35
Duration: 30 mins	
Recharges instantly to leave tired skin looking clearer and fresher.	

## MOTHER TO BE

\* All Treatments after 12 weeks

Pregnancy Massage	£50
Duration: 55 mins	
Anti stretch mark oil is applied working gently to soothe, relieve and restore moisture to the skin helps ease the effects of water retention, increase circulation and promote relaxation.	

Soothing Foot/Leg Massage & Scrub	£29
Duration: 30 mins	
Soothe away the aches and pains that pregnancy brings, helping circulation and swelling.	

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

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

## Facials

Select any decléor facial

## SPA PACKAGES

**Day spa** £70 pp  
Take some time out for a day. Select any one hour treatment to the value of £55, plus use of the pool and jacuzzi including a 2 course lunch or a traditional afternoon tea. Includes robe & slippers

**Overnight Escape Spa** £150.00 pp  
The perfect way to escape and totally relax. Enjoy any one hour 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. Includes robe & slippers

**Chill out Sunday** £49 pp  
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.

## 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**  
Subject to availability (Not Saturdays)  
Use of the spa for one hour incorporating 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.

# Gift Vouchers

Please ask for more information.

## Terms and Conditions:

Please visit [www.lotus-spa.co.uk](http://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 - 5.30pm
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

# O·P·I

# DECLÉOR

PARIS

# CND

Shellac™

# NOUVEAU

LASHES



# Lotus

— S P A —

## AT THE BEDFORD SWAN

WELLBEING FOR MIND, BODY & SOUL

# Price List

01234 369910

[contact@lotus-spa.co.uk](mailto:contact@lotus-spa.co.uk)

[www.bedfordswanhotel.co.uk](http://www.bedfordswanhotel.co.uk)

Parking available at the rear of Hotel  
Open to both Residents & Public

## WELL-BEING BODY TREATMENTS

### Back, Neck & 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 soothe aching muscles.*

### Swedish Full Body Massage £48

Duration: 55mins

*An energising massage helping to ease muscles, improve circulation and aid the removal of toxins.*

### Deep Tissue Full Body Massage £70

Duration: 55 mins

*Deep pressure is used to ease muscle pain and soothe 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.*

### 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.*

### Soothing Foot/Leg Scrub & 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 in a romantic setting with use of special scents and oils, followed by wine and chocolates.*

## WRAPS

Includes a 10 minute scalp or foot massage and massage oil applied.

### Slimming & Remineralising Body Wrap £48

Duration: 55 mins

*Slimming - a combination of two seaweeds for an intense shaping treatment promoting the breakdown and elimination of fat and combating cellulite.*

### Green Tea Herbal Body Wrap £48

Duration: 55 mins

*Detoxifying - numerous health enhancing components and antioxidants that drain toxins out of the body.*

## SCRUB

### Body Scrub £48

Duration: 55 mins

*To revive tired skin this luxurious scrub makes the perfect pick-me-up, 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 luxurious and indulgent OPI Avoplex manicure. Designed to restore elasticity, plump and smooth skin. Includes a file, cuticle work, soak, scrub, massage and paint.*

### 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. Includes a file, cuticle work, soak, scrub, massage and paint.*

### OPI Deluxe Pedicure £38

Duration: 55 mins

*As above plus a luxury scrub, massage and mask applied with heated booties to deeply nourish and moisturise.*

### 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

## TEEN TREATS

Duration: 30 mins

(under 18's must be accompanied by an adult)

### Indian Head £20

Facial £20

Shape and Paint for fingers or toes £12

Back Massage £25

## DECLÉOR FACIALS

### Ultimate Vitamin Glow (All skin types) £49

Duration: 55 mins

*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.*

### Moisture Quench (Hydrating) £49

Duration: 55 mins

*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 (Combination) £49

Duration: 55 mins

*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 (Dry/Dehydrated) £49

Duration: 55 mins

*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 (Sensitive/Reactive) £49

Duration: 55 mins

*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 (Brightening) £49

Duration: 55 mins

*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.*

### Express Facial (All skin types) £35

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.*

### Vital Eyes £35

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.*

Add in addition to a facial, allow 30 mins £20

### Aha Skin Refiner £39

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.*

## DECLÉOR ADVANCED ANTI-AGEING FACIALS

### Bio Retinol Wrinkle Resist (30+) £55

Duration: 55 mins

*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 (40+) £60

Duration: 55 mins

*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 (50+) £65

Duration: 55 mins

*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.*