

## EYE TREATMENTS

Eyelash Tint*	£12
Eyebrow Tint*	£8
Eyelash and Eyebrow Tint*	£18
Semi-Permanent Full Eye Lash Extension	£49
Semi-permanent Express Lashes	£30
<i>Adding 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>	

\* Patch test required 24 hours prior to treatment applies to the first treatment.

## 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

*Sienna X manually applied without Body Polish*

Full Body	£18
Half Body	£15

## HAIR SERVICES

*Hair services are carried out in hotel Bedrooms*

Wash & Blow Dry	£24
Blow Dry	£17
Wet cut	£21
Gents cut	£12
Childs cut	(under 12) £14

## TEEN TREATS

(under 16)

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

## BRIDAL

<b>Bridal Package</b>	£169
<i>Bridal Hair Trial and Bridal Hair Actual Bridal Make-Up Trial and Bridal Make- Up Actual File Paint and Shape Fingers and Toes</i>	

<b>Hair and Make-up Package</b>	£139
<i>Bridal Hair Trial and Bridal Hair Actual Bridal Make-Up Trial and Bridal Make- Up Actual</i>	

<b>Hair</b>	£75
<i>Bridal Hair Trial &amp; Bridal Hair Actual</i>	

<b>Make-Up</b>	£75
<i>Bridal Make-up Trial &amp; Bridal Make- Up Actual</i>	

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

## MENS TREATMENTS

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

<b>Facial</b> Duration: 30 mins	£30
<b>Back Wax</b>	from £15
<b>Chest Wax</b>	from £15
<b>Sports Pedicure</b> Duration: 45 mins	£30

## TEETH WHITENING

<b>Teeth Whitening</b>	£99
<i>An advanced cosmetic procedure and non-invasive. The treatment is safe and painless and does not harm the tooth enamel nor the gum tissue</i>	

## SPA PACKAGES

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

<b>Overnight Escape Spa</b>	£127.50 pp
<i>The perfect way to escape and totally relax. Enjoy any treatment, to the value of £55, full use of pool and Jacuzzi, followed by a 2 course lunch with wine, 3 course dinner, overnight accommodation with full English breakfast before your departure</i>	

<b>Early week Spa offer</b>	
<i>10% off Day Spa booked for a Monday, Tuesday or Wednesday only (not in conjunction with any other offer or transferrable to any other day)</i>	

<b>Chill out Sunday</b>	£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*

<b>Children's Birthday Parties</b>	
<i>Saturday and Sunday AM subject to availability. Use of the spa for one hour followed by either a ½ hour facial or ½ hour shape and paint on fingers or toes £12 per head - aged 12-16. (Minimum 6 max 10). Add afternoon tea for £8 per head</i>	

## 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	9.30am - 5.00pm
Tuesday	9.30am - 5.00pm
Wednesday	9.30am - 5.00pm
Thursday	9.30am - 8.00pm
Friday	9.30am - 8.00pm
Saturday	9.30am - 5.30pm
Sunday	10.30am - 4.00pm

We can work outside of these hours by request.

## Gift Vouchers

are available. Please ask for more information.

*Free Parking available at the rear of Hotel*



# Lotus

S P A

AT THE BEDFORD SWAN

WELLBEING FOR MIND, BODY & SOUL

## Spa Experience Price List

01234 369910

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

[www.lotus-spa.co.uk](http://www.lotus-spa.co.uk)

## 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  
It will decongest the back and improve skin tone

### Deep Cleansing Back Treatment £35

Duration: 25 mins  
Back cleanse, toned, exfoliated, massaged and a mask applied

### Ayurvedic Deep Tissue Massage £60

Duration: 55 mins  
Relaxing the muscles further by incorporating hot stones to eliminate toxins and boost energy levels creating a feeling of balanced well-being

### Deep Tissue Massage £60

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

### Aromatherapy 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 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 Hot Stone 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 Massage £55

Duration: 55 mins  
Working on Sen Meridian lines to re-energise and unblock stuck energy, an uplifting massage

### Thai Herbal Poultice Massage £55

Duration: 55 mins  
Heated herbal poultice relaxes the muscles, excellent for arthritis, joint pains and poor circulation

### Shirodhara £45

Duration: 55 mins  
Promotes deep relaxation, eases stress and headaches. Marma points on the body are cleared, followed by a foot, face and scalp massage then warmed oil is poured onto the forehead

### 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

### Reiki £35

Duration: 45 mins  
A subtle healing energy treatment releasing blocked energy and restoring balance and equilibrium. Reiki can be done fully clothed

Can be incorporated into any of our well-being treatments (for an additional £5)

### 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 £40

Duration: 45 mins  
Working on acupressure points and reducing stress, induces deep relaxation, and boosts energy levels. A Body balancing treatment

### Foot Massage £29

Duration: 30 mins  
Relaxing deep massage for aching feet. Hot stones can be added for an additional £5

### Hopi Ear Candles (inc face and scalp massage) £32

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 any of the above well-being treatments (excluding deep tissue) to include a romantic ritual of special scents and oil all by candlelight followed by wine and chocolates

## WRAPS

### Algae Slimming Body Wrap £48

Duration: 55 mins  
Rich in Laminaria which allows active ingredients to stimulate cells increasing the breakdown and elimination of fat

### Green Tea Detoxing Self Heating Wrap £48

Duration: 55 mins  
Fresh and detoxifying formulated with numerous health enhancing components and antioxidants. Green tea leaves are recognised for their slimming and detoxifying properties while draining toxins out of the body

### Chocolate Body Wrap £48

Duration: 55 mins  
Using pure cocoa to relax and detox the skin, this treatment will leave the skin nourished and the body soothed

## MOTHER TO BE

### Ayurvedic Pregnancy Massage £55

Duration: 55 mins  
An indulgent well-being massage for both mother and baby, lying on a gently warmed water filled hydrotherm mat. Easing tension or swellings

### Pregnancy Massage £50

Duration: 55 mins  
A gentle and relaxing massage to help ease this 'demanding' time on the body. Improving circulation, muscle fatigue, back and joint pains

### Soothing Foot and Leg Massage £29

Duration: 30 mins  
Soothe away the aches and pains that pregnancy brings also helping with circulation

### Indian Head Massage £29

Duration: 30 mins  
Soothe away stress and tension in the back, scalp and face

### Calming Aroma Facial £38

Duration: 45 mins  
Gentle soothing natural facial

### Back Massage £29

Duration: 25 mins  
Gentle and soothing to ease away all the stress and tension

## SCRUBS

### Thai Herbal Scrub £48

Duration: 55 mins  
Gentle organic herbal body scrub is applied to the body to exfoliate the skin - then brushed away with hot mitts, incorporates body massage

### Lotus Flower, Pineapple and Cranberry Scrub £48

Duration: 55 mins  
An exotic scrub of pineapple, cranberry and lotus flower body polish softly buffs away any dead skin cells thanks to the lotus plant particles and salt crystals

## CELLULITE TREATMENT

### Cellulite Massage £45

Duration: 50 mins  
Ayurvedic cellulite oil is applied to the body to aid the elimination of cellulite, (detoxify and cleanse), followed by a vigorous cellulite massage using chilli cream and ginseng ice gel

## FACIALS

### Express Facial £30

Duration: 30 mins  
Personalised to suit your individual skin requirements, a perfect pick me up facial for an instant boost. Suitable for all skin types

### Thai Herbal Facial £38

Duration: 45 mins  
An indulgent facial for all skin types. Discover the secret of Thailand's ancient beauty rituals with this traditional Thai facial incorporating a blend of ayurvedic plant extracts

### Hydratherm Facial £48

Duration: 55 mins  
Defying age with this instant moisture boosting facial will deliver smoother, younger looking skin. Using electrical galvanic and high frequency to reach the skins deepest layers

### Prescription Facial £48

Duration: 45 mins  
A deep cleansing facial suitable for normal, congested and combination skin types. The use of high frequency will help to maintain vitality and control skin breakouts

### Calming Aroma Facial £38

Duration: 45 mins  
Using gentle ingrediants for sensitive or delicate skin

### Lotus Spa Skin Peel £35

Duration: 45 mins  
Helps renew and revitalise skin. Softens and lifts away dead cells on skin surface. Improves skin texture and smoothness

## HANDS AND FEET

### Manicure £22

Duration: 45 mins  
Includes soak, scrub, massage, file and polish

### Deluxe manicure £32

Duration: 55 mins  
Includes soak, scrub, intensive hand massage, paraffin wax, file and polish

### Pedicure £26

Duration: 45 mins  
Includes soak, scrub, massage file and polish

### Deluxe Pedicure £36

Duration: 55 mins  
Includes soak, scrub, intensive foot massage, paraffin wax, file and polish

### File, Cuticle tidy and Polish £16

Duration: 30 mins

### French Polish extra £4

Shellac - UV Polish £25

### French Polish extra £4

Remove and re-applied £29

Remove only £5

## GEL NAIL EXTENSIONS

Natural Overlays £30

In-Fill £20

Permanent French Overlays £35

In-Fills £20

## 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