

Packages

Pure Bliss ~ £95

Relax with a Collagen Facial
Full Body Aromatherapy Massage
Use of the Health Club for the day

Girls at Play ~ £75

Luxury Manicure
Luxury Pedicure
Back Neck and shoulder Massage
Use of the Health Club for the day

Pregnancy Pamper (P) ~ £99

Pre-natal body cocoon
Relieving Foot and Leg Treatment
Use of the Health Club for the day

Pamper Day ~ £135

Jessica Manicure
Jessica Pedicure
Back, Neck and Shoulder Massage
Facial
Light Lunch
Use of the Health Club



MANOR of GROVES

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Experience the difference...

Opening Times

Monday - 12pm - 8.30pm

Tuesday - 9.30am - 6pm

Wednesday - 10am - 6.30pm

Thursday - 12pm - 8.30pm

Friday - 9.30am - 6pm

Saturday - 9am - 5.30pm

Sunday - 9am - 5.30pm

Cancellation Policy

Please note for bookings over £40 a non-refundable 50% deposit will need to be taken. We request 24 hours or more notice is given for cancellation.

Men's Club

Men's Ocean Facial (S, C) ~ £35

Thicker, richer in sebum and aggravated by daily shaving, men's skin needs constant energising to maintain suppleness and elasticity.

Men's Sports Manicure ~ £20

Go into business meetings with respectable hands and nails. An SOS treatment to tidy the nails and cuticles to revitalise the hands.

Men's Sports Pedicure ~ £25

You stand on your feet all day long, this treatment is created to massage the feet, remove hard skin, buff the cuticles and clip the nails down.

Tension Busting Scalp Massage ~ £28

Clear your mind with this releasing massage designed to loosen the scalp and free the neck from tension.

Waxing

Back Wax £19

Chest Wax £19

Packages

Men's MOT £65

Sports manicure

Swedish back, neck and shoulder massage

Tension busting scalp massage

Use of the Health Club for the day



at

Manor of Groves
Treatment Brochure

Facials

With each of our facials we will do a 5 minute full consultation to correctly diagnose your specific skin type - (C)

Oxygen Facial ~ £42

Perfect for those skins stressed by everyday pollution such as air conditioning. This facial leaves your skin feeling fresh, bright and alive once more.

Cold Marine Facial ~ £38

Designed to calm a sensitive skin down. Absolutely ideal for anyone suffering with rosacea or eczema.

Rebalancing Facial (S) ~ £35

Great for oily and younger skin. Give your skin the deep cleanse it deserves.

Collagen Facial ~ £55

This non-surgical facial is perfect for a more mature skin. It will help to hydrate, plump out any unwanted lines and will make you feel absolutely gorgeous.

Marine Hydra Moisture Source Facial ~ £38

Total re-hydration for skin in need of a little love.

Exceptional Facial ~ £60

A luxurious facial designed for a more mature skin. Enriched in "Natural Algae Hormone", this really is exceptional skin care.

Collagen Eyes ~ £32

Brighten those eyes with this fantastic mini facial designed to plump out lines and rejuvenate the skin around your eye area.

Express Facial ~ £32

A 30 minute facial perfect for all skin types, designed to leave your skin cleansed and feeling rejuvenated.

Microderma Peel Facial ~ £60 (new)

Renew your skin to reveal perfection! This skin perfecting programme with micro-dermabrasion uses the latest product technology to intensely smooth the micro-contours of your skin for an even toned, firm and radiant complexion. Wrinkles, fine lines and imperfections are visibly smoothed away.

Massage

Swedish Full Body Massage ~ £40

Let our hands do the work for a change! Get rid of those aches and pains with a lovely full body massage.

Swedish Back Neck and Shoulder Massage ~ £28

Enjoy complete bliss with this massage concentrating solely on those achy back muscles.

Deep Tissue Full Body Massage (C) ~ £45

Like the Swedish but much deeper! Perfect for anyone who enjoys a stronger pressure.

Deep Tissue Back Neck and Shoulder Massage (C) ~ £30

A really deep work out to rid the back muscles of any unwanted tension.

Aromatherapy Full Body Massage ~ £45

The most relaxing kind of massage working on the mind, body and soul. Specially developed to use pressure points and essential oils.

Aromatherapy Back Neck and Shoulder Massage ~ £30

Essential oils can penetrate into the body further than any other oil or cream.

This allows them to work the most effectively so this Aromatherapy back massage should really hit the spot.

Pregnancy Massage (P) ~ £45

Relieve those aches and pains even when you are pregnant because this is when you need to pamper yourself the most! (not recommended for ladies under 3 months pregnant)

Aromatherapy Head and Scalp Massage ~ £28

This divine form of massage will help disperse any headaches or tension around the head, face, scalp and neck areas.

Leg Massage ~ £15 (new)

A 15 minute massage to sooth away aches and pains. Perfect for runners and those on their feet all day.

Thalgo Body Treatments

Using technologies from the sea, our Thalgo treatments really have something for everyone

Thalgomince LC24 (C) ~ £50

Combating Cellulite and hard fatty deposits, this invigorating treatment will leave you feeling smooth and supple all over.

Pregnancy Pamper (P) ~ £50

Being pregnant is the perfect time to spoil yourself! This body treatment is also fantastic in helping to prevent and rid yourself of those stretch marks when they occur.

Rebalancing Back Treatment (S,C) ~ £35

This treatment is a facial for your back! It will help to banish any congested area's or even just give your back a well deserved deep cleanse, leaving it feeling smooth and looking great.

Indoceane ~ £55

Fancy treating yourself to something special? Then this is perfect for you. Using techniques from the Mediterranean, Egypt, India and China let us take you on a journey to a stress free better being.

Body Polish ~ £20

A total body therapy which will leave you invigorated and refreshed. Incorporating a full body scrub and hydration treatment. Perfect preparation for your holiday!

Key

P - Perfect for pregnancy
S - Not recommended for clients with a sea food allergy
O - Open toe shoes recommended
C - Recommended as a course for the best results
E - Exfoliation recommended the night before the treatment
B - Baggy clothes recommended
PT - Patch test required 24 hours before treatment
SH - To ensure comfort, we recommend facial hair is removed the night before

St Tropez Tanning

Perfect for a special occasion, our St Tropez cream tan can last up to 10 days! It will leave you with a healthy glow which will go to the same colour that you would after two weeks in the sun!

Full Body Tan (E,B) - £40

Legs only Tan (E,B) - £20

Waxing

Full Leg - £20

1/2 Leg - £15

Full Arm - £15

1/2 Arm - £12

Under Arm - £9

Bikini Line - £9

Full Leg & Bikini Line - £25

Lip - £7

Chin - £7

Eye Brow - £7

Gift Vouchers

Our Thalgo gift vouchers make the ideal present. Vouchers are available from our Health Club Reception. We also stock a range of retail products to compliment our treatments

relax rest unwind invigorate revitalise energise

