

JETTY

LAKE HOUSE SPA

Spa Treatments

MASSAGES

Aromatherapy Massage (£75 - 1 hour)

Gentle, soothing massage with a blend of essential oils chosen to suit your own particular needs. Includes the back, legs, feet, arms, face and finishing on the scalp for complete peace and relaxation.

Swedish Massage (£75 - 1 hour)

Swedish massage is a full body massage that helps invigorate the body, ease tension and aid blood and lymph flow. Back, legs, arms, face and scalp are all included.

Indian Head Massage (£75 - 1 hour)

An ancient traditional Eastern massage that has been used for centuries to invigorate, de-stress and eradicate any tension. It is particularly beneficial for any one suffering from sinus problems, headaches, or tension. The back, neck, shoulders, face and scalp are all massaged.

Hot Stones Massage (£80 - 1 hour)

Stone therapy is a massage technique that uses smooth, warm stones to relax the muscles and ease away any tension. This is also a treatment that has been around for centuries. Truly an indulgence for the body as the technique's and heat aids the circulatory and lymph systems.

Holistic Facial & Swedish Massage (£105 - 1½ hours)

Start your facial treatment with a 30-minute back, neck and shoulder massage, then lie back and relax while your face and scalp receive the pampering they deserve! Also includes a relaxing foot massage.

AROMA CONSULTATION

Aroma Consultation (£40 - ½ hour)

Personal Aromatherapy Consultation: The Jetty Spa is able to offer you the unique opportunity to develop a range of products, which are completely bespoke for you. Our therapist's will spend time with you to develop your own personal Aromatherapy blend, which will then be made into a body cream or balm, bath soak or salt scrub and a pulse point oil.

FACIAL

Holistic Facial (£75 - 1 hour)

This helps promote smooth, radiant skin, reduce stress and tension in the face, neck and shoulders and aids the relief of headaches. A mask is applied using organic clay and floral waters to match your skin's needs. Whilst the mask works its wonders your feet are massaged, then your face, scalp, neck and shoulders are treated to an aroma holistic massage. Holistic facial is a deluxe treatment that will benefit the whole body.

MANICURES & PEDICURES

Jetty Spa's Luxury Manicure (£70 - 1 hour) (£20 supplement for Gel polish)

A luxurious treatment for the hands, including a shape and tidy of the nails and cuticles, hand scrub, heated mitts and massage. All finished off with high quality nail varnish.

Jetty Spa's Luxury Pedicure (£70 - 1 hour) (£20 supplement for Gel polish)

A complete relaxation for the feet, including a shape and tidy of the nails and cuticles, foot scrub, hard skin removal, heated booties and massage which is great for any water retention. To finish off, the nails are painted with a high quality nail varnish

Gel Polish Removal (£15 - 15 mins)

Gel removal prior to a manicure or pedicure.

Jetty Spa's Shape and Paint (£30 - ½ hour)

This is a quick yet efficient treatment for the nails. The cuticles are tidied and nails shaped, high quality nail varnish to finish off. (Hands or Feet.)

Leighton Denny Gel Polish (£40-45 mins)

The gel polish by Leighton Denny gives a non-chip polish that lasts up to two – three weeks, with an incredible shine finish. The products used respect the natural nail and promote healthy nail growth by using essential minerals.

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Treatments during Pregnancy

We cannot offer massage during the first 12 weeks however we do offer the holistic facial or nail treatments, After 12 weeks we can offer all treatments except hot stones. The therapists will take care to ensure your comfort throughout your chosen treatment.

Treatments whilst undergoing or recovering from medical treatment.

Please do feel free to discuss or to email us we will be happy to amend/adapt our treatments to ensure your comfort and well-being.

Here are a few simple general guidelines to help you enjoy your visit...

- The Jetty Spa environment is one of relaxation and enjoyment. Please refrain from using mobile phones and other devices which may affect other guests' privacy and peace.
- When booking a treatment or Jetty Spa Trail package please advise us of any health conditions, allergies or injuries. It is the client's responsibility to ensure the therapist is made aware of any current or previous medical conditions as it may be necessary to adapt or change your treatment.
- Please advise us if you are pregnant so that we can ensure your treatment is suitable and adapt it if necessary. Unfortunately we do not offer any Spa treatments during the first 12 weeks of pregnancy.
- Treatments are only available to over 16s.
- In the unlikely event that you are unhappy with your Jetty Spa experience please raise any concerns immediately so that we may be given the opportunity to resolve them before you leave the Spa.
- Jetty Spa cannot accept responsibility for any loss or damage to personal belongings.
- Smoking is not permitted in the Spa, please use the Den on the decking.

Individual Treatments

- It is advisable to book appointments in advance to avoid disappointment.
- Please arrive at least 15 minutes prior to your treatment to allow time to relax in our Spa Reception with a drink and complete a consultation form.
- Late appointments may result in a shorter treatment to accommodate other guests' appointments. The full price will still apply.
- Please give 24 hours' notice when cancelling appointments.
- Missed appointments will still be charged at the full rate.