



ELLERMAN HOUSE

SPA

ELLERMAN HOUSE SPA MENU



FACIALS

!QMS MEDICOSMETICS

!QMS Facial

Let your skincare therapist advise you on the best !QMS facial for your skin **90 minutes**

THE ULTIMATE BLISS FACIAL

The ultimate skin care treatment. Enjoy a luxurious facial, customised especially for your skin, a pressure point scalp massage and a foot stone treatment **120 minutes**

DERMALOGICA

ANTIOXIDANT FACIAL

Multivitamins add a surge of vitamins to a dull, tired lack-luster skin and the treatment instantly recharges skin in crisis from too much sun, stress and air travel. It boosts the skin's resilience and visibly smooths fine lines **90 minutes**

DEEP CLEANSING PURIFYING FACIAL

Designed to rebalance oily blemished skin. Includes steaming, gentle extraction and a special mask to help unclog and purify pores **90 minutes**

DELICATE DEFENCE FACIAL

Designed to calm redness associated with sensitive, irritated skin and cuperose. It soothes allergic, reactive complexions **90 minutes**

RESCUE FACIAL

Ideal for naturally dry skin or for complexions dehydrated by the environment. Results are immediate. Skin feels dewy moist and incredibly soft **90 minutes**

ANTIOXIDANT FACIAL

Multivitamins deliver a surge of vitality to a dull, tired lack-luster skin and the treatment instantly recharges skin in crisis from too much sun, stress and air travel. It boosts the skin's resilience and visibly smooths fine lines **90 minutes**

ENVIRON

ENHANCING VITAMIN THERAPY

This targeted treatment ensures that your primary skin care concerns are taken care off. It incorporates a penetrating, enhancing mask for amazing results **60 minutes**

PURIFYING VITAMIN THERAPY

(Mini Peel) Purifies, micro-exfoliates and rehydrates your skin. Greatly assists with the treatment of acne, scarring and deep tissue congestion. The combination of scientifically advanced products and techniques revives and refreshes your skin **60 minutes**

ULTIMATE VITAMIN THERAPY

(Long-term users of Environ only) **60 minutes**

MASSAGE THERAPY

AROMATHERAPY MASSAGE

Gentle soothing massage strokes are used together with essential oils together with a combination of essential oils of your choice to relax, revitalise, rebalance or purify the body. The benefits linger long after the massage is over **60/90 minutes**

BELLABACI MASSAGE

One of the best deep tissue massages available. A wonderful ancient technique has found its place in the modern world of healing. This massage incorporates the use of Bellabaci cups to release toxins from muscles and enhancing circulation. It causes a vacuum of up to 4 inches into the tissue, causing it to release toxins and activate the lymphatic system **60/90 minutes**

DEEP TISSUE MASSAGE

A full body stress and tension-releasing massage **60/90 minutes**

LASTONE THERAPY

The ultimate treatment to bring you to a new level of relaxation. The use of heated stones eases muscle tension and cool stones soothes away inflammation **90 minutes**

MANUAL LYMPH DRAINAGE

Enjoy this specialised light pressure massage that will help with water retention and aid in removing toxins and waste products from the body **90 minutes**

TRADITIONAL JAPANESE BODY WORK

Using no oil, Anma involves gentle stretching mobilisation and deep pressure on the neuro lymphatic points. The treatment aims to bring wholeness and balance to the body **60/90 minutes**

SWEDISH MASSAGE

A full body massage based on classic European massage techniques using long, smooth strokes to relieve stress and tension. This is not a deep pressure massage but a medium pressure. Emerge with a feeling of total wellbeing **60/90 minutes**

CHINESE STRETCH MASSAGE

This massage relaxes the muscles, opens up joints and encourages the flow of circulation in the body. After every stretch, hot stones are applied in both stagnant and sweeping movements as to prevent stiffness or sore muscles for the next day **60/90 minutes**

OMEGA FULL BODY MASSAGE / MELLOW MAMA

A complete relaxing full body massage, using our Omega-rich oils to relax muscles. This is also a safe and effective pre-natal treatment. **90 minutes**

AROMA STONE MASSAGE

This relaxing massages includes the use of hot stones and traditional massage. Perfect after a long flights for relaxing aching muscles. **60/90 minutes**

BODY TREATMENTS

THE SMOOTHIE

Rejuvenate your skin and clear your mind. Mama Mio smoothie will exfoliate your skin oh-so-gently, followed by the moisture massage to hydrate and elasticise your skin. **90 minutes**

SEA SALT SCRUB

The exfoliating benefits of sea salt, combined with the invigorating aroma of selected essential oils, enlivens body and mind. Followed by an hour relaxing body massage, your skin is feeling silky smooth.

Note: Please do not shave or schedule same-day waxing services with this treatment **90 minutes**

BODY BRONZING

Allow 8 hours after treatment for development before showering. You will receive a free body butter or shimmer cream. After a full body scrub, Caribbean Tan is applied using a special spray system. Average duration of tan is 5-10 days. **90 minutes**

BODY WRAPS

CELLULITE NATURAL CLAY BODY WRAP

A lightly effective treatment that has been specifically designed to reduce stubborn fatty deposits by increasing circulation on cellulite areas **90 minutes**

DETOXIFYING NATURAL CLAY BODY WRAP

This body wraps restores a state of well-being by activating the lymphatic systems thereby promoting detoxification and reducing fluid retention **90 minutes**

MUSCLE EASE NATURAL CLAY BODY WRAP

A restful treatment to release tension and stiffness from tired or over-exerted muscles, promoting relaxation and wellness **90 minutes**

SERENITY NATURAL CLAY BODY WRAP

An exquisite treat that promotes inner calm and becomes your peaceful sanctuary. It is designed to free up the mind and ease the stress and strains of an emotionally demanding lifestyle **90 minutes**

VITALITY NATURAL CLAY BODY WRAP

A stimulating and anti-ageing body wrap to boost immune function and natural energy levels. Has many physical and emotional benefits **90 minutes**

HAND & FOOT THERAPIES

MANICURE

This classic manicure will get nails and cuticles in shape. Hands and arms are softened with a gentle exfoliation followed by a relaxing moisturising massage. With your choice of nail colour **60 minutes**

GEL MANICURE

A long lasting LED baked gel polish with your normal classic manicure **90 minutes**

PEDICURE

A traditional pedicure, aromatic sea salts, an exfoliating scrub and invigorating massage energises your feet and soothes the skin. Finished with your choice of nail varnish **60 minutes**

GEL PEDICURE

A long lasting LED baked and gel polish with your traditional pedicure **90 minutes**

FOOT REFLEXOLOGY

An ancient art of pressure point massage. Restores a sense of balance by targeting specific pressure points on the feet to improve circulation, relieve stress and tension, inducing a wonderful sense of relaxation **45 minutes**