

## DECLEOR BODY TREATMENTS ESPECIALLY FOR MEN

### Purifying Back Treatment (45 minutes) £32.00

This treatment involves exfoliation of the back, a massage using Decleor aroma oils as a deep cleansing mask. The treatment is ideal for congested, oily skin and clogged pores. It brightens, purifies and cleanses.

### Body buff (45 minutes) £28.00

This all over face to body exfoliation to leave the skin silky smooth and baby soft with an all over application of a rich and nourishing moisturiser.

### Ultimate foot relaxer (25 minutes) £25.00

For those tired feet and legs. Pamper them with the ultimate of treats. Starting with a full exfoliation of the lower legs and feet, following with a sumptuous massage using the best aromatherapy balms.

### Mother-to-be programme (1 hour 15 minutes) £45.00

A carefully tailored programme of safe, effective and relaxing treatments that meet your individual needs. It prevents the appearance of stretch-marks, reduces water retention, restores comfort to aching legs and rebalances pigmentation and complexion problems.

### Perfect Legs (55 minutes) £38.00

This treatment is designed for anyone who is on their feet all day or suffers from heavy legs, poor circulation or cellulite. It leaves the legs feeling fresh, revived and relaxed.

### Perfect Contour (55 minutes) £38.00

A specifically designed Decleor massage which targets the unsightly appearance of cellulite. The spice powder mask applied to the concerned area, replenishes minerals that are lost during dieting.

### Mens facial (1 hour) £33.50

Course of 6 £167.50

Today's man can also enjoy and reap the benefits of Decleor. Specifically for skins sensitive to shaving or pollution, although applicable to all skin types.

### Mens grooming manicure (30 minutes) £13.00

including cuticle work

### Mens grooming pedicure (45 minutes) £18.00

including foot massage

### Purifying back treatment (45 minutes) £32.00

### Stimulating Swedish massage (55 minutes) £36.50

### Back, shoulder and neck (25 minutes) £25.00

## WAXING FOR MEN

### Chest wax £15.00

### Back wax £15.00

### Chest and back wax £22.50

### Eyebrow tidy £5.00

### Opening Times

Monday - Sunday

### Cancellation Policy:

On Friday to Sunday there will be a 50% charge taken if 24 hours notice is not given. Please be ready to give your credit card details when making your booking.

### Chesford Grange

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# Reflections

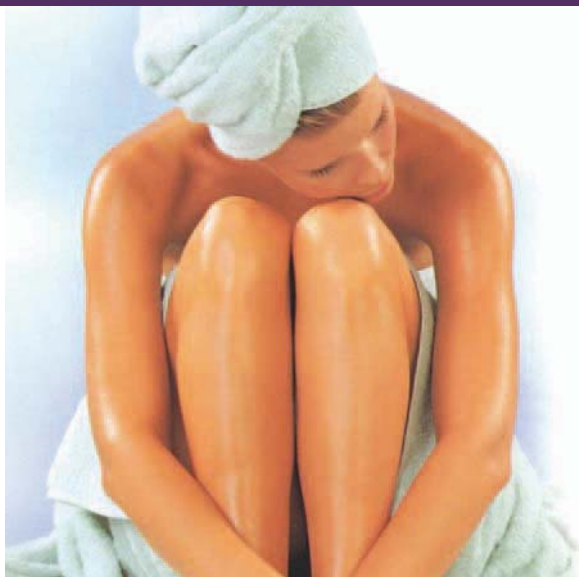
HEALTH, FITNESS & SPA

# WELCOME TO Reflections

HEALTH, FITNESS & SPA

**REFLECTIONS** AT CHESFORD  
GRANGE IS SYNONYMOUS WITH  
EXCELLENCE AND PRODUCTS OF  
THE HIGHEST QUALITY.

Our beauty team has selected Decléor to treat you. Relaxing and soothing, each treatment produces an effect which is very beneficial for mind, body and spirit, helping you to counteract the stresses of modern day living.



## TREATMENT TIMES

Please note that treatment times stated are for actual treatment and approximate. Please allow a further 10 - 15 minutes for treatment preparation and consultation, prior to the appointment time on your first visit.

## PAMPER DAYS

<b>Mini Pamper Day</b> (1 hour 30mins)	<b>£49.00</b>
Back massage, full Decléor facial.	
<b>Standard Pamper Day</b> (2 hours)	<b>£55.00</b>
Back massage, full Decléor facial, file and paint (hands or feet).	
<b>Deluxe Pamper Day</b> (4 hours)	<b>£95.00</b>
Full body massage, full Decléor facial, manicure, pedicure, free sunbed session.	
All pamper days include full access to the Reflections Leisure Club.	

## FOR THE FACE

All skin types (1 hour)	<b>£33.50</b>
Course of 6	<b>£167.50</b>
This hydrating and revitalising treatment promotes the skin's absorption of essential active ingredients and vitamins, intended to compensate for major imbalances of the skin. It gives the skin a soft, velvety and illuminous appearance visible immediately after treatment.	
This treatment could be tailor made to suit your requirements for an additional £4	
<b>Deep Nourish - Dry skin</b> (1 hour 15 minutes)	<b>£41.50</b>
Course of 6	<b>£187.50</b>
Restores a smooth appearance to the driest of skins. Wrinkles and face lines are plumped out and the epidermis is visibly refreshed.	
<b>Rebalance - Oily combination skin</b> (1 hour 15 minutes)	<b>£41.50</b>
Course of 6	<b>£187.50</b>
This treatment cleanses and purifies the skin. It eliminates impurities, cleanses and balances the epidermis, leaving the skin fresh, clean and glowing with health.	
<b>Sheer Calm - Sensitive skin</b> (1 hour 15 minutes)	<b>£41.50</b>
Course of 6	<b>£187.50</b>
Specifically designed for delicate, sensitive skin, this soothing treatment calms the most reactive complexion. It refreshes the skin and helps to reduce redness and irritation. It soothes the skin, restores balance and leaves the face looking smooth and velvety.	
<b>Revitalising - Mature skin</b> (1 hour 15 minutes)	<b>£41.50</b>
Course of 6	<b>£187.50</b>
This treatment revives tired skin, which has lost its tone. It helps to prevent ageing of the skin by smoothing out fine lines and wrinkles. It stimulates the different functions of the skin, restoring firmness and vitality.	

## HANDS AND FEET

<b>Jessica prescriptive manicure</b> (45 minutes)	<b>£25.00</b>
<b>Luxury manicure</b> (1 hour 15 minutes)	<b>£30.00</b>
with Le Remedi or heated mitts	
<b>Men's grooming manicure</b> (30 minutes)	<b>£13.00</b>
including cuticle work	

## HANDS AND FEET

<b>File and polish</b> (15 minutes)	<b>£8.00</b>
<b>Re-varnish</b> (15 minutes)	<b>£6.00</b>
<b>Zenspa pedicure</b> (1 hour)	<b>£22.00</b>
including foot mask	
<b>Luxury zenspa pedicure</b> (1 hour 15 minutes)	<b>£28.00</b>
with heated booties and foot mask	
<b>Additional French polish</b>	<b>£4.00</b>

## EYES

<b>Eyebrow shape</b>	<b>£5.00</b>
<b>Eyelash tint</b>	<b>£8.00</b>
<b>Eyebrow tint</b>	<b>£5.00</b>
<b>Eyebrow and eyelash tint</b>	<b>£15.00</b>
NB. A tint test is required 24 hours prior to treatment if eyelashes have not been tinted before.	

## WAXING

<b>Full leg</b>	<b>£17.00</b>
<b>Full leg including bikini</b>	<b>£20.00</b>
<b>Half leg</b>	<b>£11.00</b>
<b>Three-quarter leg</b>	<b>£14.00</b>
<b>Half leg including bikini</b>	<b>£15.00</b>
<b>Bikini</b>	<b>£7.00</b>
<b>Underarm</b>	<b>£6.00</b>
<b>Upper lip</b>	<b>£6.00</b>
<b>Lip and chin</b>	<b>£8.00</b>
<b>Chest or back</b>	<b>£15.00</b>
<b>Chest and back</b>	<b>£22.50</b>
<b>Eyebrow</b>	<b>£5.00</b>
<b>Forearm</b>	<b>£11.00</b>
<b>Half forearm</b>	<b>£8.00</b>

NB. It is advisable not to have a sunbed or partake in water based activities for 24 hours after any waxing treatment.

## ESSENTIAL BRONZING

Includes exfoliation to leave the skin silky soft. The perfect tan with no harmful effects from the sun

<b>Full body</b> (1 hour 30 minutes)	<b>£45.00</b>
includes mini facial	
<b>Legs</b> (25 minutes)	<b>£15.00</b>
<b>Face</b> (25 minutes)	<b>£15.00</b>

## BODY MASSAGE

<b>Back massage</b> (25 minutes)	<b>£23.00</b>
<b>Back and scalp massage</b> (25 minutes)	<b>£26.00</b>

## DECLÉOR BODY TREATMENTS



The spa mosaic program is made up of four different themes: Relax, Tonic, Flow and Detox. The treatments can be mixed and matched to suit your individual needs and concerns.

### Full Body Aromatic Massage (55 minutes) **£40.00**

This new aromatic massage aims to relax, improve well being, de-stress, relieve tension and improve circulation. It is a combination of thai, aromatherapy, reflexology and shiatsu movements.

### Aroma-Relax (1 hour 15 minutes) **£42.00**

The divine sensation of a cream mask, which is applied to the whole body. A soft and warm cocoon that makes you feel both good and relaxed. Ideal for pamper days, pre-holiday and brides

### Aroma-Flow (1 hour 15 minutes) **£42.00**

A friction massage using a plant based powder, followed by a body wrap to boost circulation. Extremely energising, ideal for poor circulation, heavy legs and puffy ankles.

### Aroma-Detox (1 hour 15 minutes) **£42.00**

The beneficial action of an algae mask applied to the entire body, by draining away toxins as well as fat and water build up. The ultimate refining treatment recommended for slimming, detoxifying and cellulite.

### Aroma-Tonic (1 hour 15 minutes) **£42.00**

The gentle comfort of a rich cream mask bursting with hydrating, firming and anti-wrinkle agents to leave your skin smooth and toned. The youthful body treatment.