



New from Hustyns

**treatments
& therapies**



Taster Facial

30mins

This introductory facial provides a quick and instant pick-me-up for any occasion.

ELEMIS SKIN SPECIFIC FACIALS

1hr

Fruit Active Glow

Skin is deeply cleansed and stimulated using specialist eastern massage techniques. Powerful conditioning while actively nourishing and renewing vital radiance.

Exotic Moisture Dew

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst quenching actives that will bring back that healthy, dewy look to the skin.

Herbal Lavender Repair

Recommended for restoration of skin balance. Deep cleansing, to draw out impurities. This facial will reduce unwanted shine, refine pores and treat skin breakouts.

ELEMIS SKIN SOLUTIONS

1hr 15mins

Oxygen Skin Calm Facial

Pure soothing heaven for sensitive skin. Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask impregnated with Absolute Skin Calm Booster serum. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

S.O.S. Purifying Facial

A purifying treatment for congested skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, impregnated with Absolute Vita-C Booster serum. Helps to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matte finish.

ELEMIS

facials

ADVANCED PERFORMANCE FACIALS

Elemis Visible Brilliance Facial

To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps the skin while helping to reduce dark circles. The skin's moisture levels are proven to increase by 38% and elasticity by 28% after 1 treatment.

Pro-Collagen Quartz Lift Facial

1hr 15mins

ONE Anti-Wrinkle Facial with Proven Results!

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just 1 treatment, this facial reduces the number of wrinkles by up to 94% and improves skin firmness by up to 57%. Specialised lifting massage techniques are

combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance.

Elemis Tri-Enzyme Facial

1hr

Proven to improve skin smoothness by 32%, resurfaces skin by 75%, and can also improve skin smoothness by 91% (in conjunction with home care products). The new tri-enzyme resurfacing programme, combining professional facial treatment and resurfacing home care regime, is designed to target: fine lines and wrinkles, acne and superficial scarring, uneven skin tone (such as blotchiness or brown spots).

A patch test will need to be carried out 30 minutes before the start of the treatment.



Deep Tissue Back Massage

30mins

Specifically targeting the back, shoulders and neck areas, where you need it most. Chakra balancing, with exotic frangipani oil.

Scalp Massage

20mins

Relieve and de-stress tension areas around the temples and pressure points of the head.

Hustyns Special

45mins

Ease away tension in the head, back, calves and feet. Perfect before or after exercise.

Swedish Massage

1hr

A full body massage designed to target specific tension areas, suitable for all.

Deep Tissue Massage

1hr

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised full body massage.

Choose from:

- **Stress away** – wind down & release the tension of the day
- **Spirit reviver** – a powerful surge to invigorate & recharge
- **Muscle melt** – relax & re-energise a tired and aching body
- **Chakra balancing** – reconnect your mind, body & soul.

Aroma Stone Therapy

1hr 15 mins

Warm Basalt stones to melt away tension. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

Hot Stones Back

30mins

BODY WRAPS & EXFOLIATION

Aroma Spa Ocean Wrap

1hr 15mins

Powerful seaweed treatments for complete detox. A beautiful, warm, aromatic seaweed body mask is applied, before you are cocooned in a therapeutic foil wrap. Let your thoughts drift away, while you enjoy a pressure point face and scalp massage. Choose from:

- **Musclease Aroma Spa Ocean Wrap** to help ease the pain of rheumatism, arthritis and muscle spasm
- **Cellutox aroma Spa Ocean Wrap** to decongest, reduce fluid retention and refine the appearance of cellulite.

body treatments

Exotic Coconut & Milk Ritual Wrap

1 hr

Pure sensuality to enliven the senses. Warmed skin nourishing milk bath is drizzled over the body before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point face and scalp massage.

Exotic Frangipani Body Nourishing Wrap

1 hr

For immediate softness and suppleness. Aromatic Tahitian coconut and frangipani flowers are soaked together to produce the monoi which is poured all over the body, which is then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

Exotic Lime & Ginger Salt Glow

45mins

Invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is drizzled luxuriantly over the body before the Exotic Lime & Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant.

Why not add on to any 1hr massage?

Face & Body Sensation

55mins

Pure body indulgence with exceptional anti-ageing facial results! In just 55 minutes your Elemis therapist will customise a unique Elemis 'ice-cool thermal muscle massage' to your specific problem areas, alleviating stress and easing aching muscles. While your body is in a pure state of blissful relaxation, receive an intensive anti-ageing booster facial that will smooth out your wrinkles and restore youthful radiance.





Elemis

Total Time Out

2hrs

Complete skin, body and lifestyle solutions. Select either the **Skin IQ Facial**, or the **Urban Cleanse Facial**, combined with the dynamic and immediate tension relief of the prescribed **Elemis Deep Tissue Muscle Massage**.

Achieve the ultimate goal of Total Time Out.

Scalp Massage

20mins

Relieve and de-stress tension areas around the temples and pressure points of the head.

Hustyns Special

45mins

Ease away tension in the head, back, calves and feet. Perfect before or after exercise.

Skin IQ Facial

1hr 15mins

Anti-ageing booster for tired, stressed skin. Helping to calm irritation and minimise the signs of ageing, this facial is the ultimate overhaul for male skin. Protecting against the harsh, ageing effects of shaving and environmental damage, moisture levels are proven to increase by 38% and elasticity by 28% after 1 treatment.

Urban Cleanse Facial

1hr 15mins

Deep cleanse and complete skin detox. This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and thoroughly cleansed.

treatments for men

Deep Tissue Muscle Massage

1hr

This powerful, customised massage uses dynamic blends of prescribed essential oils to suit individual needs and reduce specific stress and muscle tension.

Deep Tissue Back Massage

30mins

Minimum time, maximum tension relieving results. Specifically targeting the back, shoulders and neck areas - where you need it the most.

Male Grooming for the feet

30mins

A foot care treatment for tired feet, including a relaxing foot spa, exfoliation & moisturiser to soften the skin.

Male Grooming for the hands

25mins

A hand & nail treatment to care for the nails & cuticles and make them look their best.

Aroma Stone Therapy

1hr 15mins

Warm Basalt stones to melt away tension. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

Hot Stones Back

30mins





HAND TREATS

Pro-collagen hand and nail treatment

30mins

An anti-ageing treatment to soothe dry, chapped hands and nails. Conditioning and strengthening nails, this treatment targets age spots, reduces 'crepiness' and leaves hands beautifully smooth and youthful looking.

Why not add a nail paint or a 1hr manicure?

Jessana Prescription Manicure

45mins

A full manicure to tidy and maintain natural nails.

Jessana Manicure

1hr 15mins

Let those tired hands relax and indulge them with a luxurious treatment manicure using the exclusive Jessana range for softer and firmer skin. Leaves the hands replenished and rejuvenated.

JESSANA

hands... feet... eyes...

FEET TREATS

Standard Pedicure

45mins

A pedicure to care for tired feet including a foot soak, exfoliation and toenail painting.

Zenspa Pedicure

1hr 15mins

Soothe tired, aching feet with an indulgent Zenspa foot and leg treatment. Designed to calm and relax or energise and stimulate while softening and smoothing the skin.

Elemis Sole Delight foot treatment

30mins

A sensory experience for your feet, which promises to leave you walking on Cloud Nine. Warmed aroma-therapeutic oils nourish and condition your feet.

Why not add a nail paint?

EYE ENHANCERS

Eyelash tint

20mins

Eyebrow tint

15mins

Eyelash & eyebrow tint

30mins

A patch test will need to be carried out 24 hours in advance of the treatment.

Eyebrow shape

15mins



WAXING

Half leg
30mins

Half leg & bikini
45mins

Full leg
1hr

Full leg & bikini
1hr 15mins

Bikini
20mins

Underarm
20mins

Upper lip or chin
15mins

Back
30mins

Chest
30mins

TANNING

Sol glo Spray Tan
45mins

A beautiful, natural looking all-over spray tan, with no harmful effects to the skin.



SPA DAY PACKAGES

FULL-DAY PACKAGES

All include breakfast & lunch, provision of robe & towel, and full use of the leisure facilities.

Top to Toe Indulgence...

Cellutox or Musclease Aroma Spa Wrap, Deep Tissue Massage, Jessana Manicure & Advanced Facial.

Pure Bliss

Exotic Lime & Ginger Salt Glow, Deep Tissue Massage, Jessana Pedicure & Advanced Facial.

Pamper Me

Deep Tissue Massage, Advanced Facial, Jessana Manicure & Pedicure.

special treatments & spa packages

HALF-DAY PACKAGES

To include full use of the leisure facilities.

Spoil Me

Cellutox/Musclease Aroma Spa Wrap & Deep Tissue Massage.

Absolute Spa Ritual

Deep Tissue Massage combined with an Advanced Facial.

Polish & Revitalise

Exotic Lime & Ginger Salt Glow and Skin Specifics Facial.

Time Out

Hustyns Special (head, neck, back, calves and feet massage) and Pedicure.

Contact us for a no-obligation consultation.





For more information please do not hesitate to contact our qualified therapists on **+44 (0)1208 893 704**
Residents' extension no: **3704**

We are open 7 days a week, late night opening until 8pm on weekdays.

Terms & Conditions

There is a minimum of 24 hours' notice for cancellation of a booking. Failure to give notice will result in a 50% cancellation charge.

All treatments of over 1 hour include complimentary use of our leisure facilities including spa pool, pool, steam room, sauna and gymnasium.

Health Conditions

There are some contra-indications to certain treatments. A medical questionnaire is required to be completed prior to your spa treatment. Please advise us of any medical condition such as high/low blood pressure, heart conditions, circulatory disorders, epilepsy, diabetes, allergies, cancer, pregnancy or if you are currently taking any medication.

Hustyns Leisure Limited (Registered in England No: 5737003 - VAT No: 001 7410 37)