



Le Jardin  
LUXURY SPA



Welcome to

# Le Jardin

LUXURY SPA

Welcome to Le Jardin Luxury Spa, tucked away in a serene location that provides an oasis of tranquility, fostering an ideal atmosphere for well-being, mindfulness, and relaxation.

Our extensive treatment menu and a team of outstanding therapists ensure that our spa days are crafted to offer your mind, body, and soul a well-deserved respite.

Within our five treatment rooms, we provide a variety of facials, body treatments, and massages, all utilizing high-quality products, including our exclusive Le Jardin range and Temple Spa.

Make the most of our exquisite facilities, which feature a Thermal Suite and a Relaxation Room.

## *Opening Times*

Mon 9am-6pm

Tues Closed

Wed 9am-6pm

Thurs 9am-9pm

Fri 9am-9pm

Sat 9am-6pm

Sun 9am-6pm

Our Spa experiences are available to anyone over the age of 18yrs.

We provide robes, slippers & towels.

All treatment times include consultation and homecare advice.

Our thermal suite is allocated for use 1hr before any treatments of 50mins or more duration allowing you time to relax before treatment.

A non-refundable deposit is required upon booking and we operate a 24hr cancellation policy, should you cancel within that 24hr full payment is required.

# FACE

## **Signature Facial - Le Beauté (50min) £85**

Using essential oils distilled fresh from the spa, this facial combines a gentle cleanse, tone & exfoliation of the skin, finishing with the application a vitamin & nutrient laden facial oil.

## **My Kinda Skin (50min) £110**

Prescription & Skin Boosting Facial  
Bespoke Prescription Facial where we analyse your skin and prepare a tailored treatment just for you. Your facial includes our signature facial massage plus a relaxing scalp massage. You will feel amazing and your skin transformed.

## **All About The Glow (50min) £115**

Vitamin C Radiance Facial Workout  
This advanced skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin C and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.

## **Champagne & Truffles 50/80min £125/£165**

Deluxe Smooth & Firm Facial

This luxury facial combines our Award Winning Skin Truffle Formulas with a resurfacing peel and an anti-ageing lifting and sculpting face massage leaving your skin visibly plumper, firmer, radiant and glowing. Upgrade to the 80 minute treatment and begin with a hot stone massage to the upper back, neck & shoulders, also with the addition of a hydrating & brightening alginate mask to iron out fine lines and wrinkles followed by a rose quartz therapy. Add a glass of fizz and a delicious chocolate truffle to complete the luxury and help you relax.

### **\*Enhance your facial (20min) £40**

*Enhance any Facial by adding a boosting indulgent gold, cavair, CBD or pearl mask with scalp massage*



# BODY

## **Vive Le Mer (75min)**

**£115**

A warm & detoxifying seaweed wrap followed by a stimulating circulation cryo globe massage with adipose targeting gel makes this a highly results driven treatment. Significantly targeting cellulite with the aim of firming and soothing the skins surface.

## **Le Jardin Exfoliating Body Scrub (50min)**

**£95**

A full body exfoliation with a seasonal scrub followed by a warm herbal mist and nourishing warm body melt balm application.

## **Bare Roots (50min)**

**£90**

Soak away tension with a serene footbath and scrub. Feet will then be grounded with a warm foot mask while a hot stone calve massage relieves tension in the calf muscles.

## **Oriental Foot Treatment (40min)**

**£75**

Working exclusively on the feet and concentrating on pressure points this foot treatment helps alleviate stress and encourage healing.

## **Scalp Reviver (40min)**

**£75**

A deeply relaxing scalp massage using warm nettle & rosemary infused oil to encourage hair growth & nourish the scalp.

## **Your Best You (50min/80min)**

**£110/£140**

### **Menopause Body Treatment**

This unique top-to-toe Menopause treatment is bespoke to you. The gentle, caring massage uses a combination of expert therapist hands & Himalayan Salt stones with soothing skincare to support stress relief, increase energy and positively boost your mood. Rhythmic stretches and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful.

# Massage

## **Signature Lux Linen Massage (50/80min) £95/£125**

Our signature massage is the ultimate in relaxation, following an inhalation of our seasonal inspired scent. Your therapist will cover your body in warm scented linen before beginning a sedative massage.

## **Deep Tissue Massage (50min) £105**

Our spa favourite with athletes or those who have pushed their body to extremes. This treatment works out tight knots and also softens worn muscles as your therapist uses various massage modalities to stretch and loosen your body and help regain balance.

## **Hot Stone (50min) £100**

Relieve stress and melt muscular tightness with an aromatherapy massage combining hot stones and sedating acupressure techniques. This massage uses heated stones which work their way into deep seated knots and tension.

## **Feeling Good (50/80mins) £100/£130**

Energising Aromatherapy Massage

This revitalising power massage uses our vibrant and joyful aromatic oil inspired by the zest of Mediterranean Citrus groves. Bergamot, Sweet Orange, Lemon and cooling Mint working alongside our invigorating massage movements designed to combat fatigue and encourage circulation. You will be left feeling re-energised and at ease. Upgrade your experience to 80mins for an exceptional radiance facial. Guaranteed to put a spring back into your step and skin!

## **Stress Not (50/80min) £110/£130**

CBD Wellbeing Massage

This calming & anti-inflammatory massage targets muscle pain & melts away tension leaving you feeling inexplicably relaxed & soothed from top-to-toe. Our CBD balm Stress Not naturally eases muscles stiffness & calms a busy mind...giving you a moment of blissful respite. Upgrade your experience to 80mins to include a signature face & scalp massage using our CBD skin booster facial oil Light Relief.

# Mum to Be

## **New Beginnings (50min)**

**£95**

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage with our specially trained therapists easing those sore, tired aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too.

## **Le Aroma Mamon (80min)**

**£165**

Le Jardin pregnancy treatment will cocoon you during this unique time. Designed to thoroughly calm, balance & support. Utilising pregnancy safe botanicals this treatment incorporates a foot soak & exfoliation followed by foot & leg massage before mother & baby are supported during a sedative back & scalp massage.

## **Floraison Bebe (100min)**

**£180**

Meaning baby bloom, this is the ultimate retreat for expectant mothers. An all encompassing day of much needed pampering begins with Le Jardin pregnancy massage followed by a sensitive skin facial with a gentle foot reflex treatment. The treatment ends with a light seasonal lunch.

# For Him

## **Pour Homme (50min)**

**£85**

While all our facials are non-gender specific this facial was inspired by the techniques used by traditional barbers who comfort the skin with steaming towels. It is followed by a stimulating face massage designed to counteract the effects of underage circles, daily stress and abrasive shaving.

## **Urban Gent (80min)**

**£165**

Ideal to switch off and combine relaxation with treating tense stressed muscles, a deep tissue full body sports pressure massage with the use of hot stones is followed by a deep cleanse charcoal facial in this day spa designed for gents. These treatments end with light lunch and a botanical beer or cocktail/mocktail served in the relaxation suite.



# Day Spa

## **Le Jardin Seasonal Gourmet (100min) £180**

An indulgence of all the senses in this seasonal delight, a Le Jardin linen dream massage, followed our signature facial. Served after your treatments in spa relaxation room is a light lunch with complimentary mocktail or cocktail.

## **Viva Lé Chocolat (120min) £225**

Who would not desire to be cocooned in chocolate? This devilish delight includes a full body scrub and a mint chocolate body wrap before ending with a warm oil massage. Included in the treatment is a decadent mint choc martini and a choc dipping platter of treats.

## **Twin Flames (100min) £350**

A treatment for two, in our luxurious couples suite. Begin this experience with a warm oil massage carried out in sequence culminating in a decadent and bespoke botanical facial. End this romantic shared day spa with a glass of prosecco & sweet delight served in the relaxation suite.

## **Green Goddess/Green Man (135min) £245**

For those urban botanical babes or garçon's who wish to breathe in the green goodness of all that natures best has to offer. Le Jardins ode to all things Vert, begins with a eucalyptus and pine sinus inhalation and facial massage treatment. Followed by an alpine body scrub & a full body warm spirulina & seaweed wrap ending with a body massage with a botanical oil of your selection, a green tonic drink & seasonal platter served in our relaxation suite.



# Therapist Recommends

## **Total Glow Up (80min)**

**£140**

This unique face & body experience leaves your skin, face & body positively glowing from top-to-toe! To begin you will be treated to a body brush, scrub and an energising aromatherapy massage, followed by a face and body contouring treatment which works on relieving tension and improving tone. Lastly our advanced skin transforming facial turns up your glow with instant and visible results. A total face and body glow up!

## **VIP Golden Truffle Experience (120min)**

**£230**

Smooth & Firm Face & Body Experience

The ultimate in total luxury. This treatment delivers all over radiance-boosting results starting with a leg energiser and an invigorating full body scrub followed by a relaxing massage using our unique advanced anti-ageing body techniques, both tightening and toning, followed by our Champagne & Truffles deluxe facial, skin is left glowing, brighter & revived beyond expectation.

## **The Serious Detox (150min)**

**£280**

Purify & Balance Face & Body Experience

Clear out the old & bring in the new with our deep cleansing, top-to-toe detox treatment. Begins with an invigorating body brush & a full body exfoliation. Achy overworked joints & tight muscles are then treated to a deep tissue massage. Our full body wrap is then applied & while it goes to work it's time for a purifying & balancing facial.

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