



GL7

LOWER MILL

Spa Treatment Menu



Outstanding results for every skin type.

pevonia
BOTANICA
www.pevonia.com

If you would like any more information or to book an appointment please call 01285 869489, option 4 or email spa@lowermillestate.com

The Spa

Relaxation is a positive aspect of any lifestyle, and the spa's tranquil ambience has been created especially as an antidote to a busy life. The indoor pool is flooded with natural light and the heated outdoor pool means you can feel the breeze on your face and hear the birds singing. But to truly commune with nature, the outdoor eco pool is an unmissable experience. Here, the water is purified entirely by plants, so you can bathe among the reeds and lilies while kingfishers take a drink beside you.

A seamless marriage of ecologically sound materials with the highest specs in luxury and comfort, this private, exclusive spa offers residents and guests an exclusive haven in which to relax, recharge and rejuvenate. The spa is just a few minutes stroll from most properties, and is the hub of the estate – a place for relaxation, exercise or simply meeting up with friends and family.

Facilities include:

- Two heated pools - both indoor and outdoor.
- Natural eco pool surrounded by reeds and water lilies.
- Sauna and Steam Room.
- Adult only relaxation area with beautiful views looking out over a lake.
- State of the art Technogym gym equipment.
- Four lavishly appointed treatment rooms.

pevonia® BOTANICA

The spa continues its unity with its organic spa line Pevonia Botanica, a skin care line found in the most prestigious spas world wide. Pevonia follows a holistic philosophy combining nature with the latest scientific technology to deliver an exceptional range of spa treatments. Pevonia only uses nature's most selective, unadulterated plant extracts making each and every product 100% natural and has earned a celebrated reputation as the world's leading face, body and spa care line. Pevonia has an extensive range of products to treat any skin care concern giving fantastic visible results after every treatment. Also part of Pevonia's philosophy is to maintain an affinity with nature and its precious resources so all packaging is fully consumer recyclable and fully biodegradable and maintain a solid stance against any form of animal testing.



Facial treatments

Pevonia Botanica offers a wide range of facials which are designed to deal with a variety of skincare concerns using only the purest natural ingredients, which will leave you feeling refreshed and relaxed.

Skin diagnosis and skin care lesson (25 minutes)

£15.00

Truly understand your skin and learn how best to treat it in order to achieve long term, visible results. This professional skin diagnosis incorporates a woods lamp which uses ultra violet light to show your true skin type. Includes a mini facial and application tips to maximise your investment in professional skincare. (£15 is redeemable against Pevonia product purchases.)

Prescriptive facial (55 minutes)

£50.00

A tailor made facial to suit every skin type, a perfect introduction to Pevonia.

Prescriptive facial with Escutox® (55 minutes)

£60.00

Pevonia Escutox Freeze-Dried Anti-Wrinkle Treatment is the perfect one-off for achieving a rejuvenated, glowing complexion. Escutox is Mother Nature's technologically-advanced alternative to Botox. Escutox is a unique blend of 90% Hibiscus Esculentus, with the remaining 10% seaweed and squalane. This highly effective treatment powerfully stimulates the nerve endings network system to provide visible wrinkle-smoothing and increased plumpness to the complexion. Improving elasticity, suppleness and giving extreme hydration and radiance.

Myoxy Caviar facial (1hr 25 minutes)

£120.00

A safe alternative to Botox and the most advanced defence against ageing. This anti ageing treatment replenishes your skin with pure caviar extract, pearl extract and a revolutionary blend of phyto-extracts. This luxurious thermal mask will improve elasticity, increase oxygenation of cells and suppleness of skin as well as dramatically reducing facial expression lines and wrinkles.

Reviver facial (25 minutes)

£30.00

An express facial to boost skins clarity and freshness by oxygenating the surface of the skin which instantly hydrates, softens and brightens.

RS2 Facial (55 minutes)

£65.00

"The radical answer for sensitive skin". This facial is designed specifically for skin with micro-circulation problems, couperose erythrose, and rosacea. This alleviating treatment brings visual relief and results to dilated capillaries, congestion, blotchiness and irritability, by delivering highly comforting and healing ingredients such as Green Tea, Chamomile and Liquorice.

Anti free radical facial (55 minutes)

£65.00

A warming clay mask, which rejuvenates dry, dehydrated skin with lavender and peppermint. Helps to reverse the anti free radical damage that ages the skin.

Aroma facial (55 minutes)

£45.00

A holistic facial including a deeply relaxing pressure point massage, using essential oils.

Luminous 'c' and sea facial (55 minutes)

£65.00

Contains vitamin C to counteract photo ageing. Leaves the skin smooth, bright and glowing. Good for all skin types.

Plantomer facial (55 minutes)

£60.00

Contains seaweed that tones, heals and soothes sensitive skin.

Oxy-vital facial (55 minutes)

£55.00

Rich in aloe and azulene to soothe, heal and hydrate. Ideal for highly sensitive, irritated and sunburnt skin.

Elasto-firm facial (55 minutes)

£55.00

Elastin based facial to firm and tighten skin leaving the complexion hydrated youthful and radiant.

Men's facial (55 minutes)

£60.00

A healing and hydrating anti ageing facial designed to gently soothe and calm skin.

Ultimate deep cleanse facial (55 minutes)

£50.00

Excellent for oily, congested skins.

Add any Pevonia eye or lip treatment to a facial for only £10.00 (see pg8)

Ligne Tropicale De – Ageing body system

As time passes, our body often reveals the effects of ageing further emphasised by the stressful pace of daily life. As pioneers of effective de-ageing products and treatments, Pevonia Botanica is delighted to announce the launch of its new Tropicale De-Ageing range. Pevonia Tropicale delivers a groundbreaking, wholly organic phyto-extracts anti-ageing therapy.

De-Ageing Body Wraps:

Tropical Escape – Crème Fraiche Wrap with Papaya-Pineapple (55 minutes)

£60.00

Nourishing and repairing, it counteracts premature ageing and sun damage by delivering smoothing and rejuvenating benefits. Blended with anti-ageing ingredients such as, Collagen polypeptides (smoothing) and Elastin polypeptides (firming) this luscious Crème Fraiche formula glides smoothly over the skin for easy application. The skin is deeply nourished and rejuvenated, revealing an astonishing decrease in body crepiness and wrinkles. Also recommended for preventing premature ageing. **Must be avoided if collagen intolerant.**

Tropical Oasis Mango – Yoghurt Wrap with Passion Fruit (55 minutes)

£60.00

Firming and brightening, it counteracts ageing, evens skin tone and delivers invigorating and diuretic benefits. This creamy yoghurt formulation is rich in malic, tartaric and citric acids, potassium, calcium, glucose, and infused with the repairing power of Vitamin C. Phenomenal visible results are obtained as the skin emerges revived, refreshed, smoother, firmer and vividly brighter. Recommended to firm the skin, great for dull, sallow pigmented skin types. **Must be avoided if collagen intolerant.**

Ligne Tropical Salt mousse Scrub (25 minutes)

£35.00

A spa exfoliation treatment like no other! The first of its kind, Tropicale Salt mousse is enriched with de ageing Squalane and Carrot Seed Oil. As the formula is scrubbed all over the body, impurities and toxins are gently exfoliated, prompting the expedited delivery of negative ions and repairing tropical fruit extracts. The skin emerges smooth to the touch and visibly brightened. Select from:

Papaya-Pineapple - repairing, smoothing and rejuvenating

Mango-Passion Fruit - firming brightening and invigorating

Lower Mill Signature Treatment

The ultimate in anti ageing luxury



The ultimate in caviar indulgence assembled by the spa team and world leader Pevonia Botanica is the perfect antidote to the ageing effects and stresses of city life.

Your skin will be drenched in luxury as our experienced therapists perform a full body signature massage utilising a caviar massage medium containing the purest natural ingredients and the therapeutic benefits of hot stones.

Your hands and feet will be restored and renewed via an opulent anti ageing therapy incorporating the latest manufacturing advancements and natural actives.

A thermal clay mask for the face will improve elasticity and suppleness, counteracting the imprint of time and dramatically reducing expression lines and wrinkles.

Take home the luxurious caviar gift box for the face including everything needed to keep up the outstanding results at home. A treatment and homecare package delivering long lasting unsurpassed results.

**Treatment time (2hrs 25 minutes)
Including Caviar gift set**

£270.00

£500.00

Body Treatments

The treatment commences with a full body scrub, followed by an all over mask applied to the body before being wrapped in a thermal blanket allowing the body's heat to activate the absorption of the natural ingredients.

- Fit for life moor mud wrap (55 minutes) £58.00
Aids fatigue and stress by boosting the body's immune system. Excellent for tired muscles and arthritis. This mud wrap offers a gentle thermal action bringing a state of deep relaxation.

- Back wrap with moor mud (45 minutes) £42.00
A luxurious back treatment using pure moor mud. Relieving muscular tension, aches and pains it will refine and radiate the skin. Ideally followed with a back massage.

- Green coffee wrap for cellulite (55 minutes) £60.00
The ultimate answer to effectively treat cellulite. This wrap stimulates your body's ability to break down fat. Green coffee is naturally rich in chlorogenic acid to leave the skin smooth and toned.

- Moroccan cocoon (55 minutes) £58.00
Minerals from the fertile valleys of Morocco help to moisturise, energise and refresh the body. Recommended for sensitive skins, eczema and psoriasis.

- Aromatherapy cocoon (55 minutes) £42.00
A warm aromatic treatment in which the body is cocooned in essential oils.

- Water lilly after-sun wrap (55 minutes) £58.00
Immediate relief to sun damaged or sensitive skin.

- Aromatic detox wrap (50 minutes) £45.00
Using a blend of seaweeds and aromatherapy essential oils to detoxify and purify for a mini detox treatment.

- Detox thalasso wrap (55 minutes) £58.00
An intensive treatment using a blend of the finest seaweed to activate circulation, cleanse and detoxify the body. This treatment detoxifies and re mineralizes dry, depleted skin.

- Desert heat (55 minutes) £58.00
Mineral rich earth of the Arizona desert leaves the skin bright and smooth. The thermal action counteracts muscular fatigue and stress. (**Not** recommended for sensitive skins)

Body Exfoliation

- Body polish (25 minutes) £28.00
A rich and creamy body exfoliation which gently removes impurities and rough skin.

- Aroma salt glow (25 minutes) £34.00
A vigorous body scrub incorporating aromatic salts and essential oils. Choose from contouring or anti stress.

- Ligne Tropical Salt mousse Scrub (25 minutes) £35.00
A spa exfoliation treatment like no other! The first of its kind, Tropical salt mousse is enriched with de ageing Squalane and Carrot Seed Oil. As the formula is scrubbed all over the body, impurities and toxins are gently exfoliated, prompting the expedited delivery of negative ions and repairing tropical fruit extracts. The skin emerges smooth to the touch and visibly brightened. Select from:

Papaya-Pineapple - repairing, smoothing and rejuvenating

Mango-Passion Fruit - firming brightening and invigorating

Tanning

Fake Bake Spray Tan* (25 minutes) £30.00
Fake Bake gives an instant sun-kissed colour and develops into a long lasting sunless self-tan by combining naturally derived tanning agents DHA and Erythulose guaranteeing longer lasting (up to 50% longer), more natural-looking results. Fake bake is free from parabens and artificial preservatives. It is recommended to include the Fake Bake oil free body exfoliation for an even application. (***A patch test is required at least 24 hours before treatment.**)

Fake Bake Passion Fruit body polish (25 minutes) £25.00
A full body exfoliation to remove dead skin cells to ensure an even application of tan, this is highly recommended before having a fake bake spray tan. **Only £10.00 when booked with spray tan application.**

Pevonia Self tan (55 minutes) £45.00
After a full body exfoliation, the tanning emulsion is applied allowing you to obtain a golden tan without exposure to the sun's harmful rays.

Hot Stone Massage

Combining stone placement and massage techniques using warm stones to melt away stress, tension, aches and pains. Experience the ultimate complete head to toe treatment that you will never forget.

Refresh Stone Massage (40 minutes)

£60.00

This treatment offers a shorter introduction to stone massage. Including a spinal layout using warm, basalt stones and then the stones will be incorporated into the massage for the face, scalp, hands and feet.

Relax Stone Massage (1 hr 25 minutes)

£80.00

This massage concentrates on the entire body incorporating a full body, face and scalp massage. Includes a spinal layout and deeply relaxing massage techniques performed with the warm stones.

Rejuvenate Stone Massage (1hr 55 minutes)

£110.00

This ultimate head to toe treatment is a complete cleansing and massage ritual. The experience begins with a full body exfoliation, followed by a full body; face and scalp massage all incorporating the warm basalt stones.

Back, neck and shoulder massage with hot stones (25 minutes)

£40.00

Massage Therapy

Massage has been used for thousands of years to relax, bring benefits to health and well being. Select one of our specifically designed treatments to target your needs, an ideal choice for both men & women who want to feel totally pampered.

Lower Mill Signature Massage (1hr 25mins)

£100.00

The ultimate in caviar indulgence assembled by the spa team and world leader Pevonia Botanica in the perfect antidote to the ageing effects and stresses of city life. Your skin will be drenched in luxury as our experienced therapists perform a full body signature massage utilising a caviar massage medium containing the purest natural ingredients. A head to toe treatment incorporating the therapeutic benefits of hot stones.

Back, Neck and Shoulder Massage (25 minutes)

£30.00

With hot stones £40.00

Swedish Full Body Massage (55 minutes)

Standard £48.00
Aromatherapy oils £55.00

Swedish Full Body, Face & Scalp Massage (1hr 25 minutes)

Standard £60.00
Aromatherapy oils £70.00

Aromatherapy Massage – 100% Organic Aromatherapy oils (1hr 10 minutes)

£65.00

Aromatherapy massage is the therapeutic application of touch using a range of movements or strokes upon the skin, muscles and joints. It has significant benefits for all the body's essential systems. After a short consultation your therapist will tailor make a blend chosen to suit your individual needs from our range of 100% Organic Aromatherapy oils from Spalassium.

Deep Tissue Massage (40 minutes)

£45.00

Especially for those who prefer a firmer massage. A tailor made massage focuses on specific areas of tension, working on whatever muscles need it most.

Time for Mum – Pre natal massage (1 hr 55 minutes)

£80.00

This treatment package is tailored specifically with mothers – to – be needs in mind with specialist massage techniques and safe products. Combining a signature massage with focus placed on the limbs, back and abdomen. Also includes a Plantomer facial to hydrate, heal and soothe your skin and a hand and foot exfoliation treatment.

(Not recommended until after 1st Trimester)

- Hand and Arm Body Polish with Massage
- Back, Leg and Abdomen Anti-Stress Massage
- Plantomer Facial

Manicures and Pedicures

Jessica File & Polish (20 minutes)

£15.00

An instant transformation to the hands or feet. Includes a reshape and application of specialised nail treatment and colour.

Pevonia Spa Pedicure (55 minutes)

£42.00

If you want great feet, look no further. The Pevonia spa pedicure is more than a treatment it is a spa therapy for the feet. Our feet are often neglected yet prone to fatigue, dryness and thickening. Provide your feet with the care and attention they deserve by going barefoot confidently to reveal fresh, silky-soft hydrated feet. This treatment includes hard skin removal, exfoliation, leg and foot massage, cooling mask, cuticle work and finished with a file and polish all performed in the luxurious Biarritz Pedi spa.

Jessica Prescriptive Manicure (55 minutes)

£36.00

A therapeutic manicure prescribing a range of treatments for individual nail types to cultivate beautiful hands and nails. Includes a hand and arm massage, file and cuticle work, and finally a colour of your choice.

Caviar Hand and Foot Treatments

Lavishly unite anti ageing performance with absolute luxury! Combining anti ageing ingredients: caviar, marine collagen, retinol and repairing vitamins with enriching natural actives. Hands and feet are brightened with natural enzymes, and then exfoliated with polished jojoba beads. A delightful caviar mask is applied which leaves both hands and feet smooth and gloriously rejuvenated.

Youth renew foot treatment (40 minutes)

£36.00

Youth renew hand treatment (40 minutes)

£36.00

Pevonia Youth Renew Luxury Manicure (80 minutes)

£50.00

Our top of the range manicure incorporates Pevonia's youth renew anti ageing caviar hand treatment and the heated mittens, providing the ultimate in anti ageing hand and nail care. Includes exfoliation, 98% pure caviar massaged into the skin, mask application, thermal mitts, cuticle work, nail tidy and colour application.

Gentlemen's Retreat

Whilst most of our treatments are suitable for men and women, we have selected a number of treatments which we believe will have a particular appeal to men.

Back Wax

£28.00

Chest Wax

£28.00

Shoulder Wax

£15.00

Back, Chest & Shoulder Wax

£55.00

Men's Nail and grooming

£20.00

Men's Facial

£60.00

For Him Spa Package (2hrs 45 minutes)

£147.00

- Men's facial

- Deep tissue massage

- Aromatic back wrap

Eye Aesthetics

Treatments to enhance and bring definition to the eyes.

*Eyelash Tint	£15.00
*Eyebrow Tint	£9.00
*Eyelash & Brow Tint	£20.00
Eyebrow Shape	£9.00

***A patch test is required 24hrs prior to application of tint.**

Performance Eye and Lip Treatments

Natural anti-ageing care for the most common areas of concern. The eye and lip treatments commence with a Pevonia cleanse and lotion before the treatment, with a facial moisturiser applied at the end.

These intense treatments can be combined with any of the Pevonia facials for an extra £10 each.

<i>De-stress eye puffiness (25 minutes)</i>	£25.00
Using ginkgo biloba to stimulate lymphatic capillaries to increase the draining of toxins from around the eye, this treatment will help to reduce dark circles, puffiness and fine lines.	
<i>De-stress eye wrinkles (25 minutes)</i>	£25.00
Using pure freeze dried marine collagen to hydrate, plump and reduce fine lines.	
<i>Youthful lip treatment (25 minutes)</i>	£25.00
Smooths wrinkles, improves elasticity and suppleness	

Waxing Treatments

Using the advanced roller wax system, wax can be applied quickly and easily, allowing the hair to be removed with minimal discomfort.

Half Leg Wax	£18.00
Half Leg & Bikini Wax	£25.00
¾ Leg Wax	£25.00
Full Leg Wax	£28.00
Full Leg & Bikini Wax	£35.00
Underarm Wax	£10.00
Bikini Wax	£15.00
Lip & Chin	£10.00
Lip or Chin Wax	£7.00

Spa Guide

Booking information

We strongly recommend you book treatments as far in advance as possible as demand is high especially at peak times such as weekends and school holidays. To book please telephone 01285 869489, option 4 or email: spa@lowermillestate.com

Gift vouchers

Gift vouchers can be purchased from the spa reception. Gift vouchers are valid for six months from the date of purchase. They are non refundable and non transferable. Lost or stolen vouchers can not be replaced. Vouchers are only redeemable against treatments.

Arrival Time

Guests are advised to arrive at least 20 minutes before the treatments commence to relax and enjoy the surroundings. If clients are late for their appointment the time will be deducted from the length of the scheduled treatment.

What to bring

Luxury bath robes and slippers are available from reception free of charge with any treatment booked and are £1.50 to hire for any other guests.

Food and Snacks

We can arrange for food and snacks to be freshly made and delivered to the spa, orders will need to be made in advance at the spa reception. The spa snack menu is available on request by email.

Etiquette

As courtesy to other clients and to preserve the ambience of the spa we request that clients switch off their mobile phones when in the treatment rooms and relaxation area. Also we ask that noise is kept to a minimum in the tranquil zone so as not to disturb other client's treatments. The spa is completely non smoking.

Cancellation Policy

As a courtesy to our other guests and our therapists, please give at least 48 hours notice if you need to cancel an appointment. Please note that there is a cancellation fee of 50% if cancelled less than 48 hours prior to booking and 100% of the treatment price if cancelled less than 24 hours prior to booking.

Note

We reserve the right to raise prices and modify or discontinue treatments without prior notice to ensure that maximum standards of service and quality are met.