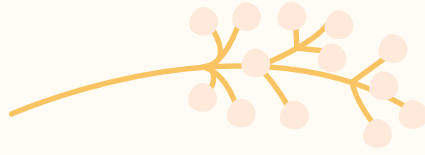


# Pre - Natal Pamper

CREWE HALL



## SPA RITUALS - 50 MINUTES TREATMENT TIME

### ESPA MATERNITY PRE & POST NATAL TREATMENT

Target areas prone to stress and tension during pregnancy with this deeply nourishing body treatment. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches whilst helping to relax, restore and revitalise.

£84

### REBALANCING RITUAL WITH ESPA

Restore balance and peace of mind with this unique combination of a personalised facial and soothing foot massage. An express facial, will be tailor made to suit your skin's individual needs and is followed with a relaxing scalp massage working on pressure points to ease tension. Complete the experience with an uplifting foot and lower leg exfoliation and a foot massage to bring instant relief to tired feet.

£69

## MINI TREATMENTS - 25 MINUTES TREATMENT TIME

### PERSONALISED EXPRESS FACIAL WITH ESPA

Your therapist will select the most suitable express facial for your skin. Conducted with ESPA products, the treatment involves a consultation, skin analysis with a Skin vision lamp, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to protect your skin.

£44

### INVIGORATING FOOT TREATMENT WITH ESPA

This revitalising treatment for tired feet and heavy legs helps reduce puffiness whilst soothing aches and pains. It includes a refreshing exfoliation and a therapeutic foot and lower leg massage.

£44

### FILE AND POLISH FOR THE FINGERS OR TOES

Revive your nails with a file and buff, followed by an application of Jessica nail colour.

£34

