



# HEALTH SPA

## TREATMENT LIST

Here at the Dart Marina Spa we welcome all guests to use the facilities and treatments on offer. For total relaxation and enjoyment of your experience, we strongly suggest that you contact us before your visit to discuss and book your treatments. Our friendly, knowledgeable and highly qualified staff look forward to making your stay here at Dart Marina a memorable one.

### HEALTH SPA FACILITIES

As well as the treatment rooms, the Spa provides exercise facilities in its new swimming pool and fitness suite. The pool has been designed for both relaxation and exercise with a multi-adjustable current to provide resistance when swimming. A feature of the pool area is a planted area of natural rock face which is home to moisture loving ferns and mosses which will be lit so that swimmers can appreciate the natural setting. A spa bath and steam room are also available to complement the facilities.

In the fitness suite two running machines, a cross trainer, exercise bikes and a multi gym are available for cardiovascular work while free weights facilitate resistance training.

Please ask for details regarding membership to the Health Spa.

### OUR SIGNATURE TREATMENT

#### SENSORY STONE HEAVEN & EXOTIC VISIBLE FACIAL

60 Minutes.....£75

A wonderful aroma stone treatment on the back, neck and shoulders combined with the exotic visible facial. A truly one off experience.

#### ELEMIS ADVANCED ANTI-AGEING FACIALS

##### ELEMIS VISIBLE BRILLIANCE FACIAL

75 Minutes .....£80

To combat ageing, stressed and slackened skin.

This facial instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour.

# DART MARINA

DARTMOUTH

#### ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL

75 Minutes .....£80

Clinically proven to reduce the number of wrinkles by up to 94% and improves skin firmness by up to 57% specialised lifting massage techniques combined with strength anti-ageing formulations leaving a firmer, uplifted, more youthful appearance.

#### ELEMIS FACE AND BODY SENSATION

75 Minutes.....£80

A customised Elemis 'ice-cool thermal muscle massage' to your specific problem areas alleviating stress and easing aching muscles. Combined with an intensive anti-ageing booster facial that will smooth out your wrinkles and restore youthful radiance.

#### ELEMIS ADVANCED PERFORMANCE FACIALS

##### ELEMIS OXYGEN SKINCALM FACIAL - for sensitive skin

75 Minutes .....£70

This face and eye treatment is pure soothing heaven for sensitive skins. Reduces redness and offers immediate comfort to stressed skins. This superior treatment is further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in advanced skin therapy.

##### ELEMIS SOS PURIFYING FACIAL - for oily, problem and congested skins

75 Minutes .....£70

This powerful purifying face and eye treatment helps absorb excess sebum, regulate and balance the function of the skin, whilst helping to repair scarring. Purifying massage techniques combined with the unique Japanese Sulphur Mask impregnated with Vita-C Booster Serum help to calm irritated skin and rebalance oil rich pores, leaving a beautiful matt skin.

#### TRI-ENZYME RESURFACING FACIAL

60 minutes.....£80

This new facial resurfaces the skin by up to 75% and increases skin smoothness by up to 32% after one treatment. The skin is left incredibly clean, smooth and radiant bringing a renewed level of evenness and clarity to the complexion.

#### ELEMIS SKIN SPECIFIC FACIALS

##### HERBAL LAVENDER FACIAL

55 Minutes.....£55

For perfect restoration of skin balance.

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine pores and treat skin breakouts.

##### FRUIT ACTIVE GLOW FACIAL

55 Minutes.....£55

Bring back the glow to a lifeless complexion.

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning activates, nourishes and renews vital radiance.

##### EXOTIC CREAM MOISTURE DEW FACIAL

55 Minutes.....£55

Treat your skin to a moisture boost.

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring that healthy, dewy look to the skin.

#### ELEMIS TASTER FACIALS

25 Minutes .....£40

This introductory facial provides a quick and instant pick-me-up for dull, lifeless skin.

#### BODY TREATMENTS

##### ELEMIS ABSOLUTE SPA RITUAL

110 Minutes .....£115

Choose from one of the unique anti-ageing facials and combine it with the powerful effects of the Elemis Deep Tissue Massage. For dramatic results instantly!

#### ELEMIS DEEP TISSUE MUSCLE MASSAGE

55 Minutes .....£60

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

#### ELEMIS DEEP TISSUE BACK MASSAGE

25 Minutes .....£38

Specifically targeting the back, shoulders and neck areas, where you need it most.

#### ELEMIS AROMA STONETHERAPY

75 Minutes .....£75

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

#### ELEMIS NURTURING MASSAGE FOR MOTHERS TO BE

60 Minutes .....£75

Specialised positioning on the unique Elemis bean bag is used to ensure the ultimate in safety, comfort and relaxation, relieving tension in the back and alleviating swelling in the hands and feet.

#### ELEMIS AROMA SPA WRAP

75 Minutes .....£75

Cellutox or Musclease

Cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment, helping to refine the appearance of cellulite and the discomfort of fluid retention.

*To complement this treatment a deep tissue massage is recommended.*

#### ELEMIS SILHOUETTE & CONTOURING WRAP

60 Minutes .....£75

Help refine the appearance of cellulite and boost the circulation with a detoxifying Fennel and Birch peel off body mask, combined with specialist drainage massage techniques to leave the skin firmer and smoother to the touch.

#### ELEMIS EXOTIC LIME AND GINGER SALT GLOW

45 Minutes .....£55

A body exfoliation ritual, where warm oil is dripped over the body, followed by the exclusive Elemis Exotic Lime and Ginger Salt Glow, to leave the skin glowing and vibrant, replenished and flawless.

#### NATURAL THERAPIES

##### INDIAN HEAD MASSAGE

30 Minutes .....£40

The shoulders, neck and scalp are massaged to ease stress and tension creating a feeling of well being and total relaxation.

##### HOPI EAR CANDLES

30 Minutes .....£30

This deeply relaxing natural ancient treatment is a painless alternative to ear syringing. A must for people who suffer with ear and sinus conditions.

##### FULL BODY SWEDISH MASSAGE

1 Hour.....£60

Incorporates the full body including feet and scalp

## SELF TANNING TREATMENT

### FAKE BAKE TANNING

Fake Bake self tanning treatments produce a natural, glowing tan with no hint of orange, thanks to fake bake superior tan ingredients. A deep exfoliation is followed by an application by hand to produce a non streaky, perfect tan.

Full body tan 1 hour .....	£40
Full leg tan .....	£17.50
Full body top up tan (no exfoliation).....	£30

*to be taken within 5 days of initial treatment*

### WAXING

Full Leg 60 Minutes.....	£25
Full Leg and Bikini 60 Minutes.....	£35
Half Leg 30 Minutes.....	£23
Half Leg and Bikini 45 Minutes.....	£28
Bikini 15 Minutes.....	£18
Brazilian 45 Minutes .....	from £30
Lip 10 Minutes.....	£12
Chin 10 Minutes.....	£12
Underarm 15 Minutes.....	£17

Eye Lash Tint 15 Minutes.....	£17
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*A patch test is required 24 hours prior to appointment*

Eye Brow Tint 10 Minutes.....	£12
Eye Brow Shape 10 Minutes.....	£12
Brow & Lash Tint 25 Minutes .....	£20
Eye lash perming 45 minutes.....	£30

## TREATMENTS FOR MEN

### ELEMIS SKIN IQ FACIAL

75 Minutes .....	£75
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An intelligent anti-ageing facial that adapts to super boost the skin.

Prescribed to protect against the harsh, ageing effects of shaving and environmental damage, this is the ultimate skin overhaul for male skin.

### ELEMIS URBAN CLEANSE FACIAL

75 Minutes .....	£70
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A high performance complexion cleanse for total skincare defence.

This super-grooming facial decongests the skin, working overtime to eliminate blocked pores, neutralise impurities and reduce sensitivity.

### ELEMIS TOTAL TIME OUT

120 Minutes .....	£115
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Select either of the Men's facials and combine with the dynamic and immediate relief of the Elemis Deep Tissue Muscle Massage.

### EXECUTIVE FOOTCARE FOR MEN

45 Minutes.....	£30
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Toe nails perfectly shaped, cuticles conditioned and gently pushed back and a foot massage. A luxurious foot treatment preventing build up of hard skin and callouses.

Executive Hand & Nail Treatment for Men – LeRemedi Hand Treatment Programme to condition and smooth hands.  
Nails perfectly shaped. Cuticles conditioned and gently pushed back.  
30 Minutes.....£35

#### MENS WAXING

Back or Chest 30 Minutes..... from £20

Chest 30 Minutes..... from £15

#### MANICURE TREATMENTS

##### JESSICA PRESCRIPTIVE MANICURE

45 Minutes .....£35

Nails are not alike... a treatment manicure which analyses and treats each nail for its specific nail type. The hands are exfoliated, cuticles are cared for with oils and creams, the nail shape is perfected and treatment basecoats and colour are applied for the perfect finish until your next visit.

##### JESSICA PRESCRIPTIVE MANICURE DELUXE WITH THERMAL MITTENS

75 Minutes .....£40

The Jessica Prescriptive Manicure with thermal mittens for deeper penetration of oils and creams, softening cuticles and improving circulation and soothing stiff joints.

#### PEDICURE TREATMENTS

##### ELEMIS SOLE DELIGHT FOOT TREATMENT

25 Minutes.....£32

##### ZENSPA PEDICURE

55 Minutes.....£38

Holistic foot and nail treatment to treat every nail type. Feet are exfoliated and a luxurious massage leaves feet smooth and soft. Nails are cut and shaped, cuticles are treated and prescriptive basecoats used for different nail types...always finishing with the perfect polish.

##### ZENSPA PEDICURE DELUXE WITH THERMAL BOOTIES

75 Minutes.....£42

The ZenSpa Pedicure including heated booties to soothe and relax, and a complete foot and leg treatment up to the knee.