ESPA Aromatherapy Massage | 75 minutes
A deeply relaxing full body and scalp massage using your personalised blend of Aromatherapy oils to leave you feeling relaxed, de-stressed and rebalanced.
Treat Yourself ~ To Include Hot Stones | 90 minutes

Signature Full Body Massage | 60 minutes
A traditional massage using your desired pressure to promote relaxation and ease muscle tension.
Treat Yourself ~ To Include Hot Stones | 75 minutes

Back, Neck & Shoulder Massage | 30 minutes
A stress busting treatment, tailored to target your individual areas of concern and iron out any areas of tension.
Treat Yourself ~ To Include Hot Stones | 45 minutes

Stress Relieving Massage | 45 minutes
A back, neck and shoulder massage, including a scalp massage to help deepen your level of relaxation.
ESPA Skin Radiance Facial | 60 minutes
This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

ESPA Advanced Skin Radiance Facial | 90 minutes
This advanced treatment also includes a Clarisonic brush cleanse, age-defying massage using rose quartz crystals, and a Lifting and Smoothing Mask.

ESPA Re-Hydrator Facial | 60 minutes
An intensive and regenerating facial for dehydrated skin, leaving it supple and nourished.

ESPA De-Sensitiser Facial | 60 minutes
A comforting facial for sensitive skins prone to redness and irritation, leaving skin calm and nourished.

ESPA Skin Purifying Facial | 60 minutes
Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.

ESPA Lifestage Facial | 60 minutes
An advanced facial using Lifestage products to target all of the most visible signs of ageing.

ESPA Lift & Firm Facial | 60 minutes
An advanced facial using Super Active products to improve skin tonicity, firmness and enhance cellular regeneration.

ESPA Regenerating Facial | 75 minutes
A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline.

ESPA Regenerating & Firming Eye Treatment | 30 minutes
Perfect for those who are concerned with the first signs of ageing around the eyes.

ESPA Express Facial | 30 minutes
Cleansing and Exfoliation is followed by the application of a nourishing mask, whilst a heavenly neck and shoulder massage is carried out to leave you feeling refreshed and your skin radiant.
Clarins Tri Active Facial | 75 minutes
This highly personalised treatment will provide you with the feeling of total wellbeing. Your trained therapist will advise which of the following facials is most suitable to you:

Lifting Replenisher
Power Firmer
Radiance Reviver
Moisture Quencher
Skin Smoother

Treat Yourself | 90 minutes
Include a choice of either a back massage or a scalp and foot massage.

Clarins Aromatic Balancer Facial | 60 minutes
Oily, congested, dry and dull, dehydrated, sensitive... whatever your skin condition, this customised treatment will rebalance and coax it back to blooming.

Clarins Extra Relaxing Aromatic Facial | 75 minutes
This indulgent and pampering treatment commences with a back massage, after which the skin is treated to the Aromatic Balancer facial.

The Clarins Refresher Facial | 30 minutes
A serious WOW facial treatment for when you need great skin and a glowing complexion. Cleanse and exfoliation is followed by a chosen mask, then a neck and shoulder massage completes this pick-me-up treatment.
Back Face & Scalp Treatment | 90 minutes
This ESPA treatment targets three areas— the back, the face and the scalp, making it the ideal treatment for anyone.
Treat Yourself ~ To Include Hot Stones | 105 minutes

ESPA Holistic Total Body Care | 90 minutes
Full body skin brushing and exfoliation to prepare for a deep body, face and scalp massage, using a blend of essential oils chosen to suit individual requirements.
Treat Yourself ~ To Include Hot Stones | 105 minutes

Salt & Oil Scrub | 30 minutes
This exceptional skin-softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

ESPA Restorative Mud Envelopment | 60 minutes
This body wrap includes a full body exfoliation and a relaxing head massage to help ease tension and leave the skin purified smooth and hydrated.

ESPA Detoxifying Algae Wrap | 60 minutes
Body brushing and full body exfoliation is followed by an application of warm Algae gel to stimulate, detoxify, tone and firm the skin, it is ideal as part of a detox programme.
Clarins Body Polisher | 45 minutes
Intensive double exfoliation deep cleanses and retextures for a body that's super soft and smooth. The final touch is an application of conditioning body lotion, leaving skin fresher and brighter.

Clarins The Sun Glow | 60 minutes
The ultimate self tanning treatment for face and body with skin-smoothing exfoliation. Gives you an all-over gorgeous, long-lasting, golden colour that looks as natural in winter as in summer.

Clarins Mother to Be & New Mum Treatment | 75 minutes
Pure indulgence for face and body, adapted to pre and post-natal stages of pregnancy to leave you feeling wonderfully relaxed and energised.
EXPRESS

The Clarins Energizing Back, Neck & Scalp Massage | 45 minutes
A detoxifying and decongesting back cleanse restores fresh, blemish-free skin accompanied by a deep tissue massage.

The Clarins Body Polisher | 45 minutes
Intensive double exfoliation deep cleanses and retextures for a body that’s super soft and smooth. The final touch is an application of conditioning body lotion, leaving skin fresher and brighter.

The Clarins Refresher Facial | 30 minutes
A serious WOW facial treatment for when you need great skin and a glowing complexion. Cleanse and exfoliation is followed by a chosen mask, then a neck and shoulder massage completes this pick me up treatment.

The Clarins Age Defying Eye Treatment | 30 minutes
Intensively replenishes the delicate eye area, visibly reducing fine lines and wrinkles to reveal more youthful-looking eyes from temple to temple.

ESPA EXPRESS

ESPA Express Facial | 30 minutes
Cleansing and Exfoliation is followed by the application of a nourishing mask, whilst a heavenly neck and shoulder massage is carried out to leave you feeling refreshed and your skin radiant.

ESPA Aromatic Hair & Scalp Ritual Time | 30 minutes
Indulge in the ultimate nourishing, heavenly hair and scalp ritual, which includes a deeply relaxing massage to neck and shoulders using essential oils and active botanical products.

ESPA Regenerating & Firming Eye Treatment | 30 minutes
Perfect for those who are concerned with the first signs of ageing around the eyes.

Salt & Oil Scrub | 30 minutes
This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.
GEleration Manicure | 60 minutes
A full manicure treatment, including your choice of GEleration polish, lasting more than 2 weeks without any smudging or fading.

GEleration Pedicure | 75 minutes
Your pedicure will include hard skin removal, shaping of the nails, cuticle tidy, exfoliation and application of the long lasting GEleration colour of your choice.

GEleration File & Polish | 45 minutes
A file and shape of your finger or toenails and application of the GEleration colour of your choice.

Gel Removal
GEleration polish is recommended to be removed professionally, to avoid any damage to your natural nails. Treat yourself following the removal of your old colour by having a file and polish or a manicure.

GEleration Removal | 30 minutes
GEleration Removal and File & Polish | 75 minutes
GEleration Removal & Manicure | 90 minutes

Jessica Manicure | 45 minutes
Your manicure includes shaping of the nails, cuticle tidy, relaxing arm massage and an application of personalised treatment basecoat and your chosen polish colour.

Jessica Luxury Spa Manicure | 60 minutes
This luxury treatment uses products to help strengthen nails that easily break, split or peel. This treatment includes hand and arm exfoliation and heated mitts.

Jessica ZEN Spa Pedicure | 60 minutes
Your pedicure will include hard skin removal, shaping of the nails, cuticle tidy, exfoliation, relaxing foot massage and application of your chosen polish colour.

Treat Yourself ~ To Include Heated Booties | 75 minutes

File & Polish (Fingers or Toes) | 30 minutes
Why not choose a long-lasting Jessica Phenom polish for your Manicure or Pedicure?
<table>
<thead>
<tr>
<th>Eyes</th>
<th></th>
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<tbody>
<tr>
<td>Eyelash Tint</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Eyebrow Tint</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Eyelash &amp; Eyebrow Tint</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Eyebrow Shape</td>
<td>15 minutes</td>
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</table>

<table>
<thead>
<tr>
<th>Make-up</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Clarins Make Up Lesson</td>
<td>75 minutes</td>
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</tbody>
</table>

Under expert guidance and using application techniques we will help you achieve a fresh, up to date new look.

<table>
<thead>
<tr>
<th>Holistic Treatments</th>
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<tbody>
<tr>
<td>Hopi Ear Candles</td>
<td>45 minutes</td>
</tr>
</tbody>
</table>

A traditional treatment within the Native Hopi Indian tribe to help with a number of ear, nose and throat conditions, such as Sinusitis, Tinnitus, Snoring, Vertigo and many more. Includes a relaxing pressure point facial and scalp massage to help relax and unblock the area.

<table>
<thead>
<tr>
<th>Wax</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Lycon Hot Wax</td>
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</tbody>
</table>

Australia’s Lycon Wax contains the finest resins, natural ingredients and aromatherapy oils to deliver superior performance, removing hairs as short as 1mm. With its low temperature it provides a much more comfortable treatment.

| Lycon Bikini Tidy    | 15 minutes |
| Lycon High Leg Bikini Wax | 30 minutes |
| Lycon Brazilian      | 60 minutes |
| Lycon Hollywood      | 60 minutes |
| Lycon Extra Patch    | 15 minutes |
| Lycon Underarm       | 15 minutes |
| Lycon Lip or Chin    | 15 minutes |
| Lycon Eyebrows       | 15 minutes |
| Lycon Sides of Face  | 15 minutes |

Please avoid any heat treatments (e.g sunbed or sauna) before and after any waxing.

* A patch test is required 24 hours prior to any tinting carried out in Aura Spa.

<table>
<thead>
<tr>
<th>Strip Waxing</th>
<th>30 minutes</th>
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<tbody>
<tr>
<td>½ Leg Lower</td>
<td>30 minutes</td>
</tr>
<tr>
<td>½ Leg Upper</td>
<td>30 minutes</td>
</tr>
<tr>
<td>¾ Leg</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Full Leg</td>
<td>30 minutes</td>
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<tr>
<td>Full Leg &amp; Bikini Tidy</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Full Leg &amp; High Leg Bikini Wax</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Bikini Tidy</td>
<td>15 minutes</td>
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<tr>
<td>High Leg</td>
<td>15 minutes</td>
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<tr>
<td>Underarm</td>
<td>15 minutes</td>
</tr>
<tr>
<td>½ Arm</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Full Arm</td>
<td>30 minutes</td>
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<tr>
<td>Chest</td>
<td>30 minutes</td>
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<tr>
<td>Back</td>
<td>30 minutes</td>
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<tr>
<td>Back inc. Lower Arms</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Lower Back</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Stomach</td>
<td>30 minutes</td>
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<tr>
<td>Lip or Chin</td>
<td>15 minutes</td>
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</tbody>
</table>
Men’s Massage
Clarins Muscle Ease Body Massage  |  60 minutes
An intensely therapeutic massage eases tense shoulders, back knots and aches. Aromatic essential oils supercharge the stress-relieving benefits, restoring your sense of wellbeing.

ESPA Deep Muscle Massage  |  60 minutes
A powerful massage designed to alleviate deep-seated tension and muscular stress by concentrating on specific areas of concern.

ESPA Muscle Reviver  |  60 minutes
A condensed massage for those who suffer with tension-related headaches and neck strain.

Men’s Face
ESPA Personalised Facial  |  60 minutes
This cooling, purifying facial awakens the senses and brightens the face. Perfect to enliven your skin the morning after the night before.

Clarins Skin Blitz Facial  |  60 minutes
Whatever life has hit your skin with, this super-relaxing bespoke facial will target and treat it. Your face will look and feel refreshed, healthy and smooth.

Men’s Nails
Manicure for Men  |  30 minutes
Treat your hands to a manicure using only the finest products to leave your hands and nails looking neat and tidy, and feeling smooth.

Pedicure for Men  |  45 minutes
Hard skin removal is followed by a foot soak and a deeply relaxing foot massage. Includes cuticle work and grooming of the nails, leaving you feeling relaxed and your feet smoothed.

Men’s Waxing

<table>
<thead>
<tr>
<th>Area</th>
<th>Time</th>
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<tbody>
<tr>
<td>½ Arm</td>
<td>30 minutes</td>
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<tr>
<td>Full Arm</td>
<td>30 minutes</td>
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<tr>
<td>Chest</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Stomach</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Back</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Lower Back</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Back inc. Upper Arms</td>
<td>30 minutes</td>
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</tbody>
</table>
Spa Days & Breaks

With all of our Spa Day Packages you can enjoy a day of relaxation with amazing treatments and use of the spa facilities that include our pool, hydro pool, sauna and steam rooms. If you wish to enjoy some light exercise in our gym or take part in a group exercise class this is also available to you. Towels and robes are available throughout your spa day.

Classes are subject to availability and can only be booked on the day of your visit. Robes may only be worn around the wet facilities and in Aura Spa. Please be aware that as a family-friendly club, the children’s pools will be in use throughout your Spa Day.

**Harmony Package**
Choose from one of the following 30 minute treatments:
- Express Facial
- Back Massage
- Salt & Oil Scrub
Followed by tea or coffee and a slice of cake.

**Serenity Package**
Your choice of two of the following 30 minute treatments:
- Express Facial
- Back Massage
- Salt & Oil Scrub
- Mini Manicure
- Mini Pedicure
Followed by a light lunch including a glass of wine or soft drink.

**Tranquility Package**
Your choice of one of the following 1 hour treatments:
- ESPA or Clarins Facial
- Full Body Massage
And one of the following 30 minute treatments:
- Express Manicure
- Express Pedicure
Followed by a light lunch including a glass of prosecco, and a gift bag to take home.

**Pregnancy Vitality Package**
Enjoy a Clarins Mother to Be & New Mum Treatment, followed by a light lunch and drinks with a gift bag to take home.

Spa Breaks available - please see www.thewarwickshire.com/aura-spa for our latest breaks and offers.
Our treatments are available

Monday and Tuesday  10am - 8pm
Wednesday and Thursday  10am - 10pm
Friday  10am - 8pm
Saturday and Sunday  10am - 6pm

We also welcome non members to Aura Spa.

The Warwickshire Golf & Country Club
Leek Wootton
Warwick
Warwickshire
CV35 7QT

Direct Line: 01926 622 555
Club Reception: 01926 409 409
Email: warwickshire.aura@theclubcompany.com
www.thewarwickshire.com