




PEAKE


HEALTH • SPA • BEAUTY

Health & Beauty Treatments


With its superb facilities and idyllic setting in 300 acres of magnificent, rolling Constable Country, The Stoke by Nayland Hotel is considered to be one of the finest venues of its kind in East Anglia, and provides the perfect location for relaxation and regeneration.




The Hotel offers modern, spacious en-suite bedrooms overlooking the lake and fairways, a state-of-the-art health and fitness centre, with air-conditioned gym and aerobics studio and two 18 hole championship golf courses.



The Spa Facility incorporates a luxurious 18m indoor pool, sauna cabin, steam room, Jacuzzi, "Concept Shower" spacious relaxation area and Sun Terrace. Our Peake Spa team of fully qualified therapists are on hand to offer advice together with a wide choice of health and beauty treatments for both men and women.



Additional facilities include the new exotic Hammam and Rasoul therapy areas, a fast-tan solarium and several treatment rooms including a special double therapy suite. Peake's Bistro is open all day, every day, offering delicious meals and refreshments, as well as a welcoming and friendly environment for relaxation between activities and treatments.





Spa Days & Spa Breaks

Spa Days and Residential Spa Breaks have become a popular speciality of The Stoke by Nayland Hotel. There are six Spa Day options available to suit your individual requirements, all of which include coffee or fruit juice on arrival and complimentary towels & robes. You will also be able to enjoy free unlimited use of the Spa Facility; indoor pool, sauna, steam room, Jacuzzi and Concept Shower.

For details of Spa Break packages please refer to our "Golf, Spa & Leisure Break" brochure and tariff.

Additional treatments and classes are available on request, subject to availability.

1 - The Spa Experience

Therapeutic Back, Neck & Shoulder Massage (30mins)
or
Rasoul Mud Therapy (45mins)

2 - Stress Relief Spa Day

Therapeutic Back, Neck & Shoulder Massage (30mins)
or
Rasoul Mud Therapy (45mins)

Two Course Lunch with Wine or Fruit Juice

3 - Tranquility Spa Day

Rasoul Mud Therapy (45mins)

Therapeutic Back, Neck & Shoulder Massage (30mins)

Two Course Lunch with Wine or Fruit Juice

4 - Harmony Top-to-Toe Spa Day

Rasoul Mud Therapy (45mins)

Therapeutic Full Body Massage (1hr)

O. P. I. Manicure or Pedicure (1hr)

Two Course Lunch with Wine or Fruit Juice

5 - Sheer Indulgence Day

Chardonnay Wine Wrap (1hr 15mins)
on our "Hot Stone" Hammam Massage Bed

O. P. I. Deluxe Manicure or Pedicure (1hr 15mins)

Decleor Relaxing Aromatic Facial (1hr)

Two Course Lunch with Wine or Fruit Juice

6 - Luxury Top-to-Toe Bridal Spa Day

Rasoul Mud Therapy (45mins)

Therapeutic Full Body Massage (1hr)

Decleor Relaxing Aromatic Facial (1hr)

O. P. I. Deluxe Manicure or Pedicure (1hr 15mins)

Two Course Lunch with Wine or Fruit Juice

(Make up and hairdressing appointments may be booked in advance for your wedding day)

Spa Days make perfect gifts and are ideal for special occasions such as hen parties, birthdays, Mother's Day and anniversaries. Vouchers can be purchased from Peak Spa Reception.





Hamam Body Treatments

The Hamam is centuries old. As in traditional Roman bath houses, a soap massage is carried out on a "hot stone bed" within a blissfully peaceful mosaic-tiled suite. As time has passed new treatments have been brought to the Hamam to enhance the relaxation experience. We have carefully selected the very best of these especially for you.

For these treatments the client can either wear a two-piece swimsuit or we can supply a disposable alternative.

Body Exfoliation & Detoxifying Treatments

Deluxe Turkish Soap Massage ~ 45 mins ~ Gentle yet thorough body exfoliation treatment using natural loofahs for an authentic soap massage experience which stimulates circulation and leaves your skin totally revitalised. The treatment ends with a full body skin-conditioning massage.

Atlantic Sea Salt Scrub ~ 45 mins ~ Invigorating, exfoliating treatment designed to polish, smooth and revitalise the whole body using a base oil and mineral salts which help to stabilise the skin's PH level. After the skin is rinsed the client is given a full body moisturising massage.

Chardonnay Wine Wrap Experience ~ 1 hour 15 mins ~ Organic Chardonnay grape extracts are combined with medicinal clays to exfoliate your skin. This wrap will leave the skin feeling invigorated and refreshed. A ten minute scalp massage is incorporated followed by a full body moisturising massage. Not recommended for sensitive skin.

Baltic Chalk Wrap ~ 1 hour ~ Originating from the Baltic Island of Ruegen, this chalk has exceptionally fine grains, which gently draw and absorb toxins from the body. The detoxifying properties of this wrap also improve circulation and ease muscular aches and pains. A ten minute relaxing scalp massage is incorporated followed by a full body skin-conditioning massage with either oriental oil or goats butter lotion. Ideal for sensitive skin.

Laminaria Seaweed Body Wrap ~ 1 hour ~ Cleansing and detoxifying, this wrap uses the purest quality of the Laminaria Digitata seaweed harvested from the Brittany coast. This treatment boosts metabolism and is rich in Iodine which helps to regulate the thyroid gland and boost metabolism. It is not suitable for those with seafood allergies or thyroid disorders. A ten minute scalp massage is included with this treatment together with a full body skin-conditioning massage with either oriental oil or goats butter lotion.

Alpine Silt Mud Pack ~ 1 hour ~ Using Alpine silt extract, this is a deep-cleansing and detoxifying body wrap, ideal for improving energy and vitality. The concentrated levels of natural salts help to rebalance the body. After the skin is rinsed off a full body skin-conditioning massage is given with either oriental oil or goats butter lotion. A ten minute scalp massage is also incorporated.

Body Exfoliation - Moisturising & Nourishing

Cleopatra Moisture Milk Wrap ~ 1 hour 15 mins ~ Designed to restore the skin's natural protective film, secret ingredients of milk & nourishing oils are smoothed over the body from head to toe, penetrating deep into the skin, and the client is wrapped up to keep warm. A ten minute scalp massage is incorporated followed by a full body moisturising massage.

Evening Primrose Floral Cream Wrap ~ 1 hour 15 mins ~ An aromatic cream wrap steeped in healing plant oils, this body wrap can be effective in treating a range of skin complaints including psoriasis. The products used help to regenerate the skin. The body is wrapped up to keep warm whilst the active ingredients are absorbed. A ten minute scalp massage is performed followed by a full body moisturising massage. This treatment will leave even the most delicate skin silky smooth and moisturised.





Rasoul Mud Therapy

Since ancient times medicinal earths and clays have been used as remedies for health. The combining of these earths with heat treatment encourages the skin's pores to open, increasing the absorption of minerals into the body. The Rasoul, inspired by the Ancient Egyptians, combines traditional heat bathing with the medicinal benefits of organic mud. The treatment starts with the self-application of different coloured muds, all of which offer different degrees of exfoliation. You then relax with your friends on heated mosaic 'chairs' in the exotic Rasoul Suite while the room gently fills with herbal steam. As you perspire the mud's natural ingredients absorb the toxins from the body to aid the detoxifying and exfoliation process. Mineral salts are also provided for you to apply over the muds on selected areas. The ceremony closes with a tropical rain shower from the star-lit ceiling to wash away the mud, leaving you with the silkiest skin imaginable. (45 mins, minimum 2 people and maximum 4 people).

Delecto Facials

Delecto has created three techniques to cater for your every desire. Each one is specially tailored to the specific nature of your skin.

Aromassage ~ 1 hour ~ The Relaxing Aromatic Facial - This treatment soothes and relaxes your entire face, combining localised and gentle pressure with light, sweeping strokes. Helps to relieve stress, fatigue and tension.

Aromaplastix ~ 1 hour ~ The Classic Aromatic Facial - This multi-active natural treatment is tailored to every skin type. Your therapist will select products to rebalance your skin, and a mask of linseed, wheat germ and sunflower stimulates and enhances the therapy, whilst moisturising and decongesting.

Aroma Expert ~ (1 hour 15 mins) ~ The Specific Aromatic Facial - Your individual Spa Mosaic programme will be designed by your therapist.

Aroma Expert Purify (Total Balance) - An intense balancing treatment, with purifying essential oils of Ylang Ylang and Tea Tree. This treatment leaves your skin clearer, more luminous and refined.

Aroma Expert Nourish (Deep Nourish) - This deeply nourishing treatment, with essential oils of Rose, Neroli and Petit-grain moisturises and reinforces the skin's barrier function, enabling it to combat harsh external aggressions.

Aroma Expert Smooth (Sheer Calm) - Using natural essential oils of Roman Camomile, Angelica and Geranium, this is a calming treatment, bringing immediate comfort to stressed skin.

Aroma Expert Lift (Evidence Lift) - The ultimate holistic face-lifting treatment, exceptionally anti-ageing, using a unique combination of essential oils, including Iris, Jasmine and Cinnamon to combat the signs of ageing in mature skin.

Aroma Expert Radiance (White Bright) - This intensive treatment harnesses the benefits of pure vitamin C and the White-Bright complex to reduce areas of excess pigmentation and brighten the entire complexion.

Alpha & Aromatic Facial ~ 45 mins ~ A skin-refining facial which suits all skin types. Occasionally every skin type becomes more needy. If, despite your regular treatment and skincare routine, your skin appears dull and less smooth than usual, incorporate an Alpha + Aromatic Facial. Your skin will be smoothed, refined and radiant with health.

Executive Facial ~ 30 mins ~ An aromatic facial designed for people on the go. The treatment includes a perfect blend of cleansing, toning and moisturising.

Vital Eyes - This can be a separate treatment, or combined with any of the above facials. It soothes and calms irritation around the eyes and helps to reduce puffiness, dark circles and wrinkles in this extremely fragile area.





Decleor Body Treatments

Aromatic Spa Mosaic - The Ultimate Body Treatment Programme

Your individual Spa Mosaic programme will be designed by your therapist.

Aromatic Massage ~ (1 hour 15 mins) ~ to include scalp massage and facial pressure points.

Relax ~ A body massage that melts away all feelings of tension, using a combination of Thai massage and Shiatsu. It helps to energise you, induces relaxation and restores balance, using a natural blend of pure essential oils such as Sandalwood and Frankincense, gently warmed then smoothed over the body, leaving skin soft and supple. The entire body is left with a feeling of overwhelming relaxation and peace.

Flow ~ An invigorating and stimulating massage which boosts the blood circulation, and eases sore muscles. Blends of natural essential oils such as Cypress revive tired limbs.

Detox ~ This detoxifying, draining massage, using aromatic oils of Rosemary and Patchouli targets and combats fatty areas, eliminating toxins and reducing water retention.

Tonic ~ Using a blend of natural essential oils including Lemongrass this treatment is revitalising and relaxing, leaving the skin soft, smooth and perfectly toned.

Envelopment ~ (1 hour)

Relax Body ~ This total body treatment begins with a gentle exfoliation to cleanse and purify the skin. The Aromatic Balm Relax is smoothed over the entire body as a hydrating mask, and to induce relaxation a stage further you are cocooned in a heated blanket producing unparalleled well-being and relaxation.

Flow ~ A full body exfoliation followed by a brisk friction massage using herbal based powder to remove dry and dull skin, improve circulation and energise tissue. A heated blanket is wrapped around your body to encourage the elimination of toxins and excess fluid.

Detox ~ An exfoliating massage which promotes energy as it detoxifies and eliminates water retention. A marine algae mask rich in minerals helps to promote a smooth, even skin and breaks down fatty deposits, draining away toxins whilst leaving the skin energised.

Tonic Body ~ An invigorating exfoliation for perfect skin, followed by the application of a nourishing cream mask, for toning, firming and anti-ageing. Whilst you unwind in a comforting heated blanket the numerous actions of the mask are reinforced. You emerge sleeker, and full of vitality with skin as soft as silk.

Perfect Contour ~ 1 hour ~ Contours thighs, buttocks, hips and the stomach area where toxins, excess fluid and fatty deposits build up. This intensive treatment combines an anti-cellulite draining massage and the application of potent, therapeutic marine-based creams, encouraging detoxification.

Perfect Legs ~ 45 mins ~ Exfoliation and massage for aching feet and tired, heavy legs, boosting the circulation and revitalising skin texture. A rich gel containing sea algae is applied from ankle to thigh, relieving the most swollen of legs.

Perfect Bust ~ 45 mins ~ The bust and decolletage are vulnerable areas. Utilising specific products which stimulate cell-renewal, a mask is used to restructure collagen fibres to help skin regain its firmness and elasticity.

Sumptuous Mother-to-Be ~ 1 hour 15 mins ~ A treatment programme has been put together for mothers-to-be, tailored to their individual needs, addressing their emotional and physical requirements both during pregnancy and the early stages after the birth of the baby. These treatments are safe, effective and wonderfully relaxing.





Treatment of Distinction ~ A complete treatment for both your face and body - the ultimate in nourishing and comforting your skin whatever its needs. Your skin will radiate an inner health and vitality and you will feel totally nurtured from top to toe. Designed to reflect the very essence of Decleor, this treatment is about 100% pure and natural Aromatherapy and the benefits that it has for your skin and spirit.

Decleor Treatments for Men

Decleor provides a series of professional, practical and effective treatments, especially designed for men and their specific needs.

Aromatherapy Skin Fitness Essential ~ 1 hour ~ This holistic treatment is essential for improving the skin's tone and appearance. Incorporating a relaxing back massage, it offers cleansing and exfoliation.

Aromatherapy Skin Fitness Expert ~ 1 hour 15 mins ~ Combining the unique Decleor massage to the back, face, shoulders and neck using specialised, high performance "Le Soin" products. A natural, specific face mask makes the complexion bright and the skin supple and energised.

Massage Treatments

Back, Neck and Shoulder Massage ~ 30 mins ~ A deeply relaxing treatment using Lavender and Camomile oils to work away stress and tension. A period of relaxation is included within the treatment.

Therapeutic Body Massage ~ 1 hour ~ A massage that aids circulation and lymphatic drainage, promoting a state of calm and relaxation. A period of relaxation is included within the treatment.

Tranquility Scalp Massage ~ 30 mins ~ A scalp massage that creates a state of deep relaxation using essential oils formulated for the scalp. Restores vitality and energy, and adds volume and shine to your hair.

Alternative Treatments

Indian Head Massage ~ 45 mins ~ An extremely relaxing head and shoulder massage that benefits conditions such as migraines, eye-strain, stress and fatigue.

Reflexology ~ 1 hour ~ Working on the body as a whole through the feet, this therapy stimulates reflex zones to enable the body to rebalance itself.

Aromatherapy Massage ~ 1 hour 15 mins ~ A massage treatment for your individual needs. Personalised essential oils are carefully blended to provide a holistic treatment to cope with a variety of medical conditions. Consultation is included in the treatment time.

Sports Therapy & Rehabilitation

Sports Injury Treatment ~ 30 mins ~ Assessment and treatment of all injuries using a soft tissue massage, manipulation and rehabilitation exercises.

Leg Treatment ~ 45 mins ~ Deep soft tissue to all the major muscle groups in the legs, followed by soft tissue manipulation and stretching. Ideal for tired legs following sporting activities.

Sports Massage ~ 30 mins ~ Specialised massage for the treatment of specific muscle groups before and after exercise and to aid the recovery of sports-related injuries.





C.A.C.I Non-Surgical Face & Body Lifting

The C.A.C.I Quantum is the most advanced face and body treatment system available, and features specific programmes for slimming, contouring, cellulite, lymphatic drainage, face-lifting, wrinkles, acne and scare tissue. So, whatever your treatment area of concern, the C.A.C.I Quantum has the solution.

Face ~ 1 hour

Body ~ 30 mins

Combined Face & Body ~ 1 hour 15 mins

Courses of 10 are available and are recommended for longer lasting results.

O. P. I. Nail Care

O. P. I. Manicure ~ 1 hour ~ Enjoy a relaxing manicure with a luxurious hand massage to improve the condition and appearance of your nails. Includes filing, cuticle work and polish with O.P.I professional range of colours.

O. P. I. Deluxe Manicure ~ 1 hour 15 mins ~ A manicure that leaves your nails and hands feeling pampered. Includes filing, cuticle work, heated mitts, hand massage and polish.

O. P. I. Pedicure ~ 1 hour ~ Sit back and relax whilst we take away the stress of foot maintenance. Includes a foot massage, cuticle work and polish with O.P.I professional range of colours.

O. P. I. Deluxe Pedicure ~ 1 hour 15 mins ~ A luxury pedicure to leave the foot feeling soft and pampered. Includes exfoliation, cuticle work, foot massage, heated booties and polish.

O. P. I. File & Colour Polish ~ 30 mins

Paraffin Wax Manicure & Pedicure ~ 1 hour 15 mins ~ Paraffin wax is used in this therapy to help relieve arthritic pain and to give an intense moisturising treatment.

Makeup by Jane Iredale

Jane Iredale skin-care makeup is so effective that this range is recommended by plastic surgeons, dermatologists and skin-care professionals. At last a makeup which is beneficial to the skin.

Day, evening and bridal makeovers are also available on request.

Eye Treatments

Eyelash Tint ~ 30 mins

Eyebrow Tint ~ 15 mins

Lash & Brow Tint ~ 30 mins

Eyebrow Re-Shape ~ 30 mins

Eyebrow Trim ~ 15 mins

Please note a patch test is required for tinting 24 hours in advance.





Electrolysis

A safe and effective way to permanently remove unwanted body and facial hair. A consultation is required prior to treatment. Treatment lengths vary according to needs. Please refer to price list for details.

Hair Removal

P.H.D. WAXING SYSTEM - Using the P .H. D. warm wax system to remove unwanted hair. Lasts 4 to 6 weeks. Over a period of time waxing lessens hair growth and new hair becomes softer.

Half Leg ~ 30 mins

Half Leg & Bikini ~ 45 mins

Lip ~ 15 mins

Underarm ~ 15 mins

Full Leg ~ 45 mins

Full Leg & Bikini ~ 60 mins

Chin ~ 15 mins

Eyebrow ~ 15 mins

Bikini ~ 15 mins

Chest ~ 30 mins

Lip & Chin ~ 15 mins

Back ~ 30 mins

Please note use of the Spa Facility is not recommended after waxing.

Tanning

Satin Tan Sans Soleil ~ 1 hour ~ Self tanning treatment for fair skin types. A gentle exfoliation leaves the skin velvety smooth and revitalised ready for the application of Decleor self-tan. Lasts up to seven days.

St Tropez Tanning ~ 45 mins (Half Body) and 1 hour 30 mins (Full Body) ~ This is the ideal to top up that long forgotten holiday or as a pick-me-up for medium tone/olive skin types.

Fast Tan Sun Bed ~ 13 mins ~ A golden glow in minutes and a perfect way to end your day of pampering.

Decleor Sunrise ~ 1 hr 30 mins ~ Self tanning and skin-preparing treatment. This treatment boosts the cell's self-natural defences against UV while improving skin pigmentation for better tanning results. It also prepares the skin to resist the harmful effects of the sun.

Decleor Sunset ~ 1 hr 30 mins ~ A repairing after-sun treatment. Refreshes, hydrates, calms and relieves unpleasant burning sensations and sunburns while limiting peeling. Intensifies and prolongs the intensity of your tan's radiance.

Hairdressing

We offer a full range of hair therapy and styling treatments. Appointments and Prices are available from Peake Spa Reception.

**For more information or to book a Spa Day or Treatment please contact
Peake Health, Spa & Beauty on:
01206 265820 or 265822**

**Peake Spa at The Stoke by Nayland Hotel
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Spa Days and Treatment Price List

Please see full details in the Peake Spa Treatments Brochure

Spa Days

We are pleased to offer our Spa Day guests complimentary use of towels, robes & slippers during their visit

1 ~ The Spa Experience	£49.00
2 ~ Stress Relief Day	£60.00
3 ~ Tranquillity Spa Day	£82.00
4 ~ Harmony Top to Toe Day	£120.00
5 ~ Sheer Indulgence Day	£155.00
6 ~ Luxury Bridal Top to Toe Spa Day	£168.00

N.B. Please enquire at Reception for special Members' Spa Day Rates

Health & Beauty Treatments

	Normal Price	Members' Price*
Hammam Treatments:		
Turkish Soap Massage (45mins)	£30.00	£28.50
Atlantic Sea Salt Scrub (45mins)	£30.00	£28.50
Chardonnay Wine Wrap Experience (1hr 15mins)	£45.00	£42.75
Baltic Chalk Wrap (1hr)	£40.00	£38.00
Laminaria Seaweed Body Wrap (1hr)	£40.00	£38.00
Alpine Silt Mud Pack (1hr)	£40.00	£38.00
Cleopatra Moisture Milk Wrap (1hr 15mins)	£45.00	£42.75
Evening Primrose Floral Cream Wrap (1hr 15mins)	£45.00	£42.75
Exotic Rasoul Mud Therapy (45mins) Min 2 Max 4 guests (price per person)	£23.00	£21.85
Delcor Facials		
Aromassage - The Relaxing Aromatic Facial (1hr)	£40.00	£38.00
Aromaplastie - The Classic Aromatic Facial (1hr)	£42.00	£39.90
Aroma Expert - The Specific Aromatic Facial (1hr 15mins)	£45.00	£42.75
Aroma White Facial (1hr 15mins)	£45.00	£42.75
Alpha + Aromatic Facial (45mins)	£35.00	£33.25
Executive Facial (30mins)	£25.00	£23.75
Vital Eyes (45mins)	£35.00	£33.25
Vital Eyes (15mins) as a supplement to a Facial	£10.00	£9.50
Delcor Body Treatments		
Spa Mosaic Aromatic Massage (1hr 15mins)	£45.00	£42.75
Spa Mosaic Aroma Envelopment (1hr 15mins)	£45.00	£42.75
Perfect Legs (45mins)	£35.00	£33.25
Perfect Contour (1hr)	£40.00	£38.00
Perfect Bust (45mins)	£35.00	£33.25
Sumptuous Mother-to-Be (1hr 15mins)	£45.00	£42.75
Delcor Men's Treatments		
Aromatherapy Skin Fitness Essential (1hr)	£40.00	£38.00
Aromatherapy Skin Fitness Expert (1hr 15mins)	£45.00	£42.75
Therapeutic Massage		
Therapeutic Back, Neck & Shoulder Massage (30mins)	£23.00	£21.85
Therapeutic Body Massage (1hr)	£35.00	£33.25
Tranquillity Scalp Massage (30mins)	£20.00	£19.00

Alternative Treatments

Indian Head Massage (45mins)	£28.00	£26.60
Aromatherapy Massage (1hr 15mins)	£45.00	£42.75

Sports Therapy & Rehabilitation

Sports Therapy (30mins)	£22.00	£20.90
Leg Treatment (45mins)	£28.00	£26.60
Sports Massage (30mins)	£23.00	£21.85
Sports Massage (60mins)	£35.00	£33.25

C.A.C.I Non-Surgical Face & Body Lifting

Face (1hr)	£42.00	£39.90
Face (Course of Ten)	£378.00	£359.10
Body (30mins)	£35.00	£33.25
Body (Course of Ten)	£315.00	£299.25
Eyes (30mins)	£25.00	£23.75
Eyes (Course of Ten)	£225.00	£213.75

O. P. I. Nail Care

O. P. I. Manicure (1hr)	£25.00	£23.75
O. P. I. Deluxe Manicure (1hr 15mins)	£30.00	£28.50
O. P. I. Pedicure (1hr)	£25.00	£23.75
O. P. I. Deluxe Pedicure (1hr 15mins)	£30.00	£28.50
O. P. I. File & Polish - excludes French Manicure (30mins)	£16.00	£15.20
Paraffin Wax Manicure or Pedicure (1hr 15mins)	£31.50	£29.93
Process - Nail and Cuticle Work (45mins)	£18.00	£17.10

Makeup by Jane Iredale

Make-Up Application (1hr)	£20.00	£19.00
Bridal Make-Up (2hrs)	Tailor made packages	

Tanning

Satin Tan Sans Soleil (1hr)	£32.00	£30.40
St Tropez Tanning - Half Body (45mins)	£25.00	£23.75
St Tropez Tanning - Full Body (1hr 30mins)	£38.00	£36.10
Spray Tanning (20mins)	£25.00	£23.75
Fast Tan Sun Bed (13mins)	£6.00	£5.70
Decleor Sunrise Aromatherapy Treatment (1hr 30mins)	£47.50	£45.13
Decleor Sunset Aromatherapy Treatment (1hr 30mins)	£47.50	£45.13

Eye Treatments

Eye Lash Tint (30mins)	£10.80	£10.26	Eyebrow Tint (15mins)	£7.00	£6.65
Lash & Brow Tint (30mins)	£15.00	£14.25	Eyebrow Re-shape (30mins)	£10.80	£10.26
Eyebrow Trim (15mins)	£6.50	£6.18			

Hair Removal - P.H.D Waxing System

Half Leg (30mins)	£15.00	£14.25	Chin (15mins)	£7.00	£6.65
Full Leg (45mins)	£22.00	£20.90	Lip & Chin (15mins)	£12.50	£11.88
Bikini (15mins)	£8.50	£8.08	Underarm (15mins)	£8.50	£8.08
Half Leg & Bikini (45mins)	£20.50	£19.48	Eyebrow (15mins)	£7.50	£7.13
Full Leg & Bikini (1hr)	£26.00	£24.70	Back (30mins)	£18.50	£17.58
Chest (30mins)	£18.50	£17.58	Half Arm (15mins)	£11.50	£10.93
Lip (15mins)	£7.00	£6.65	Full Arm (30mins)	£14.50	£13.78

Electrolysis

10 mins	£11.00	£10.45	15 mins	£15.00	£14.25
20 mins	£20.00	£19.00	30 mins	£25.00	£23.75

N.B Prices are correct at time of printing and are subject to change

*N.B These discounted rates only apply when payment is made using members' swipe card

Peake Spa at The Stoke by Nayland Hotel • Keepers Lane • Leavenheath • Colchester • CO6 4PZ

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