

DUDSBURY

Golf Club • Hotel and Spa

Spa Price List

Spa Days

*Please note 50% deposit will be taken at time of booking.
Gowns, Slippers and towels are provided on the day.*

Taste of Spa **£70**

Full use of the facilities, 25 minute treatment and 2 course lunch

Revitalising Spa Day **£90**

Full use of the facilities, Hour and half treatment and 2 course lunch.

Pre-Post Natal Spa Day **£120**

Full use of the facilities, Pre-Natal massage and luxury Pedicure and 2 course lunch.

Ultimate Indulgence Spa Day **£130**

Full use of the facilities, Aromatherapy Massage, ESPA Facial and Body Polish and 2 course lunch.

Soothing Spa Day **£140**

Full use of the facilities, Total Holistic Body Care with hot stones, Luxury Manicure or Pedicure and 2 course lunch.

ESPA


JESSICA®

Massage

ESPA Back, Neck and Shoulder Massage – 25 minutes **£28**

This massage focuses on your back, neck and shoulder area. Whether it's a deep massage to get rid of tension or a relaxing massage after a stressful day, your back will feel as good as new after this treatment.

ESPA Full Body Massage – 55 Minutes **£45**

Using a nourishing oil to hydrate your skin, this massage penetrates your back, back of legs, front of legs, arms and décolletage massage.

ESPA Immune Booster – 55 Minutes **£50**

Using a blend of tea tree and eucalyptus, this massage is great for boosting the immune system.

ESPA Detoxifier – 55 Minutes **£50**

Using a blend of citrus oils, this massage is good for detoxing and flushing all the toxins away.

ESPA De-Stressor – 55 Minutes **£50**

Using soothing oil that includes Frankincense and Myrrh, this treatment is great for those who suffer with stress and insomnia.

ESPA Intensive Muscle Warmer – 55 Minute **£50**

Over done it at the gym? Aching muscles? This treatment uses a fitness oil that warms your muscles leaving them feeling relaxed.

ESPA Jet Lag Reviver – 55 Minutes **£50**

This massage re-balances energy levels by using an energising blend or a soothing blend to relax into an untroubled sleep.

ESPA Total Holistic Body Care – 85 minutes **£65**

Total relaxation. This treatment starts with a skin brush and exfoliation to exfoliate away the dead skin cells making your skin feeling smooth and refreshed, then a full body aromatherapy massage and an express facial.

Facials

All 55 minute facials include a deep cleanse, exfoliation, face and shoulder massage, mask and an oriental scalp massage.

ESPA Firming Eye Treatment – 25 Minutes **£30**

Tired eyes? Starting to notice the fine lines and wrinkles? This treatment is for just that. It helps to reduce the appearance of fine lines and wrinkles it also helps with dark circles.

ESPA Aromatherapy Facial – 55 Minutes **£55**

All Skin Types. This facial is great for any skin type including sensitive skin.

ESPA Re-Hydrator Facial – 55 Minutes **£55**

For Dry and dehydrated skin types. Exfoliation is key with dry skin. This facial will gently take away the dead skin cells and then moisturise and hydrate.

ESPA Regenerating Facial – 55 Minutes **£57**

For maturing and hormonal skin types. Concerned with fine lines and wrinkles? This is the facial for you. We use products specific for maturing skin to help reduce the appearance of fine lines and wrinkles.

ESPA Re-balancing Facial – 55 Minutes **£55**

For problematic skin types. Suffering from outbreaks? In this facial we use products that will deep clean your skin and help improve the appearance of outbreaks.

ESPA Luxury Facial – 70 Minutes **£60**

For maturing skin types. This facial includes a firming eye treatment. This facial is the facial if you are concerned about the signs of aging.

ESPA Men's Purifying Facial – 55 minutes **£55**

This men's facial includes a deep cleanse, exfoliation, face and shoulder massage, mask and scalp massage. This facial is great for all skin types and can be tailor made to specific skin types and concerns.

ESPA Back, Face and Scalp Treatment – 85 Minutes **£65**

Enjoy a deep cleanse, exfoliation and massage on your back before indulging in an ESPA Aromatherapy Facial.

Body

All wraps include a skin brush and exfoliation. We apply the specific product for this treatment and then wrap you up in foil. Whilst you're relaxing in the wrap, enjoy a deeply relaxing oriental scalp massage. After that you are left to shower the products off and then we moisturise your skin leaving it feeling smooth and soft.

ESPA Algae Wrap – 70 Minutes **£55**

Trying to lose weight? This treatment is perfect to help get rid of toxins.

ESPA Hydrating Wrap – 70 Minutes **£55**

Just come back from holiday? This wrap will re-hydrate your skin.

ESPA Mud Envelopment Wrap – 70 Minutes **£55**

Marine mud is known for its skin conditioning properties. This wrap is for dry, dehydrated skin.

ESPA Oshadi Wrap – 70 Minutes **£55**

Oshadi means 'Giver of life' This wrap is ideal for aching muscles, feel your muscles relax with this very warming treatment.

ESPA Pre and Post Natal Massage – 85 Minutes **£60**

This is ideal for pregnant ladies, new mums and women who are having IVF treatment. This treatment includes a full body exfoliation, full body massage, a wrap and an oriental scalp massage.

ESPA Stimulating Hip and Thigh – 55 minutes **£48**

This stimulating treatment helps to reduce the appearance of cellulite. This treatment includes an exfoliation and a deep tissue massage to help break away the cellulite.

ESPA Body Polish – 25 minutes **£28**

This treatment is ideal for dry and dehydrated skin. A skin brush, brushes away any dead skin cells, then the exfoliating body polish exfoliates the rest of the dead skin cells off leaving your skin feeling smooth and soft.

ESPA Salt and Oil Scrub – 25 minutes **£30**

This salt and oil scrub is ideal for very dry skin types. The salts exfoliate away dead skin cells, whilst the oil leaves your skin feeling soft.

Indian Head Massage – 25 minutes **£28**

Originated from India this treatment is ideal for stress. Massaging your back, arms, neck, shoulders and scalp you will be completely de-stressed.

Hot Stones

ESPA Back, Neck and Shoulder Massage with Hot Stones – 40 Minutes **£38**

Enjoy a 40 minute back massage with hot stones. Feel the heat of the stones relax your mind and body. Feel the tension in your muscles melt away.

ESPA Back, Face and Scalp Treatment with Hot Stones – 85 Minutes **£85**

Enjoy a deep cleanse, exfoliation and a hot stone massage on your back before indulging in an ESPA Aromatherapy Facial. In this treatment we place chakra stones on you chakra points to help you re-balance.

ESPA Total Holistic Body Care with Hot Stones – 120 minutes **£90**

Total relaxation. This treatment starts with a skin brush and exfoliation to exfoliate away the dead skin cells making your skin feeling smooth and refreshed. Then indulge in a full body aromatherapy massage with hot stones and to finish off enjoy an express facial. In this treatment we place Chakra stones on your Chakra points to help your re-balance.

ESPA Lifting and Firming Facial with Hot Stones – 85 Minutes **£70**

This advanced facial is ideal for maturing skin. This treatment uses specific massages to help lift and tone your skin. Using hot and cold stones, this facial is pure luxury.

Hands and Feet

Jessica Half Hour Manicure – 25 minutes **£20**

Jessica Manicure – 45 minutes **£27**

Jessica Luxury Manicure – 55 minutes **£32**

Jessica Pedicure – 45 minutes **£30**

Jessica Luxury Pedicure – 55 minutes **£35**

French Polish – 15 minutes **£9**

Waxing

Lip or Chin Wax – 15 minutes **£8**

Lip and Chin Wax – 15 minutes **£12**

Underarm Wax – 15 minutes **£10**

Bikini Line – 15 minutes **£12**

1/2 Leg Wax – 30 minutes **£20**

3/4 Leg Wax – 30 minutes **£23**

Full Leg Wax – 45 minutes **£28**

Forearm Wax – 30 minutes **£15**

Back Wax – 30 minutes **£25**

Chest Wax – 30 minutes **£25**

Back and Chest Wax – 45 minutes **£40**

Eyes

Eyebrow Wax or shape – 15 minutes **£10**

Eyebrow Tint* – 15 minutes **£11**

Eyelash tint* – 25 minutes **£12**

Eyelash tint and eyebrow tint* – 25 minutes **£18**

Eyebrow tint and eyebrow wax* 15 minutes **£15**

**Must come in at least 24 hours before to have a tint test.*

All treatments are unisex.

Full use of the facilities with all face and body treatments.

It is advisable to arrive at least an hour before your treatment to enjoy the facilities. A consultation card will also be filled out in this time.

Retail products are available to purchase.

50% Cancellation fee will apply for treatments cancelled 24 hours before the treatment starts.

When booking an appointment please state any medical conditions that may effect the treatment.

Members of Dudsbury Golf Club will receive 10% off all treatments and retail products.

DUDSBURY

Golf Club • Hotel and Spa

Christchurch Road, Ferndown, BH22 8ST

Tel: **01202 593499**

www.dudsburygolfclub.co.uk