

Prested Pamper Packages

Prested Signature Pamper Day 9.30am - 3.30pm

With two 30 minute treatments (either facial, massage or manicure or file and paint on toes), includes a welcome drink on arrival, use of our 20m pool, sauna and steam room, sun room and relaxation area, a robe, towel and slippers to use for the day plus a two course meal or afternoon tea in the Bistro.

Mon - Thurs £60.00pp Fri - Sun £64.00pp

Prested Twilight Evening 4.30pm - 9.30pm

Your evening begins with a welcome drink, then enjoy one 30 minute treatment (either facial or massage), use of our 20m pool, sauna and steam room, sunroom and relaxation area, a robe, towel and slippers for the evening plus a two course meal in the bistro.

Tues - Fri £50.00pp

Prested Luxury Pamper Day 9:30am - 3.30pm

Your day will begin with a welcome drink before you get to enjoy and condition your skin and muscles with this all-embracing experience. Combine any one hour ELEMIS hands-on touch facial with your personalised Prested Hall Full Body Massage or Hot Stone Full Body Massage Treatment then continue your day in our 20m pool, sauna, steam room, sun room or relaxation area. Robes, towels and slippers are yours to use for the day plus enjoy afternoon tea or a two course meal in the Bistro.

Mon - Thurs £110.00pp Fri - Sun £125.00pp

Treatment Upgrades

These are available, please ask when booking.

Prested Health Club Members

10% discount off of treatments and products.

Group Discounts

10% reduction on pamper groups of 6 or more.
Groups over 10 – one person goes free.
Only one discount applies

We have a full range of retail products on sale at The Prested Hall Spa all very competitively priced.

Gift vouchers are available for any treatment or package.

Only one discount is available per booking.

Opening Times

Monday 9.00am - 6.00pm

Tuesday 9.00am - 8.00pm

Wednesday 9.00am - 8.00pm

Thursday 9.00am - 8.00pm

Friday 9.00am - 8.00pm

Saturday 9.00am - 5.30pm

Sunday 9.00am - 4.30pm

Terms & Conditions

All treatment times include consultation, aftercare, changing and payments.

Certain medical conditions may prohibit some treatments, please check when booking to avoid disappointment.

Cancellation fees and late arrivals:

This applies to all appointments booked.

Please see our website or pamper day confirmation for further details.

Moving Fee: A £10 moving fee will apply when moving a pamper day after initial booking is taken, this includes when using a voucher.

Age restrictions: Prested Spa is unable to offer individual treatments to anyone under 16 years. Please note that for pamper days an adult must accompany a 16 or 17 year old in each treatment.

Vouchers: All vouchers have a 6 month expiry date on them and they cannot be extended or replaced if lost.

Prested Hall Spa

Prested Hall Chase, Feering,
Colchester, Essex CO5 9EE

www.prested.co.uk/prestedspa

Tel: 01376 572175 / 573399

spa@prested.com

 Prested Hall Spa

Prested Hall Spa Treatment List

ELEMIS

bareMinerals®

 nailtiques®

ORLY®

 PhD
Safewax

January 2018

ELEMIS

Defined by Nature, Led by Science

Hair Removal / Waxing (with PhD)

Professional, Hygienic, Disposable

Lip	15 mins	7.00
Chin	15 mins	7.00
Eyebrow	20 mins	8.00
Jaw & Neck	30 mins	8.00
1/2 Leg	30 mins	14.00
Full Leg	45 mins	21.00
Under Arm	20 mins	10.00
Standard Bikini Line	20 mins	10.00
Back	30 mins	18.00

Eye Enhancements

Eyelash Tint	30 mins	10.00
Eyebrow Tint	15 mins	8.00
Eyelash Tint, Eyebrow Tint and Eyebrow Shape	45 mins	22.00

(Patch test required for all tints 48hrs in advance)

Spray Tanning

Sienna X Spray Tanning	Full body	30 mins	25.00
(suited to your skin colour)	Half body	15 mins	15.00

Nails (with Orly & Naitiques)

Shape & Paint	20 mins	10.00
Manicure	30 mins	21.00
Luxury Manicure	40 mins	30.00
Pedicure	40 mins	24.00
Luxury Pedicure	50 mins	35.00

Upgrade your treatment with;

French Polish	15 mins	5.00
Epix Polish	15 mins	5.00
Gel Polish	20 mins	9.00
Gel French Polish	20 mins	10.00
Gel Removals	30 mins	5.00

(From other salons non Orly)

Make Up

The Bare Minerals Make Under	45 mins	25.00
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An introduction to the only make up in the world that is 100% pure using micronized minerals.

Wedding and bridal make up available, please see separate price list.

£

Touch: Anti-Ageing - Facials

Elemis Pro Collagen Age Defy 1 hr

Tackles fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished younger looking skin.

Elemis Pro Definition Lift & Contour 1 hr

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

Elemis Dynamic Resurfacing Precision Peel 1 hr

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

(Patch test required 24hrs in advance)

Elemis White Brightening Pigment Perfector 1 hr

Restores uneven skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

Touch: Skin Solutions - Facials

Elemis Superfood Pro-Radiance 1 hr

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying active. Clinically proven to leave skin plumper, radiant and lit up with good health.

Elemis Sensitive Skin Soother 1 hr

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

Elemis Anti-Blemish Mattify and Calm 1 hr

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

Men's Specific Facial

Elemis High Performance Skin Energiser 1 hr

The hard working facial for ageing, dehydrating skin and tired eyes. It maximises skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi dynamic facial massage sequences boost circulation, whilst scalp and foot massage deep.

£

Body : Massage

Elemis Freestyle Deep Tissue Massage 30 mins / 70 mins

Your therapist will select an aromatic oil according to your areas of concern.

Elemis Garden of England Rose Restore OR Elemis Hot Mineral Boost 70 mins

The skin is anointed with nourishing oils with either a Rose balm to hydrate and comfort or a powerful detox blend to stimulate and remove toxins from your body. Accompanied by a bespoke full body massage. Skin is left exquisitely moisturised, intensely supple, balanced and deliciously scented.

Elemis Deeper Than Deep Hot Stones 30 mins / 1 hr / 80 mins

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles.

Elemis Dual Energy 70 mins

Poultice Powered Muscle Release Massage. Sore, aching muscles are worked away with this invigorating and deep releasing treatment.

Elemis Couture Touch 2 hrs

Combine any one hour ELEMIS hands-on TOUCH facial with your personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage.

Elemis Peaceful Pregnancy 1 hr 30 mins

A relaxing full body and facial massage experience to hydrate and comfort the Mother to be. Includes consultation and relax time.

Body : Scrubs & Wraps

Elemis Body Nectar Nourishing Wrap 1 hr

The velvety texture of the Monoi oil offers super – hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils work their magic.

Elemis Thousand Flower Detox Wrap 1 hr

Omega-rich Green tea seed oil is massaged onto the skin followed by the Thousand Flower Wrap. Leaving you feeling completely reinvigorated. Includes a complimentary green tea.

Elemis Intensely Cleansing Salt Scrub 45 mins

Lime and Ginger or Frangipani
Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Elemis Best Foot Forward 30 mins

Take a load off with this foot focused tension releaser. Lower legs and feet are thoroughly exfoliated and massaged. Feet are left nourished soft and smooth.

Prested In House Body Treatments

Back, Neck and Shoulder Massage 30 mins

Full Body Massage 1 hr

Indian Head Massage 30 mins

Reflexology (includes consultation) 30 mins / 1 hr

Cleansing Back Treatment 30 mins

Free Style Hot Stone Massage 30 mins / 1 hr

£

37.00/
60.00

65.00

40.00/
65.00/
75.00

65.00

98.00

68.00

55.00

55.00

32.00

30.00

30.00

45.00

30.00

20.00/
40.00

28.00

39.00/
60.00