

## **Beauty at The Brookside**

With something to suit everyone, our face and body ranges from The Natural Spa Factory are crafted using the best that nature provides – such as caviar, rice bran and a fusion of natural British plants. Free from nasty chemicals and parabens, the products work to nourish skin from the inside out. Also free of animal testing – the only animals we test on are you. They promote healthy ageing for all skin types and are all from the UK and France.

### **Feeding the skin at home**

A range of Natural Spa Factory products are available to buy so you can polish, scrub and feel generally fabulous at home or treat a loved one to a special gift.

### **Facial Treatments**

With something to suit everyone, our face range from The Natural Spa Factory are crafted using the best that nature provides, overflowing with goodness, this antibacterial, anti-oxidising and anti-septic range will soothe, firm, nourish and stimulate cell renewal for clear, healthy and happy skin.

#### **Boutique Facial**

This range includes products infused with rose, tea tree, aloe vera, chamomile, pomegranate, jojoba, sweet almond and coconut oil. This exquisitely gentle formulation, drawn from nature, is combined to offer a clean, simplistic and comprehensive approach to skincare. Overflowing with goodness, this antibacterial, anti-oxidising and anti-septic range will soothe, firm, nourish and stimulate cell renewal for clear, healthy and happy skin. This range is perfect for normal to combination skin, hormonal skin or those simply requiring a fuss free, calming, healing and caring skincare regime.

30-minute treatment - £32

60-minute treatment - £50

#### **Illuminate and Rejuvenate Facial**

With a fusion of rice oil, rice bran and alpine plants, this facial aims to revitalise tired and dull skin, even skin tone, lighten blemishes, minimise the production of sebum and fade age spots. Suitable for those with sensitive skin, the illuminating products are packed with anti-oxidants to help protect the skin from everyday stresses. The results: a truly luminous effect, visibly reduced pores and skin that is wonderfully silky to touch.

30-minute treatment - £32

60-minute treatment - £50

## **Bespoke Facial**

Work with our expert therapists in selecting a facial that is utterly bespoke to you. Select from a choice of nutrient-rich ingredients with our expert guidance, focusing on your individual skin needs, mood and preferences.

30-minute treatment - £32

60-minute treatment - £50

## **Boutique Men's Facial**

Especially created for men from our brilliant 'Boutique Range'. Feel our powerful cream cleanser which is bursting with detoxifying ingredients to leave your skin deeply purified. We will transform your face from rough to smooth, helping to repair the damage caused by daily shaving, finishing with a luxury scalp massage for even the manliest of men.

30-minute treatment - £32

60-minute treatment - £50

## **Luxury 23 Carat Gold Facial**

Our paraben free healthy ageing Gold range is the perfect piece of luxury combining champagne, pearl extract, caviar, hyaluronic acid and 23 carat Gold. Rich in vitamins A, B, D and E, amino acids and AHA's, the gold range will help renew skin cells, aid tissue repair, restore elasticity and provide a tightening effect for radiant looking healthy skin. The subtle amber notes will envelop the skin in a feeling of decadent, silky warmth.

60-minute treatment - £60

## **Body Treatments**

### **Aromatherapy Massage**

Relax, calm or invigorate your senses with our custom made massages. Pick from 3 expertly layered, naturally and botanically sourced blends of essential oils and highly nourishing carrier oils. Choose your pressure to suit your needs.

Invigorating Oil - Packed with Marjoram, Ginger, Clove, Spearmint and Mint to perk up your mind and ease your muscles.

Calming Oil - Crammed with Ylang-Ylang, Evening Primrose, Sweet Orange, Raspberry, Chamomile and Rosehip Oils to relax and indulge your senses.

Sensitive Oil - Loaded with Rosehip, Sunflower, Apricot and Evening Primrose Oils which are perfect to calm and soothe your body and soul.

30-minute treatment - £35

60-minute treatment - £45

## **Deep Tissue Massage**

For those of you in need of a little bit more, try our deep tissue massage to work deep down to release stubborn knots and intensively relieve muscle tension. Pick from our 3 signature oils to make it your own.

30-minute treatment - £35

60-minute treatment - £45

## **Hot Stone Massage**

The combination of personalised oils and the heat of the hot stones help to relieve tense muscles allowing you to float away to a place of deep relaxation enriching mind, body and soul.

30-minute treatment - £35

60-minute treatment - £45

## **Indian Head Massage**

Enjoy an ancient Indian head massage treatment for the shoulders, neck, head and scalp, followed by a soothing foot massage for a complete feeling of wellbeing from head to toe. This wonderful treatment helps to relieve sinus blockages, headaches and the tensions from everyday life.

30-minute treatment - £35

## **Body Scrubs**

Choose from a selection of delightful salt or sugar scrubs fused with natural ingredients many good enough to eat, such as peppermint, coconut, seaweed and sweet orange. This luxury body treatment scrubs, buffs and stimulates circulation, helps drain lymph nodes and detoxifies your whole body. The removal of dead skin cells from the body leaves you feeling fresh and your skin looking rejuvenated and revitalised with a silky finish.

30-minute treatment - £30

60-minute treatment - £55 (includes massage)

## **Body Wraps**

Hand pick your deeply nourishing wrap, with healing, slimming and anti-ageing properties, our therapists are on hand to guide you on the best option for you. Our body masks are crammed with lots of lovely natural ingredients alerting the senses and lifting the mood. In the hands of the experts, see your skin transform to radiant and supple skin that's wonderfully soft to touch.

75-minute treatment - £55

### **Mud Scrum**

Suitable for men and women, this full body treatment is aimed at those that live an active life. Start with a back brush and exfoliation clearing the skin's surface of dead cells, followed by a mud mask applied to the back to draw out any impurities. Whilst the mud mask works its magic, enjoy a tension busting deep muscle leg massage. Finish with a hydrating application of oil to the back, leaving it feeling super smooth.

60-minute treatment - £55

### **23 Carat Gold Face and Body Treatment**

Combining ocean treasures pearl, caviar and champagne extract, this luxuriously pampering treatment will truly revitalise the skin from top to toe. These ingredients are rich in vitamin A, D and B working towards intensifying the metabolism of the skin cells. Start with a full body brush and scrub, renewing the skin's surface allowing the skin loving ingredients from The Natural Spa Factory Gold range to truly work their magic. Once buffed and glowing, enjoy a full body massage, our trained therapists concentrating on those areas of tension. Finish with an express gold champagne facial and collagen face mask. The results: velvety, radiant and youthfully revitalised skin that will leave you feeling sublime. Includes a glass of bubbles.

90-minute treatment - £90

### **Pure Bliss**

Includes a 25 minute back massage followed by a 25 minute facial. Designed with everyone in mind, from girly days out to couples time away or simply a sacred day of me-time, this wonderful package promises to relax, revive, rejuvenate and restore the soul. Includes a glass of bubbles and luxury chocolates.

60-minute treatment - £60

### **Pamper Party**

Whether you are celebrating a special occasion or simply deserve some much needed girly time, our wonderful pamper package is the perfect pick me up to be enjoyed with friends and loved ones. Includes a skin glowing facial using skin loving products from Natural Spa Factory followed by a treat for the feet and hands with a file and polish. Includes a glass of bubbles and luxury chocolates.

60-minute treatment - £60

### **The Brookside Ultimate Indulgence**

Come and experience ultimate indulgence here at The Brookside. Enjoy our unwinding 60-minute Aromatherapy massage, followed by one of our deeply relaxing 60 minute facials. Take a well-earned break for a delicious light lunch to leave you feeling content. Then come back and enjoy a Luxury Spa Manicure or Luxury Spa Pedicure. You will leave feeling completely pampered from top to toe.

£120

### **Hands and Feet Treats**

#### **Express Manicure or Pedicure**

For those of you who like to keep it simple, enjoy our Express manicures and pedicures for speedy yet effective results. With a file of the nails, a cuticle tidy up, an application of cream and a polish of your choice, it's a quick fix.

30 minute treatment - £20

With CND Shellac Polish - £35

#### **Spa Manicure or Pedicure**

Enjoy a warming soak, then for pedicures a 2 step hard skin removal and heel treatment, for manicures an arm peel and an anti-oxidant oil treatment. Topped off with a nourishing and relaxing massage and to finish an application of your chosen nail polish and cuticle oil.

60-minute - £30

With CND Shellac Polish - £45

#### **Luxury Spa Manicure or Pedicure**

Indulge yourself in the most relaxing treatment for your hands and feet. Enjoy a warming soak, then for pedicures a 2 step hard skin removal and heel treatment, for manicures an arm peel and an anti-oxidant oil treatment. Our mask and heated mitts will work wonders to soften and warm your skin and this will be followed by a deeply calming and relaxing massage. To finish an application of your chosen nail polish and cuticle oil.

75-minute - £35

With CND Shellac Polish - £50

#### **Macho MANicure or Pedicure**

Let us soak away the hard work and polish up any dry skin to reveal renewed hands and feet. With a relaxing massage fit for a king, you will be left with hydrated, healthy looking skin. We will tidy up any rugged edges to leave you feeling buffed and ready.

30-minute treatment - £20

## **CND Shellac Polish**

CND Shellac ensures a durable, high gloss, chip free manicure system. It leaves you with instantly cured to perfection nails with no dry time. The shellac system works together like no other to deliver stunning crystal shine, amazing 5 minute removal and no nail damage.

File and CND Shellac Application - £20

File and CND Shellac French Application - £22

CND Shellac Removal and Nail Care - £10

Please inform your therapist upon booking if you already have any polish/gel polish on your nails. Removal is free if you had the CND Shellac applied at The Brookside, otherwise there will be a removal charge.

At The Brookside we adopt a tailored approach to your health and wellbeing. Our luxury treatments are focused on your individual needs, ensuring your experience is unique and memorable.

At the time of booking we request that any guests with medical conditions or allergies inform us. For safety and wellbeing we do not offer the facial, body treatments or pedicures within the first 12 weeks of pregnancy.

Please note full payment will be taken at the time of booking.