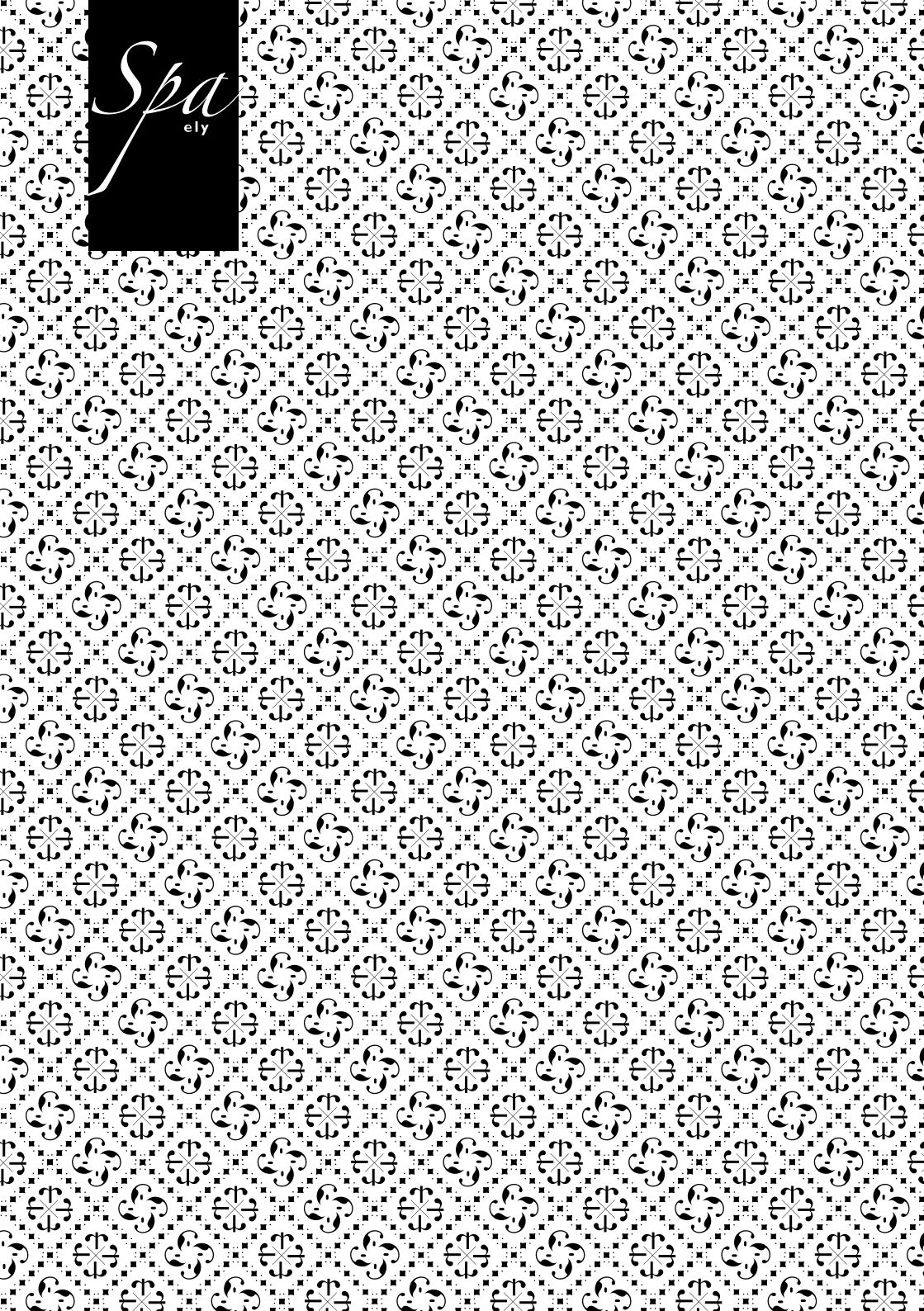


*Spa*  
ely





## SPA ELY

Spa ely is set in the shelter of Ely Cathedral, in the heart of an ancient Fenland Market Town. It occupies a beautiful grade II listed building which has been lovingly restored. Dark mahogany floors and cream furniture combine with accent colours of sage and cherry offset against buttermilk-coloured walls to provide sumptuous and serene surroundings.

The treatments, products and therapists have all been chosen with a great deal of care, to promote a sense of personal well being for our guests.

We provide world renowned Elemis, Clarins and CACI Ultra treatments, Bare Minerals Make-up, Jessica manicure and pedicure and St Tropez tanning. There is a Mud Rasul for therapeutic, skin hydrating treatments with that added touch of luxury.

A range of complementary holistic therapies for balancing the body, mind and spirit are also available.

For anyone wishing for a longer stay, Day Spa packages are provided.

The Spa ely shop contains a wide range of carefully selected quality products. Whether it's a gift or that special something for yourself, there is always a knowledgeable member of staff on hand to assist you.

Our facilities include:

- Six large, temperature-controlled treatment rooms
- Relaxation room
- Retail and product-testing

## PRICE LIST

*Effective from 1st November 2011. Prices are inclusive of VAT.*

### SPA ELY SIGNATURE TREATMENTS

*Steam room and welcome gift pack (30 mins)*      £ 25.00

A perfect beginning to any of our spa treatments.

Welcome gift contains all the essentials needed for your visit

*Spa Romance*      £199.00 per couple

*(95 mins plus relaxation time)*

Facial cleanse

Indian Head massage

Mud Rasual

Chocolates and champagne served in the relaxation room

*Spa Celebration (105 mins)*      £103.00 per person

*(Min 2 people / max 4 people)*

*Perfect for birthdays, hen parties or any other time you feel like celebrating*

Facial cleanse

Scalp massage with conditioning treatment

Mud Rasual

Back massage

Champagne served in the relaxation room

*Spa Relax (105 mins)*      £103.00 per person

*(Min 2 people / max 4 people)*

Facial cleanse

Scalp massage with conditioning treatment

Mud Rasual

Full body massage

*Spa Detox (105 mins)*      £103.00 per person

Body brushing

Detoxifying body mask

Steam room

Full body massage

*Spa Nourish (105 mins)*      £103.00 per person

Steam room

Nourishing milk cocoon body wrap

Full body massage

*Spa Exotic (105 mins)*      £103.00 per person

Steam room

Exotic lime and ginger salt glow

Full body massage

ELEMIS

*Elemis Advanced Facials (65 mins)* £ 71.00  
 Visible Brilliance – the wow factor facial for ageing stressed and slackened skin.  
 Pro-collagen Quartz Lift – for fine lines and wrinkles.  
 Tri-enzyme – for ageing, acne scarring and uneven skin tone.  
 Modern skin – for the 20 something skin challenged by modern living.  
 Oxygen skin Calm – for sensitive skin.  
 S.O.S purifying facial – for oily, problem and congested skin

*Elemis Skin Specifics Facials (50 mins)* £ 53.00  
 Fruit Active Glow – for dull, lifeless skin.  
 Exotic Moisture Dew – for dry skin.  
 Herbal Lavender Repair – for combination and oily skin.

*Absolute Spa Ritual (105 mins)* £ 103.00  
 Combining an Elemis facial with a deep tissue massage for total relaxation

*Taster Facial (30 mins)* £ 40.00  
 Introductory experience to Elemis

*Exclusive Elemis Facials For Men (65 mins)* £ 71.00  
 Skin IQ + Intelligence – super boosting for tired, stressed and dehydrated skins.  
 Urban Cleanse – for oil rich skins in need of a deep cleanse.

*Total Time Out For Men (105 mins)* £ 103.00  
 Combining an Elemis facial and a deep tissue massage for total relaxation.

*Elemis Body Treatments*  
 Exotic Lime and Ginger Salt Glow (50 mins) £ 53.00  
 Exotic Frangipani Body Nourish Wrap (50 mins) £ 53.00  
 Exotic Coconut Rub & Milk Ritual Wrap (50 mins) £ 53.00  
 Exotic Hand Ritual (30 mins) £ 40.00  
 Sole Delight Foot Treatment (30 mins) £ 40.00

*Elemis Aroma Spa Ocean Wrap (75 mins)* £ 75.00  
 Cellutox Aroma Spa Ocean Wrap – to detoxify, decongest and stimulate.  
 Musclease Aroma Spa Ocean Wrap – to ease away stress and soothe aches and pains.

*Body Sculpting Cellulite and Colon Therapy (60 mins)* £ 71.00  
 Refines your silhouette, targeting stubborn cellulite and sagging skin, recommended two treatments per week

*Deep Tissue Massage (60 mins)* £ 57.00  
*Deep Tissue Back Massage (30 mins)* £ 40.00

*Face & Body Sensations (60 mins)* £ 71.00  
 The perfect face and body duo treatment, working on the back of the body incorporating the use of hot stones, with the choice of a cooling sensation. Finishing with a relaxing facial.

*Aroma Stones*  
 Full Body (75 mins) £ 71.00  
 Back (30 mins) £ 40.00  
 Small stones are placed on key energy points to massage the body easing pain and tension in aching muscles as well as deeply relaxing and rebalancing the mind and body.

## CLARINS

<i>Aromatic Balancer Facial (50 mins)</i>	£ 53.00
Whatever your skin condition, this customised treatment will rebalance and coax your skin back to blooming.	
<i>Aromatic Body Balancer Massage (50 mins)</i>	£ 53.00
Pure pleasure and a real must for out-of-condition skin. Aromatherapy massage helps the absorption of custom-blended oils and creams, which deeply replenish as the firm, detoxify and relax the body.	
<i>Aromatic Polisher (50 mins)</i>	£ 53.00
More than a body scrub, this is a total well-being treatment that incorporates aroma therapeutic oils to delight the senses and warm the body.	
<i>So Natural Self Tanner (60 mins)</i>	£ 53.00
This crème de la crème of self tanning treatments for the face and body	

## HOLISTIC TREATMENTS

Holistic Full Body Massage (65 mins)	£ 52.00
Holistic Back Massage (30 mins)	£ 40.00
Aromatherapy Massage (60 mins)	£ 58.00
Reflexology (45 mins)	£ 50.00
Reiki (45 mins)	£ 50.00
Indian Head Massage (45 mins)	£ 45.00
Thai Foot Massage (45 mins)	£ 50.00
Hopi Ear Candle (35 mins)	£ 40.00

## CACI

Combines the lifting function of the award winning CACI non surgical facial toning system with the skin regenerating applications of the world acclaimed Future-Tec systems. For maximum results a course of ten is recommended.

For your initial treatment please allow an extra 15 mins for an in-depth consultation, skin analysis and homecare advice.

<i>CACI (60 mins)</i>	£ 53.00
tones facial contours and softens lines	
<i>Super CACI</i>	£ 58.00
extended version of CACI	
<i>CACI Ultra (65 mins)</i>	£ 58.00
gentle resurfacing and firming	
<i>Cellulite + ECM Treatment (65 mins)</i>	£ 55.00
tones and smoothes	

Course of ten CACI treatments are available at the cost equivalent of nine treatments.

## ST. TROPEZ TANNING

<i>Legs (25 mins)</i>	£ 30.00
<i>Full Body (60 mins)</i>	£ 55.00
The St. Tropez tan needs a minimum of four hours to develop. Contact with water during this time must be completely avoided. Very loose clothing must be worn.	

MANICURES AND PEDICURES

*Spa ely Deluxe Manicure* \* (40 mins) £ 31.00

*Spa ely Indulgent Manicure* \* (55 mins) £ 39.00  
Includes paraffin wax treatment

*Spa ely Deluxe Pedicure* \* (50 mins) £ 39.00

*Spa ely Indulgent Pedicure* \* (65 mins) £ 52.00  
Includes paraffin wax treatment, hand and arm or scalp massage.

*Please allow at least 10 mins drying time in the  
\*relaxation room.*

*To accompany your treatment, Champagne or wine  
\*can be purchased on the Spa premises to guests who  
are 18 or over*

*Spa ely Geleration Manicure* £ 41.00  
The new gel formula from Jessica that delivers a long lasting, flawless finish that dries in seconds.

*Existing Gel Removal* £ 10.00  
(£5 prior to a GELeration manicure or pedicure)

WAXING

*Intimate and facial waxing using hot wax*

Full Leg Wax inc Hollywood £ 65.00  
Full Leg Wax inc Brazilian £ 53.00  
Full Leg Wax inc High Line Bikini £ 38.00  
Full Leg Wax inc Standard Bikini £ 34.00  
Half Leg £ 20.00  
Hollywood £ 45.00  
Brazilian £ 33.00  
High Line Bikini £ 18.00  
Standard Bikini Line £ 13.50  
Underarm £ 13.50  
Upper Lip £ 13.50  
Chin £ 13.50  
Upper Lip & Chin £ 22.00  
Brow Wax £ 13.50  
Chest Wax £ 21.00  
Back Wax £ 21.00

WAXING PACKAGES

*Holiday Wax*  
(½ leg, Underarm & Standard Bikini) £ 45.00  
(½ leg, Underarm & High Line Bikini) £ 48.00  
(½ leg, Underarm & Brazilian Bikini) £ 63.00

COSMETIC TREATMENTS

Eyebrow Shaping (10 mins) £ 13.50  
Eyebrow Shaping and Tint (20 mins) £ 28.00  
Eyebrow Tint (10 mins) £ 18.00  
Eyelash Tint (20 mins) £ 22.00

## BARE MINERALS

### *Expert Advice*

Discover why bare Minerals is the No.1 mineral make-up in the world!

Our make-up experts will match the correct foundation for your skin-tone and help choose the correct eye-shadows, lip colours and blush for you.

*£15 booking fee, redeemable against bare Minerals products purchased on the day.*

### *One to One Make-up Lesson (45 mins)* £ 42.00

Perfect if you are new to make-up or your old routine needs an update.

We will give your make-up bag a complete overhaul.

### *Special Occasion Make-up (40 mins)* £ 37.00

The perfect way to ensure you are the belle of the ball.

Our experts will apply your make-up to your requirements choosing colours that will compliment your outfit and your occasion.

### *Bridal Make-up (1 hr)* £ 42.00

### *Trial/Day Make-up (two appointments)* £ 71.00

This is probably the most important day to get your make-up right as all eyes are on you. You can guarantee that our experts will make sure you are looking your most radiant for your special day.

*\*To accompany your treatment, Champagne or wine can be purchased on the Spa premises to guests who are 18 or over*

### *Prom Party Make-over (30 mins)* £ 32.00

The all important prom needs an all important make-up.

## DAY SPA JOURNEYS

\*For an additional cost we can arrange for a Chauffeur service

*Spa ely Indulgence Day* £ 271 per person  
 (5 hrs – inc time for lunch)  
 Steam room  
 Body cocoon  
 Absolute Spa Ritual  
 Light two course lunch & glass of champagne  
 Spa ely manicure  
 Spa ely pedicure  
 Complementary Spa ely gift

*Pure Retreat* £ 194 per person  
 (3 hrs 45 mins – inc time for lunch)  
 Steam room  
 Full body massage  
 Facial  
 Light two course lunch  
 Mini Manicure  
 Mini Pedicure

*Male Retreat* £ 194 per person  
 (3 hrs 15 mins – inc time for lunch)  
 Steam room  
 Intense-cleanse Back Facial  
 Total Time Out for Men  
 Light two course lunch

*Ladies Retreat* £ 194 per person  
 (3 hrs 15 mins – inc time for lunch)  
 Steam room  
 Body Cocoon  
 Absolute Spa Ritual  
 Light two course lunch

*Mother to Be/New Mum* £ 127 per person  
 (2 hrs 35 mins – inc time for lunch)  
 Advanced Facial with scalp, hand and  
 arm massage  
 Spa ely pedicure-including foot massage

*The Wedding Planner* £ 577 per person  
 Detailed one to one consultation (60 mins)  
 A course of six Elemis advanced facials  
 (65 mins – each)  
 Trial wedding make-up application (60 mins)  
 Manicure (40 mins)  
 Pedicure (50 mins)  
 Wedding day make-up (30 mins)

## SPA PARTIES

Celebrate in style with a pampering and memorable Spa party guaranteed to impress. Once you have changed into one of our fluffy robes you can begin this experience with a glass of champagne and enjoy the complimentary use of the Relaxation Room and Steam Room throughout your visit.

Minimum of four people applies.

### *The Spa Party*

£79 per person

This package includes any *two* of the following treatments:

De-stressing Back Massage

Deep Cleansing Back Therapy

Express Facial

Conditioning Hair & Scalp Massage

Revitalising Leg & Foot Therapy

Mini Manicure (Nourish or Polish)

Mini Pedicure (Nourish or Polish)

Bare Minerals Make-over

\* *Approx individual treatment time 30 mins*

### *The Ultimate Spa Party*

£ 115 per person

This luxury package includes any *two* of the following treatments:

Full Body Massage

Skin Specific Facial

Indian Head Massage

Deluxe Manicure

Deluxe Pedicure

Exfoliating body treatments & Cocoon Wrap

Bare Minerals Make-over (30 mins)

\* *Approx individual treatment time 55 mins unless stated*

## SPA POLICIES

### *Bookings*

Payment of your treatment will be required upon booking. This can either be processed via credit/debit card or voucher details over the telephone. Alternatively you can pay for this in person at reception.

We accept: cash, all major credit/debit cards.

Please note we do not accept cheques.

Please book your appointment as far in advance as possible to ensure the time you require is available.

### *Cancellation Policy*

Any cancellation of a treatment must be notified at least 24 hrs in advance of the appointment. Cancellations of Day Spa packages or group bookings (meaning 2 or more people) must be made 7 days prior to the appointment. Any cancellations received after this time will be charged at the full rate.

### *Appointments*

Please arrive at least 15 mins prior to your treatment. If you are new to the Spa, then please allow 20 mins prior to your appointment to fill out our consultation form. Please note these forms are confidential and any medical conditions must be noted in order for us to ensure there are no contra-indications and that, whilst you are in our care, the treatment is suitable for you.

### *Medical Advice*

Certain medical conditions can be affected by the Spa experiences, particularly those involving extremes of temperature. If you wish to participate in the Spa experiences and suffer from any of the following please consult with your doctor prior to your arrival and obtain written evidence of your fitness to participate:

- You are currently receiving radiotherapy or chemotherapy for the treatment of cancer
- You have had surgery within the last three months
- You suffer from heart or circulatory disorders, high or low blood pressure, epilepsy, or asthma
- You have had a deep vein thrombosis (DVT)

If you are currently receiving any medical treatment, which you feel may affect your suitability please consult with Spa ely staff prior to booking.

Please note that some of the experiences within the Spa are not recommended during pregnancy.

We regret we are unable to provide treatments if you are suffering from an infectious disease or open sores or wounds. If you fail to disclose medical conditions/medication prior to your appointment, which may impede you having the treatment, refunds may not be given.

### *Food and Drink*

For guests who wish to lunch with us, we can provide a light lunch in the relaxation room. Please inform reception if you require a lunch when booking your appointment so we can make arrangements for you.

At Spa ely we are licensed to serve alcohol and have an impressive range of wine and champagne on offer. Please note it is our policy to ask our younger guests for proof of age as we do not serve alcohol to anyone under the age of 18.

You are not permitted to consume alcohol that has not been purchased from the Spa on the premises.

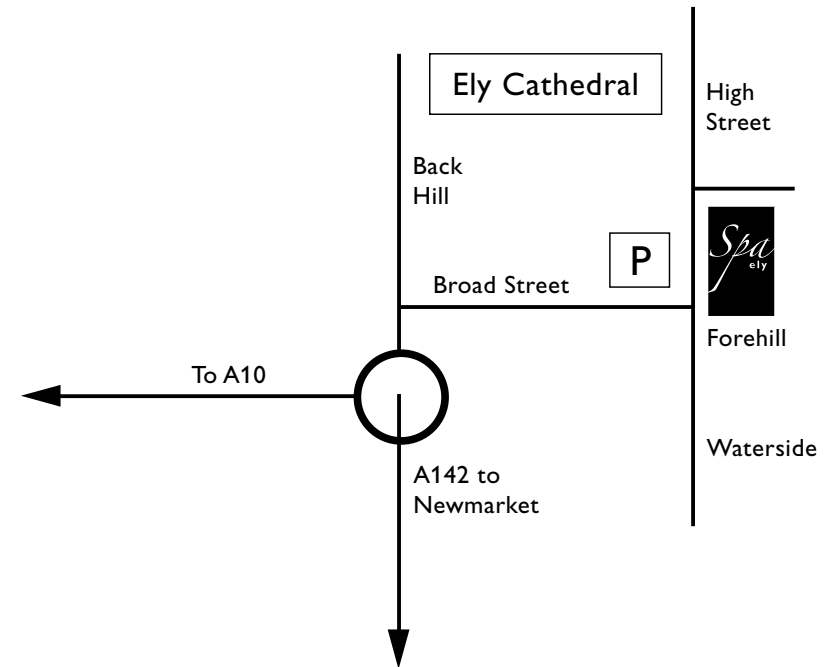
### *Age Restrictions*

Spa day guests must be 18 years or over to make a booking, however we welcome guests from 14 to 17 years of age when accompanied by an adult.

Please note we do not have crèche facilities at the Spa and any children under the age of 16 must accompany you in the treatment room. Please be aware that other guests may be in a relaxing treatment so we would kindly ask you to keep noise to a minimum. Children under the age of 14 years of age are not permitted in the steam room/mud rasual.

### *Gratuities*

Tipping is at your discretion



Opening Times :  
Mon, Tues & Sat 9am – 5pm  
Wed, Thur & Fri 9am – 9pm

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