# SPA VERTA LONDON

# TREATMENTS

# HEIGHT OF INDULGENCE AT SPA VERTA

Take a trip to the rich, jewel-like subterranean dedicated to skincare, massage therapies and grooming.

Our treatment journeys promote a mind, body and soul philosophy together with a results-orientated focus. All journeys are highly personalised and have been devised to allow our therapists to adapt and prescribe accordingly.

Consultation and skin diagnosis is key to ensuring that the most appropriate service is delivered. Our highly skilled provide an impeccable and personable service.

The results will speak for themselves and we can assure you that your visit to Spa Verta will not be your last. Our Spa Partners are dedicated to providing you with the journey of a lifetime and together we have arrived at a very special place to create something truly inspirational. We like to think that we're elevating spa treatment in London to a completely new level.



## **ESPA**

Originating in leading luxury spas and guided by a holistic philosophy, renowned spa and skincare brand ESPA has spent over 20 years caring for your whole wellbeing. Their naturally advanced range of nourishing, restorative products and treatments unite plant extracts, marine actives and essential oils with the expert hands of highly trained therapists to deliver instantly visible and long-term results for beautifully healthy skin and spirits.

# LAVA SHELLS By Shared Beauty Secrets

Lava Shells® from Shared Beauty Secrets are the world's first self-heating massage tool. A patented, biodegradable heat technology is incorporated into the Lava Shell which then emits heat for over an hour. Marine polished sea shells or handcrafted porcelain shells glide smoothly over the body providing a seamless massage of heat and touch delivering the ultimate relaxation experience. In addition Glacial Shells offer an ice treatment to complement Lava Shells® and are used together to deliver Rescue and detox treatments.

# **LEIGHTON DENNY LONDON™**

LEIGHTON DENNY LONDON™ is renowned for offering the very best in luxury treatments, all flawlessly showcased in our award-winning Immaculate Manicure & Pedicure treatments. They don't just stop at treatments – they have an extensive range of accessories, all professionally developed but ergonomically designed to be accessible to everyone. Their multi-award winning Crystal Nail File is renowned in the beauty industry to be the best of the best, and now sells 1 every 60 seconds.

# NEOM

Neoms passion for beautiful essential oils runs deeper than just finding the most irresistible fragrances: they've harnessed their raw power to transform the way you feel. That's why they are dedicated to crafting special 100% natural fragrance blends, and where possible organic ingredients that can make you feel happy, relaxed, energised or de-stressed.

Neom brings you true therapeutic benefits by using the purest possible essential oils in all of their fragrances, which not only smell wonderful but also transform the way you feel. At Spa Verta we stock a range of candles, diffusers, room mists and more.





SHARED BEAUTY SECRETS®





# **ESPA FACIALS**

#### **ESPA FACIALS**

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVisionTM technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

#### PERSONALISED EXPRESS FACIAL

25 mins | £40.00

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVisionTM analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

#### LIFT & FIRM EYE TREATMENT

25 mins | £40.00

Perfect for those who are concerned with the first signs of ageing around the eyes.

An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

#### SKIN RADIANCE FACIAL

55 mins | £80.00

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.



#### **INTENSIVE & AGE DEFYING**

#### **AGE-DEFYER FACIAL**

55 mins | £80

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing.

This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

#### RE- HYDRATOR FACIAL

55 mins | £80.00

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished.

Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

#### DE-SENSITISER FACIAL

55 mins | £80.00

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.

De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

#### SKIN PURIFYING FACIAL

55 mins | £80.00

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.

This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and antiinflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

#### OPTIMAL SKIN PROFACIAL

55 mins | £80

Rebalance, hydrate and revitalise with this targeted facial that unites the pioneering formulas of our Optimal Skin collection with expertly tailored facial techniques.

Tri-Phase cleansing technology is enhanced with Clarisonic brushing for a deep cleanse, while new Optimal Skin ProMoisturiser targets the delivery of nutrientrich, hydrating actives to where your skin requires them the most. Instantly reviving and brightening the complexion, this facial ultimately helps to protect against environmental damage and delay the early stages of skin ageing.

#### ADVANCED FACIALS

#### LIFT AND FIRM FACIAL

#### 85 mins | £115

An advanced facial using Super Active<sup>™</sup> products to improve skin tonicity and firmness and enhance cellular regeneration. The facial uses Tri–Active® ingredients combined with specialised facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.



### **ESPA BODY TREATMENTS**

#### ESPA BODY TREATMENTS

We offer a huge range of solution led ESPA body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

#### **BACK, FACE & SCALP TREATMENT**

85 mins Without Lava Shells | £115 With Lava Shells | £125

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation and Lava Shell Relax Back massage – Personalised facial – scalp massage

#### **AROMATHERAPY MASSAGE**

#### 55 mins | £80.00

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner Includes: Aromatherapy massage to back, legs,

arms, abdomen, neck/shoulder massage

#### SPA EXPRESS

25 minute ESPA treatments or why not complement your treatment with one of the following:

#### **SALT & OIL SCRUB**

#### 25 mins | £40.00

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.



#### **INVIGORATING FOOT TREATMENT**

25 mins | £40.00

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

#### SHOULDER, NECK AND SCALP MASSAGE

25 mins | £40.00

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs.

#### BACK, NECK AND SHOULDER MASSAGE

25 mins | £40.00

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs



Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

#### **MUSCLE REVIVER**

#### 40 mins | £65.00

A condensed massage for those who suffer with tension related headaches and neck strain.

If you have little time to spare, this deeply soothing back, face and stress releasing scalp massage is an ideal way to melt away tension and relieve tight muscles. You'll feel revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep.

Includes: Back massage – facial massage – scalp massage

#### BACK, FACE & SCALP TREATMENT

85 mins Without Lava Shells | £115 With Lava Shells | £125

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This ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back Exfoliation and Lava Shell Relax Back Massage - Personalised Facial

- Scalp Massage.

#### MENS SHOULDER, NECK AND FACE MASSAGE

#### 55 mins | £80.00

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

Includes: Double cleanse – exfoliation – steam and extraction – face massage – mask – scalp massage

## AROMATHERAPY `MASSAGE

55 mins | £80.00

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils.

A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner

Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

- SURGER

### **ESPA BODY WRAPS & ESPA MATERNITY**

#### **ESPA DETOX WRAP**

#### 55 mins | £80.00

A body wrap specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation.

Following skin brushing and exfoliation, a complete body wrap of Marine Algae combined with Detoxifying Body Oil is blended and applied to help purify the body and hydrate the skin. The treatment ends with a mind calming scalp massage for ultimate relaxation.

Includes: Skin brush – body exfoliation –Detox Algae wrap – scalp massage for ultimate relaxation.

#### **ESPA BODY WRAP**

#### 55 mins | £80.00

This personalised body wrap is a tailor-made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap.

Following skin brushing and exfoliation a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied to meet your specific needs. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing scalp massage. Choose from the following:

De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser or Body Toner

Includes: Skin brush – body exfoliation – wrap – scalp massage



#### **ESPA MATERNITY**

#### **PRE & POST NATAL TREATMENT**

25 mins | £40.00 55 mins | £80.00

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy.

Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

A course of 6 treatments is recommended following the first trimester of pregnancy.

Includes: Back exfoliation (if required) – body/scalp massage – this treatment is tailored to your specific needs.

#### LAVA RELAX BACK MASSAGE

#### 25 mins | £50.00

The warmth of the lava shell allows deep relaxation in this bespoke back massage treatment. The shells glide over the back to warm and relax the muscles. The focus then moves on to the specific massage techniques working on pressure points and tension areas to ease stress and stiffness.

Good for: General Relaxation, general back aches and pains, headaches and a pampering treat.

#### LAVA RELAX FULL BODY MASSAGE

#### 55 mins | £90.00

The indulgent and truly pampering Lava Shells relax body massage offers and idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind.

Good for: Alleviating stress, aches and pains, over-active mind, headaches, poor circulation, overall full body indulgence.

#### LAVA WELLNESS MASSAGE FOR CANCER

#### 55 mins | £90.00

Lava Wellness provides a safe and nurturing treatments for clients healing from cancer. With healing in mind it offers gentle warmth with cooling shells to balance. A bespoke wellbeing treatment providing a feeling of relaxation for clients with cancer and post treatment.

Good for: Improving sleep, Improves alertness and mental clarity, Provides relief from isolation, Re-establishes a positive body image, Sedates or stimulates the nervous system depending on modality used.



# LEIGHTON DENNY EXPERT NAIL TREATMENTS



#### LONGELITY - ON THE GO GEL

25 mins | £40.00

LonGELity is the ultimate full service gel system that are highly durable, and give a longer lasting colour that stays chip free for up to 2 weeks!

LonGELity doesn't just give great colour, but the entire range is exclusively blended with vitamins A & E, Panthenol and essential minerals to promote stronger, healthier natural nail growth.

This speedy treatment includes a File and shape of the nails with the Gel Application to finish.

#### **ON THE MOVE NAILS**

25 mins | £30.00

Nails on your Hands or Feet are shaped and finished with a polish of your choice completed with a luxurious Massage.

Choose from our wide-ranging selection of Leighton Denny High Performance Nail Colours.

This treatment concludes with a high performance nail polish, which you take away with you when not booked as part of a package.

#### **IMMACULATE MANICURE**

#### 40 mins | £40.00

This award winning manicure treatment provides luxury and glamour for hands and nails that deserve only the best. This complete treatment exfoliates, nourishes and protects your hands and nails against the daily wear and tear of busy lifestyles whilst helping to improve the signs of premature ageing. The advanced, HIGH PERFORMANCE NAIL COLOUR provides a long lasting, chip resistant manicure for even the most hardworking of hands.

This treatment concludes with a high performance nail polish, which you take away with you when not booked as part of a package.

#### **PRISTINE PEDICURE**

55 mins | £50.00

Leighton Denny's luxury pedicure will leave your feet looking and feeling fabulous. Using refreshing and uplifting aroma therapeutic products your skin and cuticles will be softened and pampered.

This treatment concludes with a high performance nail polish, which you take away with you when not booked as part of a package.

# WAXING TREATMENTS

LADIES WAXING – STRIP AND HOT WAX AVAILABLE

Eyebrow, Lip or Chin | £15.00

Underarm | £18.00

Full Arm | £30.00

Forearms | £20.00

Half Leg | £30.00

Full Leg | £45.00

Bikini Line | £20.00

Brazilian | £40.00

MALE WAXING – STRIP AND HOT WAX AVAILABLE

Chest, back & upper shoulder | £50.00 Back & upper shoulder | £30.00 Chest | £25.00

## **SPA PACKAGES**

Our Spa Verta facilities include a 10 - metre hydrotherapy pool, sauna, steam room, sanarium, heated loungers and a fitness centre.

To access the Spa Verta facilities we charge a day pass rate of £35.00.

When booking a 55 minute treatment or more you can access the facilities for a discounted rate of £10.00 Monday – Friday and £30.00 Saturday & Sunday.

Spa Access is Complimentary when booking 2 hours of treatment time.

If you would like to add a 2 course lunch or Afternoon Tea (No drinks included) please add this for £15.00 with Spa Verta.





Treat your loved ones to a revitalising Spa Experience with our Versatile Gift Vouchers redeemable for all Spa Treatments and Spa Days.

Our gift vouchers cover everything, you can even purchase gift vouchers for two, allowing you to share your pampering with someone special.

Orders can be placed over the phone or by Visiting us in the Spa.



# **TERMS AND CONDITIONS**



#### **CANCELLATION POLICY**

Any cancellation or amendment to a treatment within 48 hours of the appointment time will be charged at 100%. For groups of 4 or more we require a 7 day cancellation period or 100% will be charged. A credit/debit card will be required at time of booking. You will not be charged on this card unless you fail to show to the appointment. All payments are made on the day of the treatments.

#### HOW TO SPA

You will be asked to complete a medical questionnaire prior to your treatment. Please notify our staff before booking if you are pregnant or have any special medical considerations as some of our treatments may not be suitable for you. Please check in at our spa reception at least 15 minutes prior to your scheduled appointment to ensure you receive the full allocated time. If you arrive late for the appointment this will be deducted from your treatment time.

#### CHILDREN

Unfortunately no children are allowed in the spa facilities under the age of 16. Children aged between 16-18 years must be supervised by an adult.

#### WHAT TO WEAR

If you are a resident of the hotel, please arrive at the spa wearing your robe and slippers provided within your room. Please leave all valuables in your room.

If you are on a spa day you will be provided with a robe and slippers.

If you are coming for just a treatment you will be required to undress in the privacy of your treatment room before your treatment commences.

#### **MANNERS AND RULES**

Please ensure that when you arrive to Spa Verta you keep noise to an absolute minimum so you do not disturb any of the other spa users. We kindly ask you to respect the Spa facilities and abide by the Spa Verta rules otherwise you may be asked to leave and no further access will be permitted.

# SPA VERTA LONDON



SPA VERTA AT CROWNE PLAZA LONDON-BATTERSEA

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