



ESSE

Treatment List

Welcome to ESSE Retail & Therapy

Esse is our little bit of girly paradise! My Team and I have created what we believe to be a haven where our clients can enjoy some 'time out' whether its just sitting and relaxing at our bar with a coffee or a glass of champagne, taking one of our many exercise classes, experiencing a luxury or ESSEntial treatment and of course some retail therapy!

**All our therapies include complimentary Tea/coffee and use of our sauna.
(Robes and towels are provided)**

Select from a Wide Range of Our Treatments using our products which include Neom Organics, 100% Organic Spiezia, Aromatherapy Associates, Environ, Mama Mio, Mio Body, Lava Shells, Vita Liberata Tanning, Jane Iredale Make-up, Shellac, Vinylux, OPI and much more . . .

Before your Treatments

If you are new to Esse please arrive 15 minutes prior to your treatments to allow yourself time to fill in a consultation form and enjoy a cup of Tea / Coffee.

Health Concerns

Please inform your therapist before your treatment commences.

Wedding ESSEntials

We offer a wide range of exclusive Wedding ESSEntials from wedding make up, eyelash extensions and HD Brows to a natural Vita Liberata tan, Shellac manicure and pre wedding luxury pampering. We are happy to tailor make wedding packages specifically for you, your skin and your chosen requirements in the lead up to your special day.

Food ~ The Sheene Mill Restaurant and Hotel

Directly opposite Esse, The Sheene Mill is a beautiful venue set on the River Mel that makes the perfect location for a girly lunch or dinner, either before or after your treatments. Whether you want a salad with a friend in the relaxed surroundings of The Sheene Mill conservatory, a special 2 or 3 course lunch or dinner with your partner or simply a Sharing platter on the comfy sofas at Esse.

(Please be aware that The Sheene Mill can only provide a limited menu on Sundays and when they have Weddings and Exclusive Parties).

Please phone The Sheene Mill on 01763 261393 to book a table and make the most of your treatments.

Specialised and Anti-Ageing Facials

Non Surgical Face Lifts – Machine Based

Aromatherapy Associates

**The Ultimate Rose Infinity Facial/ The Ultimate Radiance Lift Facial ~ 85 minutes
Machine £110 ~ 55 minutes (maintenance) £72**

These facials achieve instant, long lasting results that noticeably lift, tone and firm the skin, accelerated by stimulating micro-currents to deliver active ingredients deeper into the skin and give a non-surgical face lift that will tighten, restructure and focus on your key areas of concern while also paying attention to the forehead, mouth and eye area to drastically reduce fine lines and wrinkles.

Environ

Environ's formulas have pioneered new standards in skin care. Using only the finest natural ingredients, all products are non-comedogenic and contain no occlusive mineral oil or lanolin, no irritating artificial colours or fragrance, and no dying S.D. alcohol or formaldehyde. Environ Skin Care products are renowned for their anti-ageing effects in revitalising, purifying, general firming and toning.

Environ Advanced Active Vitamin Treatment ~ 85 minutes £95 / 55 minutes £72

This Facial is particularly effective at addressing sun-damage, pigmentation, premature ageing, dryness, uneven skin tone and scarring with measurable differences after just one session.

The Environ Collagen Boost Power Facial ~ 85 minutes £95 / 55 minutes £72

This Facial will assist in creating overall improved skin appearance, softening fine lines and tightening lax skin.

Environ HydraBoost Treatment ~ 85 minutes £88 / 55 minutes £60

The perfect antidote to dry, lacklustre skin, this intensive treatment deeply hydrates while plumping and firming the skin.

The Environ Frown Treatment ~ 45 minutes ~ £90

This highly effective treatment uses a special penta-peptide serum to target frown lines and achieve dramatic results. The unique combination of active ingredients is driven deep into the skin to soften lines and reduce muscle tension in the forehead helping to prevent new lines forming. The treatment targets the same chemical complexes are injectables without the associated risks.

Esse Multi Technology Facials

These facials are tailor made depending on your 'skin's needs' and 'your needs'. We require approximately between 1½ and 1¾ hours for these facials. I have put together 2 Multi Technology Facials but please remember these might be changed when we have got you under a microscope!!

Multi Technology Ultimate Deep Cleanse ~ £120

Includes Microdermabrasion to help remove dead skin cells, reduce congestion and sun damage, Galvanic Current which helps draw out the impurities, followed by manual squeezing, and then a clay mask which clears the skin, helps shrink pores and detoxifies. Then changing the polarity of the galvanic current your skin is nourished with either: Vitamin c, Magnesium and Zinc followed by High Frequency Current that heals, oxygenates and kills bacteria, then LED Light Therapy - Yellow light which is anti inflammatory and increases lymphatic circulation or The Blue Light which eradicates Propion Bacterium one of the most common causes of acne, with a Hylauronic Mask for intense hydration.

Multi Technology Ultimate Lift, Tight and Tone ~ £120

Starting with an enzyme peel to exfoliate your skin and allow products to work more efficiently in conjunction with a shoulder and decollete massage, Interrupted Direct Micro-current which eliminates toxins, lymph drainage and work out the facial muscles, Galvanic Current - for ultimate hydration and toning using Mafane (Natures Botox!) and Sodium Hylauronate, Tri Polar Radio Frequency - Stimulates the production of New collagen and Elastin by healing the Dermis, then LED Light Therapy - Red Light for collagen syntheses and a Hylauronic mask

Specialised and Anti-Ageing Facials

Machine Based Facials

The 3d Skin Tech Facial ~ 70 minutes £95 ~ Course of 6 £500 (1 per week)

3D Skin Tech offers advanced clinical standard technology to deliver the ultimate in curative and preventative facial treatment options. Using 4 steps, Rotational Diamond Peel Microdermabrasion which removes the top layer of dead skin and improves the skins surface, Tri polar radio frequency to stimulate collagen reducing wrinkles and tightening loose skin, No needle Meso Therapy encouraging cellular activity and elastin production and LED light Therapy ideal for healing , stimulating collagen and elastin, energising and repairing damaged cells.

Genie

The genie system is a thousand times stronger than most other systems on the market today and will rebuild your facial muscle mass, providing you with the ultimate natural face lift (courses are advised for long lasting results).The Genie Take Ten or Microtech Eyes/Neck can be combined with our Specialised and anti Ageing Facials.

Genie Facial ~ 55 minutes £59

(Not for the faint hearted!) Cleanse, tone, Take 10 non surgical face lift followed by 20 minutes micro current focusing on your eye and neck area. A soothing Aromatherapy Associates moisturiser and a deep pressure point facial massage.

Genie Take Ten ~ 10 minutes £29.00 / Course of Ten ~ £260

A Ten minute 'Non Surgical Facelift' with visible results after just one session. The treatment works directly on sagging facial muscles helping the muscles regenerate themselves creating a fuller face benefiting from a visible lift.

Genie Microtech for the Eyes or Neck ~ 10 minutes £20.00 / Course of Ten £180

A Micro Current to help re-build collagen, softening fine lines and wrinkles as the skin becomes more moisture retentive.

Machine Based Specific Facials

Aroma Clear Facial ~ 60 minutes £69

Perfect for problem skin or skin in need of a thorough cleanse to brighten up your complexion. "Seven times more effective than your average cleanse!" This facial uses a galvanic current, which goes deep into the pores to draw out the impurities that cause skin congestion. After a little 'squeezing' we then hydrate the skin pushing active ingredients back into the skin, to help heal, calm and nourish. Finally, to complete the facial we use a high frequency current specifically designed for clearing, healing (zapping any spots) and to help prevent the frustration of skin breakouts.

Teen Aroma Clear ~ 40 minutes (advised for 1st time) £45 / 30 minutes £35

Specialised and Anti-Ageing Facials

'Hands on' Specific Facials

The following Facials will be using products from Aromatherapy Associates, 100% Organic Spezia and Environ. Our therapists will use products of your choice or what they believe would be the most beneficial for your skin, with a variety of massage techniques from around the world. Whether your skin is highly sensitive, hormonal, dehydrated, lac lustre or in need of help with fine lines and wrinkles let our therapists find the best product combination to suit your skin.

25 minutes ~ Cleanse, tone, exfoliate, mask, shoulder and décolleté or scalp massage ~ £30

55 minutes ~ Cleanse, tone, exfoliate, facial pressure point and décolleté massage, mask and scalp massage ~ £60

70 minutes ~ As above, 2 masks and a hand and arm massage ~ £72

85 minutes ~ As above, with the addition of a soothing eye massage using cold stones ~ £80

Add ons

The following treatments can be used on their own or added to any of the 'hands on' facials (please ask when booking).

Steam and Squeeze ~ 25 minutes £30

Rotational Diamond Peel Microdermabrasion ~ 25 minutes £36

The skin is instantly rejuvenated by means of mechanical skin exfoliation this disrupts unwanted cells that cause dull looking skin and encourages skin renewal. It reduces pore size, congestion, sun damage age spots and reduces the appearance of fine lines.

LED Light Therapy ~ 15 minutes £20

Blue light (470nm) for acne skin, Green light (57nm) for pigmentation and regeneration of cells, red light (640nm) for anti ageing, increasing blood circulation, collagen synthesis and reduces pore size, yellow light (590nm) helps with anti inflammatory, relaxes the nervous system and increases lymphatic circulation.

The Esse Face Gym ~ 15 minutes £18

This is a real 'workout' for the face concentrating on specific muscle groups to lift and contour the face. Including vigorous knuckling, high energy whipping strokes, neck rolling, and specialised massage on the forehead, around the eyes, jaw and neck.

Thermal Facial Therapy

Triple Lift Lava Shells Thermal Facial ~ 55 minutes £67

Using heated tiger clam shells, this deeply hydrating and lifting thermal massage gives radiance to the skin, mind and muscles. enjoy the added benefits of a face, neck, décolleté, head and shoulder massage to truly unwind.

All of the above facials are suitable for men and women, however if your man would like one specifically for him . . .

Exclusively for Men

Aromatherapy Associates Refinery Essential Facial ~ 55 minutes £60

A purifying facial treatment for oily and combination skin which draws out impurities and congestion.

Massage

The following massages are either deep tissue or relaxing, using a combination of Swedish and Aromatherapy techniques.

Full Body and Foot Massage ~ 80 minutes £74

Full Body ~ 55 minutes £56 / 70 minutes £69

Back, Neck, Shoulder and Scalp ~ 40 minutes £42

Back, Neck and Shoulder ~ 40 minutes £42 / 25 minutes £28

The Real Aromatherapy Experience ~ 70 minutes £68

With your chosen oil, this treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

Aromatherapy Associates Immune Recovery ~ 55 minutes £56

This is an upper body pressure point massage. Back, shoulders, neck, face, décolleté and an Ayurvedic scalp massage lightens a heavy head, while drainage movements help unblock sinuses and ease headaches. This massage is decongesting and the purifying effect will help boost your natural immunity.

Spiezia 100% Organic Soul Sensation ~ 25 minutes £28

Refresh those tired, aching feet (and soles) with a rosebud foot soak and exfoliation, completed with a soothing leg and deep foot massage with cooling peppermint, healing rosemary and Spiezia 100% organic oils. (This treatment can be added on to any of your chosen massages or facials).

Ahmed's Massage

(The above massages can also be performed by Ahmed our male masseur if requested).

Killipatra Massage ~ 60 minutes £68

An ancient Egyptian massage 'Caring', relaxing and de-stressing with 10 minutes of relaxation.

Sports Massage ~ 55 minutes £65 / 40 minutes £44 / 30 minutes £35

Massage

Thermal Massage Therapy and Face and Body Combinations

Esse Spa Ritual ~ 120 minutes £118.00

(Available for Men and Women) Two hours of complete bliss! . . . A customised face and body treatment for the ultimate holistic skin therapy. enjoy a skin specific anti-ageing facial combined with an aromatherapy full body massage, leaving you feeling completely relaxed and de-stressed.

Hot Lava Shells Triple Lift Facial and Full Body Massage ~ 120 minutes £122

Hot Lava Shells Full Body and Tummy Massage ~ 90 minutes £87

Hot Lava Shells Relax Full Body Massage (excludes tummy) ~ 55 minutes £59

Hot Lava Shell Flat Tummy and Back Treatment ~ 40 minutes £45

Aroma Stone Therapy Full Body Massage ~ 70 minutes £78

Aroma Stone Therapy Back, Neck and Shoulder Massage ~ 40 minutes £45

Spiezia 100% Organic Head in Heaven ~ 70 minutes £70

This truly relaxing treatment slows down the mind - bringing harmony and leaving a feeling of complete bliss. Drift away into a hypnotic state of relaxation with this combination of deep breathing exercises and slow Tui Na Chinese massage techniques to rebalance and calm the upper body. The treatment includes facial pressure point massage to ease tension and clear the mind. The slow rhythmic massage techniques used on the shoulders, back and head provide complete tranquility and relaxation, promoting a sense of wellbeing. This treatment can be used with clients during and after cancer and has been supported by Macmillan and The Mermaid Centre in Cornwall.

Spiezia 100% Organic Mindful Moments Spa Ritual ~ 55 minutes £56

Allows you to disconnect from the stresses and strains of everyday life and to really focus on being still, present and calm. This ritual starts with a cleansing and relaxation ritual. The slow and gentle rhythmic flow of the following mindful massage incorporates slow stretches and a gentle elongation of tense muscles combined with a head and face massage which focuses on soothing any tension and anxiety.

Neom Sleep Treatment/De Stress Treatment ~ 70 minutes £70

Throughout the treatment our therapists drizzle Neom's intensive skin treatment warm candle oil over the skin and massage every inch of the body using the very best techniques of Shiatsu, Cranio, Thai massage and Trigger Point work. The treatments begin with peaceful guided meditation, reflexology and breathing techniques.

The Refinery Men's Face and Body Treatment ~ 85 minutes £92

This Treatments starts with a back cleanse and exfoliation, followed by a stress relieving back, neck and shoulder massage, then a deep cleansing facial to re balance, clarify and hydrate the skin.

Detox and Inch Loss

Body Scrubs

Your treatment starts with dry body brushing, to awaken your skin and improve circulation. The scrub is then applied to your body exfoliating dead skin cells, smoothing the skin leaving the skin cleansed polished and refreshed. Choose from an invigorating course lime and lemongrass or our gentle wild rose salt scrub ~ **25 minutes £32**

Scrub and Wraps

Green Tea Herbal Detox ~ 55 minutes £55 / With a mini facial ~ 70 minutes £72

A fresh and detoxifying wrap formulated with numerous health enhancing components and antioxidants such as flavinoids and vitamin C and E, with a lime and lemongrass salt scrub perfect for exfoliating dead skin cells, smoothing the skin and stimulating circulation leaving the skin cleansed polished and refreshed.

Scrub and Massage

Aromatherapy Wild Rose Hydrator ~ 55 minutes £57

This treatment begins with a gentle wild rose salt scrub exfoliation. It is then layered in a hydrating and regenerating rose gel. A moisturising and a softening mix of nourishing rose body oil and rose body cream is then lightly massaged into the body. Your body is warmly wrapped and an Ayurvedic scalp massage with Frankincense is performed, leaving your skin nourished and rejuvenated.

Neom Happy ~ 70 minutes £68

This treatment begins with a guided meditation, reflexology and breathing exercises all designed to lift your mood. Your skin will be lightly buffed head to toe with invigorating oils of wild mint and mandarin. Shiatsu, Cranio, Thai massage and trigger point touch techniques are applied to the back, neck, shoulder, face and scalp to decrease stress levels and release endorphins leaving you feeling relaxed and happy.

The Genie Ultimate Body Slimming, Lifting and Toning System

The Genie system is a thousand times stronger than other systems on the market today giving you all over body slimming and toning in just minutes! (Results are instant, however courses are advised for long lasting results.)

Genie Lymphatic Drainage ~ 30 minutes £48 / Course of ten £450 (Weight Loss)

Our Genie lymphatic Drainage can rebalance the body by flushing any excess water and toxins out leading to a reduction in fluid retention and cellulite formation.

Genie Slimtone ~ 20 minutes £38 / Course of ten £340 (Toning and inch loss for the body)

Slimtone re-contours, re-shapes and firms by building up muscle mass by exercising individual chosen muscle groups. (20 minutes treatment is equivalent to 360 sit ups!) This also can help to reduce the appearance of Cellulite.

10 Slimtone + 3 Lymphatic Drainage ~ £450 (within 4 weeks)

Detox and Inch Loss

The Universal Contour Wrap ~ 2 hours £75 / Course of 3 £195 (1 per week)

A detoxifying wrap that guarantees a loss of 6 inches or more. The average person should lose between 10-14 inches per treatment, that's up to a dress size in 3 treatments! This works through loss of toxins NOT water loss, guaranteed to keep the inch loss off for 30 days or more (if you are not over eating/drinking!)

Lovely Legs, Glacier Shells Detox Massage ~ 55 minutes £59

This treatment uses hot and cold Tiger Clam Shells to perform deep leg and tummy massage which incorporates Cupping. If you suffer from cellulite, sluggish circulation, tired achy legs, sore muscles or fluid retention, this will stimulate your Circulation and help Aid Lymphatic Drainage.

Mio High Intensity Body Treatments

Our high intensity body treatments target the key concerns of women-cellulite, tummies, bust and upper arm wobble. Each mio high intensity treatment will make a visible lasting difference - lifting, sculpting, tightening, increasing firmness and smoothness in all troubled spots.

Get Waisted Tummy Sculpting Treatment ~

55 minutes £65 / Course of 3 £170 (1 per week)

If exercise and diet alone are not giving you the firm, taut tum you want, you need to Get Waisted. In less than an hour your tummy will feel slimmer, tighter, more toned and less bloated. Powerful actives will increase the energy within your skin and our special Mio massage techniques will firm and resculpt, reducing wobble and love handles.

Shrink to Fit Cellulite Smoothing Treatment ~

55 minutes £65 / Course of 3 £170 (1 per week)

Deep tissue and lymphatic Mio massage to lift, tighten and tone your hips and thighs, reducing saddlebags and dimpling. Powerful actives stimulate circulation, removing toxins, tightening up spongy skin, leaving smooth, firm, fitter looking legs and a perter, tighter butt.

Upper Body and Arm Contouring Treatment ~ 45 minutes £48 / Course of 3 £135

Seeing is believing with this amazing décolleté, bust, back and upper arms treatment that will dramatically increase circulation, plump up tired skin, visibly reducing sag and arm wobble. Deep tissue and lymphatic massage releases tension, improves posture whilst rich actives regenerate gorgeous glowing healthy skin.

The Full Monty body Sculpt Contouring Treatment ~ 85 minutes £90

(Perfect for a pre wedding, pre holiday treat)

The ultimate body treatment giving intense body tightening and toning, targeting the 3 main areas of concern from cellulite-prone hips to upper arms to chest with special focus on tightening up your tummy. 90 minutes of radically energising deep tissue massage combined with proactive exfoliation to give you a tighter, more toned fitter-feeling body, ready for action.

Manicures and Pedicures

Manicure

Shellac Manicure / French ~ 55 minutes £39 (please request French polish when booking)

Includes cuticle work, shape, layering of cream and shellac polish.

Please allow an extra 15 minutes and an extra £10 for Shellac Removal within a Shellac Application.
(Please advise us when booking).

Shellac Removal Hands / Feet ~ 25 minutes £22 (Without re-application)

Includes file and shape, cuticle conditioning, massage and a nail treatment.

OPI / Vinylux Manicure ~ 40 minutes £33

Includes removal of varnish, cuticle work, soak, shape, massage and polish.

(Please allow an extra 15 minutes and an extra £7 for French).

OPI / Vinylux Luxury Manicure ~ 55 minutes £48

Includes removal of varnish, cuticle work, soak, shape, exfoliation, hand and arm massage, heated mitts, a mini shoulder massage and nail polish.

(Please allow an extra 15 minutes and an extra £7 for French).

Express Manicure ~ 25 minutes £26

A shortened manicure, only suited if your nails are in a good condition.

Environ Age Repair Hand and Nail Conditioning ~ 25 minutes £29

Includes file, cuticle work, scrub, heated mitts, hand and arm massage with AVST vitamin oil, hydrating lotion and a nail treatment. The nourishing oil and lotion helps improve the elasticity of the skin and reduces sun damage. Deeply nourishes rough, tired hands leaving them feeling Soft, smooth and hydrated.

Pedicure

Shellac Pedicure ~ 55 minutes £45

Includes foot file, soak, cuticle work, shape, massage and shellac polish.

Please allow an extra 15 minutes and an Extra £10 for Shellac Removal within a Shellac Application.
(Please advise us when booking).

OPI / Vinylux Pedicure ~ 55 minutes £43

Includes foot file, soak, exfoliation, cuticle work, shape, massage and polish.

OPI / Vinylux Luxury Pedicure ~ 70 minutes £55

Includes foot file, soak, exfoliation, cuticle work, shape, a lower leg and foot massage, heated booties, a mini shoulder massage and nail polish.

Express Pedicure ~ 25 minutes £26

Choose from cuticle work or hard skin, file and paint.

Foot Conditioning ~ 25 minutes £26

Includes cuticle work, file, a lower leg and foot massage, an aloe vera deep dermal wrap, heated mitts, an application of hydrating heal treatment with argan and urea if necessary and a nail treatment.

Hair Removal and Advanced Cosmetic Procedures

Electrolysis ~ 15 minutes £20 / 30 minutes £39

Milla ~ 15 minutes £20 / 30 minutes £39

Skin Tags ~ 15 minutes £20 / 30 minutes £39

**Advanced Cosmetic Procedures using Electrolysis 1st appointment
(including consultation) – 30 minutes ~ £40**

Follow on appointments 15 minutes ~ £30 / 30 minutes £50

Blood Spots, Spider Naevus, Red Thread Veins, Warts, Verrucas, Age Spots and Moles.
(Please check with your doctor first when booking in for mole reduction).

Waxing and IPL Permanent Hair Removal

Australian Body Care and Perron Rigot Hot Wax. (For sensitive skin, small and intimate areas, please request when booking).

Full Leg ~ £32

Bikini Line ~ £14

Fore Arm ~ £14

Lip ~ £9

Lip and Chin ~ £15

Back Wax ~ £24 / Chest Wax ~£24

Half Leg or ³/₄ Leg ~ £23

Hollywood / Brazilian ~ £30

Under Arm ~ £12

Chin ~ £10

Nose ~ £12

IPL Permanent Hair Removal

This treatment is for both Facial and Body hair. (Due to the fact that we can't determine what stage of growth your hairs are at, several courses may be required to make sure that all hair follicles are equally treated and hair production is permanently destroyed.)

A pre booked complimentary consultation and patch test are required before any IPL treatment.

Per Treatment:

Full Leg ~ £220

Bikini Line ~ £90

Hollywood ~ £150

Fore Arm ~ £120

Shoulders ~ £90

Top Lip ~ £40

Top Lip and Chin ~ £75

Half Leg ~ £150

Brazilian ~ £140

Under Arm ~ £70

Back ~ £160

Chest ~ £120

Chin ~ £50

Eyebrow (in between) ~ £45

Courses for all areas are based on 6 Treatments for the Price of 5.

Additional areas can be treated on request.

Eyelashes, Eyes and Eyebrows

Eyelash Extensions

Regular and Luna ~ 85 minutes

Luna lashes are of a much lighter weight and longer lasting they have no knots at the end (not so easy to pick!)

Full Set Regular £78 ~ Luna £85

Please request an extra 15 minutes and £15 for a more voluminous look.

Maintenance ~ 25 minutes £30 / 40 minutes £42

LVL

45 minutes ~ £42

The Revolutionary Alternative to eyelash extensions. The lash lifting treatment is designed to enhance your natural lashes by lifting and straightening rather than curling them. Creating the illusion of longer and thicker eyelashes. Perfect for the party season, hot holidays, ski season or just all the time!

Tinting

Eyelash Tint ~ 30 minutes £17

Eyebrow Tint ~ 15 minutes £10

Eyelash and Brow Tint ~ 30 minutes £25

(All new clients to Eyelash extensions, Eyelash and Eyebrow tinting need a Patch Test at least 24 hours prior to treatment).

High Definition Eyebrows 1st Treatment ~ 40 minutes £35

Subsequent HD Brow Treatments ~ 30 minutes £28

Includes:- Tinting, waxing, threading, trimming and plucking.

Eyebrow Tidy ~ 15 minutes £13

Semi Permanent make up ~ please phone Ania to book in for a consultation.
please call Ania on 07525 755530 or e-mail: ania.paterak@hotmail.co.uk

Eye Treatment

Aromatherapy Associates Revitalising Eye Treatment ~ 25 minutes £30

(A mini facial concentrating on the eye area)

Designed for those who wish to counteract the effects of ageing or fatigue around the eye area. Specialised massage improves micro-circulation and drainage incorporating cold stones, while essential oils and natural actives attend to this neglected area.

Genie Microtech Eyes can be added ~ 10 minutes £20

Make-Up and Tanning

Jane Iredale Make Up

One of the most technically advanced makeup lines in the world, free from synthetic dyes, chemical preservatives like parabens, or artificial fragrances and they never use fillers like talc. All Jane Iredale products are hypo allergenic and dermatologist tested.

Make-up Application ~ 40 minutes £40

Make-up Masterclass ~ 55 minutes £60

Learn the tricks of the trade and how to create your perfect signature look.

Includes 10% towards make up purchased on the day.

Choose either ~ 25 minutes £28

Base ~ colour match, finding the perfect base, how to apply bronzer/blusher, brush tips and techniques.

Eyes ~ colour tips to match eye shade, application techniques, blending techniques, eyeliner tutorial and brow tutorial.

Lips ~ lip exfoliation and hydration treatment, choosing the perfect shade, lip lining techniques, highlighting and glossing.

Wedding Trial ~ 85 minutes – £78 (Application on the day) £40 ~ minutes £40

Wedding Make-up without trial ~ 60 minutes £58

Bridesmaids ~ 40 minutes £40

Prom Make-up ~ 25 minutes £28

Tanning

Vita Liberata

Vita Liberata is the world's first completely non toxic tanning brand. The solution is odour free and incorporates Moisture Lock, which locks in the moisture at the skin surface to encourage a perfect fade, just like a natural sun tan.

Tan Application 45 minutes ~ £43 / Legs ~ 25 minutes £27

An all over body scrub is applied to smooth the skin, followed by an application of your chosen tan.

Versa Spa Spray Tanning

This 'sunless tanning booth' will give you a streak free, golden tan in a couple of minutes.

Choose from a Light, Medium or Dark setting ~ £20 Legs only ~ £15

We don't take bookings for Spray Tans so please feel free to pop along at any time

Ear-piercing

(Minimum age 7 years) ~ £19

Receive a choice of Caflon hypoallergenic gold plated studs and ear piercing solution to take home with you.

Maternity

Mama Mio Mama's Touch™ Maternity Spa Treatments

Our Therapists 'Carrie and Christy' are both Fully Qualified in Maternity Treatments from the Second and Third Trimester and Post Pregnancy.

Mellow Mama Massage ~ 55 minutes £58

A completely relaxing full body massage using our safe but effective pre-natal techniques, and our award winning Omega rich oils to relax those specific lower back muscles that are carrying that beautiful bump. Includes a wonderful neck and head massage and the unique Yummy Tummy elasticising mask.

Free-Loader ~ 45 minutes £42

A wonderful back and upper body massage specifically designed to release tension and muscle fatigue. This treatment focuses on the muscles that are responsible for Supporting the pregnant tummy.

Lucky Legs Lighten Up Massage ~ 25 minutes £27

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load. While you sit back and relax, we massage your hands and cuticles too. They don't call it a maternity marathon for nothing!

Any massage is available for post pregnancy treatments using our specially selected mama mio products and performed by our specially trained therapists.

Our Complimentary Therapists:

Claudine ~ Acupuncturist – 07914 265970

Melanie ~ Homeopath – 07940 878729

Sandrine ~ Reflexology – 07947 123341

Exercise Classes

Exercise and Dance Classes

All classes include use of our Sauna and Shower Area and a Complimentary Tea/Coffee after your Class at our bar. (Please bring your own towel).

Karen Taylor ~ Lotte Berk

Lotte Berk was a Dancer and Guru of Female Fitness. She designed a series of exercises based on Yoga, Ballet and Physiotherapy to help ordinary women tone-up, keep in shape, gain and maintain posture and the alignment and tone of a dancer.

Karen is an ex-ballet dancer who trained at the Lotte Berk School, she has been teaching 'Lotte Berk' at ESSE for over 7 years, we are the only place to teach it outside London and New York.

For more information or to book one of her many classes please call Karen Taylor on 07841 363022 or e-mail: lotteberkcamb@live.co.uk

Zanna ~ Pilates

Zanna has been teaching Pilates for over 9 years and is fully qualified to teach at all levels (Pilates Training Solutions CYQ Level 3 Pilates Matwork, Advanced).

Pilates is a mind and body exercise method that consists of slow, precise movements with controlled breathing. With Pilates you will learn to use your core muscles which support and stabilise the spine, promoting a stronger back and firmer abdominals, Improving your posture, flexibility and all over muscle tone. Zanna holds regular classes at ESSE for Beginners, Intermediates and Advanced.

For more information or to book a class please call Zanna on 07719 862371 or e-mail: zannanewton@yahoo.co.uk

Giorgia ~ Vinyasa Yoga, Zumba and Personal Training

Giorgia is a fully qualified personal trainer and fitness instructor, as well as being fully qualified in many different types of yoga. Her Vinyasa Yoga classes focus on her favourite and most effective Yoga techniques to ensure your body is stretched, strengthened and worked, having maximum impact upon the shaping and toning of your body. Giorgia is also a fully qualified ZIN Zumba instructor. Her Zumba classes are great fun for everyone keeping you fit, healthy and learning fabulous new dance styles! You don't have to know how to dance to take part - you just need to move your body and follow Giorgia's lead!

For more information or to book one of her classes please call Giorgia on 07870 601391 or e-mail: giorgia_alliott@yahoo.co.uk

(All of our Instructors and our Complimentary Therapists are independent so please call them for all bookings and cancellations. Please note they can only accept cash/cheque. Gift Vouchers cannot be used).

Cancellations and Late Arrivals

Arriving late for your appointment time may result in your treatment being cut short, as timings for subsequent clients have to be maintained.

Clients who wish to change or cancel an appointment are requested to provide 24 hours notice otherwise 50% of the treatment will be charged. If a gift voucher has been used to secure the booking, please note that we will adjust the value of the voucher to show the cancellation/no show charges.

Gift Vouchers

Gift vouchers can be purchased for any amount or any treatment and can be redeemed against any of our treatments or clothes and accessories. Gift vouchers cannot be used against exercise classes or independent therapists. Our gift vouchers can be bought at ESSE or from our website at www.esse.uk.com.

Shop Opening Hours

Mon ~ 9am - 7.00pm
 Tue ~ 9am - 8.00pm
 Wed ~ 9am - 8.30pm
 Thu ~ 9am - 8.30pm
 Fri ~ 9am - 6pm
 Sat ~ 9am - 6pm
 Sun ~ 10am - 4pm

Spa Opening Hours

Mon ~ 9am - 5pm
 Tue ~ 9am - 7pm
 Wed ~ 9am - 8pm
 Thu ~ 9am - 8pm
 Fri ~ 9am - 6pm
 Sat ~ 9am - 5pm
 Sun ~ 10am - 4pm

Free Parking ~ available in our own private car park next door. (Subject to availability)



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