

FOR MEN

For the urban male, we have tailored treatments that are designed to relieve stress caused by a hectic lifestyle. These treatments work to make you feel instantly polished, renewed and ready for your return to your fast-paced lives.

ESPA Hot Stone Massage **£65**

50 minutes

Using your choice of the ESPA pre-blended aromatherapy oils, your body will surrender to the therapeutic heat of the volcanic stones massaged onto the body. A very relaxing experience.

Clarins Muscle Ease Massage **£55**

50 minutes

An intense regenerative massage that eases stress-related knots and muscular tension, while the calming aromatherapy oils and soothing aromatic vapours relieve over-active, stressed minds.

ESPA Men's Facial **£50**

50 minutes

Specifically formulated for the male complexion, this treatment uses natural balms and oils to help purify, hydrate and revitalise the skin. Ideal for city dwellers, frequent air travellers and those with a stressful or hectic lifestyle.

Clarins Mens Facial **£50**

50 minutes

A facial treatment individually tailored to suit your needs. Skin is cleansed and gently exfoliated, while the face, neck and shoulders are massaged using your personalised blend of oils that will either firm, detoxify, or relax the body.

Male Grooming of Hands or Feet **£35 each**

A tailored manicure or pedicure to treat individual nail types. Includes nail shaping, cuticle work, exfoliation and massage

The Spa at
SOPWELL HOUSE
St. Albans

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