

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

Part of the
ABHOTELS
COLLECTION

Cottonmill Lane, St Albans
Hertfordshire AL1 2HQ
Tel: +44 (0)1727 750427 or 510
www.sopwellhouse.co.uk
spa@sopwellhouse.co.uk

THE SPA

PRICELIST

Essential Body Massages

ESPA Hot Stone Massage	£65
ESPA Holistic Total Body Care	£75
ESPA Life Saving Back Treatment	£50
ESPA Aroma Massage Full/Half Body*	£58/£35
Clarins Personal Blend Aromatic Treatment	£58
Clarins Signature Massage	£75

Intensive Body Massages

ESPA Total Body Care with Hot Stone Therapy	£110
Clarins Pro-Active Polish and Body Treatment	£95
Clarins Pro-Active Body Treatment	£70

Facial Treatments

ESPA Aromatherapy Facial	£50
ESPA Holistic Back, Face and Scalp Treatment	£70
ESPA Firming Eye Treatment*	£35
Clarins Personal Blend Aromatic Facial	£50

Advanced Facial Treatments

ESPA Holistic Back, Face and Scalp Treatment with Hot Stone Therapy	£100
ESPA Age Defyer	£70
ESPA Rehydrator/Regenerating/Skin Brightening Facial	£55
Clarins Pro Active Facial	£65

Ultimate Body Wraps

ESPA Detox Algae Wrap	£62
ESPA Skin Hydrator Wrap	£62
ESPA Restorative Mud Envelopment	£62
Clarins Detox Wrap	£55

Scrumptious Scrubs

ESPA Full Body Salt & Oil Scrub	£35
Clarins Fruit and Salt Scrubs	£42
Clarins Pro-Polish	£40

Specialised Body Treatments

ESPA Stimulating Hip and Thigh Treatment	£55
ESPA Underwater Cellulite Massage*	£40
Hydrotherapy	£35

Holistic Therapies

Indian Head Massage	£55
Reflexology	£55
Hopi Ear Candling	£45

Mums To Be Treatments

ESPA Pre-Natal Treatment	£70
Clarins Mother To Be	£60
Pregnancy Massage	£58

THE SPA PRICELIST

Finishing Touches

Jessica Deluxe Manicure	£45
Jessica Deluxe Pedicure	£45
Standard Manicure/Pedicure	£35
Nouveau Lashes®	£100

Waxing*

Full Leg/Bikini/Underarm	£37
Full Leg	£28
Half Leg	£20
Back	£28
Forearm	£18
Bikini or Underarm	£15
Chin	£10
Lip	£10
Eyebrow	£10

Shaping and Tinting*

Eyebrow Shaping	£10
Eyelash Tint**	£18
Eyebrow Tint**	£12
Eyelash and Brow Tint **	£25

Professional Make-up Application

Make-up Application	£30
Special Event Trial and Application	£40

*Available Monday to Friday only

**24 hour patch test required

Spa Days at Sopwell House

ESPA Refresher £225/£245
(Mon-Thurs/Fri-Sun)

ESPA Revitaliser £215/£235
(Mon-Thurs/Fri-Sun)

ESPA Re-energiser £185/£205
(Mon-Thurs/Fri-Sun)

Clarins Pro-Active Experience £210/£240
(Mon-Thurs/Fri-Sun)

Clarins Detox Experience £210/£225
(Mon-Thurs/Fri-Sun)

Clarins Glow £205/£225
(Mon-Thurs/Fri-Sun)

Nurture Spa Day £175/£199
(Mon-Thurs/Fri-Sun)

Cherish Spa Day £110/£125
(Mon-Thurs/Fri-Sun)

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