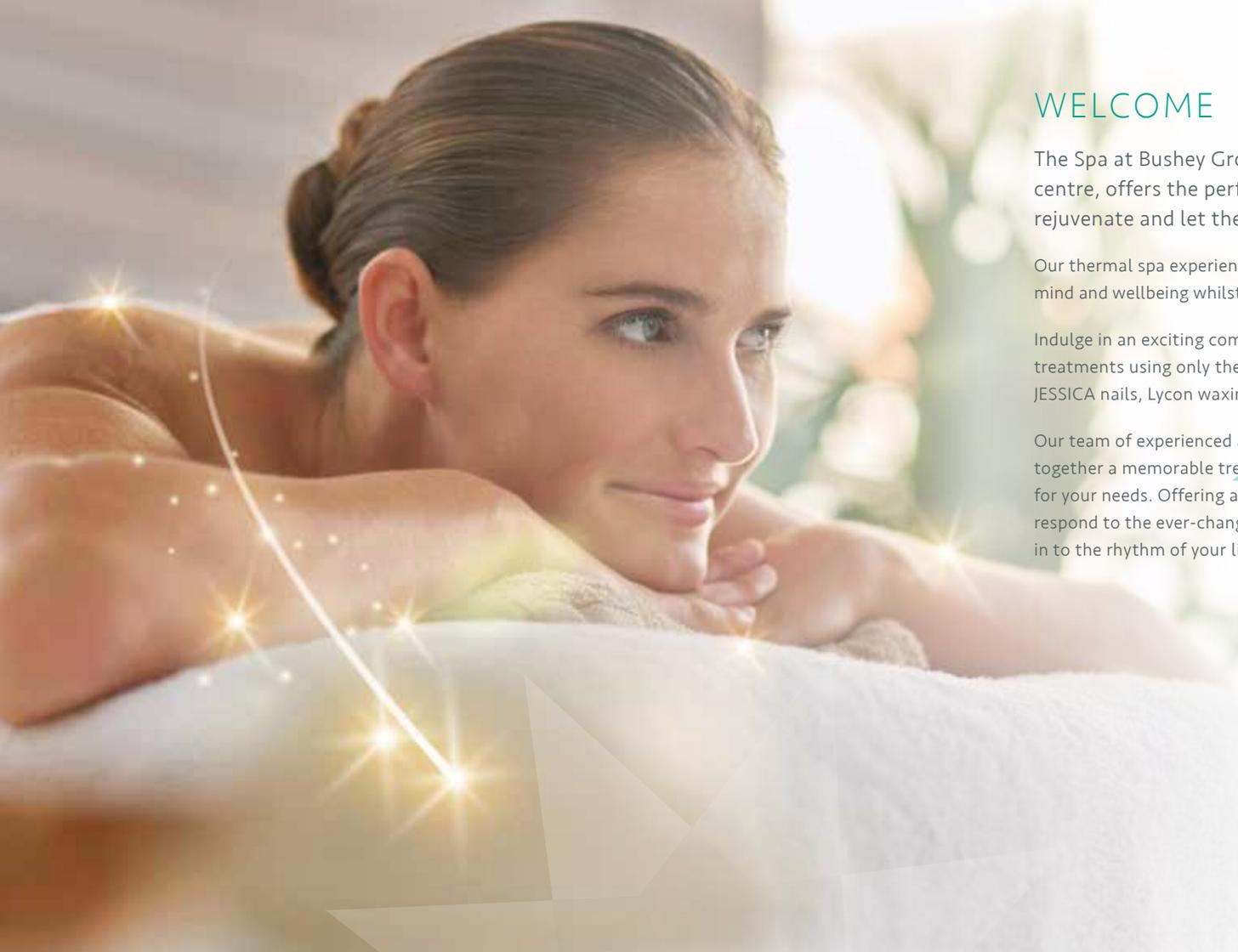




The Spa

at Bushey Grove





WELCOME

The Spa at Bushey Grove situated at the heart of the centre, offers the perfect haven to relax, unwind, rejuvenate and let the tension and stress float away.

Our thermal spa experience will help you to improve general mind and wellbeing whilst soothing the stresses of everyday life.

Indulge in an exciting complement of face, body and essential treatments using only the best products from ELEMIS skincare, JESSICA nails, Lycon waxing, St. Tropez tanning and more.

Our team of experienced and highly qualified therapists will put together a memorable treatment package designed specifically for your needs. Offering advice on your skin's requirements to respond to the ever-changing natures of your skin while fitting in to the rhythm of your life.



ELEMIS

ST.TROPEZ

Lycon
precision waxing

Lash Perfect



SPA THERMAL EXPERIENCE

Whether you choose to use the thermal spa for relaxation or health benefits the combination of water, heat, cooling and relaxation experiences will leave you feeling refreshed and revitalised.

A visit to the thermal spa can help to reduce stress, ease aches and pains, improve circulation, hydrate and exfoliate the skin and enhance sleeping patterns. The thermal spa will improve your health and wellbeing so take a deep breath and relax.

SALT SAUNA

Helping to ease aches and pains and enhances the body's natural sleep cycle. This is a traditional sauna with a Himalayan salt wall.

AROMA STEAM ROOM

Natural sea salts help clear your mind whilst the salt steam soothes and heals your skin. The steam room generates humid heat with temperatures of up to 46°C.

HERBAL SAUNA

A true Finnish sauna experience, this dry heat sauna helps to relax your muscles whilst deep cleaning your body in temperatures of up to 85°C.

ICE FOUNTAIN

HEATED RELAXATION BENCHES

BUCKET SHOWER



ELEMIS FACIALS

Our ELEMIS facials provide amazing skincare which combine a balance of luxury and outstanding results. With a wide range of treatments catering for all skin types, wants and needs. Enjoy the soothing products while you lay back, close your eyes and relax.

ANTI-AGEING

| | |
|------------------------------------|-----|
| Pro-Collagen Age Defy | |
| 30 mins..... | £35 |
| 60 mins..... | £65 |
| Pro-Definition Lift and Contour | |
| 30 mins..... | £35 |
| 60 mins..... | £65 |
| Dynamic Resurfacing Precision Peel | |
| 30 mins..... | £35 |
| 60 mins..... | £65 |

SKIN SOLUTIONS

| | |
|-----------------------------|-----|
| Superfood Pro-Radiance | |
| 30 mins..... | £30 |
| 60 mins..... | £55 |
| Sensitive Skin Soother | |
| 30 mins..... | £30 |
| 60 mins..... | £55 |
| Anti-Blemish Mattify & Calm | |
| 30 mins..... | £30 |
| 60 mins..... | £55 |



ELEMIS



ELEMIS BODY

Give your body the boost it needs, choose from a massage or salt scrub. These ELEMIS body treatments will give you pure peace of mind as you enjoy YOU time.



DEEP TISSUE MASSAGE

Your therapist will use an aromatic oil to reduce muscle pain, enhance stress relief or aid relaxation. The flowing massage works deeper into the tension encouraging optimum circulation.

Deep tissue back massage, 30 minutes£35

Deep tissue muscle massage, 60 minutes £65



EXOTIC LIME AND GINGER SALT SCRUB

Lime and ginger fragranced salt will gently remove dead skin cells, encouraging the regeneration of new cells. It leaves skin smooth and responsive, ready to absorb the deeply nourishing body oil.

30 minutes£27.50

MASSAGE

TRADITIONAL MASSAGE

Releases tension and stress with a combination of techniques and pressures.

Back, neck and shoulder massage, 30 minutes..... £27.50

Shoulder, neck and scalp massage, 30 minutes..... £27.50

Full body Swedish massage, 60 minutes £55

Full body aromatherapy massage, 60 minutes..... £60

HOLISTIC MASSAGE

Relieve symptoms of stress and anxiety with pressure points used on the Chakras which help relieve tension and have healing benefits. Indian head massage focuses on the face, scalp, neck and shoulders. Hot stone massage combines the 5 elements of water, earth, metal, fire & wood, to ground the mind and body.

Indian head, 45 minutes..... £39

Hot stone back, neck & shoulder massage, 30 minutes..... £32.50

Hot stone full body massage, 60 minutes..... £60



ELEMIS

WAXING

Our vast range of waxing treatments using only the best; Lycon wax with a specialist system will offer you a smoother finish and the best in comfort and quality.

LOWER BODY

| | |
|------------------------------------|-----|
| 1/2 leg wax..... | £18 |
| 3/4 leg wax..... | £22 |
| Full leg wax..... | £25 |
| Full leg & regular bikini wax..... | £37 |
| Regular bikini wax..... | £15 |
| High bikini wax..... | £20 |
| Brazilian wax..... | £30 |
| Hollywood wax..... | £35 |
| Stomach wax..... | £12 |

FACE

| | |
|------------------------|-----|
| Brow shape..... | £10 |
| Lip wax..... | £8 |
| Brow & lip wax..... | £15 |
| Chin wax..... | £8 |
| Lip & chin wax..... | £15 |
| Sides of face wax..... | £10 |

ARMS

| | |
|-------------------|-----|
| 1/2 arm wax..... | £14 |
| Full arm wax..... | £18 |
| Underarm wax..... | £12 |

Lycon
precision waxing™



ESSENTIALS

EYE TREATMENTS

Eye treatments enhance the general appearance of your eyes by defining and enhancing the lashes or eyebrows.

| | |
|------------------------------------|------|
| Eye lash tint..... | £12 |
| Eyebrow tint..... | £10 |
| Lash and brow..... | £18 |
| Lash Lift..... | £45 |
| Brow tint and shape..... | £18 |
| Brow and lash tint with shape..... | £25 |
| Patch test*..... | FREE |

*Must have 24hrs prior to treatment

ST TROPEZ SPRAY TANS

St. Tropez spray tan is the perfect way to create the natural look of glowing summer skin all year round. Our formula dries quickly to leave you with flawless, streak-free colour and soft, smooth, skin.

| | |
|--------------------------|-----|
| Full body spray tan..... | £25 |
| Half body spray tan..... | £17 |

ST.TROPEZ

Lash Perfect

LASH EXTENSIONS

Lash Perfect will provide a natural yet full look for great looking lashes all day long. Ideal for special occasions or holidays.

| | |
|-------------------------------------|------|
| Full set, up to 2 hours..... | £80 |
| Half set, up to 1.5 hours..... | £45 |
| Infills, up to 45 minutes..... | £30 |
| Lash removal, up to 45 minutes..... | £15 |
| Patch test*..... | FREE |

*Must have 24hrs prior to treatment



THE NAIL BAR

Add a finishing touch to your pamper experience, making you feel fabulous from top to toe. JESSICA Nails will achieve a beautiful and longer lasting manicure or pedicure.

MANICURES

| | |
|------------------------|-----|
| File and polish | £12 |
| Express manicure | £18 |
| Manicure..... | £24 |
| Deluxe manicure | £28 |

PEDICURES

| | |
|-----------------------|-----|
| File and polish | £14 |
| Express pedicure..... | £20 |
| Pedicure..... | £26 |
| Deluxe pedicure..... | £30 |

GEL NAILS

| | |
|---------------------------------------|-----|
| GEleration nail shape and polish..... | £28 |
| GEleration with deluxe manicure..... | £35 |
| GEleration with deluxe pedicure | £37 |

COMBINATIONS

| | |
|--|-----|
| Express manicure and pedicure..... | £35 |
| Deluxe manicure and pedicure..... | £45 |
| GEleration manicure and pedicure | £65 |



MAKE UP

Our expert therapists use Mii make-up for a flawless finish; we will tailor your make up to suit your skin tone, outfit and occasion for the perfect look.

MAKE UP

| | |
|--|----------|
| Special occasion make up, 60 minutes | from £30 |
| Bridal make up, 60 minutes | from £49 |
| Prom make up, 60 minutes | from £25 |
| Make up trial, 60 minutes | from £25 |

MAKE UP LESSONS

Learn how to look gorgeous and flawless with a personal Mii make-up lesson. Discover how to enhance your face shape and features quickly and confidently. This is a fantastic, fun way to breathe new life into your look.

During your lesson, you will learn:

- Which colours are best suited to you
- How to apply your make-up for a long-lasting finish
- Tips and tricks to improve your technique
- Plus we can offer personalised skincare and make-up advice

| | |
|---|-------|
| Individual session, 60 minutes..... | £30 |
| Group session (up to 5 people), up to 120 minutes | £30pp |





MENS TREATMENTS

We have a range of male specific treatments available to enjoy. Choose from a selection of traditional or holistic massage or a range of body treatments.

WAXING

| | |
|--------------------------------------|---------|
| Chest (includes shoulders) wax | £25 |
| Stomach wax | £25 |
| Half back wax..... | £25 |
| Full back wax..... | £30 |
| Ears, nose or brows | £8 each |

NAILS

| | |
|---------------|-----|
| Manicure..... | £20 |
| Pedicure..... | £25 |



SPA EXPERIENCE

Enjoy the relaxing environment of our thermal spa with a range of experiences to help you unwind.

SPA EXPERIENCE DAY - £45 PER PERSON

Indulge in a spa experience day where on arrival you will be greeted with refreshments. You can enjoy use of the swimming pool, unlimited use of the sauna and steam rooms, ice fountain and heated benches for up to four hours. Plus enjoy a choice of a mini facial or back, neck and shoulder massage from one of our qualified therapists.

2 HOUR SPA SESSION - £14 PER PERSON

Our thermal spa is available to use seven days a week, you can relax with a range of water, heat, cooling and relaxing experiences to leave you feeling refreshed.

MEMBERSHIP FROM £39 PER MONTH

Our spa and fitness or spa and swim membership are the perfect solution if you want to workout and then relax all in one place. For unlimited access to the thermal spa contact our membership team on bushey.members@inspireall.com

Towels are available to hire at an additional cost of £2.00.

GIFT VOUCHERS

Give the gift of relaxation, perfect for any occasion. Gift vouchers are available from £15 and are valid for 12 months from the date of purchase. Alternatively, our trained therapists can help you select the perfect skincare or make up gifts from our range of products.





The Spa

at Bushey Grove

Bushey Grove Leisure Centre,
Aldenham Road, Bushey WD23 2TD

Tel: 01923 470161

Email: thespabusheygrove@inspireall.com

busheygroveleisurecentre.co.uk



InspireAll Leisure & Family Support Services manages these facilities in partnership with Hertsmere Borough Council. InspireAll is a registered charity. Charity no. 1093653.