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## RIVERHILLS

Day Spa & Beauty Treatment Menu



GERMAINE DE CAPUCCINI



## Welcome to Riverhills

Riverhills offers a stunning complement of therapeutic and rejuvenating face and body care treatments, using only the best products with the finest ingredients, from top European skin care house, Germaine de Capuccini.

Choose from a variety of treatments, which include traditional massage alongside ritualistic massage therapies from around the world.

If you are looking for pure indulgence and total relaxation, at Riverhills, we provide a haven where you will find the most incredible, unique sensations, where the mind, body and spirit converge for an unforgettable and deeply pleasurable experience.

Our team of experienced and highly qualified therapists will be happy to put together a treatment package designed specifically for your needs, and to offer you advice on your skin's requirements.

## Germaine de Capuccini

The premium products and treatments offered by Germaine de Capuccini are found in the most exclusive salons and spas throughout the world and are offered only by the most highly trained beauty therapists in the industry.

Germaine de Capuccini has developed some of the world's most talked about formulations and ground breaking advances in skincare. The successful combination of natural active ingredients with cutting edge technology has enabled the company to produce some of the most influential skin care products and professional spa therapies the beauty industry has ever seen.

If environmental issues are your concern, the Germaine de Capuccini Carbon Zero policy, backed by official certification, means that they not only recycle and re-use, they also plant trees to offset any small amount of Carbon produced.

At Riverhills we are delighted to provide you with simply the very best available!



GERMAINE DE CAPUCCINI

# Day Spa Packages

## All day spa packages include:

- Treatments as specified for each package
- Use of Swimming Pool, Spa Bath, Sauna, Aromatherapy & Steam rooms
- Robe and towel hire for the day, plus flip flops to keep (Robes to keep can be purchased for £20 and flip flops for £4)
- 2 course lunch unless specified, which will be a starter and a main
- Arrive from 8.45am, depart by 5.00pm unless specified
- Prices are per person unless stated otherwise
- Treatments may be carried out in a twin treatment room
- Treatments are 25 minutes unless specified

## Add something special to your day...

While we offer carefully compiled Day Spa Packages you might like to enhance your chosen package. For example, why not add some additional treatments, a glass of bubbly to add that extra sparkle, or products to take away as gifts or for yourself to extend the spa experience. Simply call us and we can help you create your perfect package.

## Loyalty Booklet – Our thank you to you...

We run a loyalty scheme as our way of thanking you for visiting us at Riverhills. At the end of your day with us, simply visit Beauty Reception and collect your loyalty stamp to start working towards your free day with us!

## Just Relax

*“Dip your toe in!”*

- Germaine de Capuccini Express Prescriptive Facial
- Arrive from 11.30am, depart by 5pm
- No food is included

**£95 mon – thurs / not available fri – sun**

## Touch of Spa

*“Perfect first day spa experience”*

- Germaine de Capuccini Express Prescriptive Facial
- One Course Lunch

**£115 mon – thurs / £130 any day**

## Riverhills Classic

*“Our original spa day”*

- Germaine de Capuccini Express Prescriptive Facial
- OPI Express Manicure

**£145 mon – thurs / £160 any day**

## Top to Toe

*“Feel great, from top to toe”*

- Germaine de Capuccini Express Prescriptive Facial
- OPI Express Manicure
- OPI Express Pedicure

**£155 mon – thurs / £170 any day**

## De-Stress Day

*“Chill me out please!”*

- Germaine de Capuccini Aromatic Full Body Massage (1 hour)

**£145 mon – thurs / £160 any day**

## Relax & Revive

*“Lay back, enjoy and feel great”*

- Germaine de Capuccini Express Prescriptive Facial
- Riverhills Swedish Back and Neck Massage
- OPI Express Manicure

**£165 mon – thurs / £180 any day**

## Mum’s the Word

*“It’s no longer all about me!”*

- Germaine de Capuccini C+ Pre Natal Treatment (1 hour)
- Spa Pedicure (1 hour)

**£175 mon – thurs / £190 any day**

## Escape My World

*“To heaven and back”*

- Mediterranean Delight (1 hour)
- OPI Express Manicure
- OPI Express Pedicure

**£185 mon – thurs / £200 any day**

## Because I’m Worth it!

*“Our ultimate day”*

- Germaine de Capuccini Spa Prescriptive Facial (1 hour)
- Germaine de Capuccini Aromatic Full Body Massage (1 hour)
- OPI Express Manicure
- OPI Express Pedicure

**£215 mon – thurs / £230 any day**

## Just the 2 of Us

*“Indulgent delight for mothers and daughters, two friends or even lovers!”*

- Journey into Serenity (1 hour 30 mins)
  - In a twin treatment room
- £290 (£145 pp) mon – thurs / £320 (£160 pp) any day**

## Tea for 2

*“Yummy afternoon tea and scrummy treatments”*

- Germaine de Capuccini Express Prescriptive Facial
- OPI Express Manicure
- In a twin treatment room
- Afternoon Tea for 2
- Arrive from 2pm, depart by 7pm

**£220 (£110 pp) mon – thurs / £250 (£125 pp) any day**

## Spa Information

### Spa Scheduling

To avoid disappointment we recommend you book ahead for extra treatments you may wish to add to your chosen spa package. Please give as much notice as possible as availability can be limited, especially at weekends.

Please call: 01473 463 262

### Arriving at Riverhills

To ensure you get the most out of your Spa Experience, please arrive at least 30 minutes before your first scheduled treatment. This will allow us time to show you around and for you to familiarise yourself with our surroundings.

Unfortunately a late arrival will result in the treatment time being amended accordingly.

For our full terms and conditions, please see the back of our brochure.

### Enjoy the Experience

As soon as you enter Riverhills, you leave all your stresses behind. Bring a good book and leave your mobile at home, or at least turned off, so you and all guests can relax without any annoying ring tones!

Enjoy superb treatments, relaxing surroundings, attentive staff and wonderful cuisine. We are here to give you the very best escape possible!

### The Perfect Gift

Share the life – purchase a Gift Voucher for someone special in your life (available at reception, or at [www.riverhills.co.uk](http://www.riverhills.co.uk))

We also have an extensive selection of products for home use; your therapist will advise on the right solution for your skin or recommend the perfect product to give as a gift!



## Riverhills Escapes

### Multi-Sensory Odyssey

*Full body exfoliation with full body massage and moisturising body wrap*

Your treatment will commence with our Exotic Orient body exfoliation followed by an exquisite massage with warming Cinnamon Balm before you are enveloped in our Placid Silk Wrap to nourish, hydrate and regenerate your skin.

**£72 - 1 hour 30 minutes**

### Sperience Tea Infusion

*An anti-oxidising full body massage and facial therapy*

Your experience begins with a highly relaxing full body massage using your choice of Green Tea massage oil (for anti-ageing benefits) or Black Tea oil (to improve suppleness), both rich in minerals and antioxidants. Continue to relax with our express facial to deeply nourish and re-energise the skin allowing it to regain a more radiant and fresh complexion.

**£90 - 1 hour 25 minutes**

### Journey into Serenity

*Candle back massage, prescriptive facial and scalp massage*

Your Riverhills journey commences with the warm Stone Pindas to relax and unwind your body, followed by a back massage using a warm mandarin and lavender candle oil combined with deep tissue movements. To complete your experience enjoy our Spa Prescriptive Facial – specifically designed to suit your skin's needs, along with a scalp massage with sybarite silk, containing real extracts of silk, your scalp and hair will be truly nourished.

**£75 - 1 hour 30 minutes**

### African Allure

*Immerse yourself fully in the wonders of the Baobab Oil*

Combine our “Love your Legs” and “Baobab Swedish Back and Neck Massage” for a full body treatment to nourish, hydrate and smooth your skin. You will leave feeling renewed, refreshed and smelling divine!

**£76 - 55 minutes**

## Facials

### Germaine de Capuccini Spa Prescriptive Facial

*Tailored to suit your skin type*

Regardless of your skin type, age or concerns, our skilled team of therapists will provide you with a most prescriptive treatment designed specifically for your skin's needs. Includes a highly relaxing anti-ageing facial massage, together with a scalp massage, leaving your skin fresh clear and radiant.

**£65 - 1 hour**

### Black Diamond Facial

*An anti-ageing facial using the powers of crystals and minerals*

A spectacular anti-ageing therapy based on the skincare benefits offered by stones, crystals and minerals. Rich in zinc and iron this treatment regenerates and restores the skin's youthfulness, increasing the skin's luminosity and combating the signs of ageing.

**£75 - 1 hour**

### Excel Therapy O2 Cityproof

*Oxygenating anti-pollution facial for suffocated skin*

Two revolutionary masks work to repair and defend the skin against pollution damage and external stress. Our oxygenating bubble mask releases pure Oxygen into the deep dermal layers of the skin. A second mask uses our Dual Matrix technology to activate the skin's immune system increasing its defence capability.

**£78 - 1 hour**

### Purexpert Re-Balance

*Purifying facial to reduce oiliness and spots*

Purexpert commences with an enzyme packed gel to extract blackheads and whiteheads, followed by a red clay mask to deeply cleanse and reduce the size of the pores. The treatment concludes with a Blemish Balm (BB) Cream to leave the skin smooth & hydrated. After just 1 treatment, 98.6% of clients had cleaner skin with a more matt appearance\*.

**£78 - 1 hour**

\*Self-assessment test on 146 individuals after 1 treatment

### Timexpert Rides Collagen Boost Eyes

*Express eye treatment to reduce puffiness, lines and wrinkles*

Utilising our exclusive Micro-Dermoxine Complex® and Azarole Buds, results are seen immediately after this 25 minute flash treatment. Lines and wrinkles are filled in and puffiness is reduced, rejuvenating the eye contour. In just a single session, 87% of clients have reduced wrinkles\*, increasing to 100% after a course of 4\*\*.

**£44 - 25 minutes**

\*Self-assessment test on 67 individuals after 1 treatment

\*\*Self-assessment test on 15 individuals after 4 treatment

### Glycocure Renewing Peel

*Exfoliation peel to renew the skin at the deepest level*

An advanced exfoliation peel to eliminate dead skin cells, detoxify the dermis and reduce congestion. Formulated with Alpha Hydroxy Acids (AHAs), wrinkles and pigmentation are reduced and the skin is left more balanced and hydrated, enhancing the effects of subsequent treatments.

**£16 - 10 minutes (add-on to any facial)**

### Germaine de Capuccini Express Prescriptive Facial

*A taster facial tailored to suit your skin type*

An introduction to Germaine de Capuccini facials. Our express facial offers a cleanse, exfoliation and massage with products chosen to suit your skin type.

**£44 - 25 minutes**



## Anti-Ageing Facials

A truly innovative and powerful anti-ageing line that helps the skin recover its youthfulness. Using the very latest technology, Germaine de Capuccini offers four very specific therapies, (Rides, Lift, SRNS and C+) all of which provide instant results.

Whilst these treatments are very much results driven and you will see an immediate visual improvement, it is highly beneficial for you to complete the recommended course of 5 treatments for a longer lasting effect. Recommended course attracts a 20% discount.

### **Timexpert Rides Collagen Boost**

*Advanced facial to reduce expression lines and wrinkles*

Our exclusive Micro-Dermoxine Complex® and Pro-Collagestine Fill technology combine to neutralise and inhibit micro-tensions whilst increasing natural collagen and elastin production. 98% of our clients declared their wrinkles were reduced.\* Course of 5 treatments recommended.

**£83 - 1 hour 15 minutes**

\*Self-assessment test on 41 individuals after 4 treatments.

### **Timexpert Rides Collagen Boost +**

Combined with our Aesthetic Facial Electrotherapy Unit which works at the deepest levels for maximum results.  
**£90 - 1 hour 15 minutes**

### **Timexpert Lift & Contour**

*The ultimate facial to lift and re-define facial features*

At the heart of this treatment lies our unique and exclusive complex, V-Matrix. With flaccidity in the skin beginning in the deepest layers, V-matrix works at the root of the problem to rebuild and restructure the dermis, transforming the skin from the inside out. 100% of clients have a more defined facial contour after a single session\*.

**£83 - 1 hour 15 minutes**

\*Self-assessment test on 111 individuals after 1 treatment

### **Timexpert C+ Anti-Glycation**

*Illuminating facial to combat the first signs of ageing*

An advanced anti-glycation facial utilising the benefits of Ume extract to fight against the damaged elastin and collagen fibres caused by sugar and UV radiation. Additional Vitamin C derivative provides a powerful antioxidant, protector and firmer, offering the skin a fresh, healthy glow. In just one session, 97% of clients declare their skin is smoother, more radiant and healthy\*.

**£75 - 55 minutes**

\*Self-assessment test on 123 individuals after 1 treatment

### **SynergyAge Clinical Peel**

*An intensive peel to deeply renew and smooth the skin*

A deeply renewing and anti-oxidising facial peel suitable for even the most sensitive of skin. Our AOX system stimulates the synthesis of collagen and elastin, reduces pigmentation and dark spots whilst hydrating and renewing the skin. 100% of clients show visibly renewed skin which is smoother, more luminous and firmer\*.

**£65 - 40 minutes**

\*Self-assessment test on 112 individuals after 4 treatments

### **Timexpert SRNS Global Anti-Age ON**

*Anti-ageing face and eye treatment based on epigenetics*

Every day, thousands of our cells are damaged by lifestyle and environmental aggressions. Over time, the gene structure within these cells becomes unable to repair itself and stops producing essential proteins that naturally slow down the ageing process. Global Anti-Age ON reactivates these dormant genes and boosts cellular regeneration using “Epigenol” and “Zinc-Glycine Complex”. A powerful all-round anti-ageing treatment that provides firming, wrinkle reduction, revitalisation, improved pigmentation and hydration. 99% of clients have firmer, more supple and nourished skin after a single session\*.

**£83 - 1 hour**

\*Self-assessment test on 173 individuals after 1 treatment

## Massage Therapies

### **Germaine de Capuccini Aromatic Full Body Massage**

*Tailored to suit your mood and lifestyle*

Indulge in a beautiful aromatherapy massage using a customised blend of aromatherapy oils to meet your needs.

Choose from the following blends:

**Vitality:** Mandarin, Nutmeg, Lime, Italian Lemon

**Relax:** Lavender, Sandalwood, Violet, Ylang Ylang

**Active:** Spearmint, Clary Sage, Cinnamon Leaf

**Svelte:** Cedarwood, Juniper, Lavender

**Aqua:** Geranium, Patchouli, Coriander

**£61 - 1 hour**

### **Sperience Detox Massage**

*Full body massage with black tea massage oil*

This detoxifying body massage will help eliminate the mind and body of toxins. Ideal for those finding it hard to sleep, suffering with skin concerns or headaches. **£65 - 1 hour**

### **Sperience Energising Massage**

*Full body massage with green tea massage oil*

This energising body massage is packed with antioxidants to help reactivate and recharge the body. Ideal for those feeling run down or lethargic. **£65 - 1 hour**

### **Mediterranean Candle Massage**

*A warming full body massage*

Choose one of our Mediterranean inspired massage candles; Lavender, Olive or Citrus which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

**Sunset in Egypt (Citrus):** enriched with Mandarin Butter which has sweet aroma to stimulate the senses and Vitamin A to rejuvenate and hydrate the skin.

**Colour of Provence (Lavender):** enriched with Lavender, offering a total aromatic experience, guaranteed to calm the mind and body and relieve the soul.

**Flavour of Andalucía (Olive):** formulated with Olive Butter and rich in Vitamins K and E, these natural antioxidants protect the body and increase the skin's suppleness, improving and smoothing its appearance.

**£65 - 1 hour**

### **Crystal Harmony**

*An exfoliating full body massage with precious stones*

An exquisite massage medium containing extracts of Diamond, Rhodocrosite and Malachite is combined with a gentle exfoliation powder enriched with Amethyst, Sapphire and Ruby producing a luxurious mousse that renews the skin and energises the body. A collection of semi-precious minerals, whose chromatic tone corresponds with 7 chakra points on the body are used for a highly relaxing holistic massage.

**£65 - 1 hour**

### **Baobab Scalp Massage**

*Stress relieving neck and scalp massage*

A nourishing and moisturising neck and scalp massage utilising the benefits of ethically sourced Baobab seed oil. A highly effective stress relieving experience.

**£43 - 25 minutes**

### **Riverhills Swedish Full Body Massage**

An invigorating massage in the "Swedish" formula to ease out knots and areas of stress. **£55 - 1 hour**

### **Riverhills Swedish Back and Neck Massage**

Concentrating purely on the back and neck, in the "Swedish" formula, to help ease stress. **£43 - 25 minutes**



## Body Wraps

### Re-Mineralising Mud

*Hydrates and nourishes the skin using algae, trace elements and minerals, plus a moisturising massage*

A completely revitalizing treatment which commences with our Aromatic Exfoliation to prepare the body for total envelopment with our rich, warm, creamy Spa Marine Mud. This nourishing mud is applied with a holistic massage to provide deep relaxation.

**£70 - 1 hour 15 minutes**

### Algae Detox

*A powerful detoxifying body wrap combined with exfoliation and lymph drainage massage*

Combining the richness of sea plants and marine brown and red algae, this therapy helps to reduce the appearance of cellulite by eliminating fat in the adipocytes (fat cells) and stimulating drainage. The treatment commences with our Aromatic Exfoliation and is then followed with an Algae Wrap and completed with a relaxing lymph drainage massage.

**£70 - 1 hour 15 minutes**

### C+ Pre-Natal Treatment

*The perfect body treatment for pregnant ladies, using Vitamin C*

This treatment commences with our relaxing warm Pinda Stone Massage around the body, followed by a gentle exfoliation of legs, arms and bump with a body wax rich in Vitamin C to revitalise the skin. Continue to relax whilst a cooling and revitalising gel wrap is applied to the lower legs providing an incredible feeling of lightness. A mask rich in Vitamin C is applied to the stomach area hydrating, nourishing and working to restore the body's elastin.

**£76 - 1 hour**

### Universal Contour Wrap

*For instant inch loss*

Universal Contour Wrap is the fast figure firming and contouring treatment that can make a measurable difference even after just one treatment. Our sophisticated wrapping technique reduces unwelcome bloating, lifts and sculpts the body contours, helping define the waist, lifting the bottom, smoothing bulges in the thighs and tightening loose underarms.

**£75 - 2 hours (A course of 3 treatments is highly beneficial and attracts 20% discount)**

## Body Exfoliations

### Bamboo

*An invigorating bamboo body scrub*

Packed with bamboo and plant extracts, this exotic scrub will help to protect the skin against negative free radicals. Your treatment is complete with the application of Volcanic Jeju water rich in minerals, nourishing salts and Hyaluronic Acid to deeply hydrate the skin.

### Aromatic

*A salt and oil scrub*

High in algae and Dead Sea Salt, this stimulating exfoliant re-mineralises and increases blood circulation and detoxification. Applied then showered off.

### Pure C

*A softening balm with exfoliating granules and Vitamin C*

Packed full of Vitamin C, with extraordinary beneficial effects on the skin, this body exfoliation gently polishes the skin, revitalising the tone whilst hydrating, leaving it smooth and clear.

**£42 - 25 minutes**



## Wellness Therapies

Specifically designed treatments for cancer patients, those on intensive medication or anyone in need of a completely soothing and de-stressing experience.

Carefully selected products target skin related side effects caused by chemotherapy, radiation treatments and other strong medication.

### **Rose & Honey Harmony Facial**

*Soothing stressed & sensitive skin*

This facial is designed to help alleviate symptoms of dry, flaky and sensitive skin. Pure Rose Hip Oil, known for its healing properties, is combined with our de-stressing Royal Jelly Elixir to revitalise dull tone whilst helping the skin regain its natural immunity against daily aggression. Your facial is complete with our 5 rose petal mask which soothes sensitivity brought on by emotional and physical stress. A luxurious gentle touch and healing massage with Obsidian and Onyx stones will help to restore peace to the mind and soul.

**£72 - 1 hour**

### **Aloe & Mint Cooling Body Therapy**

*Light touch body & scalp massage*

This gentle therapy combines the power of semi-precious stones to restore harmony to the mind, with a gentle cooling massage to soothe the body. Your light touch massage uses Aloe Vera to deeply hydrate the skin, Lemon Oil to purify and Mint to refresh the body. Rose Hip Oil soothes, nourishes and reduces irritation. Your therapy is completed with a de-stressing scalp pressure massage to aid relaxation. Ideal after Radiation therapy.

**£80 - 1 hour 30 minutes**

### **Calming Hand, Foot & Scalp Therapy**

*Intense nourishment & hydration*

Chemical treatments can cause extreme dryness on hands and feet whilst stimulating hair loss. This therapy is designed to counteract these problems. Your therapy begins with a gentle exfoliation on the hands, feet and nail beds, without the use of water baths to help maintain a healthy PH level. A deeply and hydrating mask is then applied to relieve extreme dryness and dehydration. Finally, completely relax and unwind with our revitalising scalp massage - using Baobab hair oil to revitalise the hair and soothe the scalp.

**£76 - 1 hour 15 minutes**

### **Phytocare Baobab Body Ritual**

*Full body exfoliation, body & scalp massage with Baobab Oil*

This relaxing and indulgent ritual uses ethically sourced, organic Baobab oil packed with antioxidants, vitamins and omegas to nourish and protect the skin. Your ritual begins with a gentle full body exfoliation using Baobab Seed Shells to remove dead cells. A soothing lymphatic massage with Baobab oil will then provide the skin with anti-inflammatory, nourishing, and hydrating benefits. To complete your totally stress-reducing experience, our relaxing Baobab Scalp Therapy will help to revitalise the hair and soothe the scalp.

**£80 - 1 hour 30 minutes**



## Holistic Treatments

### Reflexology

An ancient pressure point therapy concentrating on a miniature map of the body's organs and glands that is based on the feet. This technique helps the body's natural healing process and relaxes both mind and body.  
*£60 - 1 hour (consultation and treatment)*

### Hopi Ear Candles

A natural ear cleansing technique to remove excess wax, infections and residuals of past infections. The ear candles produce a revitalising heat, which soothes, relaxes and helps relieve stress. This treatment is completed with a relaxing facial massage.  
*£60 - 1 hour*

### Indian Head and Shoulder Massage

A concentrated massage of head, neck and shoulders offering the areas which hold the greatest amount of tension, deep relaxation. This technique allows pure relaxation, creating a general feeling of well-being.  
*£49 - 25 minutes*

### Reiki

An ancient Japanese non-invasive healing treatment that works to enhance your well-being and bring relief to illness and injury. Using the body's natural energies experience a glow of radiance and relaxation which can be felt at the time of treatment, with the holistic benefits continuing long after the session is complete.  
*£60 - 1 hour*

## CACI Treatments

### CACI Silhouette Facial

A relaxing non-surgical facial treatment to improve skin texture, appearance and help muscle tone and firmness. For best results a course of 10 -15 treatments is recommended.  
*£71 - 1 hour*

### SUPER CACI Silhouette Facial

All the benefits of our CACI facial treatment with an additional luxurious Germaine de Capuccini facial to leave you feeling truly pampered.  
*£92 - 1 hour 30 minutes*



## Men's Treatments

### The Riverhills Classic Facial For Men

*A facial tailored to suit your skin type*

Regardless of your skin type, age or concerns, our skilled team of therapists will provide you with a most prescriptive treatment designed specifically for your skin's needs. Includes a highly relaxing lymphatic drainage facial massage, together with a scalp massage, leaving your skin fresh, clear and radiant.

**£65 - 1 hour**

### C+ Energy for Men with Chi Zen Massage

*A facial specifically for male skins, combined with a pressure point back massage*

Based on a cocktail of plant extracts and vitamins, this therapy has been designed to specifically meet the needs of men's skin, often irritated by the daily ritual of shaving. Highly relaxing, extremely effective and it's only for him! Combined with a pressure point Chi-Zen Back massage.

**£81 - 1 hour 30 minutes**

### Fitness Massage

*A full body massage for aching muscles*

A deep tissue Aromatic Full Body massage using the active blend of essential oils (Spearmint, Clary Sage and Cinnamon Leaf) to help alleviate any aches and pains and stimulate the circulation.

**£61 - 1 hour**

### Silk Scalp Therapy

*A hydrating treatment for hair and scalp with massage*

A treatment designed to ease the tension and stress that can accumulate in the scalp and neck, incorporating the Germaine de Capuccini Sybarite Silk treatment that contains real silk to help nourish and moisturise the hair and scalp.

**£43 - 25 minutes**

### Riverhills Swedish Full Body Massage

An extremely invigorating full body massage in the "Swedish" formula.

**£55 - 1 hour**

### Riverhills Swedish Back and Neck Massage

Concentrating purely on the back and neck, in the "Swedish" formula, to help ease stress.

**£43 - 25 minutes**

### Riverhills Chest or Back Wax

**£35 - 45 minutes**

### Riverhills Men's Pedicure

**£38 - 45 minutes**

### Riverhills Executive Manicure

**£38 - 25 minutes**

### Riverhills Eyebrow Shape

**£21 - 25 minutes**

## IPL Hair Removal

Consultations for both IPL Hair Removal and Laser Tattoo Removal last up to 30 minutes and are complimentary.

Face	Time	1 Session	6 Sessions
Eyebrows	15 mins	£42	£200
Upper Lip	15 mins	£42	£200
Chin	30 mins	£53	£250
Neck	30 mins	£63	£300
Jawline / Side of face	30 mins	£74	£350
Full Face	60 mins	£126	£600

Body	Time	1 Session	6 Sessions
Underarm	15 mins	£63	£300
Bikini	30 mins	£63	£300
Brazilian	45 mins	£115	£550
Hollywood	45 mins	£137	£650
Buttocks	45 mins	£137	£650
Upper Legs	45 mins	£179	£435
Lower Legs	45 mins	£158	£755
Full Legs	90 mins	£284	£1,360
Forearms	45 mins	£105	£500
Full Arms	60 mins	£158	£755
Back	60 mins	£158	£755
Chest	60 mins	£158	£755
Fingers or Toes	30 mins	£53	£250
Hands or Feet	45 mins	£74	£350
Nipples	15 mins	£53	£250
Naval Pubis	30 mins	£63	£300

## Laser Tattoo Removal

Area	1 Treatment	4 Treatment Course	6 Treatment Course	8 Treatment Course
Small (up to 5cm)	£53	£189	£268	£336
Medium (up to 12cm)	£116	£415	£588	£735
Large (up to 25cm)	£263	£945	£1,339	£1,680
Major* (prices from)	£525	£1,890	£2,678	£3,360

\*Prices subject to consultation.



## Manicure & Pedicure

### Luxury Paraffin Wax Foot Treatment

A foot treatment including a menthol cleanse, massage and skin softening with paraffin wax.  
*£50 - 1 hour*

### Luxury Paraffin Wax Hand Treatment

A holistic hand treatment including a gentle refiner and a therapeutic massage with paraffin wax.  
*£45 - 1 hour*

### Spa Pedicure

An effective foot treatment to restore damaged skin on the feet. This treatment delivers intense hydration and nourishment. Your treatment includes a menthol cleanse and foot mask, exfoliation and shiatsu massage, all finished with a polish of your choice.  
*£38 - 1 hour*

### OPI Nails

OPI Express Pedicure	<i>£23 - 25 minutes</i>
OPI Manicure	<i>£38 - 45 minutes</i>
OPI French Manicure	<i>£39 - 1 hour</i>
OPI Express Manicure	<i>£23 - 25 minutes</i>
OPI Nail Paint	<i>£19 - 25 minutes</i>

### Gel Nail Treatments

A Gel polish applied to the nails and cured under UV rays to provide a high shine finish that will last for up to 2 weeks.

Gelish Hands	<i>£41 - 25 minutes</i>
Gelish French Finish Hands	<i>£44 - 45 minutes</i>
Gelish Feet	<i>£41 - 25 minutes</i>
Gelish French Finish Feet	<i>£44 - 45 minutes</i>
Soak Off	<i>£14 - 25 minutes</i>
Infills	<i>£29 - 25 minutes</i>
Soak off and Gelish Hands or Feet	<i>£50 - 1 hour</i>
Soak off and Gelish French Hands or Feet	<i>£54 - 1 hour 15 minutes</i>

## Finishing Touches

### Waxing

Half Leg Wax	<i>£30 - 25 minutes</i>
Full Leg Wax	<i>£36 - 1 hour</i>
Bikini Line Wax	<i>£21 - 25 minutes</i>
Three Quarter Leg Wax	<i>£33 - 45 minutes</i>
Half Leg and Bikini Wax	<i>£39 - 25 minutes</i>
Full Leg and Bikini Wax	<i>£41 - 1 hour</i>
Underarm Wax	<i>£19 - 25 minutes</i>
Top Lip or Chin Wax	<i>£19 - 15 minutes</i>
Forearm Wax	<i>£22 - 25 minutes</i>
Brazilian	<i>£43 - 1 hour</i>
Brazilian Maintenance	<i>£35 - 25 minutes</i>
Hollywood	<i>£45 - 1 hour</i>
Hollywood Maintenance	<i>£38 - 25 minutes</i>
Eyebrow Shape	<i>£21 - 15 minutes</i>

### AH Francis

Eyelash Extensions Full Set	<i>£97 - 2 hours</i>
Infills	<i>£50 - 1 hour</i>

### Tanning

Full body spray tan	<i>£44 - 25 minutes</i>
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### Tinting

All tinting requires a patch test at least 24 hours prior to treatment.

Eyelash Tint	<i>£21</i>
Eyebrow Tint	<i>£19</i>
Eyelash and Eyebrow Tint	<i>£24</i>

### Electrolysis

All electrolysis is performed with sterile needles. A consultation is complimentary.

15 minutes	<i>£22</i>
20 minutes	<i>£25</i>
30 minutes	<i>£35</i>
45 minutes	<i>£38</i>



## Our Top Products



### Exfoliating Scrub (100ml)

A super fresh menthol scrub for the face, (as used in our facials). Cleanses and exfoliates the skin in depth, removing dead skin cells and allowing other products to penetrate and work at their most effective. Use once a week after cleansing and toning.



### Rose Hip Oil (30ml)

A powerful oil high in Rose-Hip (100%), Omega 6, antioxidants and Vitamin A which can be used on the face or body. Mix a small amount with your usual treatment cream to help improve scarring, dehydration, dryness, sensitivity, dark spots and stretch marks.



### Full Lashes (8ml)

A colourless gel proven to visibly enhance the eyelashes and eyebrows. Matrikine Lash generates new hair fibre whilst Pantenol repairs damaged hair fibres. Tests showed eyelashes to appear 43% longer, 75% thicker, 100% stronger.



### Central Park (50ml)

Often used at the end of our treatments, this is our most popular fragrance. Delicate and fresh with a sparkling top note of citrus and a hint of fruity nuances.



### Firm and Tonic Oil (100ml)

A super body oil formulated with ingredients from the ancient African Baobab Tree. Baobab Oil has a powerful anti-oxidising capacity. With an effective firming action it also provides the skin with intense hydration and nourishment. Use daily after bathing/showering.



### Timexpert SRNS Repair Night Progress Serum (50ml)

The ideal product to use when skin has been subject to high levels of stress or has undergone invasive medical/aesthetic treatments. Apply under any Germaine de Capuccini cream for the ultimate skin rejuvenation.

## Terms & Conditions

- Treatments are 25 minutes unless specified otherwise
- Treatments and packages available and prices may change without notice
- Courses to be paid in full on the initial treatment and taken within 3 months
- A cancellation charge of 50% of treatment booked, unless 24 hours notice given
- Treatment times shown are approximate and include preparation time
- Full payment is required at time of booking for Day Spa packages and is non-refundable
- Should you wish to reschedule a booked Day Spa a £10 fee applies
- Bookings for two or more people may be booked in a twin room. Subject to availability. Please be aware that you may have to share a locker with another member of your party
- Unfortunately we are unable to guarantee your requested booking times
- Scheduled treatment and lunch times are subject to change without notice and will be confirmed upon arrival
- If appointments are missed we cannot offer a replacement time or refund
- If under 48 hours notice is given to cancel a booked Day Spa, no reschedule option can be offered. This means that if you cancel with less than 48 hours notice, for whatever reason, you will forfeit your day
- Riverhills is not a medical centre and our staff are not trained medical practitioners however our commitment to care for our customers is priority. Some treatments are restricted with certain medical conditions so we strongly advise you speak to us prior to booking any treatment or package if you suffer from ill health, severe allergies or a particular medical condition
- Any mechanical or electrical breakdowns on the premises are usually beyond our control. We endeavour to fix all faults quickly. No refunds or compensation will be offered unless such breakdowns are due to the negligence of Riverhills
- Please be courteous to all other spa users and please note that loungers are not to be reserved
- Please bring two swimming costumes, one for swimming and a dry one for treatments and relaxing
- Day Spa guests must be 16 years or over
- If you are using a gift voucher for payment you must bring the original voucher with you or full payment will be taken. Gift voucher bookings are subject to availability, so please book early to avoid disappointment
- We employ both female and male therapists and you might be booked with either. Please advise us if you object to this
- If your chosen package includes a manicure or pedicure, please ensure all polish or gel applications are removed prior to your visit. Removal of gel applications cannot be guaranteed on the day and will be chargeable
- Treatments included in packages cannot be changed and must be taken by the person whom they were booked to





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