

# Prescriptive Facial Treatments



## **THE POWER BREAKFAST**

### **EXPRESS FACIAL**

Looking for results, like now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround topped off with a wake-up scalp massage. Quick, go!

**30 minute treatment - £45**

## **MY KINDA SKIN**

### **BESPOKE PRESCRIPTIVE FACIAL**

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

**60 minute treatment - £65**

## **PURIFICATION**

### **A DEEPLY CLEANSING FACIAL**

The perfect facial to spring clean your face. This glorious treatment will vacuum out congested and blocked pores, rebalance and remineralise whilst you take it easy and enjoy a deeply relaxing scalp massage. Your complexion is left looking brighter, clearer and full of vitality.

**60 minute treatment - £65**

## **WINDOWS OF THE SOUL**

### **DIVINE ANTI-AGEING EYE TREATMENT**

Perfect for when you look tired, with gentle formulas and 'cold therapy' to tighten and tone, plus special eye massage techniques to lift, smooth and revitalise. Puts the sparkle back into your eyes. Can also be added to any facial.

**30 minute treatment - £45**

## **GO GUY – MALE EXECUTIVE**

### **MEN'S FACIAL FOR ALL SKIN TYPES**

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush cleanse plus exfoliating mask and an energising or relaxing massage. For the finale, a detoxifying foot massage

**60 minute treatment - £65**

# Specialist Facial Treatments



## **TOTALLY QUENCHED AND DRENCHED**

### REHYDRATING FACIAL FOR THIRSTY SKIN

This divine treatment includes a cryogenic mask, intense eye therapy, lymph draining & lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron!

**60 minute treatment - £70**

## **MOST REVEALING**

### ULTIMATE RADIANCE

Your therapist becomes your skin's personal trainer as your face gets a skin and muscle workout! A gentle glycolic resurfacing peel is applied to reveal a brighter and smoother complexion. Wow! The ultimate radiance facial.

**60 minute treatment - £75**

## **CHAMPAGNE & TRUFFLES**

### THE CRÈME DE LA CRÈME OF ANTI-AGEING FACIALS

This luxury facial combines our award-winning truffle formulas with a deep double-cleansing ritual, a glycolic resurfacing peel followed by a unique skin-lifting and muscle-firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow.

**60 minute treatment - £80**

# Massage Treatments



## **DRIFT AWAY**

### RELAXING MASSAGE

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away...

**30 minute treatment - £45**

**60 minute treatment - £65**

## **WORK IT OUT**

### DEEP MUSCLE MASSAGE

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body-boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process. Detox-licious!

**30 minute treatment - £45**

**60 minute treatment - £65**

## **IN GOOD SPIRITS**

### INVIGORATING & STIMULATING MASSAGE

An invigorating massage designed to leave you full of vitality. We use an uplifting blend of Mediterranean essential oils including Ginger, Lemon and Bergamot that are carefully chosen to stimulate and refresh the skin, body & soul. The clever massage movements encourage circulation and stimulate the whole body to leave you feeling energised and full of life. All guaranteed to restore and revive you, putting a spring back into your step!

**30 minute treatment - £45**

**60 minute treatment - £65**

# Massage Treatments



## **ROCKS OF THE MEDITERRANEAN**

### **HOT STONE MASSAGE**

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

**30 minute treatment - £45**

**60 minute treatment - £65**

## **CANDLE MASSAGE**

### **WARMING FULL BODY MASSAGE**

A warming full body massage using warm candle oil of your choice. The warm and highly nourishing candle is slowly poured over the body for a prolonged massage to ease tension and relax the mind. Hydrate the skin and relieve the soul.

**60 minute treatment - £65**

# Body Treatments

## Scrubs, Wraps and Infusions



### **I'LL BE BACK**

#### **A FACIAL FOR THE BACK**

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you with a back to be proud of.

**30 minute treatment - £45**

### **GLORIOUS MUD**

#### **COSY MUD WRAP**

This heavenly treatments starts with a lymphatic drainage body brushing, then warm vitamin and mineral rich purifying mud smothered all over your body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage.

**60 minute treatment - £65**

### **THE OUTER GLOW**

#### **BODY EXFOLIATION**

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Off you glow!

**30 minute treatment - £45**

### **AAAHHH!**

#### **LEG & FOOT ENERGISER**

This oh-so-good treatment is instant relief for tired, overworked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

**30 minute treatment - £45**

### **GO FIGURE**

#### **A FIRMING, TONING, TIGHTENING BODY DETOX TREATMENT**

Need help with the wobbly bits? This starts with lymphatic skin brushing techniques, followed by a targeted detox massage for hips, thighs & abs. Then a marine and earth mud wrap continues the good work before a friction, anti-cellulite rub. One treatment is fab, a course of six is amazing!

**60 minute treatment - £65**

# Holistic Treatments



## 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.

**30 minute treatment - £50**

## 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. The treatment is completed with a relaxing facial massage.

**60 minute treatment - £61**

## 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 minute treatment - £61**

## REFLEXOLOGY

An ancient pressure point therapy concentrating on a miniature map of the body's organs and glands based on the feet. This technique helps the body's natural healing process and relaxes both mind and body.

**60 minute treatment - £61**

# Finishing Touches - Treatments



## **SCALP MASSAGE**

**15 minute treatment - £20**

A truly relaxing experience, we have developed a unique scalp massage incorporating pressure point techniques to the scalp and ears and tension releasing movements that will place you into a state of pure bliss.

## **HOT STONE NECK & SHOULDER TREATMENT**

**15 minute treatment - £20**

A glorious treatment using warm basalt stones to massage the neck and shoulders. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. An experience you just have to have at least once in your life!

## **INDULGENT HAND RITUAL**

**15 minute treatment - £20**

This soothing hand treatment uses special massage techniques to soothe tense hands and forearms. A relaxing treat, this stress reliving hand and arm massage with rejuvenate the overall look and feel of your hands!

## **INDULGENT FOOT RITUAL**

**15 minute treatment - £20**

This relaxing treatment designed to invigorate and refresh tired legs and feet involves a cooling stimulating foot mask followed by a relaxing massage using draining movements to help stimulate blood flow and circulation.

## **SECRET EYE REMEDY**

**15 minute treatment - £20**

Perfect for when you look tired. Special eye massage techniques to lift, smooth and revitalise. The perfect add-on to any facial!

# Finishing Touches - Beauty



**FULL LEG WAX - £34.00**

**THREE QUARTER LEG WAX - £32.00**

**HALF LEG WAX - £29.00**

**FULL LEG AND BIKINI WAX - £40.00**

**HALF LEG AND BIKINI WAX - £35.00**

**HOLLYWOOD WAX - £38.00**

**BRAZILIAN WAX - £36.00**

**BIKINI LINE WAX - £22.00**

**TOP LIP OR CHIN WAX - £15.00**

**UNDERARM WAX - £20.00**

**FOREARM WAX - £23.00**

**RIVERHILLS CHEST OR BACK WAX  
FOR MEN - £36.00**

## **ELECTROLYSIS**

**15 minutes - £23**

**30 minutes - £36**

**20 minutes - £26**

**45 minutes - £39**

All electrolysis is performed with sterile needles. A consultation prior to treatment is complementary.

## **AH FRANCIS EYELASH EXTENSIONS**

**Infills - £51**

**Full Set - £98**

Semi-permanent eyelash extensions from AHFrancis are classically glamorous and look identical to human lashes. Applied directly to your individual lashes, our synthetic eyelash extensions are soft and easy to wear.

## **EYEBROWS**

**Shape - £16**

**Tint - £15**

**Threading - £16**

**Shape For Men - £16**

Eyebrows frame the face, and having your eyebrows tinted can make a huge difference to your appearance by enhancing their natural shape. Further definition is added with our eyebrow treatments.

## **EYELASH TINT**

**Eyelash Tint - £20**

**Eyelash & Eyebrow Tint - £25**

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

# Finishing Touches - Nail Treatments



## **O.P.I. EXPRESS MANICURE**

Our O.P.I. Express Manicure includes nail file, shape and buff followed by base coat, two coats of an O.P.I. Nail Lacquer of your choice, plus a glossy top coat to complete the look.

**25 minute treatment - £24**

## **O.P.I. SPA MANICURE**

Our O.P.I. Spa Manicure includes cuticle work, nail file, shape and buff, a relaxing hand massage and O.P.I. Nail Lacquer colour of your choice.

**45 minute treatment - £39**

## **O.P.I. FRENCH MANICURE**

Our O.P.I. French Manicure includes cuticle work, nail file and shape, buff, a relaxing hand massage and O.P.I. Nail Lacquer colours for a classic French Manicure finish.

**60 minute treatment - £40**

## **O.P.I. EXPRESS PEDICURE**

Your treatment includes nail file, shape and buff, finished with a base coat, two coats of an O.P.I. Nail Lacquer colour of your choice and glossy top coat.

**25 minute treatment - £24**

## **O.P.I. SPA PEDICURE**

An effective foot treatment to restore damaged skin on the feet. Your treatment includes a cleanse and foot mask, exfoliation and shiatsu massage all finished with a polish of your choice.

**60 minute treatment - £39**

## **MANICURE OR PEDICURE FOR MEN**

Shake hands in confidence. Manicured hands and nails ensure excellent presentation.

**45 minute treatment - £39**

# Finishing Touches - 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. No chipping, no smudging, dries instantly,. It's perfect for longer lasting nails.

## **GELISH NAILS ON FINGERS (GEL MANICURE)**

**45 minute treatment - £42**

## **GELISH NAILS ON FINGERS (FRENCH FINISH)**

**60 minute treatment - £45**

## **GELISH NAILS ON TOENAILS (GEL PEDICURE)**

**45 minute treatment - £45**

## **GELISH NAILS ON TOES (FRENCH FINISH)**

**60 minute treatment - £45**

## **GELISH INFILLS ON FINGERS OR TOES**

If your natural nails have grown since your last Gelish application, and you have minimal chips, infills are an easy way to refresh them without having to soak off the Gelish and repolish.

**45 minute treatment - £30**

## **GELISH SOAK OFF - FINGERS OR TOES**

**30 minute treatment - £15**

## **GELISH SOAK OFF - PLUS GELISH FINGERS OR TOES**

**75 minute treatment - £51**

**French Finish, 90 minute treatment - £55**

## **LUXURY PARAFFIN WAX HAND TREATMENT**

A holistic hand treatment including a gentle refiner and a therapeutic massage with paraffin wax.

**60 minute treatment - £46**

## **LUXURY PARAFFIN WAX FOOT TREATMENT**

An express pedicure including cuticle work, file and varnish finish, paraffin wax application and leg massage.

**60 minute treatment - £46**

# Spa Escapes



## **JOURNEY INTO SERENITY**

### **CANDLE BACK MASSAGE, PRESCRIPTIVE FACIAL AND SCALP MASSAGE**

Your Riverhills journey commences with a back massage using a warm mandarin and lavender candle oil combined with deep tissue movements. Then a Spa Prescriptive Facial – designed to suit your skin's needs, along with a scalp massage, your scalp and hair will be truly nourished!

**90 minutes - £76**

## **THE MEDITERRANEAN MINI BREAK**

### **THE FULLY LOADED SKIN-LUXE FACIAL & BODY DUO**

Packed with delicious ingredients, this double deluxe all over treatment will leave you looking and feeling like you've had a mini break. Your mind will escape as your body is polished and nourished with the iconic Mediterranean SUGAR BUFF scrub, prior to being cocooned in an aromatic infusion of our Aromatherapy body oil IN GOOD SPIRITS to soften and hydrate. Your mini break continues with a rejuvenating facial to brighten, soften and hydrate.

**90 minutes - £90**

## **MY KINDA MOOD**

### **A PRESCRIPTIVE FACIAL & MASSAGE BESPOKE TO YOU**

Firstly, we'll chat about how you are feeling - skin, body & soul - and let you smell the different aromas to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent prescription facial. We will select the products and techniques perfect for your wants and needs. You will look, feel and smell oh so good.

**120 minutes - £120**

## **THE SERIOUS DETOX**

### **THE ULTIMATE DETOX PACKAGE**

If you are serious about de-toxing, then this is the one for you. This is the perfect combination to cleanse and detoxify the face and body. You will feel fully rejuvenated and motivated in your quest to get in shape!

**150 minutes - £150**

# Mum To Be



## **YUMMY MUMMY TO BE EXPERIENCE**

EVERYTHING A MOTHER TO BE SHOULD HAVE TO MAKE HER FEEL HEALTHY,  
GORGEOUS & PAMPERED

This package includes a specially designed massage for the mum-to-be. This is followed by an energising facial treatment packed with wonderful all-natural ingredients. Finally, the legs will be revitalised with a leg energiser treatment that is perfect for soothing swollen ankles.

**150 minutes - £150**

## **NEW BEGINNING'S**

MUMMY-TO-BE MASSAGE

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too! Suitable after 12 weeks of pregnancy.

**30 minute treatment - £45**

**60 minute treatment - £65**



# Spa Packages



Our day spa programmes are designed to meet your individual health and beauty needs and offer the opportunity to get the most value out of your visit. When it comes to our luxury experiences, you'll be completely spoilt for choice. Our facilities are second to none and create the perfect place to recharge your batteries. We want to give you as much freedom in planning your day as possible; use our guide to put together your perfect itinerary.

## Your Riverhills Spa Experience

Booking a Riverhills spa experience is based on you making just two decisions:

1. How **much time** you can spend with us
2. How **you want to feel** when you leave us – relaxed, revitalised or restored

Our time experiences come in either half day or full day options, so, once you know how long you will be spending with us, you can choose between three programmes, each designed to provide a slightly different experience.

At this stage, all you need to decide is whether you'd prefer a massage, facial or body treatment - you can pick from our range on the day. **Choose from our extensive range of massages, prescriptive facials\* and body treatments to suit your needs.** Any of the treatments from the finishing touches menus can be booked as additional to your package, subject to availability.

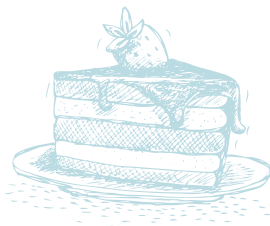
\*Facial can be upgraded to a specialist one for a surcharge, please ask when booking

### Spa & Afternoon Tea for Two - £99

- Use of the Swimming Pool, Spa Bath, Sauna and Steam Rooms
- Afternoon tea for two
- Robe hire, towel hire and flip flops

Afternoon Tea is available between 3pm and 4.30pm.

***Add on afternoon tea to any package or treatment for £15 per person. Pre-booking is recommended.***



### **Thermal Relax** Half Day

Half day use of the spa facilities,  
robe towel and flips flops

*£30 Weekday*

*£40 Weekend*

### **Discover** Half Day

30 minutes treatment time  
Up to 4 hours spa time

*£65 Weekday*

*£75 Weekend*

### **Enrich** Half Day

60 minutes treatment time  
Up to 4 hours spa time

*£90 Weekday*

*£100 Weekend*

### **Discover** Full Day

60 minutes treatment time  
Unlimited spa time  
2 course lunch

*£135 Weekday*

*£145 Weekend*

### **Enrich** Full Day

90 minutes treatment time  
Unlimited spa time  
2 course lunch

*£165 Weekday*

*£175 Weekend*

### **Indulge** Full Day

120 minutes treatment time  
Unlimited spa time  
2 course lunch

*£185 Weekday*

*£195 Weekend*



## **Half Day**

### **Twilight** for 2

30 minute massage or facial  
3pm- 10pm use of spa

*£119 Weekday*



## **Full Day**

### **Ultimate Indulgence**

1 hour facial, 1 hour massage, 30  
minute manicure & pedicure  
Unlimited spa time & 2 course lunch

*£215 Weekday*

*£225 Weekend*



## **RIVERHILLS HEALTH CLUB AND BOUTIQUE SPA IS THE ULTIMATE SPA EXPERIENCE IN IPSWICH, SUFFOLK...**

At Riverhills we offer a range of indulgent Day Spa packages. We have something for everyone – whether you just fancy a treat or have a special occasion to celebrate with friends.

We're passionate about the quality of services and service we offer to our members and guests. That's why we ensure everything from the receptionist's greeting through to the development of individually tailored spa experiences is always delivered how you want it, when you want it.

Our treatments incorporate a selection of the finest products from over Europe, adding an extra bit of luxury to our range of multi-sensory health and beauty therapies. Whether you're unwinding in the Thermal Suite or working out in the Health Club, you're going to leave feeling refreshed. We have an exciting range of treatments available for you to choose from and our friendly, knowledgeable team are on hand to ensure that you have everything that you need.

### DAY SPA OPENING TIMES

9.00AM – 8.00PM MONDAY – FRIDAY

9.00AM – 6.00PM SATURDAY – SUNDAY

### STAY CONNECTED:



@riverhillsipswich



@riverhills\_ipswich



Scan the above code with  
your phone camera to  
access our website



## **CELEBRATE TOGETHER WITH OUR SPA GROUP PACKAGES!**

Our celebration packages guarantee a fun relaxing party without any of the planning stress! With plenty of time to chat and catch up, and a spa treatment for everyone of their choice, our spa really does make the perfect venue for a treat! We have two amazing party packages to choose from. If you'd like something more bespoke, please call our spa reception and a member of the team will come up with a package exclusive to your requirements.

### **CELEBRATION PACKAGE**

- Full day use of the spa facilities
- 2 course lunch or afternoon tea
- Robe towel and flips flops
- 30 minutes of treatment time
- Glass of bubbly

**Monday to Friday - £99, Saturday and Sunday - £109**

### **CELEBRATION DELUXE PACKAGE**

- Full day use of the spa facilities
- 2 course lunch or afternoon tea
- Robe towel and flips flops
- 60 minutes of treatment time
- Glass of bubbly

**Monday to Friday - £130, Saturday and Sunday - £140**

Perfect for  
Hen Parties!

# Welcome to Riverhills Day Spa



Whether you have booked already, or are still considering a day in our world, here are few pointers to get you ready for your day of relaxation and pampering! Many of you may have experienced a spa visit before, but if you haven't, then you might find this guide useful to help you get the most out of your day...

## What to Wear

For your comfort we will provide you with a robe, towel and flip-flops to use throughout your visit. If you would like a fresh towel, please ask at reception. If you would like to purchase a robe to take home, these can be purchased from reception for £55.

## Lockers and Changing Rooms

Lockers are available in the changing rooms. Please return before departure your towel and robe, unless you have bought it. We accept no responsibility for loss or damages to property whilst being stored in the changing rooms.

## Jewellery

In order to safeguard precious jewellery from the effects of swimming pool chemicals we advise guests to remove it before using the Spa Pools.

## Showering

We kindly ask that you shower before entering the pool and after using the Spa Pool. The shower is situated in the Thermal Area.

## Poolside Etiquette

Please be aware of others whilst using our facilities and avoid taking phone calls when poolside. Please also consider others whilst in the swimming pool. If you are just cooling off or relaxing in the water please keep to the side.

## Treatments

If you have treatments as part of your spa package, please note these treatments cannot be changed. However, you are welcome to upgrade or book extra treatments to enhance your chosen package.

## Dining

Lunch is served between 12.00 – 2.00pm, Afternoon Tea is available between 3pm and 4.30pm. Please inform us of any dietary requirements you may have, prior to booking where possible. Please ensure all drinks are paid for prior to leaving the restaurant.

## Membership

We offer a wide range of flexible memberships. For more information speak to a member of the team or email [membership@riverhills.co.uk](mailto:membership@riverhills.co.uk)

## Gift vouchers

Gift vouchers can be purchased from reception or via our website [www.riverhills.co.uk](http://www.riverhills.co.uk)

## The End of Your Day

You are required to deposit your robe and towel in the laundry area in the changing rooms. Please feel free to take your flip-flops home with you.

## Feedback

Just after your visit you will receive an email asking you to let us know what the likelihood would be of you recommending our Spa to a friend or family. It takes seconds to complete but helps us constantly improve. Also, by completing this you will be entered into a draw for the chance to win some prizes!