

lakelandBEAUTY



Grange Hotel & Leisure Club
Proprietor: Michelle Teasdale
Email: lakelandbeauty@hotmail.com Tel: 07775436293

Massage

Swedish

Ideal for muscular tension

Back, Neck & Shoulder: 25 mins **£20**
Full Body Massage: 55 mins **£35**

Aromatherapy

Relaxing, using essential oils

Back, Neck & Shoulder: 25 mins **£25**
Full Body Massage: 55 mins **£40**
Full Body & Scalp: 75 mins **£50**

Reflexology

Foot Massage

A firm pressure-point foot massage that aids to boost the immune system and energy levels: 45 mins **£35**

Indian Head Massage

Includes Back Massage

Excellent de-stressing treatment, ideal for neck and shoulder tension that is causing headaches: 45 mins **£35**

Hopi Ear Candle Treatment

45 mins **£30**

A pleasant and non-invasive cleansing of the ear canal. Beneficial to those with ear or sinus problems, excessive ear wax or just general relaxation. Includes a de-stressing scalp massage afterwards.

Body Treatments

Luxury Back Treatment

60 mins **£38**

Total luxury for the neglected back area! Includes a cleanse and exfoliation to refresh and soften the skin. A relaxing massage is followed by a warm, soothing application of paraffin wax to relax the muscles and joints.

Repechage Seaweed Body Treatment

1hr 15 mins **£50**

This body treatment will stimulate your circulation and invigorate sore, stiff muscles. The mineral rich seaweed mask is applied giving a warm tranquilising sensation, penetrating your skin to nourish, re-balance and re-mineralise. To boost the absorption your body is wrapped in a space age sheet whilst the restorative ingredients work their wonders. After a shower, you skin is massaged with a wonderful Seaweed Body Lotion. Includes a scalp massage.

Repechage Honey Body Polish

1hr 15 mins **£50**

Indulge your body with pure honey, almonds and fresh buttermilk. A marvellous body cleanser based on an ancient beauty ritual which is massaged into your skin. This helps to purify and to slough off dead skin cells. Finally, a luxurious seaweed cream is massaged into your body leaving skin untouchable and silky smooth. Not as invigorous as the Sea Spa Glow. Ideal for Brides for skin to look its absolute best!

Repechage Sea Spa Glow

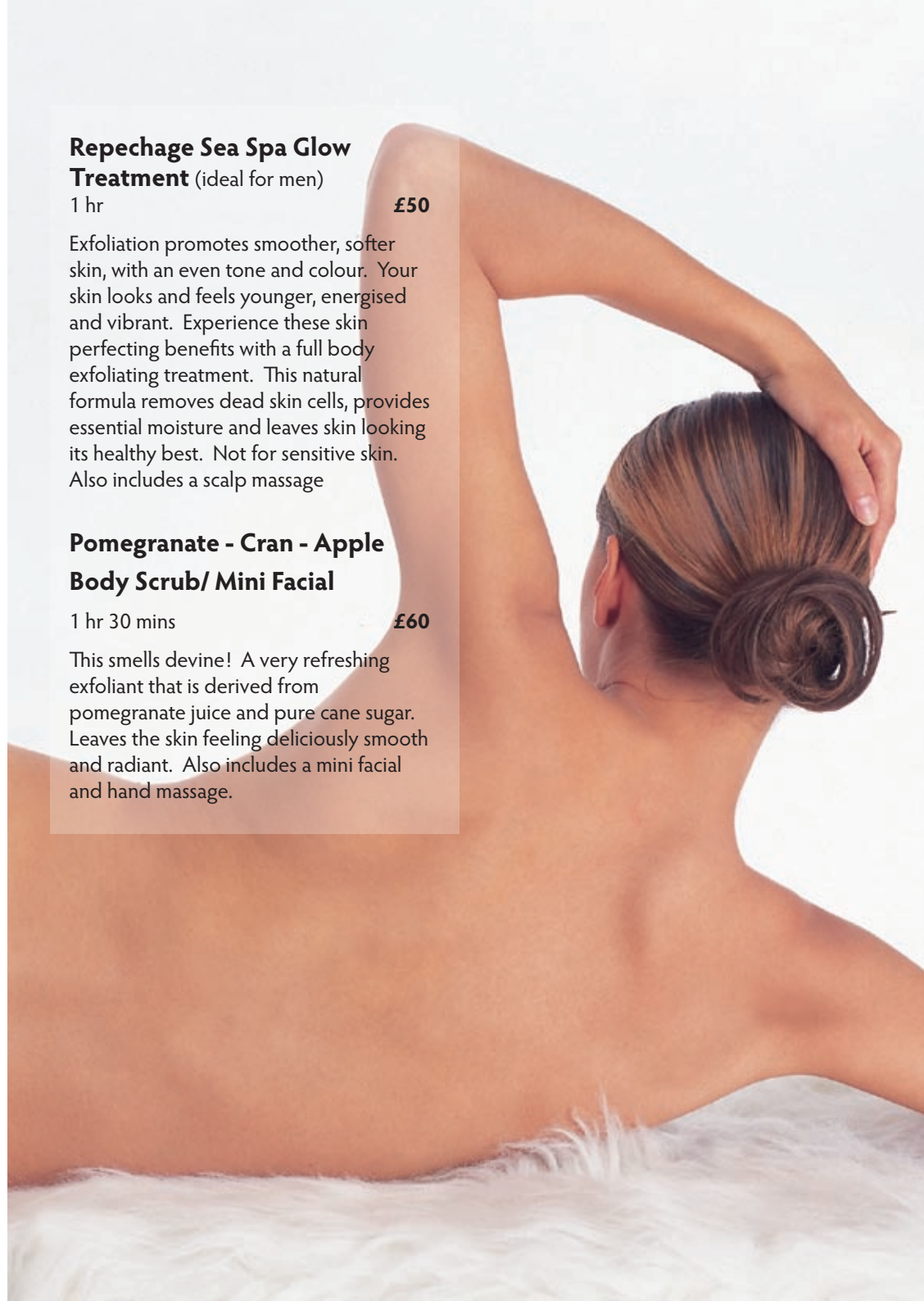
Treatment (ideal for men)
1 hr **£50**

Exfoliation promotes smoother, softer skin, with an even tone and colour. Your skin looks and feels younger, energised and vibrant. Experience these skin perfecting benefits with a full body exfoliating treatment. This natural formula removes dead skin cells, provides essential moisture and leaves skin looking its healthy best. Not for sensitive skin. Also includes a scalp massage

Pomegranate - Cran - Apple Body Scrub/ Mini Facial

1 hr 30 mins **£60**

This smells divine! A very refreshing exfoliant that is derived from pomegranate juice and pure cane sugar. Leaves the skin feeling deliciously smooth and radiant. Also includes a mini facial and hand massage.





Make Up

Using Virgin Vie products, the makeover includes a cleanse, tone and moisturise.

Wedding Make Up

45 mins **£50**

Also includes a trial run.

Bridesmaids Make Up

45 mins **£25**

Travel charges will apply if you request a different destination.

Pampers & Champers

To feel extra special!!

For only an extra £10 per person, you can make your Pamper experience that little bit extra-special by indulging in our deliciously hedonistic **glass of champagne and chef's canape selection** served in the cosy comfort of the lounge.

Facial Treatments

Using Dermalogica's range of gentle products that are tailored to meet your skin's individual needs.

Mini Facial

30 mins **£22.50**

Power cleansing, exfoliation and a customised face mask with toning and moisturising. Gives your skin a boost when short on time.

Intensive Moisturising

60 mins **£40**

Ideal revitalising treatment for dryness, designed to infuse the skin with moisture and nutrients for enhanced softness and texture.

Skin Refining Facial

60 mins **£42.50**

Treats oily or combination skin using plant extracts to help balance the skin's pH level. With deep cleansing and exfoliation of dead skin cells, it also includes a pore refining face mask designed to draw out bacteria and reduce oily areas.

Customised Facial

60 mins **£40**

Not sure which facial to choose - let us do it for you! We will do a full consultation to see how your skin can look its best. Using plant extracts and vitamin enriched serums, your skin will be visibly renewed and revitalised.

Exclusive Facial

90 mins **£55**

For the ultimate in pampering and relaxation, your treatment starts with a de-stressing back massage to soothe away any aches and pains. We then follow straight on with a customised facial to enhance and brighten your skin.

Add Ons

For extra pampering, add the following during your facial:

Hand & Arm Massage	£5
Foot & Ankle Massage	£5
Scalp Massage	£5

Please state when booking your facial which add-ons you would like.

Waxing

Full Leg	£22
Full Leg inc. Bikini	£27
Half Leg	£17
Half Leg inc. Bikini	£22
Bikini	£10
High Bikini	£15
Underarm	£9
Eyebrow	£7
Lip	£6
Chin	£6
Lip & Chin	£10
Back or Chest	£17+

Eye Treatments

Patch test required for tinting
24 hours prior

Eyelash Tint	£12
Eyebrow Tint	£7
Eyelash & Eyebrow Tint	£17
Eyebrow Shape (tweezers)	£6

Electrolysis

Used to reduce strong facial hairs
Free consultation available.

20 mins	£10
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Manicures & Pedicures

Mini Manicure

30 mins	£15
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Helps to clear the nail area and prepare them for polish, followed by nail shape and application of colour from our selection.

Luxury Manicure

75 mins	£30
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A manicure is not just about having long nails!
Excellent treatment for improving the look of the hand and nails. A full manicure but also includes a skin softening hand exfoliation and nourishing hand mask with heated mittens to deepen the penetration of nutrients. Finishes with application of polish.

Mini Pedicure

30 mins	£15
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Need to brighten up your toenails?
A quick treatment designed to tidy up the nails and an application of polish for when those sandals need to be worn at short notice!

Sea Spa Pedicure

75 mins	£35
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The ultimate pedicure!
A relaxing, rejuvenating foot treatment, featuring our seaweed based Sea Spa Glow exfoliation and luxurious foot cream to revitalise tired feet, adding energy to every step. Followed by an application of warm, nourishing seaweed soaked leg wraps which feels fabulous. Leaves the legs & feet soft, groomed and healthy. The treatment includes intensive hard skin removal, nail trim and an application of nail polish.

Please bring a pair of open-toed shoes so as not to smudge your new polish.
Please allow plenty of time for the polish to dry.

Pamper Packages

Our Pamper Packages offer excellent value with a saving of 15% on individual treatments

Beauty Boost Package

1 hr 45 mins	£66
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Mini Facial
Mini Manicure
Eyebrow Shape
Back & Shoulder Massage

Revitalising Package

3 hrs	£87
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Repechage Seaweed Body Treatment
Mini Facial
Luxury Manicure

Holiday Countdown Package

2.5 hrs	£63
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Full Leg & Bikini Wax
Eyebrow Shape & Tint
Mini Manicure & Pedicure
Patch test required for tinting
24 hours prior

Gent's MOT Package

1 hr 40 mins	£57
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Rejuvenating Facial
Luxury Back Treatment

Treatments for Men

Rejuvenating Facial

45 mins	£30
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An instant boost for tired and neglected skin. Includes facial wash, exfoliation, treatment mask and moisturise. (Please ensure you have freshly shaven skin)

Eyebrow Shape

15 mins	£7
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Helps to keep the shape of the eyebrows, removing long, stray hairs and tidying up the general shape.

Gent's Manicure

30 mins	£20
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The full works for hands in need of some TLC. Improves skin texture and tidies nail area.

Gent's Waxing

30 mins	£20
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Back or chest area.

Complete Spa Day Gift Voucher

For Men & Women

£50

- Includes use of swimming pool, sauna, steam room & jacuzzi on arrival.
- A healthy, light lunch with refreshments.
- A back, neck & shoulder massage plus a mini facial.
(Please bring swimming attire, slippers/flip flops & bathrobe)

Our resident Beauty Therapist Michelle will be delighted to advise you on any treatments you wish to have in the Salon. You do not have to be a member or Hotel resident to book Beauty treatments, everyone is welcome.

Group bookings for hen parties or special occasions are also available if booked in advance.

We also have Pamper Packages and gift voucher ideas that come in handy for that special someone. Payment for vouchers are available over the phone so we can post them out to you as soon as possible.

We charge a £6 per day membership fee if you would also like to use our Leisure Club facilities. Please can you bring your own towels if you wish to use the pool facilities. We also offer a fabulous lunch menu that can be eaten in the peaceful lounge area or outside if the weather permits.

Any bookings over an hour will require a non-refundable deposit. It is advisable to use the Leisure Facilities before having treatments to enable the creams/oils maximum time to absorb into the skin.

We look forward to seeing you here in the future!



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