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ESPA AT WAVE SPA AND WELLNESS

 **CACI**
NON SURGICAL SOLUTIONS


JESSICA

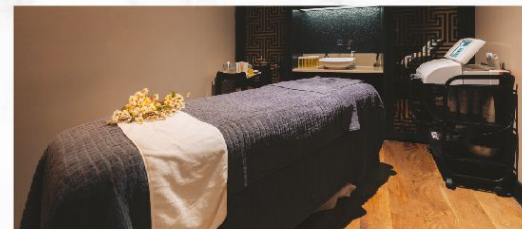


ESPA AT CROWNE PLAZA GERRARDS CROSS WAVE SPA AND WELLNESS

At Wave Spa and Wellness, we invite you to experience a diverse range of carefully curated treatments and therapies, designed to rejuvenate and restore your body from head to toe.

Our offerings cater to everyone, whether you seek relaxation, revitalization, or targeted therapeutic care. For those moments when only the best will do, we also offer an exquisite selection of indulgent spa packages and residential breaks, perfect for special occasions or those well-deserved days of pampering.

Each treatment is tailored to meet your individual needs, ensuring a truly luxurious and transformative experience.



FACE

ESPA Inner Beauty Facial 55min £95

Deeply cleanse, hydrate and renew with this instant result facial. Tailored to your skin's precise needs, Tri-Active formulas work immediately to transform your complexion while pure aroma therapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored

ESPA Lift and Firm Facial 90min £110

Achieve a more youthful, radiant appearance with this targeted facial designed to tone, lift, and firm the skin. Using ESPA's advanced age-defying products and expert massage techniques, this treatment boosts collagen production, restores elasticity, and smooths fine lines. Perfect for those seeking to refresh and revitalize their complexion while indulging in deep relaxation.

LED+NANO -Dermabrasion 55min £95

This advanced treatment combines LED light therapy with nano-dermabrasion to deeply exfoliate, rejuvenate, and brighten the skin. Targeting fine lines, pigmentation, and texture, it promotes a smooth, glowing complexion with minimal downtime.

ESPA Express Facial 25min £55

Reveal a clear, refreshed naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant. All our ESPA Facials includes: Skin analysis with skin Vision lamp-double cleanse -exfoliation -personalised mask-scalp massage





MASSAGE TREATMENTS

Swedish Full Body Massage 55 min £95

Immerse yourself in ultimate relaxation with a Swedish full-body massage using nourishing grapeseed oil. Smooth, flowing strokes and gentle kneading ease muscle tension, improve circulation, and melt away stress. Perfect for medium to firm pressure, this massage rejuvenates tired muscles, balances the body, and uplifts the spirit, leaving you refreshed and serene. Includes: Full body massage, scalp massage.

Swedish Back, neck and shoulder massage 25min £55

A soothing Swedish back, neck, and shoulders massage using grapeseed oil to ease tension, improve circulation, and promote relaxation. Ideal for relieving stress and muscle discomfort, leaving you feeling refreshed and calm. Includes: Massage to the back, neck and shoulders.

ESPA Aromatherapy Full Body Massage 55min £105

A relaxing aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following aromatherapy oils: Nourishing, detoxifying, fitness, soothing, restorative, fortifying, energising or positivity. Perfect for soft to medium pressure. Includes: Breath work, full body aromatherapy massage, scalp massage.

ESPA Aromatherapy Back, neck and shoulder massage 25min £60

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Includes: Massage to the back, neck and shoulders.

ESPA Hot Stone Full Body Massage 55min £110

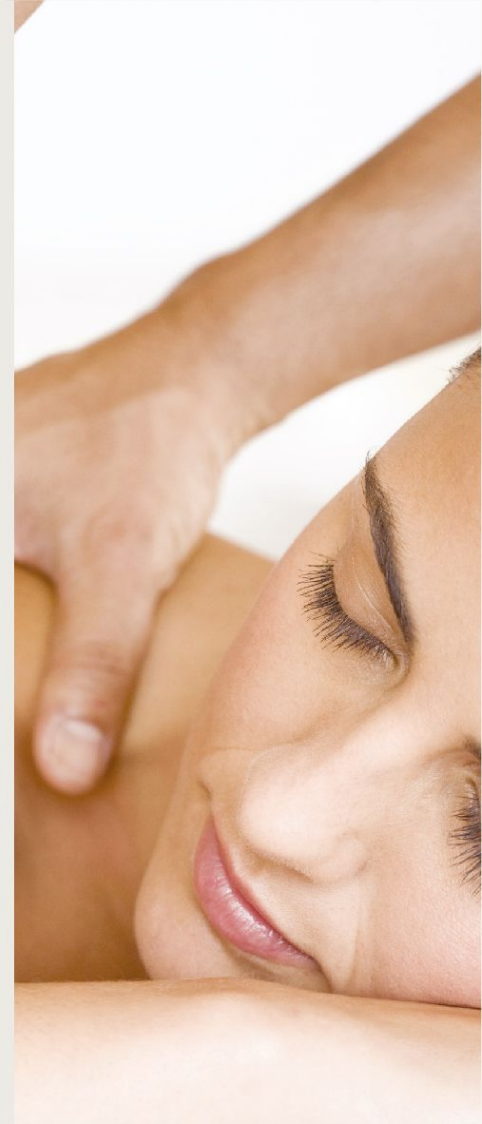
A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. Perfect for medium to firm pressure, the warmth of the stones penetrates your muscles to soothe aches and pains helping you to unwind and your body to feel rejuvenated. Includes: Breath work, full body aromatherapy massage, scalp massage

Pre-Natal Full Body Massage 55Min £95

A deeply nourishing body massage designed to target areas prone to stress and tension during pregnancy. Using soft to medium pressure, this massage is a soothing body and scalp massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore or revitalise. Includes: Back exfoliation (if required) Full body massage, scalp massage. Only suitable for pregnancy over 12 weeks

ESPA Aromatherapy Scalp Massage 25 min £50

A deeply relaxing and tension relieving massage for the scalp using the Pink Hair and Scalp mud to nourish and condition. Suitable for all hair types, especially dry or weak hair.





BODY TREATMENTS

ESPA Back, Face & Scalp Treatment-

Hero Treatment 85min £140

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant. Includes: Back exfoliation- back massage- Inner Beauty Facial, scalp massage.

ESPA Body Wrap 55 min £95

This personalised body wrap is a tailored experience designed to comfortably raise your body temperature, nourish the skin and increase the effects and absorption of the wrap. Following skin brushing and exfoliation, a complete body wrap of algae combined with essential oils is blended and applied to meet your specific needs. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing scalp massage.

ESPA Salt & Oil Scrub 25 min |£50

Revitalize your skin with our ESPA Salt and Oil Scrub. This treatment gently exfoliates, replenishes and clarifies your skin. Sweeping away dead skin cells to boost circulation and to reveal a clearer fresher skin.

ESPA Invigorating Foot Treatment 25 min £50

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

Reflexology 55min £85

The session focuses on stimulating reflex points in the feet that correspond to specific body systems. This helps improve circulation, reduce tension, and promote the body's natural healing processes for overall wellness





MUD RASUL

A complete relaxation treatment, the Rasul allows you to apply natural mud to the face and body before the room lighting is gently dimmed. The warmth of the steam in the Rasul opens the pores and allows the enriched products to enter the body, where it stimulates the blood flow, helps revive the muscle tissue and stimulates the lymphatic system. After approximately 45 minutes the treatment is ended when a warm shower mist descends from the ceiling to gently wash away the remaining product.

Enhance your Mud Rasul experience with an indulgent ESPA Salt & Oil Scrub – just £10 for two! This invigorating exfoliation combines natural sea salts with nourishing essential oils, leaving your skin smooth, refreshed, and deeply hydrated. It helps to remove dead skin cells, improve circulation, and enhance your skin's natural radiance.

Rasul Treatment for 1 £50 Rasul Treatment for 3 £90

Rasul Treatment for 2 £70 Rasul Treatment for 4 £100



CACI is an advanced non-invasive treatment that uses microcurrent technology to stimulate facial muscles, improve skin tone, and reduce the appearance of fine lines and wrinkles. Known as a "non-surgical facelift," it works by delivering low-level electrical impulses to lift and firm the skin, enhance facial contours, and improve elasticity.

CACI treatments can also include LED light therapy for skin rejuvenation, hydration treatments for deep moisture, and specific options for targeting problem areas like the jawline or eyes.

Synergy Purifying Facial 45min £55

The Synergy Purifying Facial is a deep-cleansing treatment designed to target impurities, reduce blemishes, and improve skin clarity. Using advanced CACI technology, it combines gentle exfoliation, LED light therapy, and microcurrent to purify and revitalize the skin, leaving your complexion clear, smooth, and refreshed.

Jowl Lift With S.p.e.d 20min £40

Specifically designed to target and firm the jowl area, this treatment uses microcurrent technology to lift and sculpt, improving definition and tone. Achieve a more contoured jawline and smoother, youthful skin

Eye Revive With S.p.e.d 30min £40

This treatment combines active microcurrent eye rollers, which are infused with CACI eye Revive Serum that has powerful anti-ageing properties, and CACI's Hydro Eye Mask. The Hydro Eye Mask is packed full of hyaluronic acid and collagen to help soften fine lines and wrinkles along with green tea and cucumber extract to detoxify, calm, soothe and re-energise

The Red-Carpet Facial 105min £120

Get glowing, red-carpet-ready skin with this luxurious treatment. Combining advanced techniques to lift, hydrate, and rejuvenate, it leaves your complexion radiant, smooth, and event ready.

Signature NON-Surgical Facial Toning 60min £85

Lift, tone, and sculpt your face. This non-invasive treatment improves skin elasticity, reduces fine lines, and enhances facial contours for a youthful, radiant appearance.

Electro-Cellulite Massage 30min £50

The Electro-Cellulite Massage is ideal for individuals looking to reduce cellulite and achieve a firmer, more toned appearance. It's a non-invasive, painless procedure often referred to as a "body toning" treatment, with visible results in reducing the dimpled appearance of cellulite after a few sessions.

For optimal results, it is recommended to complete a course of 10-15 CACI treatments, ideally scheduled 2-3 times per week. This consistent approach ensures gradual and effective improvement in skin tone, muscle firming, and reduction in the appearance of cellulite.





HANDS & FEET

Luxury Spa Manicure 75min

£65

Enjoy expert nail shaping, cuticle care, gentle exfoliation, and soothing heated mitts to deeply hydrate your skin, finishing with polish. Perfect your nails while indulging in relaxation and velvety soft hands.

Luxury Spa Pedicure 75min

£65

Indulge in our luxury pedicure for fully rejuvenated feet. Enjoy expert nail and cuticle care, gentle exfoliation, a hydrating mask with soothing heated boots for deep moisturization, and a perfect polish finish. Your feet will feel soft, refreshed, and beautifully pampered.

Spa Manicure 55min

£55

Treat yourself to a spa manicure that transforms nail care into a blissful escape. What's included: - Cuticle Care: Pushing back and trimming cuticles. - Exfoliation: Scrub to remove dead skin. - Hand Soak: Soaking hands in warm, scented water. - Moisturizing Massage: Hand and arm massage with lotion. make it shorter - Nail Buffing: Smoothing the nail surface. - Polish Application: Base coat, colour, and topcoat. - Cuticle Oil: Hydrating oil for cuticles

Spa Pedicure 55min

£55

Luxury foot, ankle and lower leg treatment. Hard skin will be removed, feet and lower legs will be massaged with deep conditioning creams leaving the skin softer and smoother. Your cuticles will be groomed, and your toenails will be shaped and perfectly polished.

FILE AND PAINT on fingers or toes 25min

£35

Nails are shaped and treated with a basecoat before finishing with the perfect MII polish

MIl GEL Manicure or Pedicure 55min

£60

Enjoy long-lasting, natural-looking nails with MII's GELeration formula, designed to protect nail health. Available in MII's most popular colours, this treatment includes:

Nail shaping and cuticle care

GEL polish application

Scrub and hand lotion

Nourishing cuticle oil finish

Perfect for strong, beautiful nails that last.

Gentlemen's Club Hand and Nail Care (male only) 45min £45

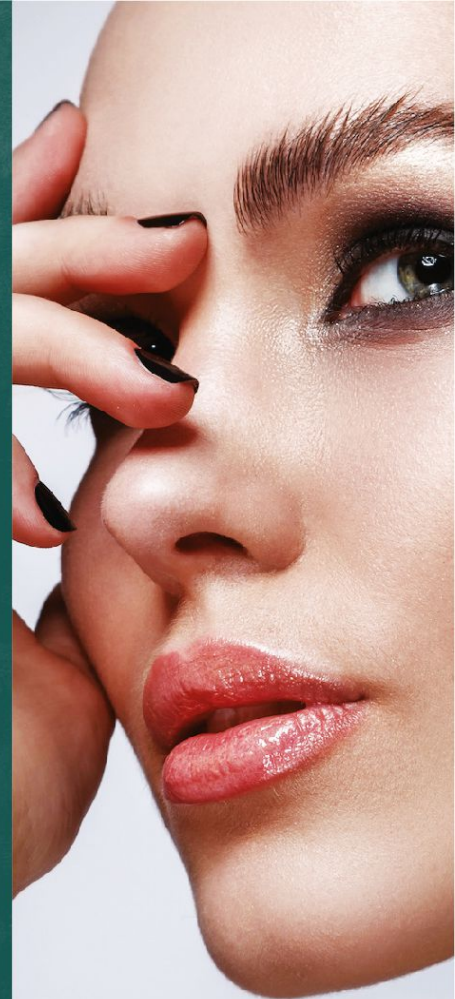
Hands are exfoliated to remove dryness and massage with treatment creams, cuticles are conditioned and groomed, and nails are trimmed and shaped.

If you currently have gel or shellac on your nails, please contact our leisure reception 01753277931 in advance to arrange a soak-off prior to your treatment.

REMOVAL OF GELS

£20

Removal of existing gel polish (does not include re-application)





PERSONAL TOUCHES

WAXING

Lip OR chin wax	£15
Lip and chin wax	£25
Eye eyebrow wax	£15
Lip, chin and eyebrow wax	£30
Under arm wax	£15
Half arm wax	£25
Full arm wax	£30
Half leg wax	£30
Full leg wax	£35
Back wax	£30
Chest wax	£30
Bikini Line	£20

We recommended that you do not use any heat experiences 24h before or after waxing

BROWS AND LASHES

Eye eyebrow tint	£15
Eyelash tint	£20
Eyelash and eyebrow tint	£30

A 24h patch test is required prior to any of the tints

SPA PACKAGES

Escape the hustle and bustle of everyday life with our rejuvenating Spa Days! Immerse yourself in a tranquil oasis where relaxation and rejuvenation await. Each spa day is designed to provide a holistic experience that nurtures both body and mind.

All our spa day packages include.

Complimentary use of all Wave Leisure and Spa facilities, including robes, towel, and slippers.

For further details or to begin your spa journey, please contact us at 01753277931 or reception@wavespaandwellness.co.uk.

Muddy Spa Day

Escape the hustle and treat yourself to relaxation, perfect for you and a friend!

Mud Rasul Self-Treatment: A 45-minute detoxifying and revitalizing mud ritual.

Classic Afternoon Tea: Enjoy a classic afternoon tea with sandwiches, scones, and sweet treats

Spa Facilities: Access to pool, gym, spa pool, steam room, and sauna

Price: £188 for 2
(minimum 2 people). 10am-6pm | All week

Midweek Treat Spa Day

Treat yourself to the ultimate pampering experience.

Treatment: Choose a 55-minute Gel Manicure or Pedicure

Classic Afternoon Tea: Enjoy a classic afternoon tea with sandwiches, scones, and sweet treats

Spa Facilities: Access to pool, gym, spa pool, steam room, and sauna

Price: £90 per person. Monday-Thursday - 10am-6pm

Refreshing Spa Day

Escape the hustle and bustle of the workweek and treat yourself to a revitalizing spa day designed to rejuvenate your mind and body.

Treatment: 50-minute ESPA treatment including a soothing massage and express facial

Classic Afternoon Tea: Enjoy a classic afternoon tea with sandwiches, scones, and sweet treats

Spa Facilities: Access to pool, gym, spa pool, steam room, and sauna

Price: 109pp Monday-Thursday - 10am-6pm
Price: £149pp Friday-Sunday - 10am-6pm

Reviving Spa Day

Experience the bliss of renewed energy and radiance as you emerge feeling refreshed, recharged, and ready to take on the world. Treat yourself to this rejuvenating experience and let the worries of the day fade away!

Choice of 55-Minute ESPA Treatment

Swedish Full Body: A traditional massage designed to relieve tension and stress using medium to firm pressure.

Inner Beauty Facial: An advanced facial with Tri-Active ingredients to enhance skin firmness and regeneration.

Body Wrap: A tailored treatment to nourish and detoxify the skin.

Gel Manicure: Includes exfoliation, massage, cuticle care, nail shaping, and gel polish.

Gel Pedicure: Luxury foot, ankle, and lower leg treatment with deep conditioning, grooming, and gel polish.

Afternoon Tea: Indulge in 1269's classic afternoon tea or opt for a 1269 Bento Box lunch in the Spa Lounge.

Spa Facilities: Access to pool, gym, spa pool, steam room, and sauna

Price: £129pp Monday-Thursday - 10am-6pm
Price: £159pp Friday-Sunday - 10am-6pm

SPA PACKAGES

Mum to be

Treat yourself to some well-deserved relaxation with our Pre-Pregnancy Spa Day – a perfect escape before the beautiful journey of motherhood begins. Rejuvenate your body, mind, and spirit with soothing treatments designed to nurture and refresh. It's the ideal way to unwind, recharge, and enjoy some "me time" before your new chapter unfolds.

What's Included: ESPA's Pre-Natal Relax & Restore treatment lasts a relaxing 55 mins

Classic Afternoon Tea: Enjoy a classic afternoon tea with sandwiches, scones, and sweet

Spa Facilities: Access to pool, gym, spa pool, steam room, and sauna

Price: £129pp Monday-Thursday - 10am-6pm

Price: £159pp Friday-Sunday- 10am-6pm

Parent and Teen (Ages 13-18)

Enjoy a relaxing and memorable day with your teen in a serene setting, perfect for unwinding and creating special moments together. Indulge in pampering treatments and a delightful afternoon tea, making it a day to remember!

Relax, bond, and indulge in a truly special experience designed for you and your teen

What's Included: ESPA Express Facial (25 minutes) in a dual treatment room

Classic Afternoon Tea: Enjoy a classic afternoon tea with sandwiches, scones, and sweet treats

Spa Facilities: Access to pool, gym, spa pool, steam room, and sauna

Price: £169 for 2 Monday-Thursday - 10am-6pm

Price: £199 for 2 Friday-Sunday - 10am-6pm



Sunrise Package

Embrace the day with our and indulge in a rejuvenating experience that will leave you feeling refreshed and revitalized!

What's Included:

Cream Tea (scones, clotted cream and jam)

25% off any additional treatments

Spa Facilities: Access to pool, gym, spa pool, steam room, and sauna

Price: £49pp Tuesday-Thursday - 10am-2pm

Sunset Package

Enjoy the serene atmosphere and a blissful evening of pampering. Make it an unforgettable experience as you let the stresses of the day melt away and revel in the beauty of the evening

What's Included:

A complimentary glass of bubbles

25% off any additional treatments

Spa Facilities: Access to pool, gym, spa pool, steam room, and sauna

Price: £49pp Tuesday-Thursday

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HOW TO MAKE THE MOST OF YOUR SPA EXPERIENCE

Please arrive 10 minutes early for your treatment to complete the necessary consultation forms. Make-up, contact lenses and jewellery need to be removed prior to treatments being carried out.

Please note that food and beverages will be served in the juice bar, if you wish to dine in our 1269 restaurant you will be required to change out of your robe and into appropriate day or evening wear.

SPA PREPARATION

Please shower thoroughly before using the swimming pool, sauna, and steam room and spa feature pool. We recommend you wear appropriate footwear and clothing during your visit; bathing costumes are required to be worn in the sauna, steam, leisure and feature pool. We advise that you bring a second bathing costume to wear during your spa treatments.

AGE LIMIT AND AVAILABILITY

Please ensure that you have made appropriate childcare arrangements before visiting the spa.

Indulge and relax with this inspired collection of personalised treatments from world-renowned spa experts.



APPOINTMENTS

We operate a live booking system, and this is constantly changing therefore are unable to reserve time slots. Appointments can be made via our website, face to face or by telephone.

PAYMENTS

Full payment for treatments and spa days is to be made at the time of booking.

ARRIVAL TO THE SPA

Guests that arrive late may have their treatment cut short. This is to ensure all treatments start and finish at the booked time. In all cases of late arrival 100% of the treatment cost will be due. Therapists are unable to extend past the original booking time.

All spa guests are required to complete the necessary consultation forms prior to treatments being carried out. Your therapist may conclude from your consultation form that your expected treatment may contravene your health and safety - therefore your treatment may be declined or changed to one that is permissible. These are rare cases; however, the therapist's word is final. Should you decline any alternative treatment 50% payment is due for the original treatment.

SPA TREATMENTS

We only offer advertised treatments from the spa brochure within the spa operational hours.

CANCELLATIONS

24 hours' notice - 100% refund / 0-23 hours' notice - No refund

PATCH TESTING

Tinting treatments require a mandatory patch test of at least 24 hours prior to the appointment being carried out.

VALUABLES

We provide lockers on the changing areas. We do however strongly advise that valuables are not worn in the spa or health club area. We also advise jewellery is not to be worn in the pool area as some items of jewellery may tarnish.

SMOKING / VAPING

Smoking is not permitted anywhere in the spa, health club or hotel premises. For your convenience, we have a designated smoking area where you may smoke/vape. The designated smoking area is at the front of the hotel.

MOBILE PHONES, CAMERAS AND OTHER PERSONAL DEVICES

To maintain a peaceful and tranquil environment, the use of mobile phones, cameras and other personal devices are not permitted in the spa or health club - this includes poolside. Photography and video are strictly prohibited without prior consent from the hotel management team.

ALCOHOL, BEVERAGES, FOOD AND DRUGS

Please drink in moderation. We reserve the right to refuse entry/treatment to anyone who we believe to be under the influence of alcohol or drugs. It is prohibited to bring your own food and drink into the spa or health club. You may order food from spa reception, bar or restaurant.

PRODUCTS

Retail products are non-refundable, and all orders must be paid for in advance. We cannot be held responsible for back orders, out of stock/production items or delayed/lost deliveries.



SCAN THE QR CODE
for more information
and kickstart your
fitness journey today!

WAVE FITNESS AND LEISURE CLUB MEMBERSHIPS

WAVE Fitness and Leisure Club offers a variety of memberships tailored to different needs, fitness levels, and routines. Whether you prefer swimming laps, unwinding by the pool, or enhancing your strength and endurance in our gym, you'll enjoy a range of exclusive benefits, including:

- Gym access
- Swimming pool access
- Unlimited fitness classes
- 4 x guest passes
- Fresh towel on every visit
- Free parking
- 7-day advance booking for classes
- Personalised induction and personalized plan creation
- Free Membership suspensions
- 25% off ESPA treatments
- 15% off ESPA beauty products
- 20% off food and drinks in 1269 Restaurant
- Gym Only membership from £65.00 per month

Contact the team today for further information

📍 www.wavespaandwellness.co.uk/membership/ | ☎ 01753 893 891 | 📧 reception@wavespaandwellness.co.uk