



**AURA**  SPA  
Woodbury Park



## Spa Days & Breaks

With all of our Spa Day Packages you can enjoy a day of relaxation with amazing treatments and use of the spa facilities that include our pool, hydro pool, sauna and steam room. If you wish to enjoy some light exercise in our gym or take part in a group exercise class this is also available to you. Towels and robes are available throughout your spa day.

Classes are subject to availability and can only be booked on the day of your visit. Robes may only be worn around the wet facilities and in Aura Spa. Please be aware that as a family-friendly club, children may be in the pool.

### Harmony Package

Your choice of one of the following 30 minute treatments :

**Express Facial | Back Massage | Salt & Oil Scrub**

Followed by a light lunch including a glass of prosecco or soft drink.

### Serenity Package

Your choice of two of the following 30 minute treatments:

**Express Facial | Back Massage | Salt & Oil Scrub**

**Express Manicure | Express Pedicure**

Followed by a light lunch including a glass of prosecco or soft drink.

### Tranquility Package

Your choice of one of the following 1 hour treatments:

**Comfort Zone Facial | Full Body Massage**

And one of the following 30 minute treatments:

**Express Manicure | Express Pedicure**

Followed by a light lunch including a glass of prosecco.

**Spa Breaks available** - please see [www.woodburypark.co.uk/aura-spa](http://www.woodburypark.co.uk/aura-spa) for our latest breaks and offers.



# [comfort zone]

## Deluxe Facial

### **Deluxe Lift** | *75 minutes*

A state of the art ultimate anti-ageing facial combines Archi-lift™ technology with the renewing effects of the double peel for an instant re-plumping effect. Ideal for mature skin with visible signs of ageing.

### **Active Lift** | *60 minutes*

A powerful lifting facial targeting sagging cheeks, jowls, chin and neck for a visible rejuvenating effect. The advanced mask with ingredients that mimic the action of Botox helps to oxygenate skin cells and gives an instant firming effect.

### **Double Peel** | *45 minutes*

This advanced facial offers a powerful combination of lactic acid with AHA and Vitamin C. Ideal for targeting uneven skin tone, fine lines, wrinkles and dullness.



# [comfort zone]

## Deactivate ageing – Reactivate Longevity Supreme Nutricosmeceutical System

Targets primary causes of accelerated cellular ageing reflected in the skin – inflammation, glycation, oxidation and methylation.

This treatment uses high-tech ingredients such as Alpha-Hydroxy Acids (AHA) and Glycolic Acid. Leaves your complexion more refined, toned and deeply hydrated, achieving a healthy, younger-looking skin.

Choose from:

- Skin Regimen Face | *45 minute treatment*
- Skin Regimen Body | *45 minute treatment*
- Skin Regimen Face and Body | *60 minute treatment*

## EXPERT FACIAL

### Recover Touch Facial – Anti Oxidant Vitamin | *60 minutes*

One of your five a day, this anti-oxidant vitamin enriched facial is ideal for all skin types to give skin a much-needed boost.

### Hydrmemory Facial - Deep Hydrating | *60 minutes*

A deeply nourishing treatment ritual for all skin types. This profound treatment will quench the skin's thirst.

### Active Pureness Facial - Purify and Rebalance | *60 minutes*

To help achieve a clear complexion this treatment will deeply cleanse to leave skin feeling fresh, toned and restored.

### Remedy Facial - for Sensitive Skins | *60 minutes*

This strengthening and soothing treatment leaves skin feeling rejuvenated. It's fragrance free, making it suitable for sensitive skin.

*To prolong and maintain the effects of your treatment please speak to our expert therapist for homecare advice.*



# Men's Treatments

## Hydra Performance - Rehydration Facial for Men | 60 minutes

A restoring treatment to replenish moisture levels in skin that has been exposed to environmental aggression.

## Pure Performance - Active Purification Facial for Men | 60 minutes

This cleansing treatment is deeply renewing to rebalance oily skins to achieve a clear complexion. Skin will be left with a matte appearance.

## Anti-Age Performance - Active Rejuvenating Facial for Men | 60 minutes

An anti-ageing treatment to reduce wrinkles and expression lines. This rejuvenating treatment stimulates skin renewal and will leave skin toned and revitalised.

## Total Body Performance | 60 minutes

A Full Body Massage to relieve aching muscles and to reduce stress pre and post sport.

*To prolong and maintain the effects of your treatment please speak to our expert therapist for homecare advice.*



# Massage

## Tranquility Body Massage Rituals

A decadent ritual to rest mind, body and soul using the signature “Tranquility” range from Comfort Zone.

- ~ Full Body & Scalp | *90 minutes*
- ~ Full Body (excluding head massage) | *60 minutes*
- ~ Back Neck and Shoulders | *30 minutes*

## Aromasoul Elements Massage | *60 minutes*

A unique massage ritual that takes you on a journey through four distinct worlds. Each journey begins with your choice of essential oil blend:

**Oriental** ~ Soothing, calming and anti-stress

**Mediterranean** ~ Draining, toning and energising

**Indian** ~ Soothes and relieves muscle aches and pains, stimulates circulation

**Arabian** ~ Restoring and strengthening

## New Tranquility™ Pro-Sleep Massage | *60 minutes*

This innovative body treatment leads to a profound state of relaxation, working the muscular, nervous and emotional levels, and stimulating three different sensorial pathways.

## Aromasoul Scrub | *45 minutes*

This renewing volcanic scrub ritual uses minute lava particles combined with nourishing karite butter and enhanced with your chosen essential oil blend to smooth and soften the skin leaving it radiant. An ideal complement to the Aromasoul Elements Massage.



**Aura Spa Taster** | *60 minutes*

Tranquillity back, neck and shoulder massage with a prescribed 30min Comfort Zone facial.

**Hot Stone Therapy**

A powerful thermodynamic massage using heated basalt stones that bestow an immediate feeling of relaxation. Choose from:

**Hot Stone Full Body** | *60 minutes*

**Hot Stone Back & Neck** | *30 minutes*

**Hopi Ear Candles** | *30 minutes*

This non-invasive treatment of the ears is used to treat a variety of conditions.

**Himalayan Salt Massage** | *60 minutes*

An extraordinary ancient ritual for the body which begins with body massage using warm Himalayan salt stones, which immediately bestow relaxation, alleviating tension, stress and anxiety. The treatment then proceeds with an exhilarating salt scrub.

**Indian Head Massage** | *30 minutes*

A deeply relaxing treatment inducing upper back, neck, shoulders, face and scalp. Balances the body, relieving pressure and tension.



**Bagni Di Pisa Thermal Mud Therapy** | 60 minutes

An intensive treatment with thermal water from Bagni Di Pisa, with detoxifying and anti-cellulite actions. A blend of essential oils encourages a profound purification of the tissues.

**Thermogenic Attack Therapy** | 60 minutes

An intensive treatment with thermogenic action, for profound and resistant cellulite imperfections. Helps reduce the typical signs of cellulite and improves microcirculation.

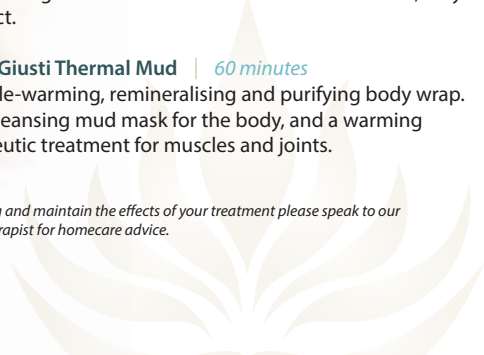
**Elasticising Bisphasic Mask Therapy** | 60 minutes

A replenishing treatment for bestowing perfect tone, elasticity and restoring to moisture balance. Leaves the skin soft, silky and compact.

**Grotta Giusti Thermal Mud** | 60 minutes

A muscle-warming, remineralising and purifying body wrap. Deep cleansing mud mask for the body, and a warming therapeutic treatment for muscles and joints.

*To prolong and maintain the effects of your treatment please speak to our expert therapist for homecare advice.*







### Nails with JESSICA® Natural Nail Care

All of our nail treatments include a free polish of your choice or an upgraded GELeration Polish for your treatment.

#### Luxury Manicure | 75-90 minutes

A prescriptive spa Manicure. Nails are analysed and treated to make them stronger, more flexible and less prone to breaking.

#### Luxury Pedicure | 75-90 minutes

Hard skin is buffed, feet and legs are exfoliated, moisturised and massaged, nails are shaped and perfectly polished.

#### Manicure or Pedicure | 45-60 minutes

A therapeutic treatment to improve nail condition including massage and colour finish.

#### File and Polish | 30 minutes

For those in a hurry! Nails are filed then treatment finishes with the perfect polish.

#### GELeration Soak-Off | 30 minutes



### Waxing using phd Safewax

From legs to lips, bikini waxes and more, you'll feel silky smooth after one of our phd Safewax treatments. Please refer to our price list to view our range of Everyday Essentials treatments.

1/2 Leg	30 minutes	Brazilian	45 minutes
3/4 Leg	45 minutes	Hollywood	45 minutes
Full Leg	45 minutes	Underarm	15 minutes
1/2 Leg & Bikini	45 minutes	Forearm	15 minutes
3/4 Leg & Bikini	60 minutes	Lip or Chin	10 minutes
Full Leg & Bikini	60 minutes	Lip and Chin	20 minutes
Bikini	15 minutes	Back	30 minutes
Extended Bikini	30 minutes	Chest	30 minutes

*To prolong and maintain the effects of your treatment please speak to our expert therapist for homecare advice.*





### **bareMinerals Makeup**

bareMinerals makeup by Bare Escentuals: 100% pure minerals with no additives and no irritants. This makeup is near weightless and provides an adjustable, flawless coverage for a healthy, natural glow.

**Makeup Lesson including Cleanse** | *60 minutes*

**Wedding Makeup** | *60 minutes*

Includes 1 hour consultation, trial before the wedding and makeup on the day.

### **The Ultimate Spray Tan**

St. Tropez - Full Body Tan including Face

Indulge yourself with a natural sun-kissed tan. Your body is sprayed with a fine mist leaving you with a golden glow that lasts for days! Choice of original, dark or express tan available.

### **Eyes**

Tinting and tidying for eyebrows and eyelashes. We'll leave you looking fabulous!

Eye Brow Tidy / Reshape	<i>15 minutes</i>	Eye Brow Tint & Tidy	<i>20 minutes</i>
Eye Brow Tint	<i>15 minutes</i>	Eyelash & Eye Brow Tint	<i>30 minutes</i>
Eyelash Tint	<i>20 minutes</i>	Eye Brow Tint & Tidy, Eyelash Tint	<i>45 minutes</i>

### **Electrolysis**

Electrolysis is a safe and effective method for permanent hair removal. It is ideal for small areas and uses a sterilised disposable needle. For best possible results multiple sessions are advised.

## DURING AND AFTER PREGNANCY

In these phases it is important to concentrate on nourishing the skin to ensure it remains soft, supple and elastic and to avoid stretch marks. Due to the stretching of the skin, it can also feel very itchy and tight, and therefore it is best to deeply nourish it to offer a sense of relief and comfort.

We also need to take care of facial skin. Sebum reduces, collagen production is inhibited, and perspiration increases, creating greater skin fragility and dehydration. The legs are also under a lot of strain due to the compressed circulation and are subject to fluid retention and especially swelling of the ankles.

Muscular aches and pains are frequent due to the changes in the body's structure so a relaxing massage can provide welcome relief.

### Mum To Be:

#### **New Life Maternity Massage - Treatment during pregnancy** | *60 minutes*

Prepare your mind and body for this very special time. With its gentle and delicate ingredients this treatment has a calming effect and relieves joint tension by reducing swelling and heaviness.

This treatment is safe for those who are 12 weeks pregnant or more to maintain the skin tone and elasticity whilst deeply relaxing your muscles and your lower back.

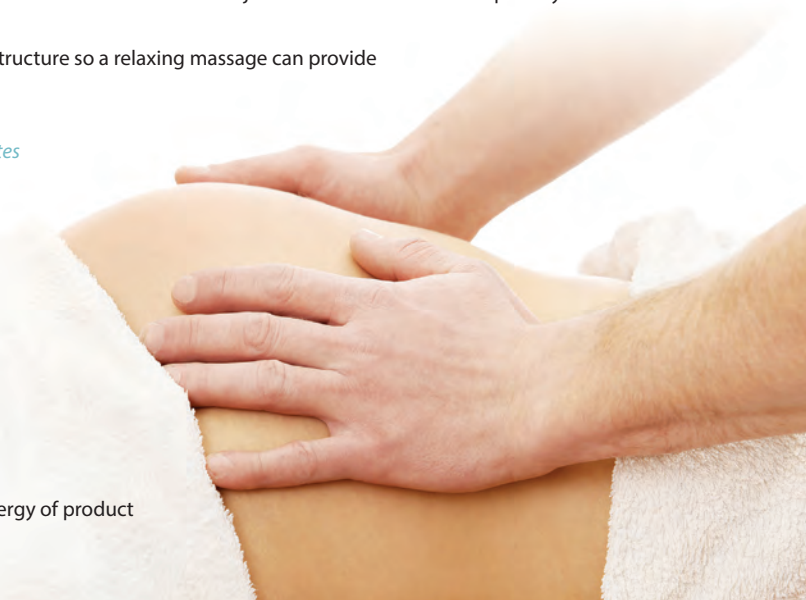
#### **Bloom and Blossom** | *240 minutes*

Comfort Zone New Life Maternity Massage plus a luxury Jessica manicure and pedicure.

### New Mum:

#### **Post pregnancy treatment** | *60 minutes*

Restores the body shape and firms skin tissue following pregnancy. A synergy of product that help regain tone, firmness and elasticity.



**SPA DAYS**

Harmony Package	1 day	£80
Serenity Package	1 day	£110
Tranquility Package	1 day	£140

**DELUXE FACIAL ~ COMFORT ZONE**

Deluxe Lift	75 minutes	£75
Active Lift	60 minutes	£65
Double Peel	45 minutes	£50

**DELUXE FACIAL ~ COMFORT ZONE**

Deactivate ageing – Reactivate Longevity Supreme Nutricosmeceutical System		
Skin Regimen Face	45 minutes	£45
Skin Regimen Body	45 minutes	£46
Skin Regimen Face and Body	60 minutes	£60

**EXPERT FACIALS**

Recover Touch – Anti Oxidant Vitamin	60 minutes	£60
Hydramemory Facial - Deep Hydrating	60 minutes	£60
Remedy Facial	60 minutes	£60
Active Pureness	60 minutes	£60

**MEN'S TREATMENTS**

Hydra Performance - Rehydration Facial	60 minutes	£60
Pure Performance - Active Purification Facial for Men	60 minutes	£60
Anti-Age Performance - Active Rejuvenating Facial	60 minutes	£60
Total Body Performance	60 minutes	£60

**MASSAGE****Tranquility Body Massage Rituals**

~ Full Body & Scalp	75 minutes	£75
~ Full Body (excluding head massage)	60 minutes	£65
~ Back Neck and Shoulders	30 minutes	£40
Aromasoul Elements Massage	60 minutes	£65
New Tranquility™ Pro-Sleep Massage	60 minutes	£65
Aromasoul Scrub	45 minutes	£45

**HOLISTIC**

Aura Spa Taster	60 minutes	£65
<b>Hot Stone Therapy</b>		
Hot Stone Full Body	60 minutes	£70
Hot Stone Back & Neck	30 minutes	£40
Hopi Ear Candles	30 minutes	£40
Himalayan Salt Massage	60 minutes	£70
Indian Head Massage	30 minutes	£36

**BODY**

Bagni Di Pisa Thermal Mud Therapy	60 minutes	£65
Thermogenic Attack Therapy	60 minutes	£65
Elasticising Biphasic Mask Therapy	60 minutes	£65
Grotta Giusti Thermal Mud	60 minutes	£65

**NAILS**

Luxury Manicure	75-90 minutes	£45
Luxury Pedicure	75-90 minutes	£45
Manicure or Pedicure	45-60 minutes	£35
File and Polish	30 minutes	£25
GEleration Soak-Off	15 minutes	£5

## NAILS

Luxury Manicure	75-90 minutes	£45
Luxury Pedicure	75-90 minutes	£45
Manicure or Pedicure	45-60 minutes	£35
File and Polish	30 minutes	£25
GEleration Soak-Off	15 minutes	£5

## WAXING

1/2 Leg	30 minutes	£20
3/4 Leg	45 minutes	£25
Full Leg	45 minutes	£28
1/2 Leg & Bikini	45 minutes	£30
3/4 Leg & Bikini	60 minutes	£33
Full Leg & Bikini	60 minutes	£35
Bikini	15 minutes	£15
Extended Bikini	30 minutes	£19
Brazilian	45 minutes	£26
Hollywood	45 minutes	£26
Underarm	15 minutes	£12
Forearm	15 minutes	£15
Lip or Chin	10 minutes	£10
Lip and Chin	20 minutes	£13
Back	30 minutes	£22
Chest	30 minutes	£22

## BAREMINERALS MAKEUP

Makeup Lesson including Cleanse	60 minutes	£45
Wedding Makeup, including Trial	60 minutes	£80

## EYES

Eye Brow Tidy / Reshape	15 minutes	£10
Eye Brow Tint	15 minutes	£10
Eyelash Tint	20 minutes	£15
Eye Brow Tint & Tidy	20 minutes	£15
Eyelash & Eye Brow Tint	30 minutes	£22
Eye Brow Tint & Tidy, Eyelash Tint	45 minutes	£27

## ST. TROPEZ SPRAY TAN

Full Body Spray Tan	30 minutes	£30
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## ELECTROLYSIS

Electrolysis	1-3 minutes	£6
Electrolysis	5 minutes	£10
Electrolysis	10 minutes	£13
Electrolysis	15 minutes	£16
Electrolysis	20 minutes	£20

## BEGINNING, DURING AND AFTER PREGNANCY

Mum To Be: New Life Maternity Massage.	60 minutes	£65
Treatment during pregnancy		
Mum To Be: New Mum	60 minutes	£65
Post pregnancy treatment		
Bloom and Blossom	240 minutes	£130

## BUPGRADES

Robe, slippers and towel hire	£5
Add Prosecco and Truffles to your day	£7.50 per person

Our treatments are available  
Monday 10.00am- 6.00pm  
Tuesday 10.00am – 6.00pm  
Wednesday 10.00am – 6.00pm  
Thursday 10.00am – 8.00pm  
Friday 10.00am – 6.00pm  
Saturday 9.00am – 5.00pm  
Sunday 10.00am – 4.00pm

We also welcome non members to Aura Spa.

**[comfort zone]**



bareMinerals®



# AURA SPA

## Woodbury Park

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Woodbury Castle  
Woodbury  
Exeter  
Devon  
EX5 1JJ

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