

A close-up photograph of a woman's face, her eyes are closed in a state of relaxation. Her dark hair is pulled back. A hand is gently massaging her forehead, while another hand rests on her chin. The background is a plain, light-colored wall.

*Treatment Menu*

**CLARINS** *skin spa*

# Plants. Our Science.



“Taking the time for a facial or body treatment is no longer a luxury but a necessity in our modern world. Today, feeling good starts with taking care of yourself. At Clarins, for over 60 years, our vocation has been to enhance your beauty thanks to the power of plants, science and touch.”

Dr. Olivier Courtin-Clarins | Clarins Managing Director

## Clarins Treatments

*A fusion of science, touch and nature*

Clarins Treatments are totally unique. They combine the power of the Clarins Touch - a specialised and skilful massage - with high performance formulas enriched with the purest plant extracts and aromatic essential oils.

In the expert hands of the Clarins Therapist, each treatment is perfectly adapted to your needs and wishes. Exclusive CLARINS PRO products which incorporate the latest plant discoveries and scientific innovations from Clarins Research will be applied using precise, targeted movements which flow seamlessly one after the other. The result is a blissful sensory experience that will address the way you look and feel.



## Wellness Treatments

New head-to-toe treatments for when you need a moment of 'me-time' away from your busy lifestyle to release stress and tension, re-energize and improve your mood.

With unique sensorial experiences, tension-relieving massage movements and plant-powered products, our Wellness Treatments promote a feeling of infinite well-being for the body and mind, leaving your skin looking more radiant and soothed.



### The Wellness "Touch"

"Leminscate" is a spiral, figure-of-eight movement carried out in a continuous manner on the face and body; it helps to regulate vital energy and facilitates deep relaxation. For each Wellness Treatment, "Leminscate" adopts a specific rhythm and level of pressure.

#### Beauty Sleep

*Just like a good night's sleep*

Feeling stressed, exhausted, lack of sleep? This calming journey for the skin, mind and senses induces a state of total relaxation. After the treatment you will look and feel rested, stress levels will be reduced and sleep quality will improve\*.

Women agree:

**89<sup>00</sup>** felt this treatment was the equivalent to a good night's sleep\*\*

**100<sup>00</sup>** felt calmer, relaxed, rested and soothed\*\*

1hr 10mins £74

We recommend this treatment towards the end of your day to relax and unwind.

#### Rise & Shine

*Boost your mood and lift your spirits*

Lack of energy, feeling run down and stressed? This revitalizing treatment includes a stimulating body massage and a reviving facial to leave your skin radiant and dewy. You will feel recharged, invigorated and ready to take on the day (or the evening!) ahead.

1hr 10mins £74



\*Using a questionnaire from a doctor with well-being and stress reduction expertise, 104 women responded to 7 questions (using a 5-point scale) regarding their stress level and 7 questions regarding their quality of sleep. These questions were asked before the treatment and one day following the treatment. Analysing these responses gives an overall level of perceived stress and sleep quality with proves the effectiveness of the Beauty Sleep treatment on improving both.

\*\*Satisfaction test 104 women, immediately after treatment.

To book visit [clarins.co.uk/skinspa](http://clarins.co.uk/skinspa)

## Signature Facials

Now more effective than ever with new techniques that come from over 60 years of expertise and knowledge of the skin.

Our Signature Facials deliver both immediate and lasting results.

Choose from five Signature Facials, available in 1 hour 10 minute and 1 hour 30 minute appointments.



Each facial is unique and perfectly adapted to you. At the heart of each treatment is a 25 minute massage which lifts, firms and sculpts the contours of the face for immediately visible rejuvenating results.

### Lifting Replenisher

*A luxuriously replenishing treatment that brings radiance to mature skin.*

This treatment smooths, re-sculpts and re-defines facial contours as well as visibly reducing the look of wrinkles and dark spots. The ultimate rejuvenation for your skin.

### Power Firmer

*An intensive firming treatment that visibly diminishes the look of wrinkles.*

This treatment stimulates the skin to deliver a triple rejuvenating action targeting wrinkles, firmness and elasticity. Wrinkles appear reduced, facial features lifted and your youthful vitality is restored.

### Radiance Reviver

*A revitalising treatment to smooth first wrinkles and protect skin.*

This treatment recharges dull, tired and stressed skin with a cocktail of antioxidants and revitalising plant extracts. Skin recovers a healthy dewy glow and early lines and wrinkles are smoothed. Your skin will also be better protected against lifestyle and environmental aggressors that lead to premature ageing.

### Moisture Quencher

*Helps restore comfort, softness and moisture to dry, dehydrated skin.*

This multi-level hydration treatment gives intense nourishment for dry, weakened skin. Dehydration lines are plumped and feelings of tightness disappear - your skin will feel wonderfully soft and supple again, with its radiance restored.

### Skin Soother

*A calming treatment to soothe and comfort sensitised skin.*

This soothing and healing facial will help calm irritated and sensitised skin. Redness is reduced and your skin recovers its softness, suppleness and comfort.

1hr 10mins £74

1hr 30mins £89

1 hour 30 minute appointments include a choice of either a 20 minute back massage or a 20 minute scalp and foot massage.

To book visit [clarins.co.uk/skinspa](http://clarins.co.uk/skinspa)





## Facial Treatments

### Aromatic Balancer

*A luxurious rebalancing treatment with aromatherapy oils.*

Oily, congested, dry, dull, dehydrated, sensitive? Whatever your skin condition, this customised treatment will rebalance and coax it back to blooming.

50mins £53

### Face & Eyes Refresher

*A targeted facial to restore a brighter, more rested appearance.*

This treatment freshens and smoothes the face, eye area and décolleté. It targets signs of tiredness and stress to leave you looking much more rested. The perfect antidote to tiredness and a superb quick-fix after work or a late night.

30mins £41

### Age-Defying Eyes

*A replenishing treatment for the eye contour area.*

Specifically developed for the delicate eye area, this treatment helps reduce fine lines and wrinkles, revealing more youthful-looking eyes from temple to temple. A complete treatment for bright and beautiful eyes.

30mins £32

## my CLARINS

### NEW Detox & Glow

*A hydrating facial powered by nature.*

This multi-level treatment will pump the skin with goodness whilst removing all the nasties. Using NEW My Clarins, drench your skin with plant extracts to help fight the signs of a hectic lifestyle. Designed with plant extracts that promote radiance and hydration with an anti-pollution complex that will help protect the skin from the harmful effects of indoor and outdoor pollution.

Your recipe for healthy skin starts here.

30mins £26



## Signature Body Treatments

### Contour Shaper

*An intensive treatment to sculpt and firm your body.*

Includes over an hour of contouring massage to drain and firm. A thermo-activated body mask boosts micro-circulation to target areas of stubborn and newly forming cellulite. Your skin will look and feel firm, soft and smooth.

1hr 10mins £74

### Moisture Quencher

*Restores extreme softness, suppleness and comfort to parched or dry skin.*

Using a blend of aromatic essential oils, this indulgent treatment includes over an hour of moisture replenishing and cocooning massage and a deeply hydrating body lotion to restore comfort to dry, dehydrated skin. Your body will feel soft, smooth and velvet to the touch.

1hr 10mins £74

### Skin Smoother

*An intensive double exfoliation treatment to deep cleanse and retexture skin.*

This complete exfoliating treatment is the ideal preparation for all Clarins Body Treatments. Using both mechanical and biological exfoliation techniques, it promotes extremely soft, bright and more evenly toned skin.

30mins £32

*To book visit [clarins.co.uk/skinspa](https://clarins.co.uk/skinspa)*



## Massages & Specific Treatments

### Rebalancing Massage

*With Relax or Tonic Essential Oils.*

A deeply relaxing and rhythmic full body massage which uses a bespoke sequence of slower movements and pressure point techniques to release even long-standing knots and tensions within the deeper muscle layers. The effect is intensified with an essential oil blend rich in either soothing basil, camomile and petit grain or invigorating rosemary, mint and geranium.

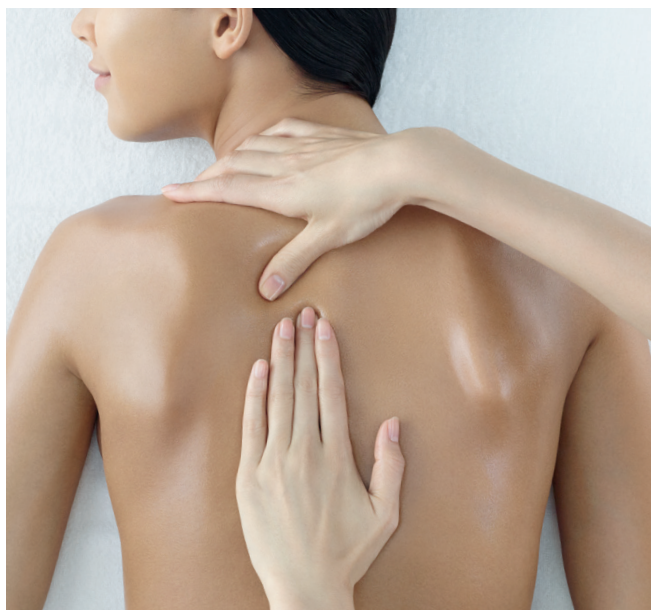
1hr 10mins £60

### Hot Stone Massage

*With Relax Body Treatment Oil.*

A deeply relaxing and uniquely personalised hot stone massage that gently releases tension, soothes aching muscles, eliminates toxins and calms mind and body. The secret is in the intuitive way the therapist uses her hands in harmony with 9 smooth, individually shaped, heat-releasing marble and slate stones. Intensified by Relax Body Treatment Oil, rich in relaxing aromatic essential oils.

50mins £65



### Energising Back, Neck & Scalp Massage

*A detoxifying and decongesting back cleanse and massage.*

Helps restore fresh, blemish-free skin while twenty-five minutes of deep tissue massage melts away tension and soothes tired muscles. The perfect post-exercise pick-me-up.

30mins £37

### The Sun Glow

*The ultimate self tanning treatment for face and body.*

Includes a skin-smoothing exfoliation and a deeply pampering application of an award-winning self tanner. This treatment will leave you with a gorgeous, long-lasting, golden colour that looks as natural in winter as in summer. You can even get dressed immediately.

1hr £55

### Beautiful Mother-to-Be.

*Pampering Face & Body Treatment.*

This luxurious and indulgent treatment for face and body is adapted to pre and post-natal stages of pregnancy and to how you look and feel. It will help ease aching backs, fluid retention, stress, fatigue and tired legs, as well as improving skin tone and elasticity. Afterwards, you'll feel energised and wonderfully relaxed, with baby-soft skin.

1hr £51

Ideally suited for mothers-to-be from 12-38 weeks and new mums from 6 weeks onwards.

## Waxing

Quick expert waxing to remove unwanted hair using gentle honey-based wax.

### Brow Tidy

10mins £15

### Bikini

20mins £21

### Full Leg

40mins £42

### Underarm

10mins £15

### Half Leg

30mins £32

### Full Leg & Bikini

60mins £56



## Men's Treatments



Clarins has developed a customised collection of grooming and well-being treatments for the face and body. Each one is specifically formulated for men's skin and designed to restore balance, health and vitality.

### Skin Blitz Facial

*Bespoke multi-action grooming treatment.*

Shaving bumps and irritation, stress and tiredness, greyness and congestion... Whatever life puts your skin through, this relaxing bespoke facial will target and treat it. Your face will look and feel refreshed, healthy and smooth.

50mins £50

### Muscle Ease Body Massage

*Deeply soothing therapeutic body massage.*

Whether you've overdone it at the gym or work, this intensely therapeutic massage eases tense shoulders, back knots and aches. Aromatic essential oils supercharge the stress-relieving benefits, restoring your sense of well-being.

50mins £50

### Energising Back, Neck & Scalp Massage

*Detoxifying and decongesting back cleanse and massage.*

A rejuvenating treatment that sorts out congested skin and tired muscles. Combines a decongesting back cleanse and deep massage to relieve tension and aches. The ultimate post-exercise pick-me-up to leave you feeling chilled out instead of strung out.

30mins £37



Marjoram  
Helps eliminate toxins

To book visit [clarins.co.uk/skinspa](http://clarins.co.uk/skinspa)

## Spa at Home



Your well-being can be improved with little moments, small steps that make a big difference. We all have our own ways to relax and wind down, why not take time for yourself and your skin by creating your own spa-at-home ritual.



### Relax Bath & Shower Concentrate

relaxes tired muscles after a stressful day with a calming blend of St. John's Wort, Linden and Valerian extracts.



### Relax Body Treatment Oil

with 100% pure plant extracts, including Geranium, Petit Grain, Camomile and Basil—helps relieve stress and fatigue for a total feeling of well-being. Hazelnut Oil locks in moisture to leave your body skin soft and satin-smooth.



**Wild mango**  
Nourishes and smooths



**Organic leaf of life**  
Hydrates and plumps



**Organic alpine willow herb**  
Rebalances and purifies

### SOS Masks

A face mask is the perfect treat when taking some time for yourself, our SOS Masks target your personal skin care needs.

## Gift Cards



Loved your treatment? Gift cards are available for all Clarins Treatments and make an ideal present. They can be purchased at the Skin Spa.

To book visit [clarins.co.uk/skinspa](http://clarins.co.uk/skinspa)



# Enjoy your experience in the Clarins Skin Spa

Please arrive at the Skin Spa reception 10 minutes prior to your appointment. All appointment times include a 15 minute consultation and time for you to prepare for your treatment\*.

---

The minimum age for treatments is 16. It is with regret that we cannot accommodate babies and children in the treatment area of the Skin Spa.

---

Every time you have a Clarins Treatment our 'Time for Me' loyalty scheme rewards you with free treatment time\*\*. Speak to a Therapist to join.

---

At the end of your treatment we'll add a touch of colour so you can feel ready to face the world again.

---

Not sure which treatment is best for you? Our Therapists are happy to assist you with treatment recommendations.

---

Courses of 6 Clarins Treatments are available for the price of 5. Please ask the Clarins Therapist for more details.

---

Our biggest reward is your personal recommendation to friends, family and colleagues.

---

Please give 24 hours to cancel or change your appointment or you will be charged for time reserved.

---

Pregnancy, certain medical conditions or injuries may mean that some treatments may not be suitable. Please notify the Skin Spa prior to your appointment to speak to a therapist who will be able to advise you accordingly.

---

If you are pregnant, Clarins recommends the Beautiful Mother-To-Be treatment which is suitable from 12 weeks up to 38 weeks of pregnancy. Clarins Facials can also be experienced from 12 weeks up to 38 weeks. If you have any queries, please contact your chosen Clarins Skin Spa prior to booking.

Get social with us. #YouNeedASpaDay



clarins\_uk

ClarinsUK

clarinsuk

clarinsuk

clarins\_uk

clarinsuk

Code: 80057811

It's all about you.

\*Excludes waxing. \*\*Subject to terms and conditions.