



H o l i s t i c S p a M e n u

December 2010

TERRAKÉ

KÉRA SKIN
ESTHETICS

DANIEL SANDLER
COSMETICS

HAIR
CARE
OC

L'ORÉAL
PROFESSIONNEL

shu uemura
tokyo paris new york

SKINCEUTICALS

LEIGHTON
DENNY

Not quite sure what your skin needs??

*Our complimentary FACE To FACE skin
consultation begins with an in-depth Skin
Analysis, Mini-Facial, Prescriptive Home Care
Advice and Tailor Made Treatment Plan.*





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Terrake

**The perfect alchemy between well being and beauty, authenticity and refinement,
Terrake invite you on an initiatory voyage to our origins.**

Terre Magica – Face and Body Rituals

Mineral sculpt 2 hours £175.00

Let yourself be enveloped, re-sculpted and warmed up. Your skin is smooth and your body appears toned and fine.

Awakening to the earth 2 hours £175.00

Volcanic stones and precious minerals roll over your body, delivering a sensation of well being and deep relaxing.

Precious earth 1 hour £90.00

Restores cellular energy potential and visibly smooths the facial skin.

Primordial Waters – Face and Body Rituals

Marine wave 2 hours £120.00

Your body is enveloped in a thirst quenching balm with red algae extracts. The manual massage featuring light, percussion will leave you perfectly relaxed.

Origins of the sea 1 hour £90.00

Relaxation and intense hydration with red algae and marine extracts leaving the face fully quenched.

Of Air and Light – Face and Body Rituals

Snow breeze 2 hours £150.00

This treatment chases away skins of fatigue and restores a new sensation of lightness to the body.

Breath of pure air 1 hour £80.00

Pure sensations of deep detoxification. This treatment is ideal to combat jet lag and restores radiance to the face.

Luxuriandy Planet Life – Face and Body Rituals

Delectable essence 2 hours £160.00

Let your body be wrapped in fruit butters and grains. Then let go as you are rocked and stretched during a stretched massage.

Liana contour 2 hours £175.00

Your body is enveloped in intense and subtly spicy red creeper purée and amazon berries selected for their action on stubborn fat.

Rare essence 1 hour £80.00

A fine-tuned succession of delicious treats for nourished, velvety and plumped facial skin.



+44 (0)151 625 2400

Hillbark Beauty & Fitness, Royden Park, Frankby, Wirral, CH48 1NP

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www.contessahotels.co.uk

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Holistic Spa Menu

Terrake For Men

The perfect alchemy between well being and beauty, authenticity and refinement, Terrake invite you on an initiatory voyage to our origins.

Terra Magica – Face and Body

Refining and firming 1½ hours £110.00

Intense treatment for re-sculpted and redefined body through deep, powerful massage.

Relaxation with hot stones 45mins £90.00

Ex-foliation, volcanic stones and precious minerals rolled over the back leaving a deep sense of relaxation.

Face – Anti -ageing 1 hour £90.00

Precious stones gradually relax the tense areas of the face, radiance is restored.

Primordial Waters – Face and Body

Reviving relaxation 2 hours £120.00

Energising massage using dynamic percussion movements, stimulating the circulation.

Hydrating wake up 1 hour £90.00

Like a huge wave of freshness bursting onto the face, your skin's thirst is quenched, relaxed and rested.

Of Air and Light – Face and Body

Anti-stress and detoxifying 2 hours £150.00

A deep manual massage leaves you feeling intensely relaxed

Purifying and detoxifying 1 hour £80.00

Hot and cold sensations that purifies the skin deep down.

Luxuriant plant life – Face and Body

Stretching after exercise 2 hours £160.00

Let yourself be enveloped in fruits and cereal butters, then relax with rocking and stretching massage movements.

Skin relaxing 1 hour £80.00

Extracts of bamboo and fruit butter to soften the skin

Swedish full body massage 1 hour £70.00

Swedish back massage 30mins £32.00



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Holistic Spa Menu

Shun Uemura – Ceremonies for the hair

Deep Ceremony

50mins £50.00

Starts with a scalp brushing, scalp massage, shampoo, followed by an upper body, arm and hand massage.

Intense Ceremony

25mins £25.00

Scalp brushing to stimulate, deep scalp massage, shampoo and hair treatment masque.

Karaa ceremony

30mins £30.00

This is used after the treatment massage, includes shampoo and conditioner.

Shu shampoo

25mins £25.00

Shampoo and conditioner

Initiation ceremony

20mins £20.00

Deep brushing of the scalp, shampoo and treatment masque

Make-up

Daniel Sander make-up, celebrity make-up artist to the stars. "The key to creating a flawless, natural fresh face is getting the basics right".

Make up lesson | hour £45.00

Bridal make up(inc trial) £110.00

Tanning

Vani-T - to build a natural glow worthy of a red carpet appearance or to boost an existing tan.

Vani-T full body tan and ex-foliation 45mins £35.00

Vani -T full body tan 30mins - £30.00

scalp brushing, scalp massage, shampoo, followed by an upper body, arm and hand massage.



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Finishes Touches

Leighton Denny expert nails aims to provide aroma therapeutic and prescriptive care for the hands and nails,

Nails

On the move manicure, file and polish –	30 mins	£25.00
Custom manicure –	45 mins	£35.00
Immaculate manicure –	60 mins	£45.00
On the move pedicure, file and polish –	30 mins	£25.00
Custom pedicure –	60 mins	£35.00
Pristine pedicure –	75 mins	£45.00

Waxing and tinting

Eye brow tint	20 mins	£15.00
Eye lash tint	20 mins	£18.00
Eyebrows/eyelash tint	30 mins	£28.00
Eyebrow shape	15 mins	£14.00
½ leg wax	30 mins	£19.00
Full leg wax	45 mins	£26.00
Under arm wax	15 mins	£15.00
Bikini wax	15 mins	£15.00
Forearm wax	30 mins	£15.00
Upper lip wax	15 mins	£12.00
Back wax	30 mins	£25.00
Chest wax	30 mins	£25.00
Chin wax	15 mins	£15.00



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Spa Packages

A feel good package

Choose one of the following Terrake facials:

- Precious earth (anti-aging).
- Origins of the Sea (Hydrating).
- Breath of Pure Air (Energising).
- Rare Essence (Nourishing).

Plus...

- Full Body Massage
- Custom Manicure
- Custom Pedicure

4 hours £200.00

Quick fix

- Mini Facial
- Back Massage
- File and Polish (Hands and Feet)

2 hours £97.00

Male grooming

- Full Body Massage
- Hydrating Wake up Facial
- Buff and Polish (Hands and Feet)

2½ hours £150.00

Bride and Mother of the Bride

- Breath of Pure Air Facial
- Back Massage
- Custom Manicure
- Custom Pedicure
- Trail Hair and Make up Session

5½ hours (estimate timing) £220.00

A world of your own

- Terrake – precious Earth facial
- Shu Uemura – Deep ceremony scalp massage
- Wash & blow
- Make-up

3½ hours £195.00



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