

SPA TREATMENT PRICE LIST

To book or for more information,
please call **01621 862324** or
email **spa@fivelakes.co.uk**.

Five Lakes sister hotel, Sopwell House is an elegant Georgian country house set in the beautiful Hertfordshire Countryside. The former home of Lord Mountbatten, it is the perfect place to relax and recharge in stunning surroundings.

For seasonal offers at Five Lakes and Sopwell House, please see our website **www.abhotels.co.uk**.

Five Lakes Hotel, Golf, Country Club & Spa
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Maldon
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AB Hotels include Five Lakes Hotel, Golf, Country Club & Spa, near Tiptree, Essex, Sopwell House, St Albans, and coming in late 2008 The Arch at Marble Arch, London.

We reserve the right to alter or amend prices and treatment contents, without prior notice.

May 07 All information correct at time of printing.

five lakes
HOTEL, GOLF, COUNTRY CLUB & SPA

Advanced Treatments

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| ESPA Holistic Back, Face and Scalp Treatment with hot Stone Therapy | £90 |
| ESPA Total Body Care with Hot Stone Therapy | £95 |
| ESPA Lifting and Firming Facial with Hot Stone Therapy | £70 |
| Clarins Pro-Active Body Treatments | £65 |

Facials

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| Clarins Personal Blend Aromatic Facial | £46 |
| Clarins Pro-Active Facial | £57 |
| ESPA Specialist Facials: Aromatherapy, Rebalancing, Skin Brightening and Rehydrator Facials | £47 |
| ESPA Regenerating Facial | £49 |
| ESPA Soothing Eye Treatment | £32 |
| ESPA Back, Face and Scalp Treatment | £65 |

Massages

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| ESPA Total Body Care Treatment | £70 |
| ESPA Deep Cleansing and Relaxing Back Treatment | £44 |
| ESPA Aromatherapy Massage | £53 |
| Clarins Personal Blend Aromatic Treatment | £49 |
| Back, Neck and Shoulder Massage | £32 |

Holistic Therapies

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| Indian Head Massage | £32 |
| Reflexology | £53 |
| Hopi Ear Candling | £40 |

Body Wraps and Scrubs

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| Clarins Fruit Salt Scrub | £37 |
| Clarins Detox Body Wrap | £53 |
| ESPA Salt and Oil Body Scrub | £32 |
| ESPA Detox Algae Wrap | £62 |
| ESPA Oshadi Envelopment | £62 |
| ESPA Skin Hydrator Wrap | £62 |
| ESPA Mud Envelopment | £62 |
| ESPA Stimulating Hip and Thigh Treatment | £53 |

Mums To Be Treatments

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| Clarins Mother To Be | £50 |
| ESPA Pre-Natal Treatment | £70 |

Finishing Touches

Manicures and Pedicures

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| Le Remedi Luxury Manicure | £34 |
| Le Remedi Luxury Hand/Foot Treatment | £26 |
| Jessica Luxury Pedicure | £37 |
| Mini Manicure/Pedicure Treatments | £22 |
| File and Polish | £10 |

Professional Make-up Application

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| Make-up Application | £30 |
| Special Event Trial and Application | £40 |

Waxing/Shaping/Tinting

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| Full Leg/Bikini/Underarm | £30 |
| Full Leg | £25 |
| Three Quarter Leg | £20 |
| Half Leg | £15 |
| Back | £15 |
| Forearm | £15 |
| Bikini/Underarm | £10 |
| Chin/Lip/Eyebrow | £10 |
| Eyebrow Shaping | £10 |
| Eyelash Tint* | £12 |
| Eyebrow Tint* | £10 |
| Eyelash and Brow Tint* | £20 |

Tanning

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| Ergo Line Sunbed Turbo Power Ultra Tan - price per minute | £1 |
| St Tropez | £60 |

Spa Days

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| Refresher (Mon-Thurs/Fri-Sun) | £175/£200 |
| Re-energiser (Mon-Thurs/Fri-Sun) | £155/£185 |
| Rejuvenator (Mon-Thurs/Fri-Sun) | £145/£175 |
| Stress Buster (Mon-Thurs/Fri-Sun) | £135/£150 |
| Cherish Spa Day (Mon-Thurs/Fri-Sun) | £125/£140 |

*24 hour patch test required