

Hands & Feet

Express File & Varnish (20 mins)	£16.50
Luxury Manicure (45 mins)	£36.00
Deluxe Pedicure (45 mins)	£39.00
Thai Manicure / Pedicure (1 hr)	
Exotic warm scented Thai oils & creams are massaged into your hands & arms or feet & legs to relax, enrich & pamper your skin.	
Manicure £46.00 Pedicure £49.00	

Manicure & pedicure times may vary.

Hair Removal

Full Leg	£23.50
Half Leg	£18.00
Bikini	£11.00
Full Leg & Bikini	£32.00
Underarm	£9.00
Top Lip / Chin / Eyebrows	£8.00
Top Lip and Chin	£12.00
Back or Chest	£25.00

Eye Treatments

Eye Lash Tint *	£14.00
Eye Brow Tint *	£8.00
Lash & Brow Tint *	£20.00
False Lashes	from £20.00

*Sensitivity test required 24 hrs before treatment.

Keeping in touch

Don't forget to visit our website for the latest news, special offers and last minute promotions.



Visit www.flackleyashhotel.co.uk for more information



Body Treatments

PRIADARA Oriental Body Wrap (50 mins) £45.00
An invigorating Oriental body polish, aromatic body mask, dry body brushing, finishing with the Oriental body lotion. A perfect pre-holiday or pre-self tan treatment.

PRIADARA Royal Thai Body Wrap (1 hr 30) £69.00
Enjoy an Oriental body polish, aromatic body mask, a warm oil body massage, finishing with the pampering Royal Thai body lotion. Honey, mango, aloe vera & vitamin A, B & E, will leave your skin smooth and radiant.

PRIADARA Chocobeaauty Body Wrap (1 hr 15) £65.00
After a total skin exfoliation, enjoy a orange cream massage, indulge your senses in a warm layer of Swiss chocolate, although the chocolate is not edible, the benefits are fantastic, increasing circulation, leaving your skin soft and smooth.

St Tropez Self Tan (1 hr) £38.00
Exquisite preparation for the sun. Total body exfoliation and moisturise, followed by a golden self-tan.

Spa Day Packages

Pure Spa Day (1 hr 10) £70.00
Take time to relax and enjoy our Harmony back massage, Luxury Manicure or Deluxe Pedicure.

Harmony Spa Day (2 hrs) £110.00
Experience a Harmony full body massage, Decléor Aromaplastie facial, Express file & varnish.

Aroma Spa Day (2 hrs 55) £180.00
Treat yourself to a Aroma Pure full body massage, Priadara Oriental body wrap, an Aroma Express facial, Thai Manicure or Pedicure.

Total Aroma Pure Spa Day (4 hrs 10) £220.00
For a complete day of total pampering. Decléor Aroma Expert tailored facial, Vital eyes treatment, Priadara Royal Thai Body Wrap, Luxury Manicure and Deluxe Pedicure.

All our Spa Days include use of the Leisure Club facilities & complimentary tea / coffee.

Birthdays, Bridal, Group Parties and Wedding Day packages available
Please ask for our separate brochure for more details. (groups 7 people +)

A day pass is available to non-residents, should you wish to use the facilities, charged at £10 per person.

Planning to use the hotel health & leisure facilities - we recommend that you use the wet facilities prior to having any treatments. Following certain beauty treatments and aromatherapy massage we strongly recommend that you do not go swimming or use the sauna/steam room for 24 hrs.

What to bring - swimwear, a towel and suitable footwear should you plan on using the gym.

Appointments - bookings should be made prior to arrival to avoid disappointment. If you wish to change the timing or content of your booking, please do not hesitate to contact us.

Treatment Times - times stated are length of treatment. Extra time will be allocated for consultation and relaxation. Please be prompt for your appointment, otherwise it may not be possible to offer the full treatment/s due to the therapists and treatment rooms being committed to other clients. The full tariff will be charged to the late arrivals.

Cancellation - for individual treatments we request 24 hrs notice to be given when cancelling an appointment, otherwise the full cost of the treatments will be charged. We will do our utmost to honour all beauty bookings, however, on very rare occasions it may be necessary to cancel or offer alternative treatments, booking time/s or therapist/s in this instance deposits will be fully refunded if changes are unsuitable.

Any refunds will be given in voucher form. No cash refunds.

Deposits - Spa Day packages require a non-refundable £10.00 per person deposit at time of booking.

OPENING TIMES

Beauty Rooms

Monday - Thursday	10.00am - 5.00pm
Friday	10.00am - 8.00pm
Saturday & Sunday	10.00am - 5.00pm

Health & Fitness Club

Monday - Friday	7.30am - 8.30pm
Saturday - Sunday	8.00am - 8.00pm

Correct at time of going to print, we reserve the right to amend prices, packages, opening times & facilities at our discretion.

DECLÉOR
PARIS



Flackley Ash Hotel & Restaurant
Peasmarsh, Near Rye, East Sussex, TN31 6YH

Tel: 01797 230651 / 231001

enquiries@flackleyashhotel.co.uk www.flackleyashhotel.co.uk

sustainably designed and printed on recycled paper by evolve40.com

The Beauty Rooms

Flackley Ash
Health & Fitness Club

Balancing Body & Mind



‘Health embraces not just the body, but the mind & spirit as well’

Our friendly, dedicated and highly qualified staff will do their best to ensure that optimum results are achieved from your treatments, and that your visit to the Beauty Rooms will be a relaxing and memorable experience.

DECLÉOR
PARIS

Facial Treatments

DECLÉOR Aroma Expert (1 hr 15) £65.00

Each facial features a concentrate of targeted active ingredients with renowned properties that will fulfill even the most demanding skin. Precision amplified by the specific application of three different massage techniques in one facial! Each Decléor facial begins with a diagnostic back massage. Includes an arm and hand massage.

Purify balancing treatment for oily/combo skin.

Nourish replenishes lost moisture & reinforces the skin's barrier function for dry skin.

Soothe calming treatment to comfort sensitive skin.

Radiance intensive facial rich in Vitamin C, brightens the entire complexion of dull, pigmented skin.

Lift for first visible signs of aging, revitalising treatment restores radiance and softens expression lines.

Excellence £70.00

Combat the advanced signs of aging. Ingredients will restore volume, leaving skin visibly plumped-up and 'de-decreased' skin resculpted.

DECLÉOR Aromaplastie (1 hr) £50.00

Facial for all skin types. This facial is designed to meet all your skin care needs. Essential oils and a 100% natural multi vitamin mask will hydrate, revitalise and re-balance your skin.

DECLÉOR Vital Eyes (15 mins) £18.00

This anti-aging treatment can be added to any of the above Decléor facials to melt away tension, decongest sinus problems, reduce dark circles and smooth fine lines.

Aroma Express (25 mins) £30.00

For a quick 'pick me up' our salon facial cleanses, tones, exfoliates, massages and moisturises. Leaving you feeling refreshed.

Alternative Therapies

Reflexology (45 mins) £55.00

An ancient holistic method of applying pressure to the feet, based on zones that reflect the body image.

Indian Head Massage (45 mins) £55.00

A massage to upper back, arms, scalp and face. Beneficial for headaches, sinusitis, insomnia and stiffness in neck and shoulders. Can be performed through clothes if preferred. (not suitable for pregnant women)

Lymphatic Drainage Massage (55 mins) £60.00

A gentle massage which encourages circulation, therefore improving metabolism, boosting the immune system and reducing swelling.

Hot Stone Massage

Back (35 mins) £45.00

Full body (1 hr 15) £75.00

A massage treatment using warm oil and smooth heated basalt stones, to help detox the body, promote deep relaxation and relieve both mental and physical fatigue.

Hopi Ear Candles (30 mins) £40.00

A specialised treatment that balances the pressure in the ears, forehead and sinuses. Includes a relaxing scalp and face massage.

Massage Therapies

HARMONY MASSAGE

A personalised massage designed to target and loosen your most troubled muscles.

Full Body & Face (1 hr) £55.00

Full Body (50 mins) £50.00

Back (20 mins) £36.00

Head, Neck & Shoulders (30 mins) £40.00

AROMA PURE MASSAGE

Tailored to all your needs, your therapist will customise with powerful essential oils to create total body well-being (not suitable for pregnant women)

Full Body & Face (1 hr) £65.00

Full Body (50 mins) £60.00

Back (20 mins) £45.00

Head, Neck & Shoulders (30 mins) £50.00

MUM TO BE MASSAGE

Full Body (40 mins) £45.00

Back (20 mins) £36.00

Feet (20 mins) £25.00

A safe massage to ease and soothe aching muscles, for total relaxation.

Sports Massage (50 mins) £55.00 (20 mins) £40.00

