

SPA

THE PENINSULA
by
ESPA

At the heart of The Peninsula Spa Chicago lies an urban retreat permeated by indulgence and deep relaxation. A harmonious combination of The Peninsula's legendary service and the world's leading spa company, ESPA, resulting in a lavish and spacious facility, which redefines the Chicago spa experience. Immerse yourself in luxurious treatments for both body and mind.

ESPA has created a collection of advanced treatments for The Peninsula Spa. Therapies uniquely layer European and Asian philosophies for an entirely new, holistic experience. Meanwhile, the ESPA line includes exceptionally natural, high-quality facial products; anti-stressing aromatherapy oils; revitalizing seaweeds and cleansing muds, which achieve outstanding results in skincare, energy, tranquility and balance.

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SPA Holistic Therapies

Back, Face and Scalp Massage with Volcanic Stones
Chakra Balancing with Volcanic Stones

ESPA Specialty Treatments

Anti-Cellulite Hip and Thigh
Deep Cleansing Back Massage
Pre and Post Natal Treatment
ESPA Salt and Oil Exfoliation

ESPA Facial Focus

Skin Brightener Age Defyer
Tri-Active Lifting and Firming
Face and Back Facial

ESPA Intensive Facials

Oil Controller
Instant Brightener
Desensitizer
Skin Rescue
ESPA Men's Purifying Facial, Shoulder and Scalp Massage

ESPA Body Envelopments

Detoxifier
De-stressor
Immune Booster
Jet Lag Eliminator

ESPA Ayurvedic Inspired Rituals

Freedom of life – Life Dance Treatment
Ama Releasing Abhyanga
Dosha Specific Volcanic Stone Herbal Body Mask
Purva Karma – Four Handed Synchronised Massage

ESPA Holistic Body Massage

Aromatherapy
Deep Tissue
Swedish
Thai
Balinese Massage with Volcanic Hot Stones
Reflexology
Couple's Massage

Peninsula Half-Day Spa Journeys

De-stress
Immune Booster
Detox Anti-Cellulite
Bride-To-Be
Mother-To-Be
ESPA for Men
Time Together
Jet Lag

Peninsula Full-Day Spa Journeys

Escape from the City
Detox and Renew
Ayurvedic Experience

Hands and Feet

Holistic Hands and Feet
Deeply Nourishing Manicure
Classic Manicure and Pedicure
French Manicure and Pedicure

Finishing Touches

Waxing
Threading

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ESPA HOLISTIC THERAPIES

A truly personal experience, each holistic treatment is tailored to meet the specific needs of the moment. Cultural echoes of ancient traditions and western practices are linked together to nurture and rebalance the body in times of change, pressure and stress.

Back, Face and Scalp Massage with Volcanic Stones

105 minutes - \$275

This sophisticated yet holistic therapy is an outstanding treatment experience for body and face. It includes a stimulating and deep cleansing back exfoliation, and a deeply intensive back massage using volcanic hot stones and aromatic oils. The personalized ESPA facial then follows, which concludes with a tension relieving therapeutic scalp massage. The result is re-hydrated skin, a cleansed and powerfully massaged back and a sense of deep relaxation.

Chakra Balancing with Volcanic Stones

105 minutes - \$275

Chakra balancing is an intensive total body experience. Skin brushing, exfoliation and an express ESPA facial begin the treatment. Specific placement of volcanic stones on the energy centers and at vital energy points on hands and feet achieve new balance and grounding. A total body massage, with ESPA-blended aromatherapy oils, combines with heat and pressure from the stones to rebalance and re-energize. Tension is lifted with an acupressure head massage to calm and soothe the mind and spirit.

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ESPA SPECIALITY TREATMENTS

These specialty treatments have been designed with specific targets in mind. Pre- and Post-Natal treatment is a luxury indulgence to aid in relaxation during this special time. To address other areas of concern are the Anti-Cellulite Hip and Thigh and the Deep Cleansing Back Massage. The Salt and Oil Exfoliation is an experience that will leave your body refreshed and cleansed with your skin smooth and revitalized.

Pre- and Post-Natal Treatment

90 minutes - \$225

This cherishing body treatment has been carefully designed for pregnant women and nursing mothers to aid in relaxation and improve tonicity of the skin during this very special time. The treatment uses natural calendula-infused oil, muds, creams and advanced massage techniques to safe areas. Indulgent, relaxing and nurturing.

Anti-Cellulite Hip and Thigh

60 minutes - \$150

A specialized treatment to stimulate the circulation and lymphatic systems, concentrating on the hip and thigh areas, which are prone to cellulite, fluid retention and uneven skin texture. After exfoliation, a vigorous detoxifying massage follows, as well as application of warm marine algae. Reflex pressure points on the feet are activated, and lymphatic drainage massage is undertaken to the eye area, gently helping to reduce puffiness and dark circles.

Deep Cleansing Back Massage

60 minutes - \$150

The back retains tension absorbed from stress in head, shoulders, neck and spine. This area is deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal, then calmed and relaxed with a luxurious aromatherapy massage and body mask. A quick, complete life-saver and ideal for problematic skin.

ESPA Salt and Oil Exfoliation

30 minutes - \$75

Carefully blended sea salts and essential oils have been combined to help remove dead skin cells. In addition to exfoliating, the oils will be slowly absorbed to help restore lost vitality and protect against dryness. Excellent to prepare the skin for an ESPA Body Massage or to be combined with an ESPA Intensive Facial.

Choose from the following blends:

- | | |
|---------------------|---|
| Relaxing | The blend of sea salt with essentials oils of rosemary, clove and cinnamon warm and smooth the skin. |
| Invigorating | Menthol, Grapefruit, Lavender and Lime extracts are used to create a cooling sensation that revitalizes and refreshes the skin. |
| Detoxifying | Nourishing mineral sea salts and essential oils including Grapefruit, eucalyptus and Cyprus purify, boost circulation and combat the effects of toxins. |

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ESPA FACIAL FOCUS

Stress, anxiety, pressures of daily life and pollution are visibly reflected in the condition of the skin. These specialized treatments take facials beyond cleansing, toning and moisturizing, bringing in progressive manual facial massage, connective energy and holistic de-stressing. A detailed ESPA skin analysis is conducted using advanced techniques and a highly trained professional to detect the extent of premature ageing or sun damage, often not visible to the naked-eye. Totally tension relieving, the result is clear, natural healthy skin that is rejuvenated, refreshed and renewed.

Skin Brightener Age Defyer

90 minutes - \$245

City pollution, environmental stress, travel, business pressures or lack of sleep results in dull, lifeless skin. Face, neck and décolleté benefit from multiple skin cleansing, exfoliating, the ESPA intensive eye treatment and a stress defying, shiatsu pressure point facial massage. A deeply hydrating face mask is combined with ESPA Skin Brightener, rich in Hawaiian algae, to smooth and brighten; cell boosting wild sea fennel and a botanical cocktail of mulberry, bearberry, and grapefruit help resolve irregular pigmentation and uneven skin tone. Combined with rich anti-oxidants, this facial helps minimize fine lines, counteract the effects of flying and leaves the skin visibly bright and illuminated, hydrated and vibrant.

Tri-Active Lifting and Firming

90 minutes - \$245

ESPA Advanced Concept is a collection of natural skin care products formulated specifically for their anti-aging, lifting and firming benefits. Rich in Vitamin C, green tea and sea lettuce, ingredients well-known for their anti-oxidant properties, this anti-ageing facial is perfect for mature, dehydrated and stressed skins, suffering from loss of tonicity and lacking firmness.

This facial is aimed at releasing energy blocks and easing the facial tensions that cause and emphasize lines and wrinkles. Uniquely combining these powerful anti-aging products with sophisticated hands-on connective energy, this facial massage results in improved circulation, and a significant reduction in mental and physical tension. With greatly improved skin tonicity and elasticity, lines are reduced and the appearance of the skin is visibly firmer, smoother and younger looking.

Face and Back Facial

90 minutes - \$245

This facial is specifically prescribed to personally suit your skin's condition and needs. A truly holistic facial, this treatment uses scientifically advanced natural products rich in essential oils, plant extracts and mud and includes a deeply relaxing, therapeutic cleanse, exfoliation and mask for the back and shoulders.

This exceptional facial treatment includes double cleansing, exfoliating, massaging with deeply nourishing facial oils, and the application of an intensive face treatment mask. Whilst the face mask is taking effect, the therapeutic head massage takes place to help clear the mind, calm the spirit and ease tension.

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ESPA INTENSIVE FACIALS

Designed to naturally improve the condition of the skin and enhance its appearance, each intensive facial includes a comprehensive skin analysis, specialized triple cleansing techniques, gentle exfoliation, acupressure facial massage, an intensive facemask and hydration or moisturization. Skin analysis will be given by experienced therapists to determine the ideal facial for each skin type.

Oil Controller

60 minutes - \$160

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance.

This deep cleansing, oil-controlling facial helps to regulate oil secretions while refining open pores. Essential oils of tea tree and white thyme, naturally decongesting and anti-inflammatory, are used to clear and calm the skin.

Instant Brightener

60 minutes - \$160

Pollution damaged skin, lack of sleep and stress can leave you with dull, lifeless, sallow skin.

This facial includes a special application of Skin Brightener, with meadowstreet, rich in natural AHAs and BHAs to smooth and brighten the skin and give a natural bloom. Suitable for all skin types, repeat regularly for maximum effect.

Desensitizer

60 minutes - \$160

A gentle facial for sensitive, fragile skin prone to redness and irritation.

Soothing, desensitizing, natural plant extracts and aromatherapy oils are used to gently cleanse, nourish and hydrate fragile skin, helping to reduce sensitivity and minimize redness.

Skin Rescue

60 minutes - \$160

A regenerating boost for dry, dehydrated, flaky skin requiring moisture and hydration.

Gentle cleansing, soft exfoliation and specialized facial oils and creams with Botanical Rescue are specifically used for their deeply re-hydrating, soothing and healing properties. Perfect after long haul flights.

Men's Purifying Facial, Shoulder and Scalp Massage

60 minutes - \$160

This Purifying, balancing and hydrating facial includes triple cleansing and steaming warm towels to soothe and aid drainage, helping prevent blocked pores and remove impurities. Following the relaxing Acupressure face massage, a deep shoulder and scalp massage is performed using conditioning hair and scalp mud combined with ESPA Body Oil to release tight muscles and tension.

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ESPA BODY ENVELOPMENTS

Awaken your senses and regain a sense of balance by choosing a body envelopment that suits your needs. Lymphatic skin brushing, body exfoliation and full-body application of specific aromatherapy oils is performed before the complete envelopment of Algae, Marine Mud or Oshadi Clay. Ultimate tranquillity is achieved with a mind-calming acupressure head massage.

ESPA Detoxifier

60 minutes - \$155

The Detoxifier helps improve circulation, speeding up the elimination of toxins and excess fluid, and helps minimizing the dimpled appearance of cellulite.

ESPA Destressor

60 minutes - \$155

Stress comes in many forms, but comfort, warmth and a tension-relieving wrap will restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

ESPA Immune Booster

60 minutes - \$155

Perfect to help combat the effects of environmental pollution, air travel and congested city life. An excellent system balancer before sleeping. Ideal when natural resistance is low.

ESPA Jet Lag Eliminator

60 minutes - \$155

When long haul travel leaves you not knowing what time of day it is, this wrap uses powerful aromatherapy oils to either soothe and relax ready for sleep, or revitalize and energize leaving the mind clear and fresh to enjoy the day.

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ESPA AYURVEDIC INSPIRED RITUALS

A series of restorative, advanced treatments inspired by ancient Ayurvedic philosophies and combined with western techniques. Each treatment is a totally caring, personalized individual experience focused on achieving the ultimate in relaxation and restoring your sense of well-being.

Freedom of Life – Life Dance Treatment

2 hours - \$300

This Peninsula Treatment Ceremony is unique and powerful massage with vigorous, free-flowing joint release techniques, which replaces stressful tension with immense calm and tranquility.

The skin softening body scrub and cleansing facial with mind-clearing head massage lead into body-stretching polarity balancing. Body rocking and rotational movements ground and centre the body and mind as the powerful shiatsu-inspired massage with hot stones and warm ESPA body oils distresses and calms. Experience the release of new energy, greater freedom of movements and emotional empowering of your inner soul.

Ama Releasing Abyanga

2 hours - \$300

The ancient wisdoms of Ayurveda bring inspiration to the body and spirit while balancing the elements and clearing the chakras.

A total body scrub stimulates and exfoliates before the gentle, hydrating facial cleanses and soothes the skin. The Ayurvedic marma point massage uses a warm infusion of oils and herbs as pressure is applied to the vital energy centres to help with the elimination of toxins and negative energy. This ceremony concludes with a mind-clearing head massage, or Shirodhara, as oil is poured onto the third eye and through the scalp. Achieve ultimate tranquility and prepare to face the world completely restored.

Purva Karma – Four Handed Synchronised Massage

2 hours - \$450

Paradise is achieved with an advanced combination of multiple stretching and rolling movements and long deep strokes using ESPA body oils enriched with Ayurvedic herbal concentrates, Bhringaraji, Ashwaganda, or Brahmi.

Polarity balancing movements ground and distress and the mind switches off as two therapists work in synchronised harmony. Mentally cleansing and nurturing, this treatment in tension release to achieve mental and spiritual bliss.

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Dosha Specific Volcanic Stone and Herbal Body Mask

2 hours - \$275

- **Pitta Pacifier**

In a state of high Pitta, stressed minds and bodies may be overactive and agitated and will benefit from soothing, cooling and calming. Exotic ESPA body oils, Bhringaraj herbal concentrate and restorative plant extracts such as palmarosa and myrrh bring calm to agitated minds, reduce muscular tension, and cool and soothe the skin.

- **Kapha Stimulator**

In a state of Kapha the skin may be dull or oily; there is a tendency towards puffiness and weight gain and a negative reaction to humidity and dampness. Balance is retrieved through purifications and stimulation to improve energizing circulation of the body. ESPA detoxifying body oils are blended with Ashwaganda, an Indian herbal concentrate and marine algae to clarify the skin, stimulate the circulation and mind and warm the body.

- **Vata Comforter**

Dry skin, anxiety, hyper-activity and coldness are present when Vata is out of balance. The Vata personality seeks warmth, nourishment, hydration, comfort and healing. Oshadi clay, marine muds and warming oils are blended with Brahmi, a concentrate of ancient Indian herbs, to restore balance to the rational mind, peace to chronically stressed bodies and comfort the skin.

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ESPA HOLISTIC BODY MASSAGE

Choose from our luxurious selection of holistic massages. Therapists will ensure that you receive a personalized treatment to suit your individual and specific needs.

Aromatherapy

60/90 minutes - \$155/\$230

- **Detoxifier** – Detoxifying body oil is a cleansing blend of citrus oils, which has natural diuretic properties to flush away toxins.
- **Destressor** – Specifically blended soothing aromatherapy oils which have relaxing and calming properties to destress.
- **Jet-Lag Eliminator** – Rebalance your energy level by lifting your spirits with energizing oil or relax into untroubled sleep with soothing oil.
- **Immune Booster** – A powerful blend of tea tree and eucalyptus oils, well known for their natural anti-viral, anti-bacterial and soothing properties.

Deep Tissue

60/90 minutes - \$165/\$245

This sophisticated massage combines Aromatherapy oils with a selection of advanced massage techniques, and the optional use of hot stones on problem areas, to achieve a truly effective deep tissue massage. Ideal for experienced massage guests who suffer from deep seated tension.

Swedish

60/90 minutes - \$155/\$230

A truly traditional massage with regulated pressure, excellent for releasing knots and tensions in the body. Stimulating, long, strong movements effectively ease a tired aching back and limbs.

Thai

60/90 minutes - \$175/\$260

Thai massage follows ancient traditions which have been handed down through the generations. Unusual movements stretch and fold the body as the therapist's hands, elbows and feet are used to massage pressure points to open the flow of energy, elongate the muscles and release deep-seated tension. The result is an improved sense of well-being and flexibility.

Balinese Massage with Volcanic Hot Stones

90 minutes - \$245

Warm aromatherapy oils are poured onto the center of the body and massaged into the skin using long, stretching sweeping movements for deep relaxation. A sophisticated, soothing and indulgent massage.

Reflexology

60 minutes - \$155

An ancient Chinese technique that is extremely relaxing and excellent at relieving stress, the application of pressure to reflex points on the feet restores the flow of energy throughout the body and is said to stimulate the body's own healing mechanisms.

Couple's Massage

60/90 minutes - \$310/\$460

Relax together and choose from either an Aromatherapy or Swedish Massage in our exclusive couple's suite.

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HALF DAY SPA JOURNEYS

2 Hours of Treatment Time

Our selection of Half-Day Spa Journeys presents an array of two-hour spa experiences suited to meet your specific needs. Choose from one of our seven offerings to relax and rejuvenate mind and body.

De-stress **2 hours - \$300**

ESPA De-stress massage with oils of ylang-ylang and frankincense, and a skin-specific intensive facial.

Immune Booster **2 hours - \$300**

Immune booster wrap and immune boosting full body massage.

Detox Anti-Cellulite **2 hours - \$300**

Anti-cellulite hip and thigh treatment and detoxifying full body massage, with citrus-rich oils.

Bride-To-Be **2 hours - \$300**

Prepare for your special day with a skin-enhancing full-body exfoliation and deep cleansing Face and Back Facial to ease away pre-wedding tension and restore skin's natural radiance.

Mother-To-Be **2 hours - \$300**

ESPA pre-natal treatment and Express Facial Treatments, specifically designed for this very special time in your life.

ESPA for Men **2 hours - \$300**

This Spa experience combines an Aromatherapy De-stress or Full Body Massage and a Men's Express Purifying Facial with a shoulder and scalp massage.

Time Together **2 hours - \$600**

This program includes a full body exfoliation and soothing aromatherapy body massage for two in a private spa suite.

Jet Lag **2 hours - \$300**

Designed to be uplifting to revitalise mind and body or soothing for a good night's sleep, this programme includes our specific Jet Lag Wrap and Jet Lag Full Body Massage.

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ESPA FULL-DAY SPA JOURNEYS

4 Hours of Treatment Time

All Peninsula Full-Day Spa Journeys include use of the fitness facilities, swimming pool and lunch featuring "Naturally Peninsula" light and healthy cuisine. You are encouraged to arrive at the Spa 30 minutes prior to your treatment time in order to make use of all the Spa facilities, including the steam room and relaxation lounges.

Escape from the City

4 hours - \$505

- Instant Brightener Facial
- ESPA De-stressor Body Massage with ESPA De-Stress Body Wrap
- Classic Manicure

This tension-releasing wrap and massage combination will bring deep relaxation to body and spirit while the ESPA Instant Brightener Facial revitalizes your complexion. Your choice of a Classic Manicure completes the experience.

Ayurvedic Experience

4 hours - \$555

- Volcanic Stones and Herbal Body Mask (Dosha specific)
- Advanced Lifting and Firming Facial
- Classic Manicure

The Dosha specific ceremonies combine ESPA Oils and herbal blends with sophisticated volcanic hot stone body massage. Cool marine stones used on the forehead and scalp refresh and tone the skin, while the wrap restores equilibrium to body and mind. An Advanced Lifting and Firming Facial promotes a visibly firmer, smoother and glowing skin. A Classic Manicure completes this experience.

Detox and Renew

4 hours - \$580

- Detoxifying Full Body Wrap
- Anti-Cellulite Hip and Thigh Treatment
- Back, Face and Scalp Massage with Hot Volcanic Stones

Specific deep tissue and lymphatic drainage massage techniques concentrating on the hip and thigh area combine with ESPA Detoxifying Body Oil and the purifying properties of marine algae, to stimulate circulation and flush away toxins from the body.

United with the sophisticated yet holistic Back, Face and Scalp treatment, this Journey is an outstanding experience for body and face.

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HANDS AND FEET

ESPA Holistic Hands

60 minutes - \$80

A holistic arm, hand and nail treatment including a gentle skin refiner and a therapeutic massage incorporating hot stone therapy with the appropriate aromatherapy massage oil, chosen for your individual needs. Hands and nails are dipped in a warm envelopment of paraffin wax to nourish and condition and wrapped in warm mitts. Polish application optional.

ESPA Holistic Feet

75 minutes - \$100

A holistic foot and nail treatment including gentle skin softening exfoliation, and a relaxing acupressure point massage with the appropriate aromatherapy massage oil prescribed for your individual needs. The feet are then enveloped in warm paraffin wax to deeply nourish and condition the skin, leaving the feet soft and smooth. Polish application optional.

ESPA Deeply Nourishing Manicure

45 minutes - \$65

This luxurious treatment includes a deep cleanse and exfoliation followed by warm soak in a blend of ESPA's Mineral Sea Salts and Restorative Bath Oil. Hands are soothed in an envelopment of Deeply Nourishing Body Cream, finishing with a relaxing application of white clay. Polish application optional.

Classic Manicure - \$35

Polish Change - \$20

French Manicure - \$45

Classic Pedicure - \$75

French Pedicure - \$85

FINISHING TOUCHES

Waxing includes skin brushing to prepare the skin and a soothing, cooling balm to finish. Choose from:

- Full Leg 60 minutes - \$75
- Full Leg and Bikini 90 minutes - \$125
- Half Leg 30 minutes - \$50
- Bikini 30 minutes - \$50 and up
- Underarm 15 minutes - \$35
- Lip or Chin 15 minutes - \$30
- Eyebrow Shape 15 minutes - \$35
- Back 60 minutes - \$100

Threading also available upon request for specific areas. Please inquire at spa reception.

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Opening Hours

Spa Services

Monday to Friday 8:00am to 9:30pm
Saturday 7am to 9:30pm
Sunday 7am to 7:30pm

Pool and Fitness

Monday to Friday 5:30am to 10:00pm
Saturday 6:30am to 10:00pm
Sunday 6:30am to 8:00pm

Holiday hours may vary.

Arrival Time

You are encouraged to arrive 30 minutes prior to your appointment to enjoy the exclusive facilities at the Spa. Please understand that late arrivals may result in a reduction of treatment time.

Spa Treatments

The specialized ESPA treatments care for your every need, ranging from advanced facials to hot stone therapy; from essential body massage and envelopments to Full-Day Spa Journeys.

Treatments include the use of the Spa facilities, including the steam room and relaxation lounges.

Scheduling an Appointment

To schedule an appointment for the perfect treatment, please speak with our Spa reception team who will guide you to the right choice. From outside the hotel, please call **312-573-6860**. To ensure your preferred time and service are available, we recommend advanced booking.

Spa Etiquette

Our spa environment is one of relaxation and tranquility. Please respect all Spa guests' right to privacy and serenity. In light of this, the Spa is a mobile phone, pager and smoke free zone.

We would like to invite hotel guests to arrive at the Spa wearing the robe and slippers provided in room.

The spa will provide towels, slippers, shower caps and all amenities required for use during your visit.

A minimum age of 18 is required for access within the Spa and for treatments, with the exception of facials (minimum age of 16 is required) and nail services (no age minimum, but children under the age of 16 must be accompanied by an adult).

Health Conditions

Kindly advise us of any health conditions, allergies or injuries which could affect your service when making your Spa reservation.

Pregnancy

We have specially designed treatments for expectant women and nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

Cancellation Policy

Cancellation within 6 hours will incur a 100% charge. Parties of four or more will incur a 50% charge if cancelled within 48 hours and 100% within 24 hours.

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Gift Certificates

Gift certificates are available – an ideal present for someone special. Please contact the Spa for details.

Homecare

To continue your Spa regime and experience at home, all ESPA products used in the treatments are available for purchase from the Spa Reception.

Prices

All prices are quoted in US dollars and are subject to change without prior notice.