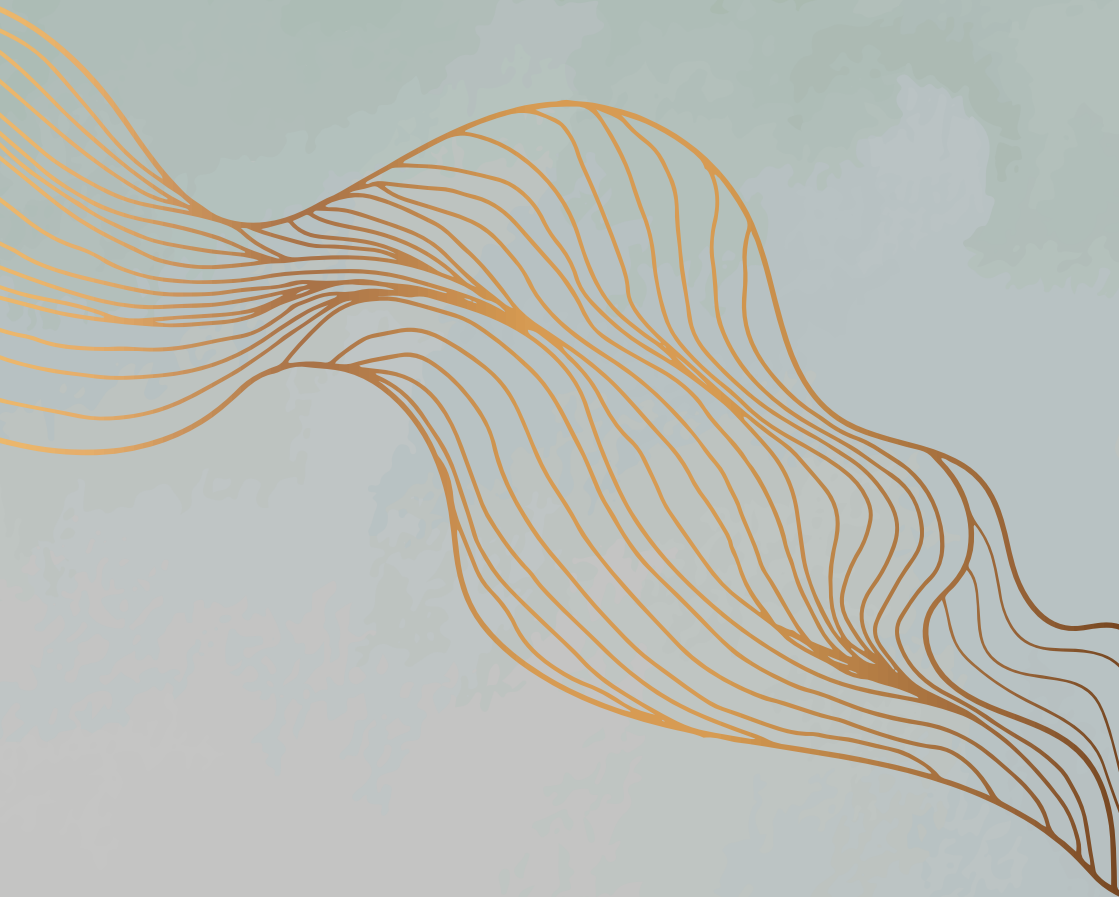


# ESYA

RETALLACK SPA HEALTH CLUB



ESYA, Winnards Perch, St Columb Major, TR9 6DE  
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# Facial Treatments

Take time for yourself and let your stresses melt away.

## Rose Expert Touch Renew Facial

30 mins – £46.00 | 60 mins – £80.00

Hydrate · Soothe · Glow

Breathe in the delicate aroma of English roses during this beautifully calming facial. Designed to replenish and soothe sensitive or stressed skin, this rejuvenating treatment features rose-infused skincare and gentle sculpting techniques to leave your skin nourished, lifted, and radiant.

## Expert Touch Renew Facial

30 mins – £46.00 | 60 mins – £80.00

Hydrate · Lift · Firm

Rediscover skin vitality with our signature Renew Facial. Tailored to boost hydration and elasticity, this hands-on treatment blends high-performance active ingredients with expertly applied massage to visibly firm and smooth fine lines. Expect a fresher, more lifted complexion after just one session.

## Expert Touch Nourish Facial

30 mins – £46.00 | 60 mins – £80

Replenish · Restore · Glow

Ideal for dry, depleted, or delicate skin, our Nourish Facial delivers an intense surge of moisture using nutrient-rich oils and a deep triple-cleanse. Skin is left feeling comforted, rebalanced, and visibly renewed with a healthy, luminous glow.

## Expert Touch Define Facial

30 mins – £56.00 | 75 mins – £102.00

Sculpt · Firm · Revitalise

Elevate your skincare experience with our Define Facial—crafted to contour and energise the skin. This results-driven treatment features advanced massage techniques and intelligent skincare to lift, define, and visibly firm. Perfect for enhancing facial definition and restoring youthful vitality.

# Massage Treatments

Relax the body. Restore the mind. Revive the senses.

From soothing aromatherapy to powerful deep tissue techniques, each massage is tailored to ease tension, improve circulation, and promote holistic wellbeing. Choose the perfect style and duration for your body's needs.

## Swedish Massage

Ease tension with traditional techniques

*Back Massage – 30 mins · £46.00*

A classic treatment focused on relaxation and improved circulation using long, flowing strokes.

*Full Body Massage –*

*60 mins · £78.00 | 75 mins · £88.00*

Unwind from head to toe with this deeply relaxing full-body massage, ideal for relieving everyday stress.

## Hot Stone Back Massage

Deep warmth for deep relief

*30 mins · £50.00*

Heated volcanic stones melt away tension and muscle stiffness in this restorative back treatment.

## Elemis Deep Tissue Massage

Targeted pressure for lasting results

*Back or Legs – 30 mins · £50.00*

Perfect for tight areas, this focused massage releases built-up tension using firm, therapeutic strokes.

*Full Body –*

*60 mins · £85.00 | 75 mins · £95.00*

A powerful massage designed to alleviate deep-seated muscle discomfort, improve mobility, and restore body alignment.

## Aromatherapy Massage

Soothing scents, holistic healing

*Back Massage – 30 mins · £50.00*

A calming back massage using essential oils chosen to relax, energise, or balance.

*Full Body Massage –*

*60 mins · £85.00 | 75 mins · £95.00*

Gentle, flowing movements combine with your choice of essential oil blend to promote emotional and physical wellbeing.

## Indian Head Massage

Ancient techniques for modern stress

*45 mins · £52.00*

A deeply calming treatment focusing on the scalp, face, neck, and shoulders to relieve stress, tension headaches, and mental fatigue.

## Elemis Peaceful Pregnancy Massage

Nurturing touch for mother and baby

*60 mins · £78.00*

A gentle, specialist massage tailored to support the unique needs of pregnancy. Helps relieve lower back tension, ease swollen limbs, and promote deep relaxation.







## Body Therapy

**Indulge in treatments that nourish skin, restore balance, and elevate wellbeing.**

Whether you're looking to deeply hydrate the body, ground your energy, or enjoy a beautifully blended experience, our body therapies are designed to deliver both physical and emotional renewal.

### **Elemis Frangipani Full Body Wrap**

*45 mins · £52.00*

Hydrate · Smooth · Indulge

Drift into deep relaxation as your body is enveloped in warm Frangipani Monoi oil and cocooned in soft linens. This intensely nourishing wrap restores softness, quenches dry skin, and leaves a lingering exotic fragrance.

### **Reflexology**

*45 mins · £55.00*

Balance · Heal · Ground

This holistic therapy works on reflex points in the feet that correspond to different areas of the body. By gently stimulating these zones, reflexology promotes internal balance, improves energy flow, and supports overall wellbeing.

### **Swedish Back Massage & Elemis Taster Facial**

*60 mins · £78.00*

Unwind · Rebalance · Refresh

The perfect duo for those short on time but in need of full relaxation. A tension-releasing Swedish back massage is followed by a targeted Elemis taster facial to refresh and revive your skin.

## Signature Treatments



### **ESYA Serenity Ritual**

*60 mins · £75*

Begin with a grounding foot massage before your skin is polished with a gentle body brush and back exfoliation. A nourishing full-body moisturisation follows, finishing with a tension-releasing scalp massage. This ritual leaves you feeling soft, soothed, and completely restored.

### **ESYA Harmony Ritual**

*30 mins · £50*

A condensed version of our signature experience, ideal for those short on time. Includes a revitalising foot massage, back brushing, and hydration, complemented by a light back massage and a calming scalp massage. Perfect for a midday reset or a pre-event pick-me-up.

### **ESYA Sports Recovery Ritual**

*60 mins · £85*

Ideal for active individuals, this energising treatment begins with a body brush to exfoliate and stimulate circulation, awakening your skin and prepping it for deep muscle relief. A focused deep tissue back massage follows, targeting key areas of tension and tightness to release muscle stiffness and promote relaxation. The treatment continues with a soothing foot and leg massage, easing soreness and improving flexibility. Finally, a moisturising treatment leaves your skin hydrated and refreshed, completing this rejuvenating ritual for the back of the body.

# Waxing & Tinting

## For smooth, defined, and beautifully enhanced features.

We offer a range of professional waxing and tinting services designed to enhance your natural beauty. A patch test is required at least 24 hours prior to all tinting services to ensure optimal results and safety.



### Wax Treatments

#### *Brow Wax – £12*

Shape and define your brows with precision for a polished and natural look.

#### *Lip Wax – £12*

Remove unwanted hair from the lip area for a smooth and flawless finish.

#### *Chin Wax – £12*

Say goodbye to unwanted chin hair with this gentle, effective waxing treatment.

#### *Underarm Wax – £15*

Enjoy smooth underarms with a quick, effective wax that lasts longer than shaving.

#### *Lip and Chin Wax – £20*

A combined treatment for hair removal from both the lip and chin, leaving you soft and smooth.

### Tinting Treatments

#### *Brow Tint – £10*

Enhance your natural brow colour and definition for a fuller, more polished look.

#### *Eyelash Tint – £15*

Darken and define your lashes for a fuller, more dramatic look that lasts.

### Combo Treatments

#### *Brow Combo – £18*

Includes brow wax and brow tint for the perfect frame for your face.

#### *Lash and Brow Combo – £25*

This ultimate combo includes a brow wax, brow tint, and eyelash tint, giving you perfectly defined eyes with minimal upkeep.

# Hands & Feet

#### *15 min File and Paint (Hands) – £20*

A quick yet effective treatment for neatly filed nails, followed by a fresh coat of polish to brighten up your hands.

#### *30 min Speedy Manicure – £30*

A fast and efficient manicure that includes filing, cuticle care, and a perfect polish finish.

#### *45 min Manicure – £35*

A more thorough treatment with filing, cuticle care, a moisturising treatment, and a polished finish, leaving your hands feeling refreshed and rejuvenated.

#### *1 Hour Luxury Manicure – £40*

The ultimate indulgence. Enjoy a relaxing hand massage, exfoliation, cuticle care, and a fresh polish for beautifully soft, nourished hands.

#### *15 min File and Paint (Feet) – £20*

A quick and simple treatment to tidy up your toenails with filing and a fresh coat of polish.

#### *30 min Speedy Pedicure – £30*

A quick yet effective pedicure that includes filing, cuticle care, a perfect polish, and optional hard skin removal to ensure your feet are smooth and refreshed.

#### *60 min Pedicure – £40*

A full pedicure treatment that includes filing, cuticle care, a relaxing foot massage, hard skin removal to leave your feet soft and smooth and a fresh coat of polish.

#### *75 min Luxury Pedicure – £45*

The ultimate pedicure experience, featuring exfoliation, cuticle care, a relaxing foot massage, hard skin removal and a fresh coat of polish.

#### *30 Min Gel Removal – £10*

This service includes the gentle removal of your gel polish using a soak-off technique to ensure your natural nails remain healthy.

**Add Gel Polish To Any Booking  
For An Additional £10**



We do not offer removal of BIAB, extensions, acrylic, or builder gel. If these types of enhancements are present, we reserve the right to refuse treatment or suggest alternative options.



To book your appointment, pop in or call 01637 882 400,  
email [retallackguestservices@awayresorts.co.uk](mailto:retallackguestservices@awayresorts.co.uk) or book  
online using the QR code below.



Terms & Conditions : 18 Years & Over - Adults only spa.  
Prepayment must be taken to secure your appointment.

Please be aware that we operate a 48 hour cancellation policy in our spa.  
Treatments cancelled within this period will not be refunded.

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