



Elan Spa

At THE MOUNT SOMERSET

Treatments at Elan Spa

An atmosphere of complete calm and serenity.

With simple polished plaster walls, and a sparkling tiled mosaic floor, The Spa at The Mount Somerset is an exclusive corner of peace and tranquillity with echoes of a traditional Hamman bath house.

Please note - treatment time shown includes consultation and prescription with the therapist.
Cancellation Policy: Less than 48 hours' notice will result in full payment of treatments

ESPA FACIALS

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

	Mon-Thu	Fri-Sun
EXPRESS FACIAL AND BACK NECK & SHOULDER MASSAGE - 55minutes	£75	£85

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with ESPA Body Oil to suit your needs. Followed by a personalised express facial, this treatment will leave you totally relaxed and rejuvenated.

LIFESTAGE FACIAL - 55 minutes	£75	£85
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A targeted and rejuvenating facial for maturing skin to address the most visible signs of ageing, specifically focusing on eyes, neck, lips and jaw line.

Incorporating special age-defying massage techniques and the technologically advanced LIFESTAGE product range, this luxurious facial will minimise wrinkles, immediately improve hydration levels whilst helping to reduce the appearance of pigmentation, large pores and redness. A mask will also be applied to firm and stimulate elasticity leaving the skin revitalised and radiant.

	Mon-Thu	Fri-Sun
<p>AGE-DEFYER FACIAL - 55 minutes</p> <p>A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing.</p> <p>This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.</p>	£70	£80
<p>SKIN RADIANCE - 55 minutes</p> <p>This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.</p> <p>A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.</p>	£65	£75
<p>RE- HYDRATOR FACIAL - 55 minutes</p> <p>An intensive and regenerating facial for dehydrated skin leaving it supple and nourished.</p> <p>Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.</p>	£65	£75
<p>DE-SENSITISER FACIAL - 55 minutes</p> <p>A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.</p> <p>De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.</p>	£65	£75
<p>SKIN PURIFYING FACIAL - 55 minutes</p> <p>Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.</p> <p>This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.</p>	£65	£75
<p>LIFT & FIRM EYE TREATMENT - 25 minutes</p> <p>Perfect for those who are concerned with the first signs of ageing around the eyes.</p> <p>An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.</p>	£40	£50
<p>PERSONALISED EXPRESS FACIAL - 25 minutes</p> <p>Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.</p>	£40	£50

ESPA BODY TREATMENTS

We offer a huge range of solution led ESPA body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

	Mon-Thu	Fri-Sun
BACK, FACE & SCALP TREATMENT - 85 minutes	£95	£105
Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone. Includes: <i>Back exfoliation and back massage – personalised facial – scalp massage</i>		
AROMATHERAPY MASSAGE - 55 minutes	£75	£85
ESPA aromatherapy massage is professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner. Includes: <i>Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage</i>		
SHOULDER, NECK AND SCALP MASSAGE - 25 minutes	£45	£55
This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs.		
BACK, NECK AND SHOULDER MASSAGE - 25 minutes	£45	£55
This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs.		
ESPA HOT STONE MASSAGE		
75 minutes <i>Hot Stone Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage</i>	£89	£99
40 minutes <i>Hot Stone Aromatherapy massage to back</i>	£60	£70
A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.		
INVIGORATING FOOT TREATMENT - 25 minutes	£40	£50
This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.		
SALT & OIL SCRUB - 25 minutes	£40	£50
This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.		

ESPA FOR MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

	Mon-Thu	Fri-Sun
AROMATHERAPY MASSAGE - 55 minutes	£75	£85

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils.

A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Includes:

Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner

MENS SHOULDER, NECK AND FACE MASSAGE - 55 minutes	£65	£75
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Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to

experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a

tailored solution to your skin's needs. Includes: *Double cleanse – exfoliation – face massage – mask – scalp massage*

DEEP CLEANSING BACK TREATMENT - 40 minutes	£50	£60
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A deep cleansing anti stress back ritual which includes a back scrub and detoxifying mud wrap. Finished with a relaxing application of rich nourishing cream.

EXPRESS HAND AND NAIL OR FOOT TIDY - 25 minutes	£30	£40
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MEN'S WAXING

Back	From £20
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Chest and Abdomen	From £20
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Eyebrow Shape	From £8
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HAND & FOOT COLLECTION

EXPRESS MANICURE OR PEDICURE inc. mini nail polish - 25 Minutes	£35
SOMERSET SIGNATURE MANICURE inc. mini nail polish, nail soak, cuticle work and massage - 40 Minutes	£45
SOMERSET SIGNATURE PEDICURE inc. mini nail polish, foot soak, scrub and foot massage - 40 Minutes	£45

Upgrade your manicure or pedicure to a 'Luxury Thermal'

'LUXURY THERMAL' MANICURE – includes hand exfoliation, mask and thermal mitts - extra 15 minutes	£10
'LUXURY THERMAL' PEDICURE – includes foot mask and thermal booties - extra 15 minutes	£10

EYES

Eyelash Tint	£19.50
Eyebrow Tint	£10.50
Eyelash and Brow Tint	£24.50
Eyebrow Wax and Tint	£17.50
Eyelash and Brow Tint plus wax	£26.00

WAXING

This delicate wax treatment is ideal for sensitive skin types.

Eyebrow shape/wax /lip or chin wax	From £9.50
Underarm	From £14.50
Half leg	From £20
Full leg	From £30
Add a bikini wax to any leg wax	From £9
Traditional Bikini line	From £14.50

Please note a patch test is required 24 hours prior to treatments