

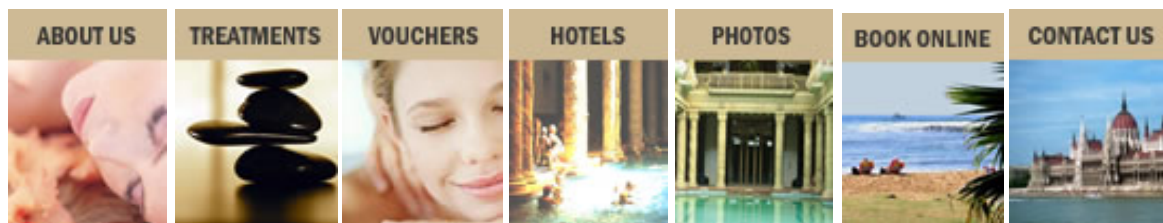


AM SPA

Treatments and
Price Guide

To Book Tel: 01273 386330 0795 7819052 or visit
www.relaxandpamper.co.uk

AM SPA The Ultimate Luxury Treatment Guide



Working with Nature.... Relaxandpamper.co.uk



Spa reception Hungry

Treatment Rooms Brighton

- Pamper Club
- Exclusive Hen Parties
- Hen Parties Corporate Gifts
- Christmas Presents
- Birthdays
- Celebrations & Anniversaries
- Events & Party Organisers
- Vouchers & Prizes

FACIAL THERAPIES

Am Spa Resurfacing Facial

Clinically proven after just one treatment: Up to 75% resurfacing and up to 32% increased skin smoothness.

Designed to target visible results by addressing:

Acne and superficial facial scarring: Resulting in uneven texture of the skins surface.

Fine lines and wrinkles: Resulting from ageing, sun exposure and lifestyle factors including stress, nutrition, alcohol consumption and smoking.

Uneven pigmentation, such as blotchiness or brown spots:

Can occur with age, or as a result of birth control pills, pregnancy or genetic factors.

60 mins

£80.00

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Am Spa Age Zone Treatment

This intensive treatment for the eyes, lips, neck or hands, helps to slow down the signs of premature ageing, giving immediate results to those **'age-sensitive zones'**.

Choose two of the following:

HydraEye Intensif: patented Anti-Oxidants target the visible signs of ageing, effectively softening the appearance of fine lines, dark circles and puffiness.

HydraLip Intensif: helps to boost collagen production, plumping out and enhancing the lip contour, whilst smoothing away fine lines. Excellent for treating the appearance of 'bleeding lips' or damage derived from smoking.

HydraNeck Intensif: the power of Caviar extracts help to lift, firm and rehydrate the delicate skin of the neck and décolleté. especially effective where sun damage has left the neck area crepey and lacking radiance.

HydraHand Intensif: dermatologically approved Glycolic products help resurface the skin and reduce age spots. A superb treatment for the effective re-moisturisation of dry, or chapped hands.

25 minutes

£37.00

Am Spa Hydralift Facial

An anti-ageing treatment to offer fast and dramatic results. Combining the effects of micro currents and high frequency this treatment transports active ingredients down deep into the skin, whilst boosting vital oxygen supply to give new cells a boost ensuring a healthier, plumper structure. Suitable for even the most sensitive skin.

1 hr 15 mins

£68.00

Am Spa Hydralift Super Intensif Facial

This 'Super Facial' combines the dramatic and immediate results of the Am Spa Hydralift Facial with the addition of the following four age zone treatments:

HydraEye Intensif

HydraLip Intensif

HydraNeck Intensif

HydraHand Intensif

1hr 30 min

£104.00

Am Spa New York Peel

This uses safe, dermatologically approved Glycolic skin renewing formulations. The ingredients in the Glycolic range are renowned for their ability to improve the appearance of sun damage, blemishes and scarring.

25 min

£47.00

Am Spa New York Peel Super Intensif

This 'Super' facial combines the dramatic and immediate results of the Am Spa New York Peel Facial with the added benefit of the following Age Zone Treatments:

HydraEye Intensif: patented Anti-Oxidants target the visible signs of ageing, effectively softening the appearance of fine lines, dark circles and puffiness.

HydraLip Intensif: helps to boost collagen production, plumping out and enhancing the lip contour, whilst smoothing away fine lines. Excellent for treating the appearance of 'bleeding lips' or damage derived from smoking.

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HydraNeck Intensif: the power of Caviar extracts help to lift, firm and rehydrate the delicate skin of the neck and décolleté . Especially effective where sun damage has left the neck area crepey and lacking radiance.

HydraHand Intensif: dermatologically approved Glycolic products help resurface the skin and reduce age spots. A superb treatment for the effective remoisturisation of dry, or chapped hands.

85 mins £120.00

Am Spa TASTER FACIAL (E)

Take time out of your routine to give your skin a boost with this rejuvenating taster facial.

25 min £28.00

Am Spa VISIBLE BRILLIANCE

With revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin, whilst smoothing, sculpting and restoring its youthful tone and texture. Combining the unique benefits of a two-phase Amino Active Mask with the pure luxury of clinically proven products - Liquid Radiance and Cellular Recovery Skin Bliss Capsules - transforming stressed, tired and slackened skin. These powerful formulations are combined with micro-circulatory massage techniques to re-define facial contours and restore skin radiance and plumpness.

70 min £70.00

Am Spa SKIN SPECIFIC FACIAL (E)

A selection of four harmonizing facials specifically prescribed to treat the skin at the deepest level without aggression. A synergy of specialized Eastern massage movements and aromatherapy complexes stimulate and oxygenate the tissues, whilst bringing the mind and body into balance.

choose from:

- Herbal repair** deep cleansing
 - Absolute lift** lifts and revitalizes
 - Fruit glow** reviving
 - Moisture dew** hydrating
-

55 Minutes

£49.00

Am Spa ADVANCED PERFORMANCE FACIAL (E)

These Advanced Performance Facials incorporate a specialized lifting massage to help reduce puffiness, tiredness and dark circles from around the eyes as well as a pro-collagen booster serum to reduce the appearance of crows feet and wrinkles and are further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in holistic skin therapy.

Natural Japanese silk or sulphur protein compresses are combined with advanced aromatherapy skincare to produce immediate results beyond belief. Your therapist will select from:

- Pro-collagen lift** anti-ageing
 - Oxygen skin calming** desensitising
 - Vita-C harmony** decongesting
-

70 Minutes

£66.00

Am Spa STONE FACIAL (E)

Specially created for and unique to Am Spa, the Am Stone Facial provides the ultimate in skin therapy, combining the cleansing properties of the Aromapure Facial with the re-energising effects of facial stone therapy. To commence this journey of rejuvenation small basalt stones, which have been bathed in water and anointed with rosewood essential oil, are placed along the body's energy points to increase vitality and energy to the facial massage. The warmed stones enhance the therapeutic benefits of the AMPM products and vastly improve circulation and skin renewal for a more youthful, radiant complexion. Cleaning and rejuvenating the skin beyond belief.

70 Minutes

£70.00



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MAKE-UP AND EYE TREATMENTS

AM SPA

One to One Make-up Lesson	£42.00
Cleanse & Make-up	£34.00
Eyelash Perming	£38.00
Eyebrow Wax	£12.00
Eyebrow Shape	£12.00
Eyelash Tint	£16.00
Eyebrow Tint	£12.00
Lash & Brow Tint	£23.00

Eyelash tints require a test to safeguard against allergic reactions 24 hours prior to your first treatment.

BODY WRAPS

AROMA MINERAL GOLDEN SPA WRAP

This luxurious cocoon wrap rejuvenates the body and leaves the skin moisturised, silky and luminous. Combining flora extracts and minerals to rebalance and harmonise, together with subtle golden tones, the skin is left perfectly moisturised and luminously smooth.

70 minutes £66.00

Elemis Cellutox Aroma Spa Ocean Wrap

Combining the richness of sea plants and marine algae with aromatherapy, this treatment is deeply detoxifying at all levels.

A warm seaweed body mask containing a synergy of cleansing juniper and lemon essential oils is applied to your body before you are cocooned in a comforting foil wrap. Let your thoughts drift away whilst you have a soothing face and scalp massage and let the active ingredients work to detoxify, decongest and stimulate your body systems.

70 mins £66.00

EXOTIC FRANGIPANI BODY NOURISH WRAP (E)

From the exotic shores of Tahiti, coconut and frangipani flowers are soaked together to produce Monoi, which literally means 'scented oil'.

With the most exotic aroma

and texture imaginable, Polynesian women traditionally use this to protect their bodies and condition their hair. Monoi will soothe, condition and soften your skin. Drench yourself in it's moisture and bathe in the sensuality of a comforting thermal wrap.

60 Minutes £66.00

MUSCLEASE

The power of aromatherapy is combined with the riches of the ocean in this deeply warming muscle treatment.

A heated seaweed mask containing a warming blend of

pine and rosemary essential oils is applied before you are cocooned in a comforting thermal wrap. Let your thoughts drift away whilst you enjoy a soothing face and scalp massage with active ingredients working to ease arthritis, fatigue and muscle spasm.

55 min £66.00

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EXOTIC COCONUT RUB AND MILK RITUAL WRAP (E)

A ceremony of pure sensuality to tantalise and delight!

A traditional Balinese recipe with coconut, mungbean, spices and lavender polishes the skin, whilst the exotic body oil indulges your senses. Cleopatra was renowned for bathing in milk before her secret liaisons with Mark Anthony, so now it's your turn to bask in the ritual as warm Milk Bath is poured over your entire body before you are cocooned in a comforting thermal wrap. Healing, comforting opulence with pure unadulterated pleasure.

60 Minutes

£66.00

MASSAGE

STONE BACK MASSAGE (E)

An intensive treatment designed for the upper body, harnessing the properties of volcanic basalt stones. These stones are bathed in warm water and anointed with spicy, sensual aromas of the orient. The deep penetrating heat from the stones is used to massage the back using traditional techniques to release tension and balance the spirit.

25 min

£42.00

Mother-To-Be-Massage (E) *

Combines tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. Specialised positioning on our unique beanbag is used to ensure the ultimate in comfort and relaxation. Helps to relieve tension in your lower and upper back and alleviate any swelling in the hands and feet, whilst easing your mind and uplifting the spirit.

Recommended:

1 treatment every 2 weeks in 1st/2nd trimester

1 treatment every week in 3rd trimester

*** subject to availability**

70 min

£71.00

DEEP TISSUE MUSCLE MASSAGE

- Destress management oil - soothe and relax with a blend of lavender, chamomile, melissa, geranium and bergamot essential oils.
- Cellutox active body concentrate - uplift, detoxify and renew your zest for life with a blend of lemon, lime, peppermint and grapefruit essential oils.
- Musclease active body concentrate - relieve tired, aching muscles with a blend of warming rosemary, juniper, thyme, birch and chamomile essential oils.

Excellent for rheumatic or sports related pains.

55 Minutes

£56.00

BACK AND NECK MASSAGE

An intensive treatment to alleviate tension and stress in the upper body. Concentrating on the back, neck and shoulders to loosen and relieve tight and tense muscles.

25 Minutes

£28.00

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THERAPEUTIC BODY MASSAGE

A firm, but soothing full body massage designed to ease away tension and unknot tight muscles, restores a sense of tranquillity leaving you feeling totally relaxed

55 Minutes £50.00

AROMA STONE THERAPY (E)

Since the birth of time, many ancient cultures have used the healing power of stones for medicinal and spiritual purposes. In Bali it is believed that 'batu' stones are filled with the vitality and energy of the water that flows over them in an eternal stream. Harnessing the properties of these volcanic basalt stones, we bathe them in warm water and anoint them with spicy, sensual aromas of the Orient. Small stones are placed on key energy points of the body, evoking an aura of warmth. The deep penetrating heat from the stones is used to massage the body using traditional techniques to release tension and balance the spirit.

85 Minutes £75.00

BEAUTY ESSENTIALS – MANICURES AND PEDICURE

EXPRESS PEDICURE

25 mins £19.00

JESSANA LUXURY SPA HAND & NAIL TREATMENT

£36.00

MANICURE

40 Minutes £27.00

FRENCH MANICURE

55 Minutes £32.00

DELUXE MANICURE

55 Minutes £33

PEDICURE

French Pedicure 55 mins
Pedicure 40 mins

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40 Minutes/55 Minutes £30.00 / £35.00

DE-LUXE PEDICURE

55 Minutes £37.00

LE REMEDI

An anti-ageing treatment for the hands which can be incorporated into any of our face and body treatments.

10 Minutes £15.00

EXPRESS MANICURE

File and paint £18.00

WAXING

Waxing using the warm wax method,
followed by tea-tree after care.

1/2 LEG (ANKLE TO KNEE)	£21.00
3/4 LEG	£24.00
FULL LEG	£30.00
FULL LEG & BIKINI	£36.00
TOP LEG	£21.00
TOP LEG & BIKINI	£26.00
BIKINI	£14.00
BRAZILIAN WAX	£27.00
HOLLYWOOD WAX	£32.00
UNDER ARM	£13.00
ARM	£20.00
LIP OR CHIN	£12.00

TREATMENTS ON THE RUN

Am Spa TASTER FACIAL (E)

Take time out of your routine to give your skin a boost with our rejuvenating taster facial.

30 Minutes £26.00

DEEP TISSUE BACK MASSAGE (E)

Focusing purely on the back and shoulder area to relieve tension and aching muscles, the fundamental elements of the Elemis Wellbeing Massage are experienced in this mini massage.

25 Minutes £34.00

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EXPRESS MANICURE (J)

A condensed treatment which encompasses nail shaping and an application of varnish.

25 Minutes

£18.00

HOLISTIC THERAPIES

INDIAN HEAD MASSAGE

A calming yet revitalising treatment which stimulates vital energy points and releases accumulated stress and tension. This deeply therapeutic, gentle yet firm massage works on the scalp and underlying muscles, aiding alleviation of tension head-aches and eye-strain. A circulatory booster which induces a sense of total calm and well being.

25 Minutes

£32.00

Reflexology

Initial Consultation and Treatment - 70 mins

Follow on Treatment - 55 mins

Reflexology is a holistic therapy based on the principal that reflex zones on the feet correspond with every organ and structure of the body. Research supports the age old belief that the stimulation of these reflex zones can have a positive effect on stress, wellness and energy levels, restoring the body's natural balance and harmony.

***Subject to availability of a Specialist Therapist**

55 mins / 70 mins

£45.00 / £55.00

Hungary Treatment Guide

Welcome to Am Spa. Working with our partners we bring to you specialist utilising the healing and relaxing effects of the earth's natural resources for both our Therapeutic and Well Being products and services. Invest in your health and book yourself into one of our luxurious spa hotels.

Natural Resources

Hungary utilises the earth's natural resources, particularly thermal waters and mud from the famous Lake Hévíz. These are famous for their healing effects on conditions such as joint and muscle problems, certain degenerative nerve conditions, some circulation disorders and many other complaints. Relaxing in Hungary's thermal waters is also a perfect way to unwind and relieve the stresses and strains of modern life.

Spa Stays

Am Spa packages offer both Therapeutic and Well Being Stays. Using our medical expertise and the curative effects of our natural resources, our Therapeutic Stays are designed to treat locomotive disorders and other complaints listed in our indications. Our Well Being Stays, use the relaxing effects of the thermal waters, and focus on re-energizing, beauty and preventative programs.



HOTEL AND PACKAGES

Am Spa Express a'la Dip

Our Hevis 2 night break costs **£395** per person including:

Flight from London to Hungary

Half board

6 Treatments

Unlimited use of the spa facilities

Use of Premier Fitness Club

All group exercise classes

Bathrobe use

Specialist doctor's consultation plus 1 treatment a day from the following choices:

Oxygen inhalation

The Relaxing aromatic massage - focused on relaxing muscles

The Revitalizing aromatic massage - enhancing blood circulation

Relaxing aromatic bath using rose tree, orange flower or lavender oil

Revitalizing aromatic bath using Rosemary, Muscat, Sage or Pine

Foot reflex massage

Relaxing head and neck massage

Special hot towel massage

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Plus 4 treatments:
Rejuvenating Hydro massage
Revitalizing Aromatic bath
Thai massage by a specialist masseuse
Session with personal trainer or 1 facial at the Beauty salon



Spa Deluxe Escape

Our Hevis 3 night break costs **£475** per person including:

- Flight London to Hungary
 - Half board
- 12 Treatments**

Unlimited use of the spa facilities

- Use of Premier Fitness Club
- All group exercise classes
- Bathrobe use

Specialist doctor's consultation plus 2 treatments a day from the following choices:

- Carbon Dioxide bath
- Alternating temperature bath
- Hydro massage
- Underwater jet massage
- Mud pack
- Foot reflex massage
- Oxygen inhalation
- Relaxation massage
- Revitalizing aromatic massage - enhancing blood circulation
- Relaxing aromatic massage - focused on relaxing muscles
- Special hot towel massage
- Relaxing head and neck massage
- Traditional dry brush massage
- Revitalizing aromatic bath using Rosemary, Muscat, Sage or Pine
- Relaxing aromatic bath using rose tree, orange flower or lavender oil
- Cleopatra bath using natural vitamins
- Unlimited use of the Spa facilities

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- Use of Premier fitness club and group classes
- Personal bathrobe

Plus 6 treatments:

- Refreshing aromatic massage
- Hydro massage
- Aromatic bath
- Thai massage
- Relaxing head and neck massage
- Session with personal trainer or 1 facial at the Beauty salon

Relax & Pamper Medical Assessment Programmes

HEVIZ PURIFYING DETOX PROGRAM *(a sample from this range)*

Length of the treatment: 7 days

£565

Unlimited use of hotel's **bathing and wellness establishment**: indoor thermal bath with 2 pools (33 and 37° C), swimming pool, outdoor thermal pool (from mid April to mid October), Jacuzzi, steam-room, hot-air bath, sauna,

- Use of **Premier Fitness Club**,
- **All on-going group exercise classes** (morning and fitness gymnastics - except Sundays - and aqua-fitness, hiking once a week)
- Use of a **bathrobe**

Includes: 1 medical examination, treatment plan, medical supervision, 2 days adjusting to the new diet of vegetarian dishes, 3 days purifying detox program, 2 days readjusting to solid foods, unlimited mineral water and tea consumption, liver pack during the fasting days, 2 massages with aromatic oil (20'), 1 detox-lymphdrainage (40'), sport animation every day

What you need to know about the treatment:

You need to be taking part fully committed and with your own free will

- The treatment begins with two introduction days which means preparing your body and mind for the treatment
- During the 3 days of detoxification you will need to drink freshly pressed and water diluted juices, herbal teas and still mineral water and vegetable soup with salt.
- You will need to give up smoking, drinking alcohol or coffee and eating chocolate.

Symptoms, which show that your body needs the treatment:

- Dyspepsia, inflation, constipation
- Fluctuation of the body weight and blood-pressure
- If you are getting easily tired, have a lack of concentration, sleeping troubles, depression
- Returning infections for example colds

- Skin, hair or nail troubles
- Allergy, pain in the joints

What you can expect from the treatment?

- It helps to prevent diseases in the future
- Revitalizes your body, soul and mind.
- Improves your skin tone and flexibility
- Teaches you how to control your appetite in the future

To whom it is not recommended:

- Those suffering with serious diseases for example:
 - Gastric ulcers
 - Malignant gastric
 - After operations
 - Hyperthyroid
 - During pregnancy and nursing

If you suffer in any kind of diseases or take medicines please consult with your doctor before the treatment!

Return Flights from London Stansted and transfers to and hotel in Hungary

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