



GL7

LOWER MILL

SPA TREATMENTS

SERENITY TRANQUILITY WALK TO OUR SUMPTUOUS SPA



Relax, unwind, and indulge yourself in a superb and tranquil sanctuary.

Just a few minutes walk from your own front door. A spa reserved exclusively for you, your family, and a select group of like-minded residents from a safe gated community. You're beginning to imagine the Lower Mill Estate family spa. But until you actually enter this very special space, it's hard to conceive just how extraordinary this beautiful modernist facility is. It's an exceptional, superbly designed tranquil sanctuary where stress-free indulgence achieves its most eloquent expression.

There's a bracing outdoor eco-pool, naturally filtered by water lilies. There are two more 20m heated Swimming Pools, a Steam Room, a Sauna, a Technogym equipped Gymnasium, and a restful reading ' lounge. In peaceful treatment rooms, sweetly scented with essential oils, you can sample over sixty gentle therapies: luxurious hot stone massages, body wraps, facials, pedicures and manicures, all designed to relax and rejuvenate mind and body, all using soothing, harmonious, natural Pevonia Botanica ingredients.

Escaping in this estate is not just about entering a charmed landscape: it's about taking time to lavish attention on every aspect of your well-being. And at Lower Mill's luxury family spa you'll have time to take ... as much time as it takes.

Pevonia Botanica follows a holistic philosophy combining nature with the latest scientific technology to deliver an exceptional range of spa treatments. Pevonia only uses nature's most selective, unadulterated plant extracts making each and every product 100% natural and has earned a celebrated reputation as the world's leading face, body and spa care line. Pevonia has an extensive range of products to treat any skin care concern giving fantastic visible results after every treatment. Also part of Pevonia's philosophy is to maintain an affinity with nature and its precious resources so all packaging is fully consumer recyclable and fully biodegradable and maintain a solid stance against any form of animal testing.

CONTENTS

FACIAL TREATMENTS	PAGE	2
EYE TREATMENTS	PAGE	3
LIGNE TROPICAL DE-AGEING BODY SYSTEM	PAGE	3
BODY TREATMENTS	PAGE	4
BODY EXFOLIATION	PAGE	5
TANNING	PAGE	5
WAXING	PAGE	6
EYE ESSENTIALS	PAGE	6
TEENAGE RETREAT	PAGE	6
MASSAGE THERAPY	PAGE	7
HOLISTIC TREATMENTS	PAGE	7
HOT STONE MASSAGE	PAGE	8
PRE-NATAL PACKAGE	PAGE	8
MANICURES & PEDICURES	PAGE	9
GELERATION	PAGE	9
SPA GUIDE	PAGE	10



FACIAL TREATMENTS

SKIN DIAGNOSIS AND SKIN CARE LESSON 25 mins £20
Includes a mini facial and application tips to maximise your investment in professional skincare. (£20 is redeemable against Pevonia product purchases.)

EXPRESS FACIAL 25 mins £38
An express facial to boost skins clarity and freshness which instantly hydrates, softens and brightens.

PRESCRIPTIVE FACIAL 55 mins £60
A tailor made facial to suit every skin type, a perfect introduction to Pevonia.

PRESCRIPTIVE FACIAL WITH ESCUTOX® 55 mins £70
Pevonia Escutox Freeze-Dried Anti-Wrinkle Treatment is the perfect one-off for achieving a rejuvenated, glowing complexion. Escutox is Mother Nature's technologically-advanced alternative to Botox. Improving elasticity, suppleness and giving extreme hydration and radiance.

LUMAFIRM LIFT & GLOW FACIAL 55 mins £85
Redefining radiance and facial contouring, this exclusively formulated treatment delivers instant results. Ideal for any skin type showing signs of ageing or as the perfect instant repair boost when you want to look your absolute best. Renders your skin ultra-luminous with a firmer, tighter and more youthful defined appearance.

MYOXY-CAVIAR® ANTI-AGEING FACIAL 1 hr 25 mins £140
This anti-ageing treatment replenishes your skin with pure caviar extract, pearl extract and a revolutionary blend of phyto-extracts. This luxurious thermal mask will improve elasticity, increase oxygenation of cells and suppleness of skin as well as dramatically reducing facial expression lines and wrinkles.

ROSACEA FACIAL 55 mins £75
This facial is designed specifically for skin with micro-circulation problems, couperose erythroze, and rosacea. This alleviating treatment brings visual relief and results to dilated capillaries, congestion, blotchiness and irritability.

HYDRATING PLANTOMER FACIAL 55 mins £70
Contains seaweed that tones, heals and soothes sensitive skin.

ANTI FREE RADICALS FACIAL 55 mins £75
A warming clay mask, which rejuvenates dry, dehydrated skin with lavender and peppermint. Helps to reverse the anti free radical damage that ages the skin.

LUMINOUS 'C' AND 'SEA' FACIAL 55 mins £75
Contains vitamin C to counteract photo ageing and seaweed to re mineralise and hydrate. Leaves the skin smooth, bright and glowing. Good for all skin types except sensitive.

OXY-VITAL SOOTHING FACIAL 55 mins £65
Rich in aloe and azulene to soothe, heal and hydrate. Ideal for highly sensitive, irritated and sunburnt skin.

ELASTO-FIRM FACIAL 55 mins £65
Elastin based facial to firm and tighten skin leaving the complexion hydrated youthful and radiant.

SKINFIT FACIAL 55 mins £75
This unique treatment combines rejuvenating Caviar and repairing freeze-dried Escutox™ to replenish the skin while counteracting the signs of ageing and sensitivity.

DEEP PORE CLEANSING FACIAL 55 mins £60
Excellent for oily, congested skins.

AROMATHERAPY FACIAL 55 mins £55
A holistic facial including a deeply relaxing pressure point massage, using essential oils.

TEEN FACIAL 40 mins £48
This innovative system ensures proven solutions to acne and blemish prone skin, while properly and effectively treating, hydrating and balancing sensitive, combination and dry skin types.

Add any Pevonia Eye treatment to a Facial for only £14.00 (see page 3)

DE STRESS EYE TREATMENTS

Natural anti-ageing care for the most common areas of concern. The eye treatments commence with a Pevonia cleanse and lotion before the treatment, with a facial moisturiser applied at the end.

These intense treatments can be combined with any of the Pevonia Facials for an extra £14 each (see page 2).

PUFFINESS & DARK CIRCLES 25 mins £30
Using ginkgo biloba to stimulate lymphatic capillaries to increase the draining of toxins from around the eye, this treatment will help to reduce dark circles, puffiness and fine lines.

LINES & WRINKLES 25 mins £30
Using pure freeze dried marine collagen to hydrate, plump and reduce fine lines.



3

LIGNE-TROPICAL DE-AGEING BODY SYSTEM



DE-AGEING BODY WRAPS:

TROPICAL ESCAPE 55 mins £72

- Crème Fraîche Wrap with Papaya-Pineapple
Nourishing and repairing, it counteracts premature ageing and sun damage by delivering smoothing and rejuvenating benefits. The skin is deeply nourished and rejuvenated, revealing an astonishing decrease in body crepiness and wrinkles. Also recommended for preventing premature ageing.

TROPICAL OASIS 55 mins £72

- Mango Yoghurt Wrap with Passion Fruit
Firming and brightening, it counteracts ageing, evens skin tone and delivers invigorating benefits. Phenomenal visible results are obtained as the skin emerges revived, refreshed, smoother, firmer and vividly brighter. Recommended to firm the skin, great for dull, sallow pigmented skin types.

TROPICAL SALTMOUSSE GLOW 25 mins £40

A spa exfoliation treatment like no other! The Tropical Saltmousse is enriched with de- ageing Squalane, Carrot Seed Oil and repairing tropical fruit extracts. The skin emerges smooth to the touch and visibly brightened.

Select from:

Papaya-Pineapple - repairing, smoothing and rejuvenating
Mango-Passion Fruit - firming brightening and invigorating

BODY TREATMENTS

pevonia®

Each treatment commences with a full body exfoliation, followed by an all over mask applied to the body before being wrapped in a thermal blanket allowing the body's heat to activate the absorption of the natural ingredients.

AROMATIC MOOR MUD TENSION RELIEF WRAP 55 mins £68
Aids fatigue and stress by boosting the body's immune system. Excellent for tired muscles and arthritis. This mud wrap offers a gentle thermal action bringing a state of deep relaxation.

BACK RITUAL WITH AROMATIC MOOR MUD 45 mins £50
A luxurious back treatment using pure moor mud. Relieving muscular tension, aches and pains it will refine and radiate the skin. Ideally followed with a back massage.

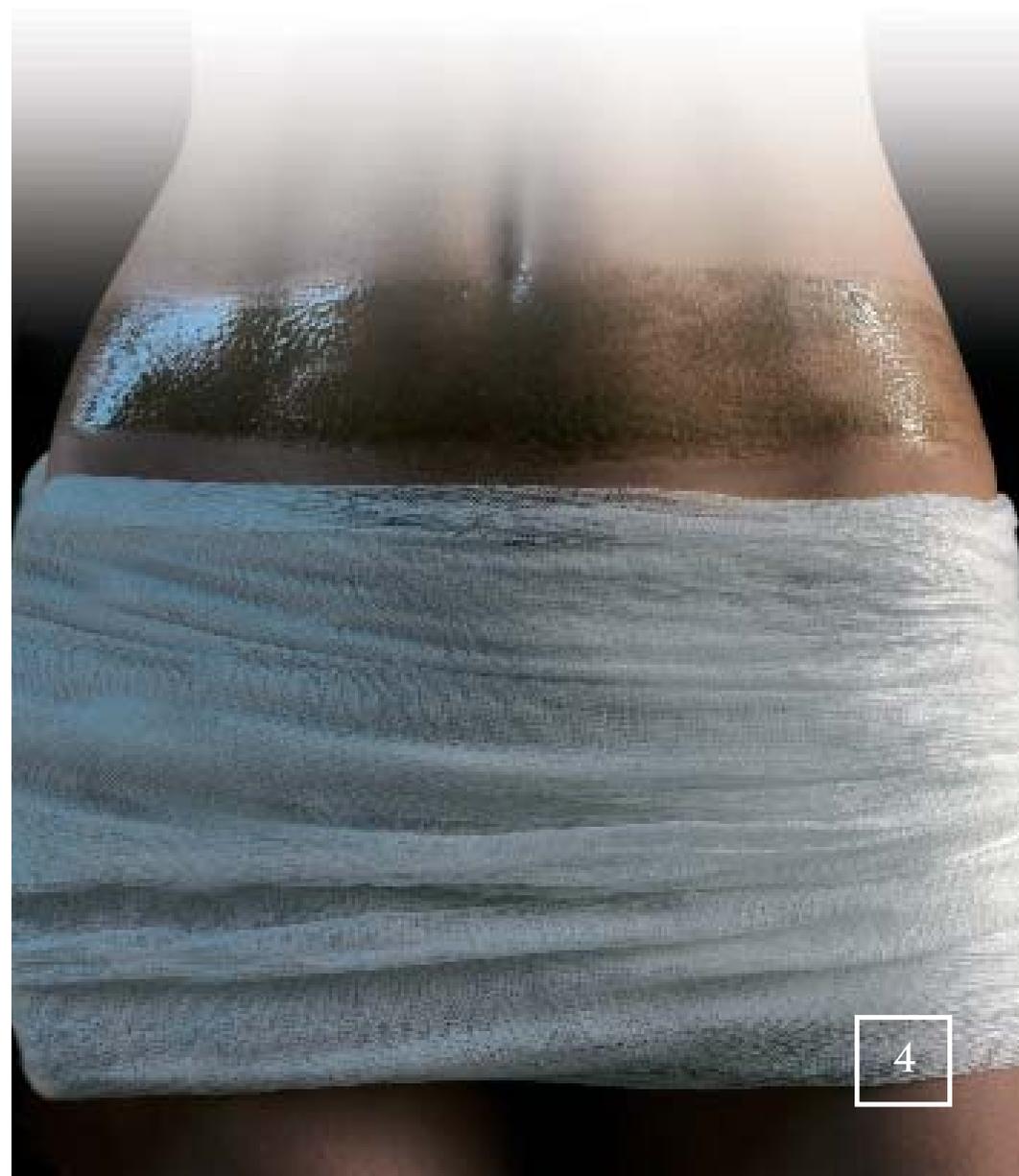
CELLULITE SMOOTHING GREEN COFFEE BODY WRAP 55 mins £78
The ultimate answer to effectively treat cellulite. This wrap stimulates your body's ability to break down fat. Green coffee is naturally rich in chlorogenic acid to leave the skin smooth and toned.

SOOTHING MOROCCAN RASSOUL WRAP 55 mins £68
Minerals from the fertile valleys of Morocco help to moisturise, energise and refresh the body. Recommended for sensitive skins, eczema and psoriasis.

AROMATHERAPY COCOON 55 mins £50
A warm aromatic treatment in which the body is cocooned in essential oils.

AROMATIC DETOX WRAP 40 mins £55
Using a blend of seaweeds and aromatherapy essential oils to detoxify and purify for a mini detox treatment.

DETOX THALASSO WRAP 55 mins £68
An intensive treatment using a blend of the finest seaweed to activate circulation, cleanse and detoxify the body. This treatment detoxifies and re mineralizes dry, depleted skin.





BODY EXFOLIATION

BODY POLISH 25 mins £32
A rich and creamy body exfoliation which gently removes impurities and rough skin.

MYSTIQUE SILK SALT EXFOLIATION 25 mins £38
A holistic approach to silky, smooth skin. As these delightful aromas entice the senses, the body is gently massaged removing impurities and dead skin cells whilst stimulating circulation bringing skin back to superb radiance. This luxurious treatment leaves skin feeling and looking soft, smooth, silky and hydrated.

TROPICAL SALTMOUSSE GLOW 25 mins £40
The Tropical Salt mousse is enriched with de ageing Squalane, Carrot Seed Oil and repairing tropical fruit extracts. The skin emerges smooth to the touch and visibly brightened. Select from: Papaya-Pineapple or Mango-Passion Fruit.

TANNING

FAKE BAKE SPRAY TAN* 25 mins £35
Fake Bake gives an instant sun-kissed colour and develops into a long lasting sunless self-tan. Fake bake is free from parabens and artificial preservatives. It is recommended to include the Fake Bake oil free body exfoliation for an even application. (*A patch test is required at least 24 hours before treatment.)

FAKE BAKE PASSION FRUIT BODY POLISH 25 mins £30
A full body exfoliation to remove dead skin cells to ensure an even application of tan, this is highly recommended before having a fake bake spray tan. Only £14 when booked with spray tan application.

ULTIMATE BODY GLOW SELF TAN BY PEVONIA 55 mins £48
After a full body exfoliation, the tanning emulsion is applied allowing you to obtain a golden tan without exposure to the sun's harmful rays.

WAXING

HALF LEG WAX	£22
HALF LEG & BIKINI WAX	£30
¾ LEG WAX	£30
FULL LEG WAX	£33
FULL LEG & BIKINI WAX	£40
UNDERARM WAX	£14
BIKINI WAX	£18
LIP & CHIN	£14
LIP OR CHIN WAX	£10

EYE ESSENTIALS

Treatments to enhance and bring definition to the eyes.

*EYELASH TINT	£18
*EYEBROW TINT	£11
*EYELASH & BROW TINT	£24
EYEBROW SHAPE	£11

*A patch test is required 24hrs prior to application of tint.

TEENAGE RETREAT

CHILDS FILE & POLISH	15 mins	£12
TEEN FACIAL (minimum age 12)	40 mins	£48
FAKE BAKE SPRAY TAN (minimum age 14)	25 mins	£35

These treatments can only be carried out after a full Consultation with parental supervision, maximum age of 16.



MASSAGE THERAPY

LOWER MILL SIGNATURE MASSAGE 1 hr 25 mins £120
The ultimate in caviar indulgence assembled by the spa team and world leader Pevonia Botanica in the perfect antidote to the ageing effects and stresses of city life. Your skin will be drenched in luxury as our experienced therapists perform a full body signature massage utilising a caviar massage medium containing the purest natural ingredients. A head to toe treatment incorporating the therapeutic benefits of hot stones.

DEEP TISSUE MASSAGE 40 mins £52
Especially for those who prefer a firmer massage. A tailor made massage focuses on specific areas of tension, working on whatever muscles need it most.

BACK, NECK & SHOULDER MASSAGE Standard 25 mins £40
With hot stones £45

SWEDISH FULL BODY MASSAGE Standard 55 mins £60
Aromatherapy Oils £70

SWEDISH FULL BODY, FACE & SCALP MASSAGE
Standard 1hr 25 mins £75
Aromatherapy Oils £85

HOLISTIC TREATMENTS

REFLEXOLOGY* 40 mins £52
Reflexology is a complementary medicine. It works on the principle that there are reflex zones on the feet relative to every organ, function and part of the human body. This gentle therapy encourages the body to heal itself as well as inducing deep relaxation.

INDIAN HEAD MASSAGE* 40 mins £52
Indian Head Massage not only works on the scalp but also on the face, neck, shoulders, upper back and arms which are the areas where we hold most of our stress and tension this is a stimulating yet deeply relaxing treatment.

*These treatments may not always be available as they are carried out by our holistic therapist only.

HOT STONE MASSAGE

Combining stone placement and massage techniques using warm stones to melt away stress, tension, aches and pains. Experience the ultimate complete head to toe treatment that you will never forget.

BACK, NECK & SHOULDER MASSAGE WITH HOT STONES 25 mins £45

REFRESH STONE MASSAGE 40 mins £72

This treatment offers a shorter introduction to stone massage. Includes a face, scalp, hand and foot massage using warm basalt stones

RELAX STONE MASSAGE 1hr 25 mins £95

This massage includes a spinal layout and deeply relaxing massage techniques performed with warm stones to relax the entire body incorporating a full body, face and scalp massage.

REJUVENATE STONE MASSAGE 1 hr 55 mins £130

This ultimate head to toe treatment is a complete cleansing and massage ritual. The experience begins with a full body exfoliation, followed by a full body; face and scalp massage all incorporating the warm basalt stones.



PRE-NATAL PACKAGE

TIME FOR MUM PRE NATAL PACKAGE 1 hr 25 mins £95

This treatment package is tailored specifically with mothers - to - be needs in mind with specialist massage techniques and safe products. Combining a signature massage with focus placed on the limbs, back and abdomen. Also includes a Plantomer facial to hydrate, heal and soothe your skin and a hand and foot exfoliation treatment. (Not recommended within the 1st Trimester).

Includes:

- Hand & Arm Body Polish with Massage
- Back, Leg & Abdomen Anti-stress Massage
- Plantomer Facial

PRE NATAL MASSAGE 40 mins £52

pevonia®



MANICURES & PEDICURES

JESSICA FILE & POLISH 20 mins £18
An instant transformation to the hands or feet. Includes a reshape and application of specialised nail treatment and colour.

EXPRESS MANICURE - CUTICLES + FILE + POLISH 40 mins £35

JESSICA PRESCRIPTIVE MANICURE 55 mins £45
A therapeutic manicure prescribing a range of treatments for individual nail types to cultivate beautiful hands and nails. Includes a hand and arm massage, cuticle work, file and professional polish application.

PEVONIA SPA PEDICURE 55 mins £50
The Pevonia spa pedicure is more than a treatment it is a spa therapy for the feet. This treatment includes hard skin removal, exfoliation, leg and foot massage, cooling mask, cuticle work and finished with a file and polish. All performed in the luxurious Biarritz Pedi spa.

CAVIAR® HAND AND FOOT TREATMENTS

Combining anti-ageing ingredients: caviar, marine collagen, retinol and repairing vitamins with enriching natural actives. Hands and feet are brightened with natural enzymes, and then exfoliated with polished jojoba beads. A delightful caviar mask is applied which leaves both hands and feet smooth and gloriously rejuvenated.

Youth-Renew Caviar® Foot Treatment 25 mins £40
Youth-Renew Caviar® Hand Treatment 25 mins £40

PEVONIA YOUTH RENEW LUXURY MANICURE 70 mins £60
Our top of the range manicure incorporates Pevonia's youth renew anti ageing caviar hand treatment and the heated mittens, providing the ultimate in anti ageing hand and nail care. Includes exfoliation, 98% pure caviar massaged into the skin, mask application, thermal mitts, cuticle work, nail tidy and colour application.

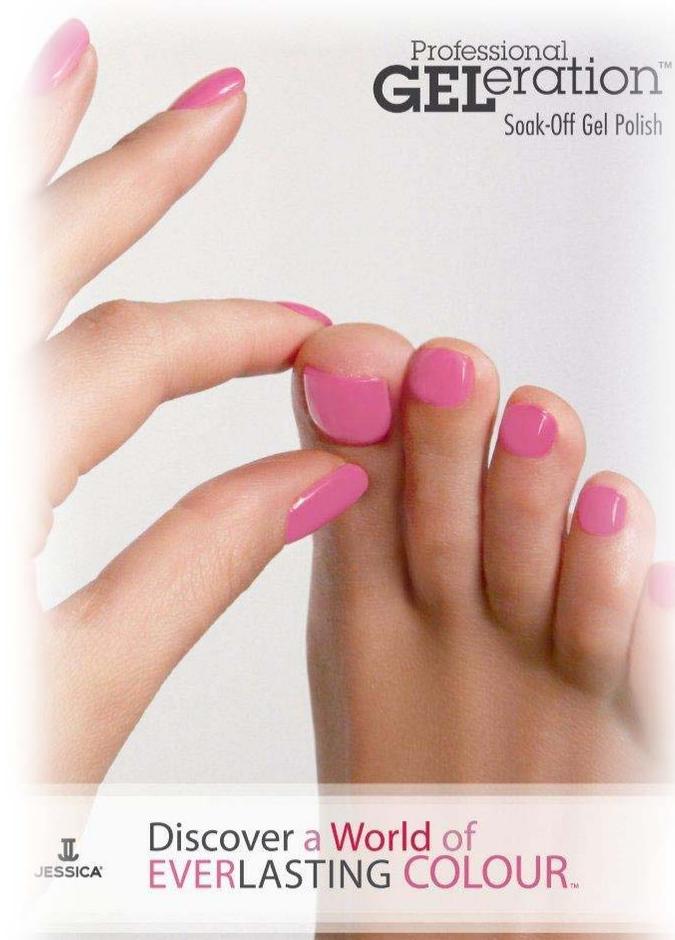
GELERATION

Soak-Off Gel Polish

GELeration NAIL SHAPE & POLISH (HANDS OR FEET)	25 mins	£35
GELeration MANICURE	55 mins	£55
PEVONIA SPA PEDICURE WITH GELeration	1 hr 15 mins	£60
EXISTING GEL REMOVAL		
(PRIOR TO GELeration MANICURE OR PEDICURE)	15 mins	£15

Please note we are unable to remove any other forms of gel polish.

Homecare Removal Kits are available at £13.50



SPA GUIDE

BOOKING INFORMATION

We strongly recommend you book treatments as far in advance as possible as demand is high especially at peak times such as weekends and school holidays. To book please telephone 01285 862640 or email: spa@lowermillestate.net

CONSULTATION

Treatments will only be carried out on successful completion of a Consultation Form. Therapists reserve the right to refuse treatment(s).

GIFT VOUCHERS

Gift vouchers can be purchased from the spa reception. Gift vouchers are valid for six months from the date of purchase. They are non refundable and non transferable. Lost or stolen vouchers cannot be replaced. Vouchers are only redeemable against treatments.

ARRIVAL TIME

Guests are advised to arrive at least 15 minutes before the treatments commence to relax and enjoy the surroundings. If clients are late for their appointment the time will be deducted from the length of the scheduled treatment.

WHAT TO BRING

Luxury bath robes and slippers are available from reception free of charge with any treatment booked and are £1.50 to hire for any other guests. Towels are available to hire at £1.00 each.

FOOD AND SNACKS

We can arrange for food and snacks to be freshly made and delivered to the spa, orders will need to be made in advance at the spa reception. The spa snack menu is available on request by email.

ETIQUETTE

As courtesy to other clients and to preserve the ambience of the spa we request that clients switch off their mobile phones when in the treatment rooms and relaxation area. Also we ask that noise is kept to a minimum in the tranquil zone so as not to disturb other client's treatments. The spa is completely non smoking.

CANCELLATION POLICY

As a courtesy to our other guests and our therapists, please give at least 48 hours notice if you need to cancel an appointment. Please note that there is a cancellation fee of 50% if cancelled less than 48 hours prior to booking and 100% of the treatment price if cancelled less than 24 hours prior to booking.

PAYMENTS

Please note all payments need to be settled at reception after your appointment. Credit Card details left for spa passes will be charged for any outstanding payments and cancellation charges.

NOTE

We reserve the right to raise prices and modify or discontinue treatments without prior notice to ensure that maximum standards of service and quality are met.





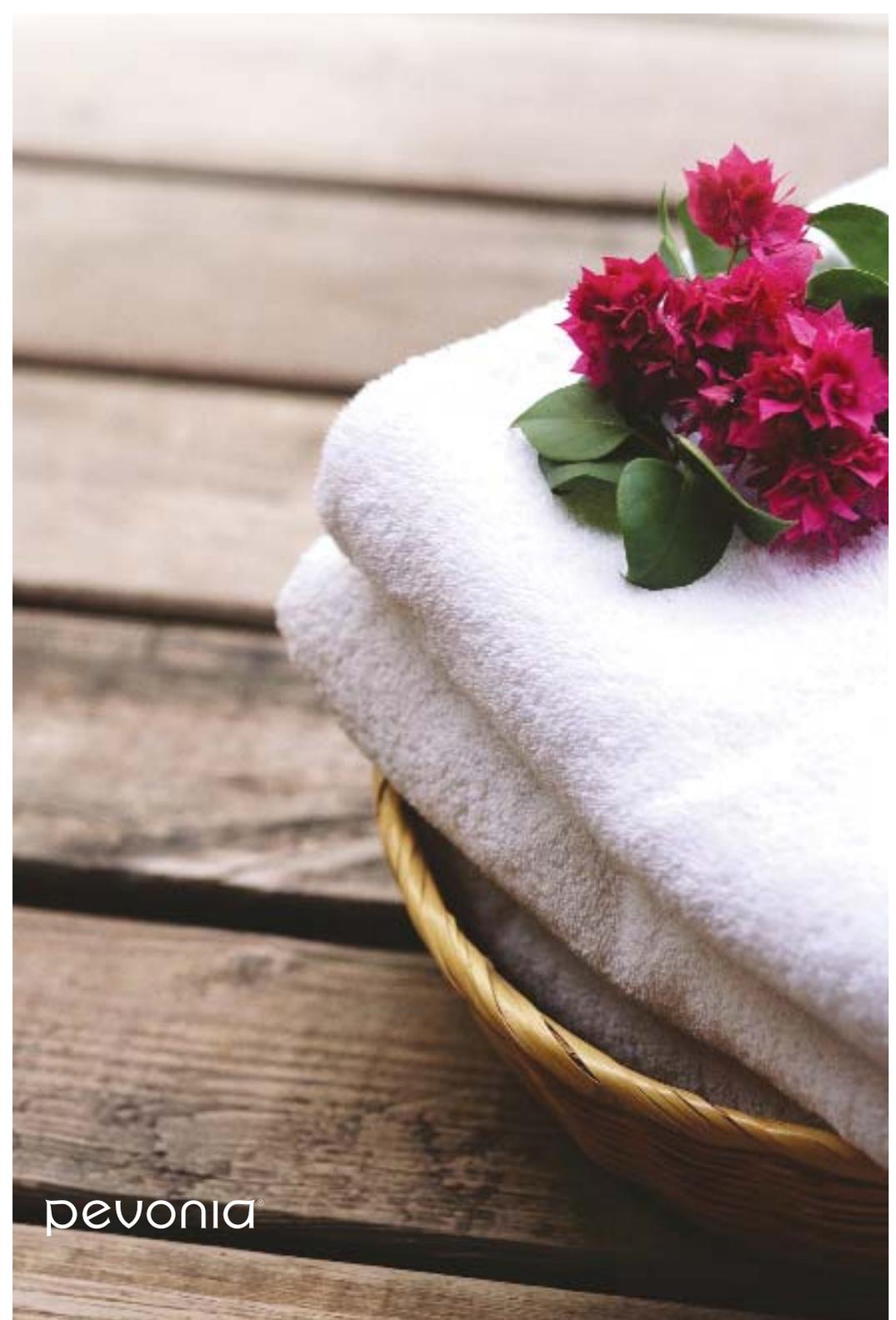
GL7

LOWER MILL

If you would like any more information
or to book an appointment
please call 01285 862640
or email spa@lowermillestate.net

www.lowermillestate.com/spa

Lower Mill Estate
Somerford Keynes Nr Cirencester
Gloucestershire
UK, GL7 6BG



pevonia®