

## Treatment List

### Five Lakes Signature Treatments

Full body massage	60 minutes	£60
Back and décolleté massage	45 minutes	£49
Back, décolleté, face and scalp massage	60 minutes	£60
Heavenly scalp massage	45 minutes	£49
Hot stone massage	70 minutes	£77
Hot stone back massage	45 minutes	£55
Reflexology	60 minutes	£65
Indian head massage	45 minutes	£49
Hopi ear candling	45 minutes	£49
Crowne Plaza Signature Treatment	120 minutes	£125
Pregnancy massage	70 minutes	£75

### ESPA treatments

ESPA total body care with hot stones	100 minutes	£115
ESPA back, face and scalp treatment with hot stones	100 minutes	£115
ESPA aromatherapy facial	60 minutes	£60
ESPA full body massage	60 minutes	£60
ESPA skin brilliance facial	60 minutes	£60
ESPA pro-optimal facial	60 minutes	£60
ESPA taster facial	45 minutes	£49
ESPA back, face and scalp treatment	90 minutes	£85
ESPA total body care treatment	90 minutes	£85
ESPA algae wrap	60 minutes	£65
ESPA lift and firm hip and thigh treatment	60 minutes	£65
ESPA salt and oil body scrub	45 minutes	£49
ESPA skin hydrator wrap	75 minutes	£75
ESPA mud envelopments	75 minutes	£75

### Glycolic treatments

Glycolic resurfacing facial	60 minutes	£65
Glycolic resurfacing facial with hand treatment	75 minutes	£75
Glycolic resurfacing back treatment	45 minutes	£55

### Elemis Treatments

Pro-Collagen Age Defy Facial	70 minutes	£75
Superfood Pro-Radiance Facial	70 minutes	£75
High Performance Skin Energiser Facial For Men	70 minutes	£70
BIOTEC Firm-a-Lift Facial	70 minutes	£90

Book your treatment today at the Spa reception desk

[cpcolchester.co.uk](http://cpcolchester.co.uk)



BIOTEC Line Eraser Facial	70 minutes	£90
BIOTEC Radiance Renew Facial	70 minutes	£90
BIOTEC Anti-Pigment Brightener Facial	70 minutes	£90
BIOTEC Skin Resurfacer Facial	70 minutes	£90
BIOTEC Blemish Control Facial	70 minutes	£90
BIOTEC Sensitive Skin Soother Facial	70 minutes	£90
BIOTEC Super –Charger for Men	70 minutes	£90
Hot Mineral Body Boost	70 minutes	£75
Freestyle Deep Tissue Massage	70 minutes	£70
Body Nectar Nourishing Wrap - Frangipani	70 minutes	£79
Intensely Cleansing Salt Scrub - Lime and Ginger	45 minutes	£49
Thousand Flower Detox Wrap	70 minutes	£79

### Manicure & Pedicure

File and polish	15 minutes	£15
Manicure	45 minutes	£32
Pedicure	45 minutes	£32
Luxury Pedicure	60 minutes	£40
Geleration polish add on	15 minutes	£10
French geleration polish add on	20 minutes	£15
Men Foot or Hand Ritual	45 minutes	£32

### Spray Tan

Sienna X spray tan	20 minutes	£20
--------------------	------------	-----

### Treatment add on's

	15 minutes	£20
--	------------	-----

These treatments can only be booked on top of any package or treatments and will follow on from the treatment that is already booked

- Back massage
- Scalp massage
- Foot ritual
- Back cleanse and exfoliation
- Décolleté and face massage

\*Please note: All treatment times include consultation and dressing time

Book your treatment today at the Spa reception desk

[cpcolchester.co.uk](http://cpcolchester.co.uk)

