



SALUS  
SPA

# TREATMENT MENU



ELEMIS



# FACE

## Elemis Expert Touch Renew Facial

50 minutes - £129

> [BOOK NOW](#)

Hydrate, lift and firm. Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

## Elemis Expert Touch Reveal Facial

50 minutes - £129

> [BOOK NOW](#)

Resurface, smooth and glow. Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

## Elemis Expert Touch Nourish Facial

50 minutes - £129

> [BOOK NOW](#)

Cleanse, rebalance and revive. Boost skin radiance with our triple-cleanse facial with a blend of Superfood-Infused facial oils to leave your skin feeling nourished, rebalanced and revived.

## Elemis Expert Touch Define Facial

50 minutes - £129

> [BOOK NOW](#)

Energise, rejuvenate and sculpt. This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.



SALUS  
SPA

# BODY

## Elemis Deep Tissues-Ease Massage

50 minutes – £139

> [BOOK NOW](#)

Indulge in ultimate relaxation and relief with our 50 minute Deep Tissue Massage, designed to target and alleviate chronic muscle tension and knots. Our skilled therapists will use firm pressure and specialised techniques to penetrate deep layers of muscle tissue, promoting increased circulation and improved mobility. This 50-minute session will leave you feeling rejuvenated and revitalised from head to toe.

## Elemis Full Body Massage

50 minutes - £129

> [BOOK NOW](#)

Indulge in ultimate relaxation with our Full Body Massage, designed to soothe your mind and rejuvenate your body. This 50-minute session will leave you feeling refreshed and revitalised, as our skilled massage therapists work their magic on your entire body, releasing tension and promoting overall wellness. Treat yourself to this luxurious experience and emerge feeling completely renewed.

## Elemis Expert Transformative Hot Stones Massage

50 minutes – £139

> [BOOK NOW](#)

Indulge in a deeply relaxing and therapeutic experience with our 50-minute Hot Stone Massage. Heated volcanic stones are strategically placed and used to massage away tension and promote circulation, leaving you feeling rejuvenated and revitalized. Discover a new level of relaxation with our expertly trained massage therapists



# BODY AND FACE

## Elemis Expert Touch Facial and Cleansing Salt Scrub

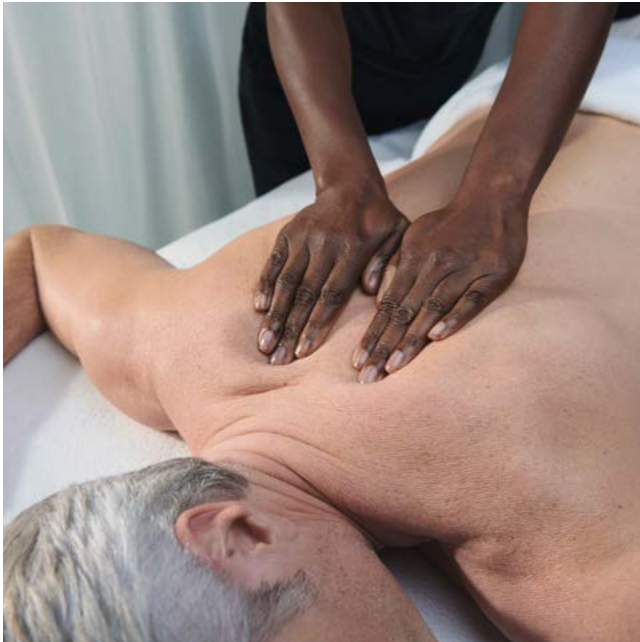
50 minutes - £129

> [BOOK NOW](#)

Immerse yourself in luxury with this tailored treatment. Choose your own combination of facial and body treatments or let your therapist prescribe the perfect treatment to leave you feeling restored from head to toe.

Bespoke face Elemis Expert Touch Facial:  
25 minutes

Bespoke Body Cleansing Salt Scrub: 25 minutes



## Elemis Expert Touch Facial and Deep Tissues Tension Back Massage

50 minutes - £139

> [BOOK NOW](#)

Immerse yourself in luxury with this tailored treatment. Choose your own combination of facial and body treatments or let your therapist prescribe the perfect treatment to leave you feeling restored from head to toe.

Bespoke Face Elemis Expert Touch Facial:  
25 minutes

Bespoke Body Deep Tissue Tension Ease Back  
Massage: 25 minutes



SALUS  
SPA



ELEMIS

# CRYO TIGHTEN AND FIRM

## Elemis Expert Cryo Firm

50 minutes - £125

> [BOOK NOW](#)

Smooth, firm and tighten in one treatment. Achieve a firmer, more contoured appearance with this transformative treatment. Combining our unique targeted massage to destress and soften skin with the precision cooling of cryotherapy to achieve instantly smoother, firmer skin.

Choose from: Thighs (front or back),  
Abdomen or Arms.

## Elemis Expert Cryo Tighten

50 minutes - £175

> [BOOK NOW](#)

Contour, shape and debloat in one treatment. Using controlled heating and cooling, combined with our signature massage, this cutting-edge cryotherapy treatment supports the lymphatic system to reveal immediate inch loss in just one treatment, with further results achieved in 2 weeks.

Choose from: Thighs (front or back),  
Abdomen or Arms.

## Elemis Expert Cryo Tighten and Firm

80 minutes - £225

> [BOOK NOW](#)

Define, detox and debloat in one treatment. Clinically proven to firm, tone and tighten, revealing a slimmer-looking you after just one treatment. Designed for areas with visible cellulite, our advanced precision heating and cooling technology in synergy with ELEMIS' signature lifting massage techniques and targeted actives focus on thighs and tummy to define, detox and debloat with long lasting result.

Choose from: Thighs (front or back) or Abdomen.



SALUS  
SPA



The Aldwark Manor Estate, Alne, York, YO61 1UF  
[www.aldwarkmanorestate.co.uk](http://www.aldwarkmanorestate.co.uk)