



**AURA**  SPA  
N i z e l s



**ESPA Aromatherapy Massage** | *75 minutes*

A deeply relaxing full body and scalp massage using your personalised blend of Aromatherapy oils to leave you feeling relaxed, de-stressed and rebalanced.

Treat Yourself ~ To Include Hot Stones | *75 minutes*

**Signature Full Body Massage** | *60 minutes*

A traditional massage using your desired pressure to promote relaxation and ease muscle tension.

Treat Yourself ~ To Include Hot Stones | *60 minutes*

**Back, Neck & Shoulder Massage** | *30 minutes*

A stress busting treatment, tailored to target your individual areas of concern and iron out any areas of tension.

Treat Yourself ~ To Include Hot Stones | *30 minutes*

**Stress Relieving Massage** | *45 minutes*

A back, neck and shoulder massage, including a scalp massage to help deepen your level of relaxation.

**Indian Head Massage** | *30 minutes*

An alternative holistic massage to relieve tension from the head, neck and shoulders. Calms and deeply relaxes the mind, body and spirit.

**Thai Foot Massage** | *45 minutes*

A relaxing foot treatment to soothe areas of tension and add the feeling of well being and calmness.



# ESPA

## **ESPA Bespoke Facial** | *60 minutes*

This personalised treatment will provide you with relaxation and a unique sense of wellbeing. Your trained therapist will advise which of the following facials is most suitable to you:

**ESPA Skin Radiance Facial**

**ESPA Re-Hydrator Facial**

**ESPA Skin Purifying Facial**

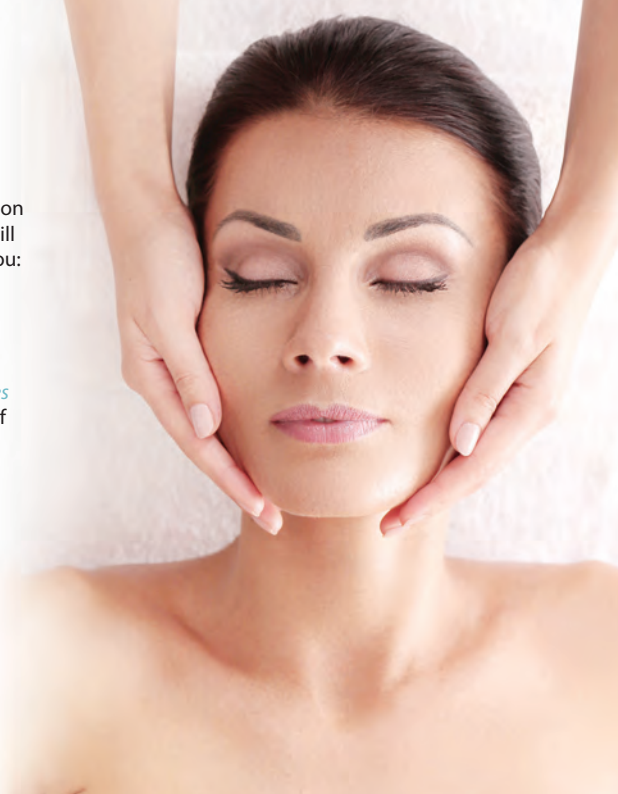
## **ESPA Tri-Active Advanced ProBiome Facial** | *90 minutes*

New cutting-edge skincare therapy to defy visible signs of ageing. For visibly youthful, radiant and firm skin.

# ESPA *EXPRESS*

## **ESPA Express Facial** | *30 minutes*

Cleansing and Exfoliation is followed by the application of a nourishing mask, while a heavenly neck and shoulder massage is carried out to leave you feeling refreshed and your skin radiant.



# CLARINS

## Clarins Signature Facial | *75 minutes*

This highly personalised treatment will provide you with the feeling of total wellbeing. Your trained therapist will advise which of the following facials is most suitable to you:

**Lifting Replenisher**  
**Power Firmer**  
**Radiance Reviver**  
**Moisture Quencher**  
**Skin Smoother**

## Treat Yourself | *90 minutes*

Include a choice of either a back massage or a scalp and foot massage.

## Clarins Aromatic Balancer Facial | *60 minutes*

Whatever your skin condition, oily, congested, dry, dull, dehydrated or sensitive, this customised treatment will rebalance and coax it back to blooming.

## Clarins Extra Relaxing Aromatic Facial | *75 minutes*

This indulgent and pampering treatment commences with a back massage, after which the skin is treated to the Aromatic Balancer facial.



## CLARINS EXPRESS

## The Clarins Refresher Facial | *30 minutes*

A serious WOW facial treatment for when you need great skin and a glowing complexion. Cleanse and exfoliation is followed by a chosen mask, then a neck and shoulder massage completes this pick-me-up treatment.

# ESPA

## **ESPA Back Face & Scalp Treatment** | *90 minutes*

This ESPA treatment targets three areas- the back, the face and the scalp, making it the ideal treatment for anyone.

Treat Yourself ~ To Include Hot Stones | *90 minutes*

## **ESPA Holistic Total Body Care** | *90 minutes*

Full body skin brushing and exfoliation to prepare for a deep body, face and scalp massage, using a blend of essential oils chosen to suit individual requirements.

Treat Yourself ~ To Include Hot Stones | *90 minutes*

## **ESPA Pre & Post Natal Treatment** | *75 minutes*

A deeply nourishing body treatment designed to target areas prone to stress and tension during pregnancy.

## **ESPA Salt & Oil Scrub** | *30 minutes*

This exceptional skin-softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

## **ESPA Detoxifying Algae Wrap** | *60 minutes*

Body brushing and full body exfoliation is followed by an application of warm Algae gel to stimulate, detoxify, tone and firm the skin, it is ideal as part of a detox programme.



# CLARINS

## Clarins The Sun Glow | *60 minutes*

The ultimate self tanning treatment for face and body with skin-smoothing exfoliation. Gives you an all-over gorgeous, long-lasting, golden colour that looks as natural in winter as in summer.

## Clarins Mother to Be & New Mum Treatment | *75 minutes*

Pure indulgence for face and body, adapted to pre and post-natal stages of pregnancy to leave you feeling wonderfully relaxed and energised.



## CLARINS *EXPRESS*

### **The Clarins Body Polisher** | *30 minutes*

Intensive double exfoliation deep cleanses and retextures for a body that's super soft and smooth. The final touch is an application of conditioning body lotion, leaving skin fresher and brighter.

### **The Clarins Refresher Facial** | *30 minutes*

A serious WOW facial treatment for when you need great skin and a glowing complexion. Cleanse and exfoliation is followed by a chosen mask, then a neck and shoulder massage completes this pick me up treatment.

## ESPA *EXPRESS*

### **ESPA Express Facial** | *30 minutes*

Cleansing and Exfoliation is followed by the application of a nourishing mask, whilst a heavenly neck and shoulder massage is carried out to leave you feeling refreshed and your skin radiant.

### **Salt & Oil Scrub** | *30 minutes*

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.





## Nails with JESSICA® Natural Nail Care

### **GELeration Manicure** | *60 minutes*

A full manicure treatment, including your choice of GELeration polish, lasting more than 2 weeks without any smudging or fading.

### **GELeration Pedicure** | *60 minutes*

Your pedicure will include hard skin removal, shaping of the nails, cuticle tidy, exfoliation and application of the long lasting GELeration colour of your choice.

### **GELeration File & Polish** | *45 minutes*

A file and shape of your finger or toenails and application of the GELeration colour of your choice.

### **Gel Removal** | *30 minutes*

GELeration polish is recommended to be removed professionally, to avoid any damage to your natural nails. Treat yourself following the removal of your old colour by having a file and polish or a manicure.

### **Jessica Manicure** | *45 minutes*

Your manicure includes shaping of the nails, cuticle tidy, relaxing hand and arm massage and an application of personalised treatment basecoat and your chosen polish colour.

### **Jessica Luxury Spa Manicure** | *60 minutes*

This luxury treatment uses products to help strengthen nails that easily break, split or peel. This treatment includes hand and arm exfoliation and heated mitts.

### **Jessica ZEN Spa Pedicure** | *60 minutes*

Your pedicure will include hard skin removal, shaping of the nails, cuticle tidy, exfoliation, relaxing foot and leg massage and application of your chosen polish colour.

### **Treat Yourself ~ To Include Heated Booties** | *75 minutes*

### **File & Polish (Fingers or Toes)** | *30 minutes*

Why not choose a long-lasting Jessica Phenom polish for your Manicure or Pedicure?



## Eyes

**Eyelash Tint\*** | 30 minutes

**Eyebrow Tint\*** | 15 minutes

**Eyelash & Eyebrow Tint\*** | 30 minutes

**Eyebrow Shape** | 15 minutes

**Eyebrow Shape & Tint** | 30 minutes

*\*If you haven't had a tinting treatment at Aura before, you will need to have a complimentary patch test at least 24 hours before your treatment.*

## Aura Angels

**½ Leg Wax** | 30 minutes

**Underarm** | 15 minutes

**Eyebrow Shape** | 15 minutes

**Mini Facial** | 30 minutes

**File & Paint** | 30 minutes

*Aura Angels treatments are suitable for those aged between 11 and 15 years old, with the consent of a parent or guardian.*

## Wax

### Strip Waxing

½ Leg | 30 minutes

¾ Leg | 30 minutes

Full Leg | 45 minutes

Full Leg & Bikini Tidy | 60 minutes

Full Leg & High Bikini | 60 minutes

Bikini Tidy | 15 minutes

High Bikini | 15 minutes

Underarm | 15 minutes

Lip or Chin | 15 minutes

Lip & Chin | 15 minutes

### Hot Waxing

Brazilian | 30 minutes

Hollywood | 30 minutes

## Tanning

**St Tropez – Air Brush Tan** | 30 minutes

The professional bronzing mists will give you the ultimate streak free, quick drying and ultra-hydrating tan.



*Please avoid any heat treatments (eg. sunbed or sauna) before and after any waxing.*

## Men's Massage

### Clarins Muscle Ease Body Massage | 60 minutes

An intensely therapeutic massage eases tense shoulders, back knots and aches. Aromatic essential oils supercharge the stress-relieving benefits, restoring your sense of wellbeing.

### ESPA Deep Muscle Massage | 60 minutes

A powerful massage designed to alleviate deep-seated tension and muscular stress by concentrating on specific areas of concern.

## Men's Face

### ESPA Personalised Facial | 60 minutes

This cooling, purifying facial awakens the senses and brightens the face. Perfect to enliven your skin the morning after the night before.

### Clarins Skin Blitz Facial | 60 minutes

Whatever life has hit your skin with, this super-relaxing bespoke facial will target and treat it. Your face will look and feel refreshed, healthy and smooth.

## Men's Nails

### Manicure for Men | 30 minutes

Treat your hands to a manicure using only the finest products to leave your hands and nails looking neat and tidy, and feeling smooth.

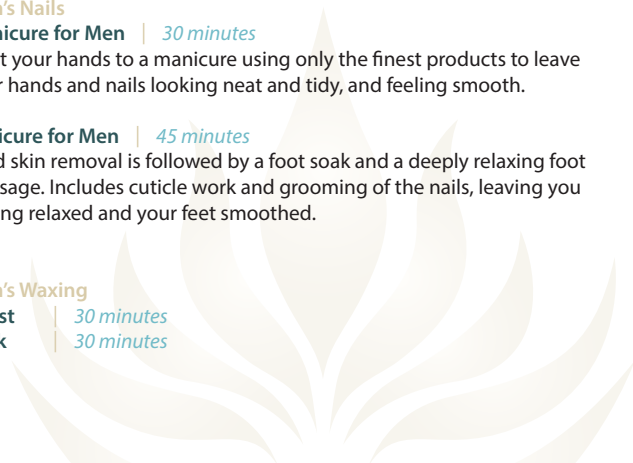
### Pedicure for Men | 45 minutes

Hard skin removal is followed by a foot soak and a deeply relaxing foot massage. Includes cuticle work and grooming of the nails, leaving you feeling relaxed and your feet smoothed.

## Men's Waxing

### Chest | 30 minutes

### Back | 30 minutes



## Spa Days

With all of our Spa Day packages you can enjoy a day of relaxation with amazing treatments and use of the spa facilities that include our pool, hydro pool, sauna and steam rooms. If you wish to enjoy some light exercise in our gym, this is also available to you. Towels and robes are available throughout your day.

### Harmony Package

Choose from one of the following 30 minute treatments:

**Express Facial | Back Massage**

Followed by a light lunch including a soft drink.

### Serenity Package

Your choice of two of the following 30 minute treatments:

**Express Facial | Back Massage**

**Mini Manicure | Mini Pedicure**

Followed by a light lunch including a soft drink.



**MASSAGE**

ESPA Aromatherapy Massage	75 minutes	£70
~with Hot Stones	75 minutes	£75
Signature Full Body Massage	60 minutes	£60
~with Hot Stones	60 minutes	£65
Back, Neck & Shoulder Massage	30 minutes	£40
~with Hot Stones	30 minutes	£45
Stress Relieving Massage	45 minutes	£50
Indian Head Massage	30 minutes	£40
Thai Foot Massage	45 minutes	£45

**FACE ~ ESPA**

ESPA Bespoke Facial	60 minutes	£60
ESPA Tri-Active ProBiome Facial	90 minutes	£85
ESPA Express Facial	30 minutes	£40

**FACE ~ CLARINS**

Clarins Signature Facial	75 minutes	£75
Clarins Signature Facial ~with add on treats	90 minutes	£85
Clarins Aromatic Balancer Facial	60 minutes	£60
Clarins Extra Relaxing Aromatic Facial	75 minutes	£68
The Clarins Refresher Facial	30 minutes	£40

**BODY ~ ESPA**

ESPA Back Face & Scalp Treatment	90 minutes	£70
~with Hot Stones	90 minutes	£75
ESPA Holistic Total Body Care	90 minutes	£75
~with Hot Stones	90 minutes	£80
ESPA Pre & Post Natal Treatment	75 minutes	£70
ESPA Salt & Oil Scrub	30 minutes	£40
ESPA Detoxifying Algae Wrap	60 minutes	£68

**BODY ~ CLARINS**

Clarins The Sun Glow	60 minutes	£52
Clarins Mother to Be & New Mum Treatment	75 minutes	£70

**EXPRESS TREATMENTS**

The Clarins Body Polisher	30 minutes	£42
The Clarins Refresher Facial	30 minutes	£40
ESPA Express Facial	30 minutes	£40
ESPA Salt & Oil Scrub	30 minutes	£40

**NAILS WITH JESSICA NATURAL NAIL CARE**

GEleration Manicure	60 minutes	£45
GEleration Pedicure	60 minutes	£50
GEleration File & Polish	45 minutes	£40
GEleration Removal	30 minutes	£15
Jessica Manicure	45 minutes	£35
Jessica Luxury Spa Manicure	60 minutes	£40
Jessica ZEN Spa Pedicure ~ with Heated Booties	60 minutes	£42
File & Polish ( <i>Fingers or Toes</i> )	75 minutes	£45
	30 minutes	£25

**EYES**

Eyelash Tint	30 minutes	£22
Eyebrow Tint	15 minutes	£15
Eyelash & Eyebrow Tint	30 minutes	£32
Eyebrow Shape	15 minutes	£15
Eyebrow Shape & Tint	30 minutes	£25

## AURA ANGELS

½ Leg Wax	30 minutes	£16
Underarm	15 minutes	£10
Eyebrow Shape	15 minutes	£12
Mini Facial	30 minutes	£30
File & Paint	30 minutes	£18

## WAX

### Strip Waxing

½ Leg	30 minutes	£22
¾ Leg	30 minutes	£28
Full Leg	45 minutes	£33
Full Leg & Bikini Tidy	60 minutes	£38
Full Leg & High Leg Bikini	60 minutes	£40
Bikini Tidy	15 minutes	£15
High Bikini	15 minutes	£20
Underarm	15 minutes	£15
Lip or Chin	15 minutes	£12
Lip & Chin	15 minutes	£18

## WAX

### Hot Waxing

Brazilian	30 minutes	£32
Hollywood	30 minutes	£38

## TANNING

St Tropez ~ Full Body	30 minutes	£30
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## MEN'S MASSAGE

Clarins Muscle Ease Body Massage	60 minutes	£60
ESPA Deep Muscle Massage	60 minutes	£60

## MEN'S FACE

ESPA Personalised Facial	60 minutes	£60
Clarins Skin Blitz Facial	60 minutes	£60

## MEN'S NAILS

Manicure for Men	30 minutes	£30
Pedicure for Men	45 minutes	£35

## MEN'S WAXING

Chest	30 minutes	£28
Back	30 minutes	£28

## SPA DAYS

Harmony Package	1 day	£60
Serenity Package	1 day	£90



## GIFT VOUCHERS

Available to buy in the spa  
or online:  
[www.nizelsgolfandcountryclub.com/aura-spa](http://www.nizelsgolfandcountryclub.com/aura-spa)

## BOOKING INFORMATION

Appointments can be made by phone or in person. All treatment times set out in this tariff are there as a guideline only. Times indicated include a consultation and time to enable you to prepare for and complete your treatment.

The relaxing environment in Aura Spa is created with your wellbeing in mind, therefore we ask you to abide with club rules and switch your mobile phone off before entering the Spa.

It is with regret that we cannot accommodate babies and children in the treatment areas of Aura Spa.

Think of your Spa as your personal beauty space, a tranquil place for a little me-time. The minimum age for treatments is 12, however children aged 12-16 must be accompanied by an adult.

Some treatments are not recommended for pregnant women. We advise that you wait until you've completed the first 12 weeks of your pregnancy and always seek the advice of your doctor.

Please arrive at Aura Spa reception at least 10 minutes prior to your appointment. This will give you time to unwind and get more out of the early stages of your treatment.

We require 24 hours notice to cancel or change an appointment otherwise a 50% cancellation fee will apply. If you fail to turn up without prior notice, full payment will be required.

You must inform the therapist prior to your treatment commencing if you suffer from any medical conditions, allergies, or are on any medication.

Gift vouchers can be purchased online or at the Spa. They are valid for 6 months and are non-refundable.

Please note, if you haven't had tinting in Aura before, it is essential you have a patch test at least 24 hours before your treatment.

Please note if you choose to wear the flip flops provided by Aura you will do so at your own risk, as they are not recommended as footwear.



Nizels Golf & Country Club  
Nizels Lane, Hildenborough  
Kent TN11 8N

**Direct Line:** 01732 834 415

**Club Reception:** 01732 833 833

**Email:** [nizels.aura@theclubcompany.com](mailto:nizels.aura@theclubcompany.com)

**www:** [www.nizelsgolfandcountryclub.com](http://www.nizelsgolfandcountryclub.com)



Our treatments are available 7 days a week

Monday to Thursday 9am - 8pm

Friday and Saturday 9am - 6pm

Sunday 9am - 5pm

Late night appointments available

We also welcome non members to Aura Spa.

ESPA

  
ST. TROPEZ  
The Ultimate Tan

  
JESSICA®

CLARINS

**AURA**  SPA  
Nizels

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[www.nizelsgolfandcountryclub.com](http://www.nizelsgolfandcountryclub.com)

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