



Spa Days & Breaks

Spa Days

Spend a day enjoying the full spa facilities at Aqua Roma including lunch, soft drinks, robe and towels. From £29.95 (Mon-Fri) and £39.95 (Sat/Sun)

Spa Breaks

Include all of the above with an overnight stay and dinner. From £79.95pp

Spa Evenings

Use of facilities, soft drinks, robe and towels, from 5 - 9pm. From £20.00

Exclusive use hire

From £250 for that exclusive party.

We strongly recommend treatments are booked in advance.



Spa & Body

Mineral Salt Scrub

A full body treatment designed to remove dead skin cells which make the skin look dull and lifeless, followed by a full body moisturizer. Allow 30 mins

£25.00

Mineral Salt Scrub & Full Body Massage

A revitalizing sea salt scrub containing lemon and sandalwood which polishes and buffs the skin, leaving it smooth and soft. Followed by a relaxing full body Swedish massage. Allow 75 mins

£55.00

Back Cleanse

Combined with a back, neck and shoulder massage. Allow 50 mins

£50.00



Make-Up

The most beautiful cosmetic you can wear is a healthy skin!

Make-up Lesson

Learn how to enhance your features, what colour suits you and how to apply make-up. Use your own products. Allow 55 mins

£35.00

Bridal Make-Up

This includes a consultation design prior to your wedding day. Ideas will be discussed together with a make-up rehearsal and of course the final make-up application on your big day. Trial 90 mins, Day 60 mins

£60.00

Special Occasion Make-up

Includes a consultation before application of make-up. Allow 55 mins

£35.00



Club Membership

A leisure club and health spa with a welcoming team, relaxed environment and superb fitness facilities.

Fabulous fitness facilities: Stunning swimming pool, gym, sauna, steam room, jet spa.

Free classes: Pilates, Aquarobics, Yoga and many more, see current club timetables.

Open for you: 7am - 10pm weekdays, 8am - 8pm weekends and bank holidays.

For convenience: Free on-site parking and separate club entrance.

Your pleasure: 10% discounts on treatments.

Limited memberships: A relaxed and friendly club atmosphere.

Personal attention: Induction programmes.

Social side: Club activities and social events and more. Bring your friends: 2 x free guest passes on joining.

Membership Fees (per person)

Monthly Standing Order/Direct Debit

Minimum 3 months plus 1 month cancellation

Single £57.00 **Joint** £49.50 **Group 5+** £45.00

Monthly SO/DD for 12 months contract

12 months for the price of 11

Single £52.25 **Joint** £45.38 **Group 5+** £41.25

Annual Payment

12 months for the price of 10

Single £570.00 **Joint** £495.00 **Group 5+** £450.00

Exclusive Platinum Membership available

Talk to the Aqua Roma team for details.

Information:

48 hours notice is requested for any cancellation of treatment bookings and one week's notice for Spa Day and Spa Break bookings to avoid a 50% cancellation charge. All timings are approximate.

OPEN 7 DAYS A WEEK

Children's hours 8 to 10am & 2 to 5pm

Aqua Roma

Manor House Hotel

Newlands Corner, Guildford, GU4 8SE

Tel: 01483 222624

Aqua Roma Health Club & Spa



Beauty Treatments, Spa Days, Breaks & Health Club Membership



NEWLANDS CORNER GUILDFORD

01483 222624

www.aquaromaleisure.co.uk



Massages

Swedish Massage

Unwind with these massages to relax muscles, ease tension and relieve aches and pains.

Full Body - Allow 55 mins	£40.00
Back, neck and shoulder - Allow 25 mins	£25.00

Aromatherapy Massage

This holistic treatment uses essential oil blends to promote wellbeing, balancing mind, body and soul. Choose either an energizing or stress releasing blend.

Full Body - Allow 55 mins	£45.00
Back, neck and shoulder - Allow 25 mins	£29.00

Indian Style Head Massage

A wonderful relaxing therapy based on the ancient Ayurvedic Healing System. The head, face and neck store a great deal of tension that accumulates in everyday life. By using this treatment, the effect is not just physical it also works on an emotional level, calming the spirit and promoting relaxation.

Allow 25 mins	£25.00
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Thermal Body Wraps

Thermal Body Therapy

Begin with an Aromatherapy sea salt scrub containing lemon, sandalwood and lavender essential oils to buff and polish the skin followed by the application of a heated wrap. Let the thermal properties of Japanese wasabi root and Asian ginger penetrate into tense muscles warming and relaxing you.

Choose from the following wraps. Allow 55 mins	£50.00
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Enzymatic Sea Mud Wrap

Seaweed minerals and sea kelp enhance detoxification while soothing and nourishing the skin. Caffeine stimulates circulation aiding in toxin elimination and water retention while bentonite clay draws out impurities and tones, excellent for cellulite.

Power Recovery Pack

Honey and wheat protein hydrate the skin while oatmeal and soy milk deeply nourish, condition and smooth while white tea extracts firm and tone the skin. Excellent for dry, irritated, parched skin or eczema sufferers.



Gift Vouchers

Available in values of £10, £25 and £50 exchangeable for any treatments, spa days and breaks at either of our clubs.



Depilatory Treatments

The removal of unwanted hair by warm wax

Half Leg	£17.50
Three Quarter Leg	£20.50
Full Leg	£24.50
Bikini	£12.50
Underarm	£10.50
Full Leg & Bikini	£33.00
Full Leg, Underarm & Bikini	£40.00
Half Leg, Underarm & Bikini	£33.00
Half Leg & Bikini	£25.00
Full Arm	£14.50
Lower Arm	£16.50
Lip	£5.00
Chin	£5.00

Do not have any heat treatments before or after waxing including swimming, sunbeds, steam & sauna.



Jessica Hands & Feet

Jessica hand and foot treatments combine the best of luxury with the latest developments in nail care.

Prescriptive Manicure

Cuticle care, shape, hand massage and polish. Allow 45 mins	£26.00
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Prescriptive Deluxe Manicure

As with the Prescriptive Manicure, but with the addition of Le Remedi Hand Treatment leaving both hands smooth, firm and conditioned. Heated mitts aid penetration of oils and creams and improve circulation. With or without polish. Allow 70 mins	£30.00
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Express Manicure

Allow 25 mins	£15.00
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Express Pedicure

Allow 25 mins	£15.00
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French Polish

Add on to any manicure or pedicure (Just add 15 minutes to your treatment hire)	£5.00
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For the eyes

Eyelash Tint* - allow 15 mins	£12.00
Eyebrow Tint* - allow 15 mins	£8.00
Lash & Brow Tint* - allow 30 mins	£15.00
Eyebrow Shape - allow 15 mins	£12.00

* A patch test to be carried out at least 24 hrs prior to treatments.



Dermologica Facials

Dermologica Personalised Skin Care

Dermologica Prescription Facials are tailored during the treatment to meet individual needs. Products are chosen to target specific concerns for your skin at that time. Our detailed skin consultations precede each treatment to ensure maximum results:

Prescriptive Facial

A luxurious facial that incorporates powerful professional products, specifically chosen and tailored to your skin needs. Relax with a mini aromatherapy face and neck massage to melt away your stress and whilst the masque is developing enjoy a small hand massage leaving you feeling revitalized and glowing.

Allow 55 mins	£40.00
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Mini Facial

A perfect introduction to facials with a cleansing exfoliation followed by a light masque and moisturizer. Allow 25 mins

Allow 25 mins	£25.00
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Male Grooming

Waxing

Back Wax or Chest Wax. Time varies	£20.00
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Manicure

Cuticle care, shape and hand massage Allow 25 mins	£18.00
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Pedicure

Foot Spa, cuticle care, nail cut and file, foot massage. Allow 40 mins	£22.00
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ZenSpa Pedicures

ZenSpa Pedicure

Footspa, massage, cuticle and nail care. Finished with a fantastic, long lasting nail polish of your choice. Allow 55 mins	£30.00
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ZenSpa Deluxe Pedicure

As with the ZenSpa Pedicure but offering intensive moisture for those extra dry and cracked heels. Feet are smothered in skin softening souffle and wrapped in luxurious thermal booties followed by a moisturising mask. Complete heaven for the feet. Allow 75 mins	£35.00
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We recommend you bring with you a pair of slip-on toe-less sandals to wear after your foot treatment.