



EDEN DAY SPA

EXETER  DEVON





HELLO

Eden day spa is situated in the heart of the cathedral city of Exeter within the Guildhall shopping centre. From the moment you step through our door you will find a peaceful, tranquil retreat from the hustle and bustle.

We are proud to use some of the best skin and body care products in the world, including Elemis, Dermalogica and Creative nail design, our therapists are all trained to the highest of standards and are able to not only offer you world class treatments, but are happy to recommend home care routines too so that your spa experience may continue long after you have left Eden.

We believe that beauty is a feeling, not a certain look or a typical type, we stand firm in our belief and will endeavour to make you feel that special something that makes each and every one of us truly beautiful.

At Eden we will ensure that you leave feeling relaxed, refreshed and calm ready to face the outside world.

We look forward to seeing you soon.



TREATMENTS

Some of our treatments are unsuitable if you are suffering from certain health problems. We have, for your convenience created a treatment menu with this in mind. Please study the key below and ensure that if you are suffering from any of the medical conditions you check that they are not going to affect your treatments, this will ensure you receive the best possible treatments and avoid any embarrassment. If you are in any doubt please contact the spa directly so that we can advise you.

- DI = diabetes
- HB = high blood pressure
- MP = metal pins or plates
- PM = pace maker
- CA = cancer (either present or within the last 3 years)
- HC = heart conditions
- PR = pregnancy
- SK = skin diseases
- UL = undiagnosed lumps and bumps

FACIAL TREATMENTS

Dermalogica taster facial

An introduction to the Dermalogica range, allowing our therapists to analyse your skin and provide a mini facial to suit your specific skin type. Your skin therapist will recommend a home care routine to suit your individual needs.

UL SK £26 ½ hr

Dermalogica prescriptive facial

This revitalising treatment begins with deep cleansing, followed by a gentle customised exfoliation. A professional skin analysis is combined with a pressure point massage, mask and moisturisation. The treatment is followed by home care advice by one of our skin therapists.

UL SK £40 1hr

Dermalogica men's sports facial

A comprehensive skin consultation will lead to a customised deep cleansing and exfoliating scrub. A pressure point massage with essential oils balances the skin. A home care routine will be recommended to you by your skin therapist.

UL SK £45 1hr

Dermalogica exclusive facial

This treatment combines a Dermalogica prescriptive facial with a customised back massage to reduce both stress and muscle tension. A home care routine will be advised by your skin therapist.

UL SK PR £60 1½ hr

Elemis taster facial

This introductory facial provides a quick and instant pick-me-up for any occasion.

UL SK £26 ½ hr

Elemis skin specific facial

A therapeutic deep cleansing facial prescribed for your skin type. Specialised eastern massage movements help stimulate and oxygenate your skin whilst bringing the body and mind back into balance. After a consultation with your therapist your treatment will be chosen from one of the following:

- Fruit active glow. A great pick me up and pre occasion treat to lift dull, lifeless skin.
- Herbal lavender repair. Help to heal and repair congested oil rich skins.
- Exotic moisture dew. This is for dry, thirsty skin in need of rehydration.

UL SK £40 1hr

Oxygen skincalm facial

Gentle massage techniques are combined with calming actives and a restructuring Japanese silk mask, impregnated with absolute skincalm booster serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate relief from stressed and irritated skin.

UL SK £45 1¼ hr

Elemis S.O.S purifying facial

Powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese sulphur mask, impregnated with absolute vita-C booster serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

UL SK £45 1¼ hr

Elemis visible brilliance facial

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40% after just 1 treatment. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase amino active mask helps to smooth, sculpt and restore the skin.

UL SK £55 1¼ hr

Elemis pro-collagen quartz lift facial

This anti-ageing facial is clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%, after just one treatment. The power of padina pavonica is accelerated by the electrical energy of precious marine quartz, tourmaline, rhodochrosite and malachite to re-energise cell communication, whilst laminaria digitata and red coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful appearance.

UL SK £55 1¼ hr

Elemis Tri-enzyme resurfacing facial

This ground breaking anti-ageing facial instantly resurfaces and smoothens the skin. Clinically proven to visibly resurface the skin by up to 75% and increase smoothness by up to 32% after just 1 treatment, this unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing younger looking skin.

UL SK PR £55 1¼ hr

Elemis urban cleanse facial for men

This super-grooming facial works overtime to eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

UL SK £55 1¼ hr

Elemis skin IQ facial for men

Helping to calm irritation and minimise the signs of ageing, this facial is the ultimate overhaul for male skin. Protecting against the harsh, ageing effects of shaving and environmental damage, moisturisation levels are proven to increase by up to 38% and elasticity by 28% after just 1 hour.

UL SK £55 1¼ hr

Bio-Brasion – crystal skin peeling

A gentle and relaxing exfoliation treatment during which dead skin cells, oils and other debris are removed helping to eliminate blocked pores and comedones. This microdermabrasion treatment in combination with Bio-Therapeutic scientifically advanced treatment preparations achieves a smooth, radiant complexion. During the Bio-Brasion treatment a fine stream of crystals are gently propelled over the skin's surface.

At the same time, the exfoliated skin and used crystals are hygienically vacuumed away into disposable accessories, revealing rejuvenated and renewed skin.

UL SK £45 ¾ hr

Bio-ultimate platinum treatment

Using state of the art technology, the Bio-ultimate platinum aids in reducing the signs of ageing and diminishes the appearance of fine lines and wrinkles by utilising a technology known as micro current. Micro current is a low level of electricity that mirrors the body's currents, which in turn triggers chemical reactions at a cellular level. The result is a visible firming and smoothing of the skin.

UL SK HB DI PM MP £55 1¼ hr



BODY THERAPY

Elemis exotic lime and ginger salt glow

A body exfoliation ritual to invigorate and revitalise. After light skin brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic lime and ginger salt glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

PR CA UL SK £40 ¾ hr

Dermalogica back therapy treatment

Experience double the benefits from one of the finest anti-stress treatments available. Starting with a deep-cleansing of the back to remove excess oil and debris, followed by exfoliation using hydro-active mineral salts to polish away the dullness. Lastly, a stress relieving massage with essential oils and a customised mask will leave you relaxed and your skin radiant.

PR CA UL SK £40 ¾ hr

Elemis body cellulite and colon therapy

Using the new clinically proven Elemis body sculpting system, your silhouette will be redefined. The body sculpting lipo-refining serum and body sculpting firming cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennell and birch peel off body mask is

also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth the skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

PR CA UL SK £45 ¾ hr

Dermalogica body therapy hydro pack

A hydro active mineral salt scrub removes any accumulated dead skin cells, leaving your skin soft and glowing. An ultra soothing, hydrating treatment personalised with aromatherapy oils, oceanic algae or hydroxyl acids. A pure, natural aloe based pack is swaddled in a thermal wrap to infuse the skin.

PR CA UL SK £50 1¼hr

Dermalogica enzymatic sea mud wrap

The body is brushed and exfoliated using hydro-active mineral salts after which, using a purifying seaweed and mineral mud poultice infused with aromatic botanical extracts and fruit enzymes is placed over the body which is then cocooned in a wrap. Whilst the products are on the skin you can enjoy a deeply relaxing scalp massage.

PR CA UL SK £50 1¼hr

Elemis exotic coconut rub and milk ritual wrap

Warmed Elemis skin nourishing milk bath is poured all over the body before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

PR CA UL SK £45 1 hr

Elemis exotic frangipani body nourish wrap

Aromatic Tahitian coconut and frangipani flowers are soaked together to produce the monoi which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

PR CA UL SK £45 1 hr

Elemis aroma spa ocean wrap for men or women

Let thoughts drift away whilst being cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and marine algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

PR CA UL SK £50 1¼hr

MASSAGE THERAPY

Indian head massage

This treatment has taken place in Indian family life for centuries and is traditionally known as 'champiassage'. Today this form of massage, which concentrates on the head, neck and shoulder areas helps you to relax, reduce stress and tension. Performed in the seated position, this treatment can help to relieve mental tiredness and stimulates the systems of the body.

(CA) (UL) (SK) (HB) £26 ½ hr

Eden well being back massage

Focusing purely on the back and shoulder area to relieve tension and aching muscles.

(PR) (CA) (UL) (SK) (HB) £26 ½ hr

Elemis deep tissue back massage

Specifically targeting the back shoulders and neck areas, this is a deep rhythmic pressure massage.

(PR) (CA) (UL) (SK) (HB) £30 ½ hr

Elemis aroma stones back therapy

Therapeutic heat is slowly released into the belly of the muscle using warm stones, whilst warmed oils are massaged deeply into the back, neck and shoulder area for maximum relaxation.

(PR) (HB) (UL) (SK) £40 ¾ hr

Hopi ear candles

A pleasant and non invasive treatment of the ears, the candle acts as a chimney, drawing any impurities to the surface where they can be gently removed. This equalises the pressure in the head and ears making this suitable for most conditions. Secretion flow is gently stimulated and the vapour collects and removes impurities and deposits. Most of these are carried away through the candle but may make their way to the surface several days later. Hopi ear candles can be helpful for sinusitis/rhinitis/glue ear/headaches and migraine.

(SK) £40 ¾ hr

Swedish full body massage

A deeper more traditional massage, which improves circulation, increases muscle tone and eases tension.

(PR) (CA) (UL) (SK) (HB) £40 1 hr

Aromatherapy full body massage

This gentle massage using essential oils will benefit both the mind and body.

(PR) (CA) (UL) (SK) (HB) £40 1 hr

Eden well being full body massage

From the soles of your feet to the crown of your head, the unique treatment is more

than just as a massage. The power of ancient touch creates sensations of pleasure and wellness to deeply heal your mind and body whilst soothing your soul. Your body is lightly brushed before the warm pure massage oils are smoothed over the face and body.

(PR) (CA) (UL) (SK) (HB) £45 1¼ hr

Elemis deep tissue full body massage

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension. Choose from:

- Stress away: wind down and release the tension of the day
- Spirit reviver: A powerful surge to invigorate and recharge
- Muscle melt: Relax and re-energise a tired and aching body
- Chakra balancing: Reconnect your mind, body and soul.

(PR) (CA) (UL) (SK) (HB) £50 1 hr

Elemis nurturing mother-to-be

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate

safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

£50 1¼ hr

Elemis aroma stone therapy

Warm basalt stones melt away the tension as they slowly release heat into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

(PR) (CA) (UL) (SK) (HB) £65 1¼ hr

Sea holistic massage

This treatment draws inspiration from the beneficial, re-mineralising and invigorating properties of the marine world. Inspired by traditional Thai medicine with massage techniques to create harmony between body and mind. A combination of exfoliation, moisturisation and relaxation for perfectly oxygenated and radiant skin. Tension will melt away and a tranquil sensation of well being will remain.

(PR) (CA) (UL) (SK) (HB) £65 1¼ hr

HAND & FOOT THERAPY

Shape and polish

£10 ¼ hr

Shape and French polish

£12 ¼ hr

Elemis exotic ritual grooming for hands

Cuticles and nails are nourished with warmed aroma-therapeutic oils, whilst the sublime sensation of the Elemis skin nourishing milk bath lavishes its richness for beautifully smooth, soft and supple hands.

(SK) (HB) £26 ½ hr

Creative Spa manicure

The Creative Spa system provides a blend of science and luxury. Containing the protective properties of ceramides, penetrating effects of A.H.A serums, vitamin E to reduce the signs of ageing and phospholipids and squaline to restore elasticity. Nails are shaped, cuticles tidied and polish applied after an exfoliation, warm mitts and massage are performed.

(SK) (HB) £30 ¾ hr

Elemis sole delight grooming for feet

Warmed aroma-therapeutic oils nourish and super condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin.

(SK) (DI) (HB) £26 ½ hr

Creative Spa pedicure

An effective yet pampering treatment consisting of balms, lotions and exfoliators, which start at your feet and work there way to the mind and spirit via the senses. Feet are soaked and exfoliated before a rich hydrating marine mask is applied, nails are shaped, cuticles tidied and polish applied. This is all finished off with a relaxing foot massage.

(SK) (DI) (HB) £30 ¾ hr



EYE TREATMENT

Eyelash enhancements

Semi permanent eyelash extensions are an exciting service offering you thicker, longer and naturally abundant eyelashes. Lashes are made longer and thicker through professional application of an individual synthetic lash directly to your own using a special bonding agent.

Full set	£65 1½ hr
Half set	£45 1 hr
Maintenance	£20 ½ hr

Tints & Perms

Patch test required on all new clients 24hours prior to treatment. Book any two hair removal or eye treatments together and receive 10% discount, excluding eyelash enhancements.

Eye brow tint	£10
Eye lash tint	£15
Eye lash perm	£30

HAIR REMOVAL & TANNING

Hair removal

Book any two hair removal or eye treatments together and receive a 10% discount.

Lip or chin	£7
Eyebrow shape	£10
Underarm	£10
Standard bikini	£15
Californian bikini	£20
Brazilian	£25
Hollywood	£30
Half leg	£17.50
Full leg	£25
Back or chest	£20

Urban Tan

A quick and easy way for the perfect tan. Urban Tan comes in a choice of colours so it can suit every skin tone. This product is sprayed onto the skin by one of our therapists, leaving the skin tanned without the risk of streaks.



Full body	£25 ½ hr
Part body	£15 ¼

St Tropez

Professionally applied cream gives the body a rich golden glow. This treatment involves an exfoliation, tan application and a body polish.



Full body	£40 1 hr
Part body	£25 ½ hr

Sunshowers

We offer top of the range vertical tanning cubicles, complete with lockable private changing rooms attached to each unit. They are high performing sunshowers and sessions last between three and nine minutes, each unit is air conditioned for your comfort.

£3 per 3min session	
Pre pay for a course at discounted prices	
30 minutes	£25 (save £5)
60 minutes	£45 (save £15)
90 minutes	£60 (save £30)
120 minutes	£75 (save £45)

SPECIALIST TREATMENT & PACKAGES

Floatation pods

Floatation rest, otherwise known as floating, was developed in America and for many Europeans a fairly new concept. Floating is relaxing on a bed of salt water in an atmosphere of total calm and warmth. Floating can be used for several reasons such as a means to achieve total relaxation, a tool within a medical programme as well as stress relief. With ear plugs in and if you wish the tanks interior lights off, the quietness and darkness allow the mind to drift into the deepest state of relaxation possible. This in turn balances the brain; that is, reduces the activity in the left (logical) side of the brain and increases activity in the right (creative) side.

£30 1¼ hr

Rejuvenesce cosmetic medicine

Quality medical anti-ageing treatments for men and women. Providing safe, high quality tailor made treatments including dermal fillers, chemical peels and wrinkle softening.

Consultations with the Dr are free and prices are available on request.

Smile professional tooth whitening

Completely safe and effective tooth whitening treatment for a dazzling white smile!

Consultations are free and prices are available on request.

Spa wet facilities

Relax and unwind in our purpose built wet area, incorporating a hot tub, sauna and lounge area. Allow time to escape as you rest in the calm environment. During your time in the spa you will be provided with everything you may need from robes and slippers to fruit juices and platters.

£15	1 hr
£10	when added on to treatment
£5	when added onto Spa package

Spa packages

Book any of the following packages and use the Spa wet facilities for only £5. Group bookings for hen, birthday parties welcome, book for 9 people and the 10th goes for free. When booking for 10 or more the spa will be closed for the duration of your stay so you can enjoy all of our facilities without interruption, lunch can also be provided at an extra charge.

Simply Spa - £75

Taster facial
Indian head massage
Creative spa manicure or pedicure

Mother-to-be Spa Ritual - £85

Elemis mother-to-be nurturing massage
Elemis skin specific facial
Toe nails shaped and polished

Indulgent Spa - £90

Aromatherapy full body massage
Elemis skin specific facial
Fingers and toes shape and polish

Elemis Spa - £100

Elemis skin specific facial
Elemis frangipani wrap
Elemis hand or foot treatment



GENERAL INFORMATION

Booking & cancellation

At the time of booking your appointment you will be required to pay 50% deposit, we accept payment from all major credit and debit card providers. In the event that you need to cancel or change your appointment we will require 48 hours notice, failure to do this will result in you losing your deposit. There will be no refunds for non arrival. If you arrive late for your appointment your treatment time will be reduced accordingly, however, you will still be required to pay the full amount. If you are using a gift voucher we will require the issue number at the time of booking, and you will be requested to leave your credit/debit card details, should you then not arrive for your treatment your credit/debit card will be charged 50% of the treatment value.

Gift vouchers

At Eden day spa we are pleased to be able to offer gift vouchers for either a specific treatment or a value. The voucher is then valid for 12 months from the date of purchase and cannot be extended past this date. Any vouchers lost or stolen are unable to be replaced.

Children & pets

Eden day spa is unable to accommodate children under the age of 16 or any pets.

Opening times

Mon	9.30-5.00
Tues	9.30-5.00
Wed	9.30-5.00
Thur	9.30-6.30
Fri	9.30-6.30
Sat	9.30-5.00
Sun	Closed



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