

## Gentleman's Treatments

### Gentleman's Indulgence Facial

Tailor made for your skin type.

Treatment time 60 mins £50.00

### Gentleman's Cleansing Back

The back is often a neglected area, this complete treatment acts like a facial. Exfoliation, massage using purifying and balancing essential oils, a decongesting mask and hot towels leaves skin suffering, blocked pores and congestion, looking bright, clear and healthy.

Treatment time 45mins £42.50

### Gentleman's Manicure

Nails and cuticles are shaped and tidied. Hands are exfoliated and then massaged with nourishing skin softening balms. Nails are then buffed.

Treatment time 45 minutes £27.50

### Gentleman's Pedicure

Your feet are cleansed,, then hard skin removed. Followed by a luxurious foot exfoliation and massage to ease those tired feet. Cuticles and nails are shaped and tidied then buffed to finish for perfectly neat feet.

Treatment time 45 minutes £27.50

### Gentleman's Back, neck and Shoulder massage

A deep relaxing massage which helps to reduce stress and muscular tension

Treatment time 30 minutes £35.00

### Gentleman's Full body massage

Treatment time 60 mins £50.00

## Packages

**Indulge in a Gift 60mins £50.00**

Indulgence Facial, Back, Neck and shoulder

**Mini indulge 90mins £70.00**

Mini facial, Mini manicures, Mini pedicure

**Heavenly Indulgence 120mins £90.00**

Exfoliating Body Scrub, Nourishing Body wrap including scalp massage, full body Massage

**Mum To Be 120mins £90.00**

All mums need a little TLC and this package is designed with the most suitable treatments in mind for you to sit back and relax...

**Starting** with the feet, they will be exfoliated and massaged. Whilst hot boots are applied and left to help absorb the oils, you will experience an indulgent facial. Stress and strains will be washed away with a scalp , neck & shoulder massage – finishing with a polish on hands and feet to make you the yummiest mummy around.

### Conditions for booking:

Credit/debit card details are required to secure all bookings. Please note that as courtesy to all our clients a prompt schedule is adhered to, late appointments may not be honoured.

**Clients who wish to change or cancel an appointment are kindly requested to give 48 hour's notice. Less than 48 hour's will incur the full treatment charge.**

All payments are made to the therapist.  
Credit/Debit Card or Cash accepted

Indulgence  
beauty rooms

## PRICE LIST

Damson Dene Hotel  
Crosthwaite  
Near Bowness -on-Windermere  
Cumbria  
LA8 8JE  
Tel 015395 68676

To make an appointment contact  
SHARON by  
PHONE, TEXT or EMAIL

07887405830

[sharon.indulgencebeauty@gmail.com](mailto:sharon.indulgencebeauty@gmail.com)

## Facials

### Mini Facial

An ideal facial for those on the go, tailored for your skin type.

Treatment time 30 minutes      £35.00

### Indulgence Facial

A must for all skin types as this facial is tailored for your skin type.

Treatment time 60 minutes      £50.00

## Massage & Relaxation

A deeply relaxing Swedish massage which helps to reduce stress and muscular tension

### Back, neck and Shoulder massage

Treatment time 30 minutes      £35.00

### Full body massage

Treatment time 60 minutes      £50.00

### Shoulder, neck and Scalp Massage

Treatment time 30 minutes      £30.00

### Scalp Massage

Treatment time 30 minutes      £30.00

### Leg Massage

Treatment time 30 minutes      £30.00

### Indulgence full body, face and scalp massage

Treatment time 90 minutes      £70.00

### Aromatherapy Full Body Massage

Treatment time 60 minutes      £55.00

### Ultimate Indulgence Lava shell massage

A unique full body massage for men and women using naturally self-warming tiger clam shells to deliver a seamless treatment tailored to suit your individual needs.

Treatment time 60 minutes      £65.00

### Indulgent treat lava shell back massage

This deep tissue massage uses the warm lava shells to treat the back and neck on a profound level achieving a firm deep pressure. The radiating heat from the shells enables deeper muscle tension to be treated and released leaving you feeling instantly stress free and rejuvenated.

Treatment time 30 minutes      £45.00

## Signature Spa Treatments

### Indulgent Crème Body Glow

Crème body exfoliation, lotion application

Treatment time 45 minutes      £40.00

### Ultimate Indulgent Experience

Crème scrub, body butter wrap, scalp massage

Treatment time 60 minutes      £55.00

### Indulgence Triple Treatment

Back exfoliation, back massage, mini facial including scalp massage

Treatment time 75 minutes      £70.00

## Hand and Foot Spa Services

### Mini Manicure/Pedicure

File and polish

Treatment time 30 minutes      £20.00\*

### Indulgent Manicure

Includes: Cuticle work, exfoliation, hand & arm massage, file and polish.

Treatment time 45 minutes      £30.00\*

### Deluxe Indulgent Manicure

Includes: Cuticle work, exfoliation, mask, hand & arm massage, file and polish.

Treatment time 75 minutes      £35.00\*

### Indulgent Pedicure

Includes: Cuticle work, hard skin removal, exfoliation, foot & leg massage, file and polish.

Treatment time 45 minutes      £30.00\*

### Deluxe Indulgent Pedicure

Includes: Cuticle work, hard skin removal, exfoliation, mask, foot & leg massage, file and polish.

Treatment time 75 minutes      £35.00\*

**\*Shellac Gel Polish: Please add an extra £10 to treatment and allow an extra 20 minutes on the above treatment times.**  
**French polish**

Please add on £2 if you would like a French finish to your nails.

Tip: Please bring open toed shoes to wear after a pedicure treatment