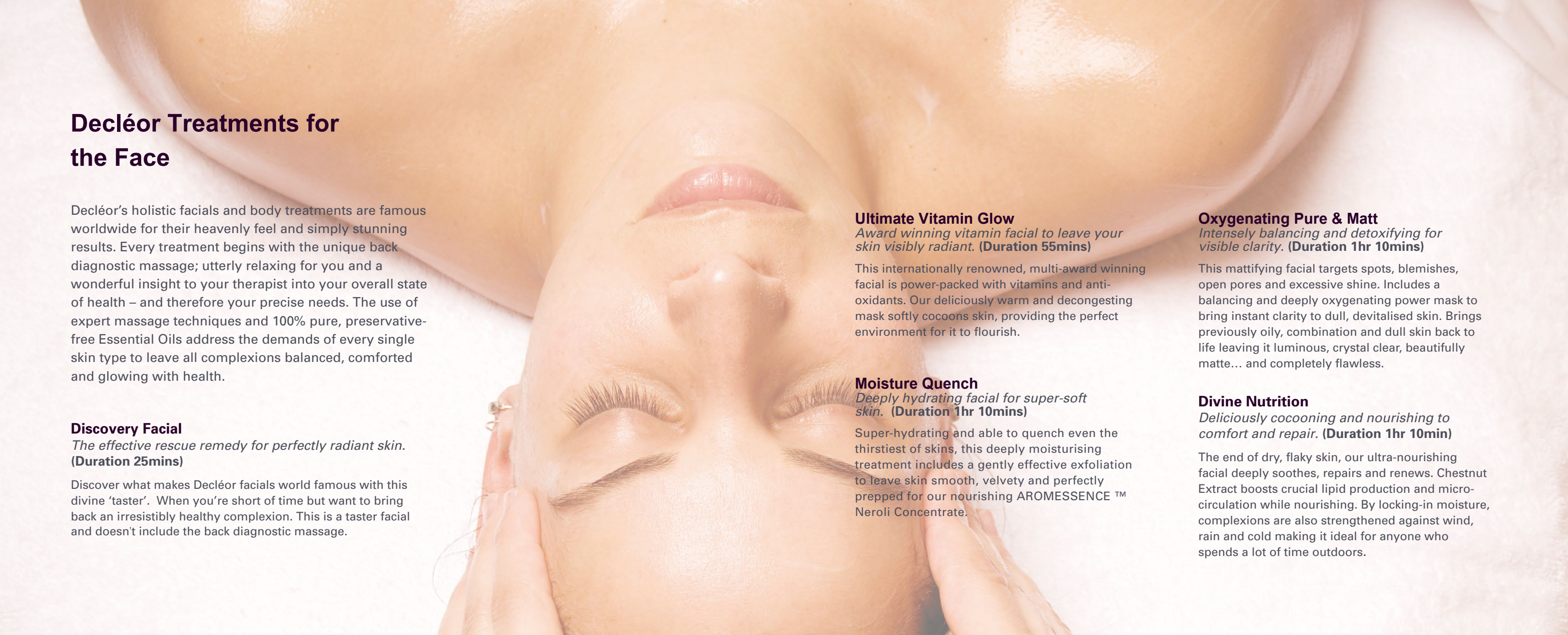


# Beauty Treatments



REYNOLDS  
FITNESS, SPA & RETREAT



## Decléor Treatments for the Face

Decléor's holistic facials and body treatments are famous worldwide for their heavenly feel and simply stunning results. Every treatment begins with the unique back diagnostic massage; utterly relaxing for you and a wonderful insight to your therapist into your overall state of health – and therefore your precise needs. The use of expert massage techniques and 100% pure, preservative-free Essential Oils address the demands of every single skin type to leave all complexions balanced, comforted and glowing with health.

### Discovery Facial

*The effective rescue remedy for perfectly radiant skin. (Duration 25mins)*

Discover what makes Decléor facials world famous with this divine 'taster'. When you're short of time but want to bring back an irresistibly healthy complexion. This is a taster facial and doesn't include the back diagnostic massage.

### Ultimate Vitamin Glow

*Award winning vitamin facial to leave your skin visibly radiant. (Duration 55mins)*

This internationally renowned, multi-award winning facial is power-packed with vitamins and anti-oxidants. Our deliciously warm and decongesting mask softly cocoons skin, providing the perfect environment for it to flourish.

### Moisture Quench

*Deeply hydrating facial for super-soft skin. (Duration 1hr 10mins)*

Super-hydrating and able to quench even the thirstiest of skins, this deeply moisturising treatment includes a gently effective exfoliation to leave skin smooth, velvety and perfectly prepped for our nourishing AROMESSENCE™ Neroli Concentrate.

### Oxygenating Pure & Matt

*Intensely balancing and detoxifying for visible clarity. (Duration 1hr 10mins)*

This mattifying facial targets spots, blemishes, open pores and excessive shine. Includes a balancing and deeply oxygenating power mask to bring instant clarity to dull, devitalised skin. Brings previously oily, combination and dull skin back to life leaving it luminous, crystal clear, beautifully matte... and completely flawless.

### Divine Nutrition

*Deliciously cocooning and nourishing to comfort and repair. (Duration 1hr 10min)*

The end of dry, flaky skin, our ultra-nourishing facial deeply soothes, repairs and renews. Chestnut Extract boosts crucial lipid production and micro-circulation while nourishing. By locking-in moisture, complexions are also strengthened against wind, rain and cold making it ideal for anyone who spends a lot of time outdoors.

### **Harmonie Calm**

*De-sensitises and reinforces stressed, fragile and reactive skins. (Duration 1hr 10mins)*

This intensely soothing treatment instantly relieves irritated complexions. Acting like a calming comfort blanket; a cooling Algae plasticizing mask peels away to reveal a calmer, smoother surface. Redresses all types of sensitivity. Skin becomes clear, soothed and more resilient to environmental aggressions.

### **Vital Eyes**

*Anti-ageing and visibly plumping for a smoother eye zone. (Duration 40mins)*

Delicately nurturing the most sensitive and delicate part of the face, this specialised treatment is fatigue-fighting, moisture quenching and wrinkle erasing. Decléor's unique toning eye technique stimulates micro-circulation and encourages cell renewal while an intensively repairing, anti-ageing eye mask also decongests and de-puffs. Leaves even contact lens wearers, hay fever sufferers and smokers with a dramatically brighter, younger looking eye zone.

### **Decléor Advanced Anti-Ageing Facials (Duration 1 hour 10 mins)**

#### **Aroma Facial Pilates**

*A pilates session for the skin to help visibly lift, remodel and re-densify.*

Facial Pilates has been created to deliver a natural lift to the face, helping reshape the contours of the face with a re-cushioning effect. The facial includes a back massage to help you completely unwind & release the mind. After a deep cleansing & three facial massages, your therapist will help lift your skin with a massage using our outstanding Energy Youth Concentrate Mask. This will plump and smooth the appearance of lines & wrinkles, whilst softening & increasing the tone, leaving the skin glowing with rosy youthfulness.

#### **Lift Yoga**

This expert ritual for the face targets skin affected by wrinkles and loss of firmness. It helps to sculpt facial contours and smooth wrinkles.

#### **Hyaluronic Acid Wrinkle Resist Facial**

*The secret to eternal youth.*

This is the secret to eternal youth! Using hyaluronic acid – one of the most effective anti-ageing ingredients – plus powerful youth-boosting botanicals, this pampering facial intensively targets lines and wrinkles. This potent wrinkle-smoothing mask is packed with antioxidants and galangal extract to lift plump and firm while gentle exfoliation refines skin texture. Offering dramatic and immediate results, expression lines and wrinkles are smoothed to ensure skin looks luminous.





## Exfoliation & Massage for the Body

### Reynolds Signature Treatments

*Reynolds Signature Back, Neck and Shoulder Massage (Duration 25mins)*

*Reynolds Signature Full Body Massage (Duration 55mins)*

*Reynolds Signature Luxury Exfoliation Treatment (Duration 55mins)*

*Reynolds Signature Scalp Massage (Duration 55mins)*

### Aromatherapy Body Massage

*Decleor Aromamassage for the Back, Neck and Shoulders (Duration 25mins)*

*Decleor Aromamassage for the Full Body (Duration 55mins)*

Everyday stresses and strains simply disappear with our heavenly Aromatherapy Massage to either relax, detoxify, tone or stimulate. The incredibly soothing sensation of the Warm Aromatherapy Balms, expertly blended from an exquisite elixir of natural Essential Oils, melt away tension and ease stress for renewed energy and velvety skin.

### Deep Tissue Massage

*Decleor Deep Tissue Back Massage (Duration 25mins)*

*Decleor Deep Tissue Full Body Massage (Duration 55mins)*

## Aroma Wraps

Each envelopment comprises three key elements - exfoliation, body mask then scalp and back massage. Offering total pleasure and comfort, use of a heated blanket maximises penetration of the active ingredients for top-to-toe benefits. Expertly tailored to your specific needs.

### Anti-Fatigue Citrus Energy Boost

*Energising and revitalising to improve circulation. (Duration 55mins)*

Aches, pains and tiredness melt away with this super-stimulating treatment. The antidote to poor circulation, the refreshing full body wrap eases aching muscles and fights fatigue. Ideally suited to those who enjoy sport and/or an active lifestyle, this warming zesty treatment also ensures cold hands and feet become a thing of the past.

### Vanilla & Ylang Ylang Relaxing Hydration

*Intensely calming and nourishing for super soft skin. (Duration 55mins)*

Banish stress with this cocooning and warming relaxation wrap. Developed to improve wellbeing by relieving stress and unloading busy minds, indulgent self-heating ingredients actively help reduce tension and stress.

### Lemon & Mango, Firm & Tone

*Tightening, sculpting and smoothing (Duration 55mins)*

This collagen-boosting body wrap tones slackened skin, repairs sun damage and helps improve the look of stretch marks. Deliciously nourishing, this sculpting envelopment hydrates and moisturises too, improving hydration levels for radiant, firm and soft skin all over.



## Treatments for the Body

### **Decleor Cleansing & Purifying Back Treatment**

*Decongests and brightens for a beautiful back.*

**(Duration 40 mins)**

A facial for your back! Following our unique back diagnostic massage to relax and release blocked energy, a skin-brightening exfoliation re-oxygenates skin while targeting spots, blackheads and general congestion. Essential Oils and Plant Extracts help rebalance and control oil and moisture levels. Essential pre-wedding and holidays, it transforms skin to super-smooth and velvety to touch.

### **Ear Hopi**

**(Duration 40mins)**

This induces a pleasant feeling of warmth and a balance of the pressure in the ears, forehead and sinuses. This treatment is soothing and helpful for earaches, headaches, ear noise, stress and nervousness. These benefits have been well known through 19 years of experience and confirmed by thousands of doctors worldwide. The treatment includes an ear and face massage.

### **Indian Head Massage**

**(Duration 40mins)**

The Indian Head Massage is an unforgettable treatment that massages the upper half of the back around the shoulder blades following up the neck to reach the scalp where several pressure points are made.

### **Tranquillity Scalp**

*Intensively relaxes to ease tension and aid sleep. (Duration 25mins)*

Deeply relaxing, this blissful scalp treatment incorporates a pressure point massage to banish tension and encourage a good night's sleep. With the option of including an exfoliation to target flakiness and styling product build up it also purifies the scalp and conditions hair. Simply serene.

### **Soft Feet**

*Transforms dry, cracked skin to velvety smooth. (Duration 25mins)*

Tired, sore feet are lovingly conditioned and nourished in this luxuriously comforting treatment. Aching feet and calves are also soothed thanks to a divine leg and foot massage. Skin is left polished, velvety and beautifully supple with our silky mask making it the ideal pre-holiday or post-party ritual.

### **Reflexology**

**(Duration 25mins)**

Reflexology is a gentle and effective form of therapeutic treatment applied to the feet. A holistic healing technique that aims to treat the individual as a whole, in order to induce a state of balance and harmony in body, mind and spirit.

*Subject to availability*

### **Radiant Mum 2 Be**

*Safe and nurturing pregnancy ritual, suitable for pregnancies over 12 weeks.*

**(Duration 1hr 15mins)**

Pregnancy can take its toll on your body so relax and let a highly trained therapist safely and gently treat you to a truly nurturing experience. This blissful face and body treatment includes a comforting tummy mask that actively helps reduce the risk of stretch marks plus draining massage to reduce water retention thus lightening 'heavy' legs. A skin-brightening facial ensures you look as glowing as you feel.

### **New Mum Indulgence Treat**

*Luxurious and pampering to regain balance after baby arrives.*

**(Duration 1hr 15 mins)**

Our new post-natal treatment takes care of you top-to-toe. Deeply relaxing, this face and body treat utilises Decléor's most sumptuous, replenishing products to help ease backache, improve fluid retention and combat fatigue. A divine draining massage soothes tired legs and an over-tired body and mind, while an illuminating facial improves skin tone and elasticity, helping new mums re-energise to feel like themselves again. Leaves skin as soft as your newborn's.

## Only for MEN!

No-nonsense, highly effective treatments for men.

### Express Energising Face Treatment

*Time saving and face saving.*  
**(Duration 25mins)**

The high-speed solution to re-energise skin, this half hour anti-ageing treatment can be slotted into the busiest diary. Developed to re-charge and revive skin instantly, it includes thorough exfoliation and revitalising massage to give tired skin a lease of new life.

### Intensive Energising Face Treatment

*Kick-starts tired skin and minimises irritations.* **(Duration 55mins)**

Over-worked and skin showing the strain? This fatigue-fighting, anti-ageing treatment also targets and treats shaving bumps and irritation. An invigorating and hydrating pure energy mask made from Oak and Green Clay decongests deep down to re-energise skin. Combined with stress releasing massage, skin is left relaxed, smooth and healthy looking – reduced beard growth is a bonus!

## Beauty Treatments

Reynolds Retreat offers a whole host of beauty treatments for your entire body.

### Eye Tints

Our eyelash tints gently enhance and improve the condition of your eyelashes. Eyelash tinting is safe and leaves your eyes looking fantastic without the use of mascara. You will receive a full consultation and a hand and arm massage during your treatment. We recommend tinting every two to four weeks.

**Eyelash Tint (Duration 25mins)**

**Eyebrow Tint (Duration 15mins)**

**Eyelash & Eyebrow Tint (Duration 40mins)**

**Eyelash Lift & Tint**

## Waxing

Our warm strip wax provides you with anti-fungal, anti-viral and anti-bacterial benefits which reduce skin irritation as it soothes and calms the skin for maximum comfort. After your full consultation, pre wax products will prepare your skin whilst Decléor after wax product is applied at the end of the treatment to soothe and calm the skin and the clove extract is proven to aid the reduction of hair growth by 92%. Waxing is recommended every four to six weeks depending on the individual. Hot Wax option is available for some areas where hair removal can be more stubborn.

### Body

**Full Leg Wax (Duration 45mins)**

**Three-quarter Leg Wax (Duration 30mins)**

**Half Leg Wax (Duration 30mins)**

**Underarm Wax (Duration 15mins)**

**Underarm Wax Hot wax (Duration 15 mins)**

**Full Arm Wax (Duration 30mins)**

**Half Arm Wax (Duration 15mins)**

**Back OR Chest (Duration 30mins)**

### Face

**Lip OR Chin Wax (Duration 15mins)**

**Lip AND Chin Wax (Duration 30mins)**

**Eyebrow Shape (Duration 15mins)**

### Bikini

**Standard Bikini Line (Duration 15mins)**

**Brazilian Wax (Duration 45mins)**

The removal of all unwanted hair leaving the trade mark 'landing strip'.

**Hollywood Wax (Duration 45 minutes)**

This treatment is the removal of all or most of the hair dependent on client requirements.

*NB. Dependent upon the therapist, you may be required to remove your underwear or be provided with disposable underwear.*

## Hands & Feet

Pedicures & manicures for beautiful hands and feet.

### Jessica file and polish\* (25mins)

#### Jessica Manicure\* (40mins)

Utilising the Jessica products including nail and cuticle care, finishing with a hand and arm massage and polish of your choice.

#### Jessica Deluxe Manicure (55mins)

##### Utilising the Jessica products

Includes nail and cuticle care, an exfoliation, hydrating mask plus the wonderful heated mitts, a hand and arm massage and a polish of your choice.

#### Jessica GELeration

The beauty of Jessica, in a gel. With the health of the natural nail in mind, GELeration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. GELeration is available in Jessica's most popular colours. All treatments the same as before but with the 7 day chip free guarantee of the Gel polish.

*You can add GEL polish to all the manicure/pedicure services maked with a \* for an extra £12.50*

### Existing GEL removal (30mins)

*This treatment ensures the correct removal of GELeration nail polish, avoiding any damage to the nails and will leave them hydrated.*

### Callus Peel (30 mins)

*You Can See The Difference Right Away! Can be added on to the deluxe pedicure for £10*

A busy and active lifestyle can lead to a build up of hard skin and calluses on the foot, making this part of our body uncomfortable and unsightly. Our special Callus Peel product will leave feet soft and feeling rejuvenated. The Callus Peel is applied to the problem areas, allowing calluses to be scraped away quickly leaving your feet with a vast improvement.

*NB: Not recommended if you suffer with diabetes or are currently pregnant.*

### Deluxe File and Polish for the feet (25mins)

Instead of the standard file and polish let our skilled therapists treat that stubborn hard skin on the heels with our callus peel giving that bit more than just a nail paint.

### Zen Spa Pedicure (45 mins)

Whilst relaxing back our therapist will work on nail and cuticle care for feet and lower legs using the Zen Spa foot care range, including hard skin removal plus Jessica custom polish of your choice.

### Zen Spa Deluxe Pedicure (1hr)

Added to our Zen Spa Pedicure is a refreshing, moisturising masque, healing heel treatment, heated booties and a soothing foot and leg massage.

## Sunkissed Spray Tan

### Kissed by Mii Spray Tan (25mins)

A Kissed by Mii spray tan is the perfect way to create the natural look of summer all year round. Our mineral enriched, odourless formula dries quickly to leave you with flawless, streak-free colour and soft, smooth, skin.

### Kissed by Mii Spray Tan with Exfoliation (55mins)

Relax while your whole body is gently buffed and smoothed with Kissed by Mii's Seriously Smoothing Exfoliator. Your skin will be left renewed, glowing and perfectly prepared for a Kissed by Mii spray tan.

*NB. The use of the gym or any heat treatments immediately after Tan application is not recommended. Please arrive wearing loose dark clothing, exfoliate thoroughly and remove deodorant prior to treatment.*





## Skin Clinic with Environ

Environ Skin Care was developed by South African plastic surgeon Dr Des Fernandes to address the effects of UV radiation, pollution, stress and free radical damage. Environ salon treatments feature active, effective ingredients such as Vitamin A, pentapeptides and potent protective antioxidants, which are scientifically proven to combat environmental and physical ageing of the skin. Environ uniquely offers Vitamin A in increasing levels in its creams for optimal results. The aim? Beautiful skin for a lifetime.

### HydraBoost Treatment (Duration 1 hour 25 mins)

The perfect antidote to dry, lacklustre skin, this intensive treatment deeply hydrates while plumping and firming the skin. Based on Hyaluronic Acid, which holds 1000 times its own weight in water, it helps to reduce fine lines caused by dehydration and increase the plumpness of the dermis, resulting in moisturised, glowing skin.

### Active Vitamin Treatment (3 areas) (Duration 1 hour 15 mins)

#### Advanced Active Vitamin Treatment (10 areas) (Duration 75 mins)

Packed with nourishing, anti-ageing ingredients, the Active Vitamin Treatment will leave your skin looking radiant and dewy. The freshest, most active forms of Vitamin A, C and Anti-Oxidants are driven deep into the lower layers of the skin using soundwaves and small electrical pulses. This scientific approach stimulates Collagen to soften lines and improve elasticity, increase hydration and boost radiance. The Active Vitamin Treatment is suitable for all skin types and is particularly effective at addressing sun-damage, pigmentation, premature ageing, dryness, uneven skin tone and scarring with measurable differences after just one session.

### The Frown Treatment (Duration 45mins)

This highly effective treatment uses a special penta-peptide serum to target frown lines and achieve dramatic results. The unique combination of active ingredients is driven deep into the skin to soften lines and reduce muscle tension in the forehead helping to prevent new lines forming. The treatment targets the same chemical complexes as injectables without the associated risks.

### Cool Peel Treatment (Duration 55mins)

This is taught in Professional Skincare Stage 2 training. This revolutionary approach to peeling achieves incredible results without damaging the skin. Low strength Lactic Acid is used to reduce the skin's PH and trigger the release of growth factors, which creates tighter, smoother skin. It destroys bacteria, boosts hydration and removes the build-up of dead skin cells, helping to decongest the surface and smooth its texture. The Cool Peel is ideal for clients with lines and wrinkles, rough or problem skin, sun damage and Rosacea.

Courses of these treatments are recommended



“The greatest gift that you can give yourself is a little bit of your attention.”

Anthony J.D'angelo





## Lava Shells

The lava shell is a 100% natural tiger clam shell. Sourced in the Philippines, it eases tension and remove toxins.

### Lava Relax Back Massage

*Good for: General relaxation, general back aches and pains, headaches, a pampering treat.*

**(Duration 30 minutes)**

The warmth of the Lava Shells allows deep relaxation in this bespoke back massage treatment. The shells glide over the back to warm and relax muscles.

### Lava Shells Relax Body Massage

*Good for: Alleviating stress, aches and pains, overactive mind, headaches, poor circulation, a full body indulgence. (Duration 60mins)*

The indulgent and truly pampering Lava Shells Relax Body Massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind. During the massage, the shells are worked over the palms, arms, feet and legs in slow deep moves to warm and de-stress. This is followed by a wonderfully tranquil massage on the back, neck and shoulder area to ease away all tension, knots and stress. Choose a 90 minute treatment for an unforgettable sublime experience.

### Lava Shells Body Massage Incl. Abdomen

*Good for: Alleviating stress, aches and pains, overactive mind, headaches, IBS, bloating, poor digestion. A full body indulgence.*

**(Duration 1 hour 30 mins)**

The indulgent and truly pampering Lava Shells Body Massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques to create a sense of balance to the entire body and mind. The combination of heat and massage movements on the abdomen stimulate circulation and provide relief from bloating, discomfort, IBS and improves the functioning of the digestive system.

### Lava Shells Relax Tummy Treatment

*Good for: IBS, bloating and poor digestion.*

**(Duration 25mins)**

This is a natural colonic treatment ideal for anyone suffering from IBS and bloating. The treatment uses the self-heating Lava Shells to massage the abdominal area to improve the functionality of the digestive system. The combination of soothing heat and gentle massage stimulates the body's natural systems to effectively eliminate toxins and reduce bloating. This treatment will leave you feeling comfortable, rejuvenated and with the added benefit of a flatter tummy which lasts for days.

### Lava Shells Rescue Back Massage

*Good for: Specific/deep muscle pain and stiff neck.*

**(Duration 40mins)**

A phenomenal massage for treating tension and referred pain in the back. Deep tissue massage techniques work in harmony with warm Lava Shells to relax muscles and cool Glacial Shells to reduce inflammation.

### Lava Shells Rescue Body Massage

*Good for: Specific/deep muscle pain, stiff neck, sports injury/over stretched muscles, someone in need of 'rescuing'. (Duration 1 hour 15 mins)*

The Rescue massage is an ingenious combination of deep tissue massage with warm Lava Shells to relax muscles and cool Glacial Shells to reduce inflammation. This is the perfect choice for treating all fitness related aches and pains. The specialised deep tissue massage techniques target trigger points in muscles which are responsible for tension and referred pain. Your treatment will be tailored to suit your individual needs and leave you feeling invigorated, muscles will be relaxed and aches and pains will be significantly reduced.

**The  
greatest  
wealth  
is health.**

### **Cancellation policy**

Please give us 24 hours notice if you wish to cancel or change your appointment. Pamper days require 72 hours notice. In the event you fail to attend, cancel or change the appointment without the required notice being given Reynolds would then retain 100% of the cost of the treatment(s).

### **The Retreat**

Harrison Road  
Borough Green  
Sevenoaks  
Kent TN15 8PB  
**t:** 01732 446051

### **The Chapel**

Chapel Walk  
Bexley  
Kent DA5 2DX  
**t:** 01322 522209

### **The Old Parsonage**

113 High Street  
Rainham  
Kent ME8 8AA  
**t:** 01634 233194

### **Sittingbourne**

173-175 London Road  
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Kent ME10 1PA  
**t:** 01795 479966

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