SPA TREATMENT LIST

Off Peak: Monday – Thursday
Peak: Friday – Sunday

LANDMARK VOYA SIGNATURE TREATMENT THE ULTIMATE VOYA DETOX

This treatment is exclusively for The Landmark Spa & Health Club and is compiled of four exquisite treatments which will take you on a journey of relaxation and rejuvenation for your body and soul. Your journey starts with the initial 'VOYA touch' comprising of an inhalation of VOYA essence oil containing seaweed and citrus notes, followed by a relaxing ceremony which starts at the head and shoulders and finishes with a foot cleanse. Also included is a nourishing and detoxifying Sweet Organic Lavender and Seaweed Sugar Glow, an Organic Seaweed Leaf Wrap, a Seaweed Eye Treatment and to complete this relaxing journey a sensory Muslin Bag Massage.

2 hours 30 minutes **Non peak: £190** **Peak: £200**

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VOYA FACIAL EXPERIENCES

Ocean Fresh Facial Experience

In this truly organic facial, we use finely ground wet organic seaweed to gently exfoliate your face, a seaweed infused gel to deeply hydrate and detoxify your skin and finally we combine the mask with a light head massage. Containing active anti-antioxidants, the seaweed hydrates and plumps tired skin and produces immediate results.

45 minutes **Non peak: £50** **Peak: £55**

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Organic Purifying Defence Facial

This face and scalp treatment is of particular benefit for city skins, oily, congested, problematic skin types. A therapy that commences with a deep cleansing treatment to leave your skin feeling purified, smooth and re hydrated. A double action technique will work to eliminate toxins, re- balance your facial skin with a hot and cold cleanse, a facial massage, lymphatic drainage and a marine mask with hand harvested seaweed leaf strips. The combination will leave your skin calm, cleansed re balanced and with a visibly clearer complexion.

60 minutes **Non peak: £80** **Peak: £85**

Organic Anti-Aging Restorative Facial

This is a replenishing treatment for mature, dry or dehydrated skin. A skin rejuvenating facial designed using VOYA's organic ingredients that have a combination of anti oxidant algae complexes, pro collagen organic extracts and a restorative blend of organic ingredients to fight the signs of visible aging, reduce the appearance of fine lines and wrinkles, hydrate and plump your skin texture. The result is instantly firmed and tightened skin with a natural radiance glow.

60 minutes **Non peak: £90** **Peak: £95**

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VOYA MASSAGE

Seaweed Oil Massage

This is a unique and customised massage using powerful organic aromatic massage oils. This massage relaxes muscles, relieves stress and trapped tension, soothes your mind and promotes quality of sleep. It improves your body's circulation and lymphatic drainage.

60 minutes **Non peak: £85** **Peak: £90**

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Voyager Total Massage Journey

This is a complete top to toe relaxation journey, incorporating stretches and deep muscle body massage. This ultimate luxury treatment will relieve all the aches and pains and will also condition your body.

60 minutes **Non peak: £95** **Peak: £100**

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Herbal Bag Massage

This is a real sensory treat! Soaked warm bags containing a combination of the finest herbs and seaweed are deeply massaged into your body. This process reconditions and rejuvenates your skin by gently exfoliating the outer layers, and nourishing deep within. Choose between calming chamomile, reviving peppermint or stimulating fennel. The herbal bags offer a relaxing way to detox as the seaweed gel is a powerful anti-oxidant and increases your
body's metabolism.

1 hour 30 minutes **Non peak: £100** **Peak: £110**
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VOYA HAND & FEET

Ideal treatments to compliment your VOYA Massage

Organic Foot Retreat Ritual

To refine your skin you will first enjoy an exfoliation from your knees to your feet. You will then experience a deeply relaxing massage of your lower legs, a double action seaweed foot mask and fresh leaves of seaweed wrapped around your legs to reduce swelling and soften your tired feet. This treatment is Ideal if you are pregnant or have a foot ailment.

45 minutes **Non peak: £50** **Peak: £55**

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VOYA Organic Hand Retreat Ritual

To nourish, recondition and refine your hands you will first enjoy a "Time to shine" exfoliation from your hands to your elbows. Then a deeply relaxing massage of your hands and arms after which your hands are wrapped in warmed Atlantic Seaweed leafs to hydrate, increase circulation and nourish dry hands. To complete this treatment a nourishing "Handy to have" is applied.

45 minutes **Non peak: £50** **Peak: £55**

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VOYA BODY EXFOLIATION

Ideal treatments to compliment your VOYA Massage

Stimulating Seaweed Body Buff

100% certified organic powdered seaweed and oil scrub for the health conscious. The certified organic bladder wrack body buff is the ultimate treat for tired and dull skin. It uses a combination of mineral rich organic hand harvest Bladder Wrack and seaweed infused massage oils. This ground down seaweed is a strong exfoliator to stimulate and leave your skin tingling.

45 minutes **Non peak: £65** **Peak: £70**

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Organic Lavender and Sugar Glow

This treatment uses a medley of ingredients including organic seaweed, organic lavender buds and organic sugar. Afterwards you will enjoy a light-cleansing shower and short relaxing massage with VOYA's 'softly does it' - a gentle aromatic body sugar scrub that melts tired muscles and soothes and softens your skin.

45 minutes **Non peak: £60** **Peak: £65**
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VOYA BODY WRAPS

VOYA Signature Seaweed Leaf Wrap

This is one of VOYA'S truly amazing therapies; a signature seaweed wrap by VOYA Organic by the sea. Using fresh leaves of Atlantic seaweed to cocoon your whole body to deeply detoxify, moisturise, soften and revive it. The treatment begins with finely ground down seaweed to exfoliate, then continues with Irish seaweed leaves to bandage your body and a relaxing scalp massage, while the leaves work their magic.

1 hour 30 minutes **Non peak: £95** **Peak: £100**

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Seaweed Coral Wrap

This treatment is definitely for the results driven client. The wrap offers immediate and noticeable effects to your skin, including firming and toning your body; it is a serious detoxifier. An organic mineral rich coral red seaweed combine with algae extracts in this truly unique body wrap. The coral extract is rich in potent anti-oxidants and minerals, which is a metabolism stimulator and a natural anti-aging boost.

60 minutes **Non peak: £90** **Peak: £95**

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Tangle Me Up Body Wrap

This all over body treatment revitalizes skin condition, by full body brushing and hot towel cleanse. It relaxes your tired and lethargic muscles, relieves stress and fatigue. Antioxidant compounds fight cellulite and the signs of aging, improving the suppleness and elasticity of your skin. VOYA's Body Wrap will have you untangled and tingling. The Laminaria seaweed gel is a fantastic hydrating and conditioning treatment.

60 minutes **Non peak: £90** **Peak: £95**

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EXCLUSIVE LANDMARK SIGNATURE RITUAL

This special Ayurvedic influence treatment is the ultimate in luxury. The treatment begins with a welcome foot ritual before embarking on a total body experience. This includes exfoliation, aromatherapy massage, hot basalt stones and the application of luxurious marine mud. This treatment also includes a facial to suit your individual skin type, scalp massage and concludes with an application of body cream.

2 hours 30 minutes **Non peak: £190** **Peak: £200**
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MASSAGES

Hot Basalt Stone Massage

This warm nature's igneous stone massage is deeply relaxing to help warm up tight muscles, which will work more deeply and quickly to help release tensions of the posterior muscles, aided by using trigger points and remedial massage techniques.

1 hour 15 minutes	**Non peak: £85**	**Peak: £90**

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Aromatherapy Massage

Using uniquely blended essential oils and acupressure techniques this massage will relax and balance your body on many levels. This massage includes face and scalp massage for the ultimate in relaxation. Your therapist will select the therapeutic oils to ensure you experience a totally luxurious and beneficial treatment.

1 hour 15 minutes	**Non peak: £90**	**Peak: £100**

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Full Body Massage

This full body treatment will help you to relax, ease tension, relieve stress and promote good health. Using nourishing massage oils we will pay particular attention to those areas where your worries and tension manifest leaving you feeling balanced and revived.

1 hour	**Non peak: £80**	**Peak: £85**
1 hour 30 minutes	**Non peak: £100**	**Peak: £105**

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Deep Tissue Massage

Deep Tissue is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in your body through slow strokes and deep pressure on the contracted areas. Deep-tissue massage helps loosen muscle tissues, brake toxins from muscles and get blood and oxygen circulating properly.

1 hour	**Non peak: £100**	**Peak: £105**
1 hour 30 minutes	**Non peak: £130**	**Peak: £135**

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Back, Neck & Shoulder Massage

An intensive minute treatment designed for the hectic lifestyle. Using nourishing oils to help soften your skin, your therapist will focus on relieving aches and tension in this commonly problematic area.

30 minutes	**Non peak: £50**	**Peak: £55**
45 minutes	**Non peak: £60**	**Peak: £65**

Oriental Scalp Massage

Clears, revitalizes the mind and improves concentration. It helps balance, giving a feeling of calm and peace, mobilizing the energy, thus bringing your body back to work harmoniously.

30 minutes **Non peak: £50** **Peak: £60**

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FACE

Holistic Aromatherapy Back, Face and Scalp Treatment

Awaken your senses with this all embracing experience beginning with a deeply relaxing aromatherapy back treatment to soften, nourish and ease away those hidden stresses and strains. The treatment continues with an aromatherapy facial combining the therapeutic benefits of ESPA active aromatherapy products with acupressure, lymphatic drainage and oriental head massage techniques.

1 hour 30 minutes **Non peak: £105** **Peak: £110**

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ESPA Advanced Super Active Facials

New Advanced Super Active Facials are highly effective treatments proven to treat specific skin conditions, they help to calm, soothe, tone and firm, as well as repair and restore your skin.
Three types of Super Advanced Active Facials are available; Calming and Soothing, Toning, Lifting and Firming, and Repairing and Restoring.

1 hour 30 minutes **Non peak: £110** **Peak: £115**

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ESPA Men's Specific Facial

A relaxing face treatment specifically to address the skin care needs of men. The facial works to purify, balance and hydrate your skin and leave you feeling de-stressed and revived. Steamy hot towels are wrapped around your face and neck to soothe and soften beard bristles, then follows a relaxing face massage with acupressure points and lymphatic drainage. Finally a deep shoulder and scalp massage is performed to help release any tight muscles and tension.

1 hour **Non peak: £75** **Peak: £80**
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Regenerating Facial with Firming Eye Treatment
A unique treatment specially designed for maturing skins, stressed skins and city dwellers. Within this facial we will pay particular attention to the delicate eye area to combat the signs of premature ageing. Relax and unwind with an intensive acupressure massage, lymphatic drainage to your face, neck and shoulders and a deeply relaxing Oriental head massage to your scalp.

1 hour 15 minutes Non peak: £80 Peak: £85

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Rebalancing Facial
Skin problems and breakouts can appear unexpectedly. Using specifically formulated aromatherapy products and a purifying mineral mask to decongest your skin, your therapist will bring you back to balance whilst calming your mind and body.

1 hour Non peak: £75 Peak: £80

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The Rehydrator Facial
This facial is designed to intensively boost your skin. Superb for dry, dehydrated, stressed or tired complexions. The treatment includes a rejuvenating facial massage and nourishing facial mask to drench your skin with moisture, whilst you enjoy a relaxing head massage to clear your mind. The result is exceptionally nourished skin and an inner sense of well-being.

1 hour Non peak: £75 Peak: £80

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Skin Brightener
This rejuvenating facial is perfect for all skin conditions, particularly with dull, lifeless, sallow skin. This facial includes a special application of skin brightener serum rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet and skin regenerating products, which are softening and will visibly improve the radiance, appearance and texture of your skin.

1 hour Non peak: £75 Peak: £80

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Aromatherapy Facial Experience
This relaxing maintenance facial uses powerful active essential oils, plant extracts and marine extracts to cleanse, refine and hydrate any skin type. Your therapist will specifically cater the products to meet your skins needs.

30 minutes Non peak: £45 Peak: £50

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Regenerating & Firming Eye Treatment
A treatment specifically designed to combat the effects of premature ageing around the delicate eye area and for those suffering irritable, puffy or sensitive eyes. The firming and hydrating treatment uses products rich in seaweed extracts, green tea and vitamin C to help reduce the appearance of fine lines. This is an ideal treatment to compliment your ESPA Facial.

30 minutes **Non peak: £40** **Peak: £45**

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BODY

ESPA Spearmint Body Exfoliation
A total body exfoliation to stimulate, soften and smooth your entire body. This treatment is perfect for those with dry, dull skin and is a perfect preparation for massage and body treatments.

30 minutes **Non peak: £50** **Peak: £55**

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Full Body Salt and Oil Scrub
An experience that will leave your body refreshed and cleansed with your skin silky smooth and revitalised. Carefully blended sea salts and essential oils have been combined to help remove dead skin cells and improve tonicity. The oils slowly absorb to help restore lost vitality and protect your skin against dryness.

30 minutes **Non peak: £55** **Peak: £60**

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Life Saving Back Treatment
An intensive treatment for this neglected area, the treatment incorporates cleansing, dry skin brushing and spearmint exfoliation to stimulate the circulation and cell renewal followed by a warm marine mud wrap. The treatment is completed with a relaxing and calming leg massage using luxurious aromatherapy oils selected for their therapeutic properties.

45 minutes **Non peak: £65** **Peak: £70**

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Holistic Hot Stone Total Body Care
This treatment is for those who feel the need to totally unwind. Your therapist has taken a holistic approach to promote total relaxation and balance. Combining dry skin brushing, spearmint exfoliation and full body aromatherapy massage using heated volcanic basalt stones. These stones are used for a deep tissue massage to release tension from your problematic areas whilst also working on vital energy points along your back, hands, feet and scalp.

2 hours **Non peak: £145** **Peak: £150**

Holistic Total Body Care
A luxury treatment designed to balance both your mind and body whilst softening and smoothing your entire body. This treatment incorporates dry skin brushing and a spearmint exfoliation to brighten and smooth your skin, followed by a deeply relaxing body, face and scalp massage.

1 hour 30 minutes	**Non peak: £100**	**Peak: £110**
2 hours	**Non peak: £135**	**Peak: £140**

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Prenatal Treatment
This total body treatment has been carefully designed for pregnant and nursing mothers to aid relaxation and increase the tonicity of the skin in the safest environment. The treatment avoids the use of essential oils as advised by the Aromatherapy Organisation Council. This luxurious treatment uses nourishing calendula infused oil, various mud and creams combined with a specially designed advanced back and shoulder massage.

1 hour 30 minutes	**Non peak: £110**	**Peak: £120**

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BODY ENVELOPMENTS

Not just a body wrap, but also a life enhancing experience, which includes lymphatic skin brushing, body exfoliation, and then a body wrap of Algae, Marine Mud or Oshadi Clay. Ultimate tranquillity is achieved with a mind calming Oriental head massage. The body wrap is designed to comfortably raise your temperature and induce perspiration to help eliminate toxins and increase the effects and absorption of the oils and the wrap. These wraps are combined with essential oils and blended to meet your specific needs.

The ESPA Detoxifier
The Detoxifier using algae gel improves circulation, speeding up the elimination of toxins and excess fluid. It also helps improve the appearance of your skin, minimising the dimpled appearance of cellulite.

1 hour	**Non peak: £90**	**Peak: £95**

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The ESPA Muscle Relaxer Wrap
The muscle relax wrap using oshadi clay is an infusion of plants, spices and essential oils to form a luxurious nourishing mask which warms and hydrate your skin and helps ease aching muscles and joints.

1 hour	**Non peak: £90**	**Peak: £95**
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The ESPA Skin Hydrator
The Skin Hydrator using marine mud brings true re-hydration to dry, sensitive or flaky skin, leaving it plump, hydrated and soft. This luxury hydrator is excellent after a holiday and wonderful
preparation for a special night out.

1 hour Non peak: £95 Peak: £100

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Stimulating Hip and Thigh Treatment
This specialised treatment stimulates the circulatory and lymphatic system, concentrating on areas of your body prone to 'blockages', cellulite, fluid retention and uneven skin texture. After deep exfoliation with a detoxifying seaweed and salt scrub the treatment continues with a detoxifying massage using essential oils and a stimulating wrap. Whilst enveloped, your therapist will stimulate the foot reflex zones and pressure points for your utter relaxation.

1 hour Non peak: £90 Peak: £95

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ESPA AYURVEDIC TREATMENTS

ESPA Balinese Massage
Warm aromatherapy oils are poured onto the centre of your body and massaged into the skin using long, stretching and sweeping movements for deep relaxation. This is a sophisticated, soothing and indulgent massage.

1 hour and 20 minutes Non peak: £130 Peak: £135

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ESPA Ama Releasing Abhyanga
Your experience will commence with a ceremonial foot cleansing ritual, which will allow your therapist to tailor your ritual to meet your specific needs. Your body will be stimulated with a salt and oil body scrub, which will be followed by a gentle facial cleanse. After a warm shower, surrender to the Ayurvedic Marma point massage as a warm infusion of oils and herbs is applied to the vital energy centres of your face and body, to gently release tensions and restore vitality. This ritual concludes with a deeply relaxing Shirobhyanga head massage. Achieve ultimate tranquility and prepare to face the world completely restored.

2 hours Non peak: £170 Peak: £175
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ESPA Padabhyanga
This treatment uses a Dosha specific blend of warm Ayurvedic oils and begins with foot bathing and exfoliation, before continuing with a deeply therapeutic Marma point massage to your feet. A deeply relaxing foot and lower leg treatment revitalises tired muscles and eases aches and pains.

50 minutes **Non peak: £75** **Peak: £80**

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ESPA Shirobhyanga
This calming yet energising scalp-massage focuses on your vital energy points. If time is of the essence, this compact treatment will help to reduce tension, increase circulation and leave you with an improved feeling of well being.

45 minutes **Non peak: £70** **Peak: £75**

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