



SIRONA SPA



Welcome to an extraordinary spa experience

Finlake Resort & Spa is situated in the heart of Devon -
a beautifully unspoiled oasis just minutes from the wilds of Dartmoor.

The woodland and gently rolling countryside echo the soothing and replenishing effects
of treatments and therapies offered at Sirona Spa.

Sirona was an ancient Celtic goddess associated with natural remedies and healing springs.

At Sirona Spa you can let your cares drift away on the gentle breeze as you experience the exquisite,
immersive treatments on offer from our specially selected spa partners.

Thank you for choosing The Sirona Spa and we look forward
to taking care of you in the very near future.

The Sirona Spa Team X

To book a treatment please call **01626 563 280** or go to **sironaspafinlake.co.uk**

Sirona Spa Menu

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How to Spa at Finlake

Welcome to The Sirona Spa.

Our aim is to ensure you have a wonderful experience with us and the following guidelines will make sure your experience is a fabulous one.

Arrival Time

Please arrive 15 minutes prior to your treatment to allow for changing and your personal consultation.

Complimentary Consultation

We recommend our complimentary consultation prior to our facial and body treatments in order to achieve the best results possible.

What we provide and the little things you might need to bring yourself

Towels and robes are provided for your comfort, however flip flops are chargeable or please bring your own to allow for drying time with polish.

A few cautionary words about treatments...

We recommend using the spa facilities prior to commencement of treatments but not after facial, nail or waxing treatments in order to allow the skin to calm. Exposure to the sun, sauna and chlorinated pools including your hot tub are also not recommended after our facial treatments.

Payment

Pre-payment is required for all bookings.

Cancellation policy

24 hours' notice is required if you need to cancel. We understand there may be exceptional circumstances, and this can be unavoidable, so please contact us on 01626 563 280 as soon as possible.

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Facial & Skin Solutions

ELEMIS MINI BOOSTER FACIAL

25 mins £45

This facial is uniquely designed for maximum results in minimum time. Your therapist will use specific Elemis products to suit your skin type, leaving your skin re-energised and glowing!

ELEMIS PRO COLLAGEN AGE DEFY

50 mins £69

Tackle fine lines and wrinkles with the clinically proven^o age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS PRO-DEFINITION LIFT AND CONTOUR

50 mins £69

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS DYNAMIC RESURFACING PRECISION PEEL

50 mins £69

Clinically proven^o to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A fresh start for smoother, younger-looking skin.

ELEMIS SUPERFOOD PRO-RADIANCE

50 mins £69

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives. Clinically proven^o to leave skin plumper, radiant and lit up with good health.

ELEMIS ANTI-BLEMISH MATTIFY AND CALM

50 mins £69

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

ELEMIS SENSITIVE SKIN SOOTHER

50 mins £69

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

ELEMIS HIGH PERFORMANCE SKIN ENERGISER FOR MEN

50 mins £69

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

ELEMIS PEPTIDE 24/7 SKIN WELLNESS

50 mins £69

Target tired skin with this radiance-restoring facial. Powerful botanical formulations, exclusive to Elemis, are combined with specialist massage techniques to replenish skin with a well-rested glow.

**Independent Clinical Trials.*



Biotec Treatments

Combining the latest advances in machine-based facial treatments has enabled us to design a range of biotec treatments planned to leave your skin fresh and revitalized. Our experienced therapists will advise and create the results you wish to achieve.

ALL TREATMENTS £85 55 MINUTES

BIOTEC RADIENCE RENEW

This cellular boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

BIOTEC LINE ERASER

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven facial treatment that effectively irons out wrinkles and fills out lines.

BIOTEC SKIN RESURFACER

This revolutionary clinically proven^o facial, addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

BIOTEC FIRM-A-LIFT

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

BIOTEC BLEMISH CONTROL

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage and galvanic currents thoroughly decongest and exfoliate. Powerful antioxidants soothe, while light therapy helps clear the complexion.

BIOTEC SENSITIVE SKIN SOOTHER

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming antioxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

BIOTEC SUPER-CHARGER FOR MEN

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling and galvanic current deliver a deep clean for a multitasking time efficient solution.

BIOTEC 24/7 SKIN WELLNESS

This ground-breaking facial combines exclusive botanical formulations with a deeply cleansing ultra-sonic peel for a well-rested glow. LED light therapy helps reset the clock for optimum skin wellness, whilst galvanic technology stimulates the skin for maximum results and an illuminated, wide-awake feel.

^oIndependent Clinical Trials.

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Body Scrub & Wrap

**ELEMIS INTENSELY CLEANSING
SALT SCRUB - LIME & GINGER OR
FRANGIPANI**

25 mins £45

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin.

**ELEMIS THOUSAND FLOWER
DETOX WRAP**

50 mins £60

This nutrient-rich detox wrap helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

**ELEMIS BODY NECTAR
NOURISHING WRAP –
FRANGIPANI**

50 mins £55

A lusciously fragrant body wrap that quenches thirsty skin for velvety soft, super-hydrated results.

Hands & Feet

FILE & POLISH

£20

GEL REMOVAL

£15

**GEL REMOVAL
& REPLACEMENT**

£40

**JESSICA PRESCRIPTIVE MANICURE
WITH THERMAL HEATED MITTENS**

75 mins £45

Jessica's Prescriptive Manicure with the luxurious added benefits of Thermal Heated Mittens for deeper penetration of oils and creams. This treatment choice is excellent for increasing circulation or relieving stiff, painful joints.



JESSICA PRESCRIPTIVE MANICURE

40 mins £35

Nails are analysed and treated for their specific type. Jessica's prescriptive manicure includes exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect polish to take home.

JESSICA EXPRESS MANICURE

25 mins £28

Hands and cuticles are conditioned. Nails are beautifully shaped and treated with a prescriptive basecoat, completed with the perfect polish to take home.

GELERATION GEL NAIL SHAPE AND POLISH

40 mins £32

Nails are filed, shaped and finished with Jessica's GELeration gel polish.

GELERATION GEL OVERLAY MANICURE

60 mins £45

Includes hand exfoliation, massage, cuticle care, nail shape and finished with Jessica's GELeration gel polish.



ZENSPA DELUXE PEDICURE

70 mins £60

Jessica's ZenSpa pedicure with the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints.

ZENSPA PEDICURE WITH GELERATION

60 mins £55

Hard skin is removed, feet are massaged with conditioning creams. Cuticles are groomed & toe nails are shaped, finished with Jessica's GELeration gel polish.

ZENSPA PEDICURE

55 mins £50

Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Hard

skin is removed, and feet and legs are massaged with conditioning creams. Cuticles are groomed & toe nails are shaped and perfectly polished.

GENTLEMAN'S CLUB HAND AND NAIL CARE

45 mins £30

Hands are exfoliated to remove dryness and massaged with treatment creams. Cuticles are conditioned and groomed and nails are trimmed and shaped.

EXECUTIVE FOOTCARE FOR MEN

40 mins £35

A relaxing and grooming foot and leg treatment. Hard skin is removed, and feet and legs are massaged with deep conditioning creams, leaving them softer and smoother. Cuticles are made neat and tidy and toenails are perfectly shaped.

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Waxing

BIKINI WAX	£18	EYEBROW WAX	£10
CHIN WAX	£10	LIP & CHIN WAX	£15
FULL LEG WAX	£30	UNDERARM WAX	£15
HALF LEG WAX	£22	MEN'S BACK WAX	£25
LIP WAX	£10	MEN'S CHEST WAX	£25

Lash & Brow Atelier

ALL EYE TREATMENT 165 mins Eyelash tint, eyebrow tint, eyebrow shape & eyelash extensions	£80	EYELASH EXTENSIONS INFILLS	£40	BROWS BY Mii DESIGN Mii (initial treatment) 40 mins £35 MAINTAIN Mii (maintenance treatment) 25 mins £30 EXPRESS Mii TIDY 15 mins £15
EXPRESS BROW TINT 15 mins	£18	EYELASH TINT	£15	
EYELASH EXTENSIONS CLASSIC	£60	EYELASH & EYEBROW TINT & EYEBROW WAX	£40	
		EYELASH LIFT	£45	

Spa Day Packages

SIMPLY SIRONA

Monday - Friday £110
Saturday - Sunday £120
50 minute treatment time.

Elemis hands-on facial, 2hrs spa experience, two course lunch and soft drink.

Choose from one of our Elemis hands-on facials leaving your skin feeling nourished, refreshed and radiant. Enjoy the use of our luxury spa with its large warm swimming pool, hydrotherapy pool and 4 unique spa experiences. A delicious two course lunch will be served in our Spa dining area set within the Retreat restaurant.

INDULGENCE WITH SIRONA

Monday - Friday £160
Saturday & Sunday £170
110 minutes total time.

Full body massage, Elemis hands-on facial, 2hrs spa experience, two course lunch and soft drink.

A relaxing full body massage with Elemis oils prescribed for your needs, leaving muscles feeling refreshed and relaxed. An hour-long facial using the finest Elemis products to reveal beautiful skin. Enjoy the use of our luxury spa with its large warm swimming pool, hydrotherapy pool and 4 unique spa experiences. A delicious two course lunch will be served in our Spa dining area set within the Retreat restaurant.

PAMPER WITH SIRONA

Monday - Friday £120
Saturday - Sunday £130

Jessica prescriptive manicure with thermal heated mittens and a ZenSpa pedicure, 2hrs spa experience, two course lunch and soft drink.

We recommend you enjoy the use of our luxury spa with its large warm swimming pool, hydrotherapy pool and 4 unique spa experiences before your treatments. Your hands and feet will look and feel fabulous after our Jessica manicure and pedicure. Nails and cuticles are tidied and shaped, hands and feet are exfoliated, massaged, and then a polish is applied. A delicious two course lunch will be served in our Spa dining area set within the Retreat restaurant.



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Spa Day Packages

NURTURING MOTHER-TO-BE

Monday - Friday	£110
Saturday & Sunday	£120

Treatment time is 85 minutes.

Elemis Peaceful Pregnancy Express Facial and full body massage, 2hrs spa pool & relaxation, two course lunch and soft drink.

A truly relaxing, specially designed, pregnancy massage and facial using Elemis oils and products to suit your needs. Enjoy the use of our luxury spa with its large warm swimming pool, hydrotherapy pool and relaxation area. For the health & safety of expectant mums, due to the high temperatures, use of the spa experiences will not be possible. Instead enjoy a gentle swim in the swimming pool or simply relax on one of our poolside loungers with a magazine. A delicious two course lunch will be served in our Spa dining area set within the Retreat restaurant.

SIRONA TWILIGHT PACKAGE

(4pm-9pm)

Monday - Friday	£75
Saturday & Sunday	£85

25-minute treatment, 2hrs spa experience, two course dinner and soft drink.

Indulge in our Sirona Twilight Package between the hours of 4-9pm. Select a 25-minute treatment of your choice from our menu and enjoy the use of our luxury spa with its large warm swimming pool, hydrotherapy pool and 4 unique spa experiences. Join us in the Spa dining area set within the Retreat restaurant for a delicious two course dinner and soft drink.

COUPLES RETREAT

Monday - Friday	£200
Saturday - Sunday	£220

Relaxing massage or facial per person, 2hrs spa experience, two course lunch and soft drink.

Specially designed for couples to enjoy their treatments together in our double treatment room. Choose either a relaxing massage or facial where our therapists will select Elemis oils and products to suit your needs. Enjoy the use of our luxury spa with its large warm swimming pool, hydrotherapy pool and 4 unique spa experiences. Relax side-by-side on our poolside loungers, spending quality time together. When you are ready, join us in our Spa dining area set within the Retreat restaurant, where a delicious two course lunch will be served.

Luxury Spa Experiences

120mins

£25

Our spa experience will take you on a thermal journey to stimulate circulation, exfoliate the skin and eliminate toxins, leaving you feeling invigorated and refreshed, your skin toned and your pores open.

We recommend you begin your thermal journey with a lower temperature experience, before moving into a higher temperature environment like the sauna.

It is important to give yourself time to cool down and then relax between each experience. You can then repeat the cycle between bathing, cooling and relaxing. Make sure you enter the experiences dry to aid perspiration and stay well-hydrated throughout your journey.



CARIBBEAN STORM SHOWER

Our experience shower offers differing water pressures, temperatures, fragrances and lighting effects. The sensation of a warm tropical rainforest completely transports you to a place far away.



HERBAL SAUNA

Our herbal sauna creates a sensorial feeling that is soothing for not only the body but mind and soul. A sensation of both warm temperature and humidity with herbal aromas are gently delivered into the sauna whilst you relax.



THALASSO STEAM ROOM

Steam with the added healing and caring effects of salt. The pleasant sensation of inhaling herbal aromatic, salt-enriched steam offers very clear health benefits.



LAVA SAUNA

The dry heat stimulates circulation and boosts the immune system. The warm and quiet environment creates a sense of peaceful relaxation and wellbeing.

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HERBAL STEAM ROOM

The herb infused steam opens the pores and is absorbed into the body whilst the atmosphere of the steam room relaxes and centres the body. Our steam room will ensure that your skin releases toxins and feels great, benefitting both the body and mind.



POOL & JACUZZI

The heat from the water instantly helps relieve tired muscles and by working around the pool and jacuzzi the major muscle groups within the body will be stimulated, providing the equivalent of a full body massage. Or simply relax beside the pool for a while on one of our comfortable loungers.



Pregnancy & Mini-Me Treatments

ELEMIS PEACEFUL PREGNANCY MASSAGE

75 mins €75

A gently nurturing full body massage, specially formulated for mothers-to-be that deeply relaxes.

ELEMIS PEACEFUL PREGNANCY PACKAGE

90 mins €110

An absolutely beautiful treatment. It's a combination of an Elemis Booster facial and a full body massage that gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby. Helps to relieve tension in the back and alleviates swelling in the hands and feet, while easing the mind and uplifting the spirit. Massage adapted to each stage of pregnancy. Recommended: 1 treatment every 2 weeks in 1st / 2nd trimester. 1 treatment every week in 3rd trimester.

MOTHER-TO-BE-RITUAL

75 mins €85

A treatment designed to promote the utmost relaxation while you are at your most delicate, helping to make you feel beautiful and re-energised. Includes an Elemis booster facial, scalp massage, foot and lower leg massage and a file & polish on your fingers and toes.

Recommended: anytime during pregnancy.



FOR AGES 5-15

MINI-ME TREATMENTS

Parents must remain in the spa for the duration of the treatment.

MINI MANICURE €15

MINI PEDICURE €20

MINI MANICURE AND MINI PEDICURE €35
25 mins

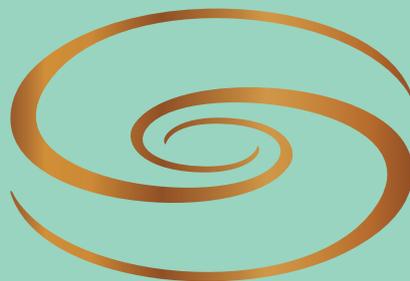
MINI BACK NECK & SHOULDER & MINI FACIAL

25 mins €40

MINI MANICURE, PEDICURE, BACK NECK & SHOULDER & FACIAL

50 mins €65

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Finlake Resort & Spa, Chudleigh Newton Abbot Devon TQ13 0EJ
T: 01626 563 280 W: sironaspafinlake.co.uk E: sirona.spa@haulfryn.co.uk