



**AURA**  SPA  
Castle Royle

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**ESPA Inner Calm Massage** | *90 minutes*

Quieting the mind, releasing physical tension and nourishing the skin. Specialised massage techniques release stress and anxiety whilst you relax into a warm neck pillow. An eye pillow is placed over eyes before a full body massage begins for a state of complete relaxation. A calming scalp massage follows before Rose Quartz Crystals are gently massaged over the third eye and forehead to rebalance the body, restore a sense of focus and create inner calm.

Treat Yourself ~ To Include Hot Stones | *105 minutes*

**Signature Full Body Massage** | *60 minutes*

A traditional massage using your desired pressure to promote relaxation and ease muscle tension.

Treat Yourself ~ To Include Hot Stones | *60 minutes*

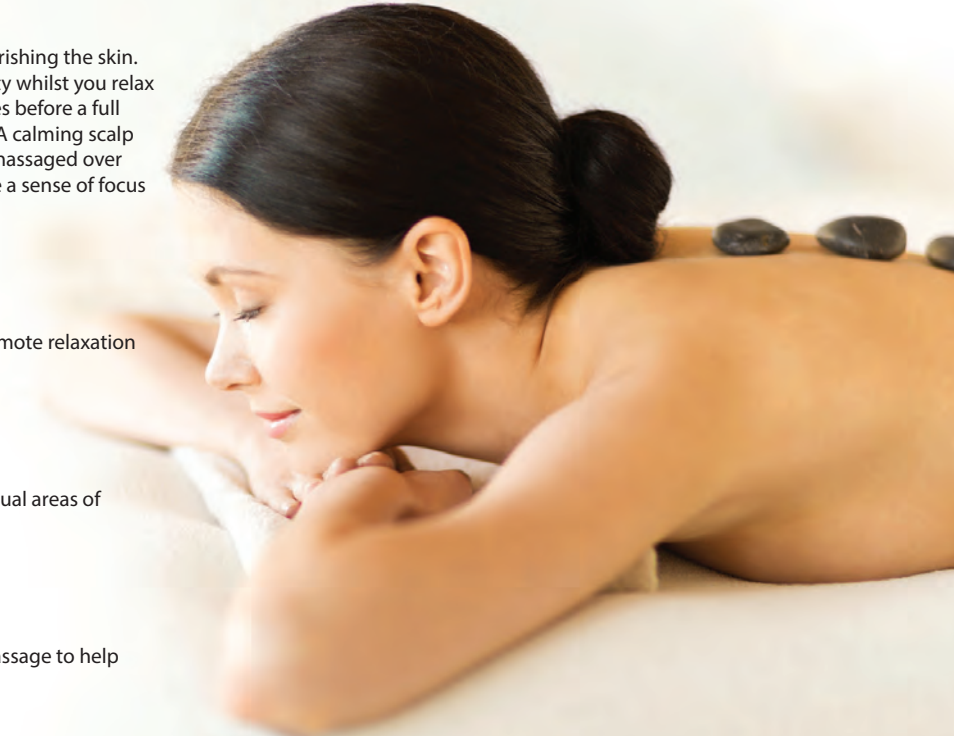
**Back, Neck & Shoulder Massage** | *30 minutes*

A stress busting treatment, tailored to target your individual areas of concern and iron out any areas of tension.

Treat Yourself ~ To Include Hot Stones | *30 minutes*

**Stress Relieving Massage** | *45 minutes*

A back, neck and shoulder massage, including a scalp massage to help deepen your level of relaxation.



# ESPA

## **ESPA Skin Radiance Facial** | 60 minutes

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

## **ESPA Advanced Skin Radiance Facial** | 90 minutes

This advanced treatment also includes a Clarisonic brush cleanse, age-defying massage using rose quartz crystals, and a Lifting and Smoothing Mask.

## **ESPA Re-Hydrator Facial** | 60 minutes

An intensive and regenerating facial for dehydrated skin, leaving it supple and nourished.

## **ESPA Skin Purifying Facial** | 60 minutes

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.

## **ESPA Lifestage Facial** | 60 minutes

An advanced facial using Lifestage products to target all of the most visible signs of ageing.

## **ESPA Lift & Firm Facial** | 60 minutes

An advanced facial using Super Active products to improve skin tonicity, firmness and enhance cellular regeneration.

## **ESPA Regenerating Facial** | 75 minutes

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline.

## **ESPA Regenerating & Firming Eye Treatment** | 30 minutes

Perfect for those who are concerned with the first signs of ageing around the eyes.

## ESPA EXPRESS

### **ESPA Express Facial** | 30 minutes

Cleansing and Exfoliation is followed by the application of a nourishing mask, while a heavenly neck and shoulder massage is carried out to leave you feeling refreshed and your skin radiant.

# CLARINS

## Clarins Tri Active Facial | 90 minutes

This highly personalised treatment will provide you with the feeling of total wellbeing. Your Clarins trained therapist will advise which of the following facials is most suitable to you:

Lifting Replenisher  
Power Firmer  
Radiance Reviver  
Moisture Quencher  
Skin Smoother

## Treat Yourself | 105 minutes

Include a choice of either a back massage or a scalp and foot massage.

## Clarins Aromatic Balancer Facial | 60 minutes

Oily, congested, dry and dull, dehydrated, sensitive... whatever your skin condition, this customised treatment will rebalance and coax it back to blooming.

## Clarins Extra Relaxing Aromatic Facial | 75 minutes

This indulgent and pampering treatment commences with a back massage, after which the skin is treated to the Aromatic Balancer facial.

## CACI non-surgical

An advanced, non-invasive facial using micro-current which will lift and tone the facial muscles and neck area whilst improving elasticity. Gives you a more youthful, fresh appearance.

## CACI non-surgical facial toning | 60 minutes

## CACI Deluxe non-surgical facial toning | 75 minutes

Choose to add an eye lift, jowl lift or hydra tone for an intense version.

## CACI Deluxe Eye Lift | 30 minutes

## CACI Jowl Lift | 30 minutes

## CACI Hydratone | 30 minutes

*A course of treatments is recommended.*

## CLARINS EXPRESS

## The Clarins Refresher Facial | 30 minutes

A serious WOW facial treatment for when you need great skin and a glowing complexion. Cleanse and exfoliation is followed by a chosen mask, then a neck and shoulder massage completes this pick-me-up treatment.

## **BeautyLab Black Diamond Facial** | *75 minutes*

A dazzling combination of precious black diamonds, gem stones, crushed mother of pearl and anti-ageing peptides, the Black Diamond Treatment viably illuminates and plumps, reducing fine lines and wrinkles to award the look of youthfulness to the skin. This treatment includes an energising and resurfacing application of Pyruvic Gel.

## **BeautyLab Glycopeel Facial**

A unique resurfacing treatment which combines glycolic acid and pomegranate enzyme for optimum effect. Glycopeel is ideal as an anti-ageing treatment working on sun-damage, pigmentation, premature ageing, but also works on dull, congested and acne prone skins.

## **Glycopeel Facial** | *60 minutes*

This advanced facial consists of 3 stages of exfoliation followed by 4 layers of hydrating and soothing products. Results are visible from the first treatment, however a progressive course of 6 treatments is recommended.

## **Glycopeel Facial and Hand or Back Treatment** | *75 minutes*

### **Glycopeel Back Treatment** | *30 minutes*

The ultimate deep cleanse and refiner for all skin types. Perfect to even out skin tone and bring radiance to an otherwise neglected area of the body.

### **Glycopeel Hand Treatment** | *30 minutes*

A luxurious radiance treatment for hands which targets wrinkles, blemishes and age spots. This can be performed as a stand alone treatment or incorporated into and BeautyLab facial.

#### **Pre-treatment and aftercare advice**

Please attend your appointment without contact lenses.

This treatment is not suitable during pregnancy.

Glycolic peels may cause slight redness in the first 24 hours which normally resolves in a couple of hours.

Your skin will be more sensitive to sunlight for a couple of weeks following the treatment so an SPF of 50 is needed for daily wear.

Do not swim, sunbathe, vigorously exercise for 24 hours following your peel.

No hair removal treatment or fake tanning should be carried out for at least 48 hours.



# ESPA

## **Back Face & Scalp Treatment** | *90 minutes*

This ESPA treatment targets three areas- the back, the face and the scalp, making it the ideal treatment for anyone.

Treat Yourself ~ To Include Hot Stones | *105 minutes*

## **Salt & Oil Scrub** | *30 minutes*

This exceptional skin-softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

## **ESPA Detoxifying Algae Wrap** | *60 minutes*

Body brushing and full body exfoliation is followed by an application of warm Algae gel to stimulate, detoxify, tone and firm the skin. Ideal as part of a detox programme.

## **ESPA Restorative Mud Envelopment** | *60 minutes*

This body wrap includes a full body exfoliation and a relaxing head massage to help ease tension and leave the skin purified smooth and hydrated.

## **ESPA Holistic Total Body Care** | *90 minutes*

Full body skin brushing and exfoliation to prepare for a deep body, face and scalp massage, using a blend of essential oils chosen to suit individual requirements.

Treat Yourself ~ To Include Hot Stones | *105 minutes*

## **Pre and Post Natal Treatment** | *75 minutes*

A deeply nourishing body treatment designed to target areas prone to stress and tension during pregnancy.



# CLARINS

## Clarins The Sun Glow | 60 minutes

The ultimate self tanning treatment for face and body with skin-smoothing exfoliation. Gives you an all-over gorgeous, long-lasting, golden colour that looks as natural in winter as in summer.

## Tanning

### Kissed By Mii Spray Tanning | 30 minutes

Created with marine mineral extracts to replenish your skin's natural minerals, leaving it sublimely soft so your tan can develop.



## CLARINS *EXPRESS*

### **The Clarins Refresher Facial** | *30 minutes*

A serious WOW facial treatment for when you need great skin and a glowing complexion. Cleanse and exfoliation is followed by a chosen mask, then a neck and shoulder massage completes this pick me up treatment.

## ESPA *EXPRESS*

### **ESPA Express Facial** | *30 minutes*

Cleansing and Exfoliation is followed by the application of a nourishing mask, whilst a heavenly neck and shoulder massage is carried out to leave you feeling refreshed and your skin radiant.

### **ESPA Aromatic Hair & Scalp Ritual Time** | *30 minutes*

Indulge in the ultimate nourishing, heavenly hair and scalp ritual, which includes a deeply relaxing massage to neck and shoulders using essential oils and active botanical products.

### **ESPA Regenerating & Firming Eye Treatment** | *30 minutes*

Perfect for those who are concerned with the first signs of ageing around the eyes.

### **Salt & Oil Scrub** | *30 minutes*

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.







## Nails with **JESSICA**® Natural Nail Care

### **GELeration Manicure** | *60 minutes*

A full manicure treatment, including your choice of GELeration polish, lasting up to 2 weeks without any smudging or fading.

### **GELeration Pedicure** | *60 minutes*

Your pedicure will include hard skin removal, shaping of the nails, cuticle tidy, exfoliation and application of the long lasting GELeration colour of your choice.

### **GELeration File & Polish** | *45 minutes*

A file and shape of your finger or toenails and application of the GELeration colour of your choice.

### **GELeration Removal**

GELeration polish is recommended to be removed professionally, to avoid any damage to your natural nails. Treat yourself following the removal of your old colour by having a file and polish or a manicure.

### **GELeration Removal** | *30 minutes*

### **GELeration Removal and File & Polish** | *75 minutes*

### **GELeration Removal & Manicure** | *90 minutes*

### **Jessica Manicure** | *45 minutes*

Your manicure includes shaping of the nails, cuticle tidy, relaxing hand and arm massage and an application of personalised treatment basecoat and your chosen polish colour.

### **Jessica Luxury Spa Manicure** | *60 minutes*

This luxury treatment uses products to help strengthen nails that easily break, split or peel. This treatment includes hand and arm exfoliation and heated mitts.

### **Jessica ZEN Spa Pedicure** | *60 minutes*

Your pedicure will include hard skin removal, shaping of the nails, cuticle tidy, exfoliation, relaxing foot and leg massage and application of your chosen polish colour.

### **Treat Yourself ~ To Include Heated Booties** | *75 minutes*

### **File & Polish (Fingers or Toes)** | *30 minutes*

Why not choose a long-lasting Jessica Phenom polish for your Manicure or Pedicure?

## Eyes

**Eyelash Tint\*** | 30 minutes

**Eyebrow Tint\*** | 15 minutes

**Eyelash & Eyebrow Tint\*** | 30 minutes

**Eyebrow Shape** | 15 minutes

**My Lash Lift** | 60 minutes

MyLash Lift gives you the appearance of longer thicker lashes. No mascara. No messing. Just perfect lashes from the moment you wake up. The treatment works by straightening the natural lashes at the root and then tinting them. A patch test is required 24 hours prior the having your lash lift.

*\*A patch test is required 24 hours prior to any tinting carried out in Aura Spa.*



## Wax

**Lycon**  
precision waxing™

### Lycon Hot Wax

Australia's Lycon Wax contains the finest resins, natural ingredients and aromatherapy oils to deliver superior performance, removing hairs as short as 1mm. With its low temperature it provides a much more comfortable treatment.

**Lycon Bikini Tidy** | 15 minutes

**Lycon G-String** | 30 minutes

**Lycon Brazilian** | 60 minutes

**Lycon Hollywood** | 60 minutes

**Lycon Extra Patch** | 10 minutes

**Lycon Underarm** | 15 minutes

**Lycon Lip or Chin** | 15 minutes

**Lycon Eyebrows** | 15 minutes

**Lycon Sides of Face** | 15 minutes

*Please avoid any heat treatments (e.g sunbed or sauna) before and after any waxing.*

### Strip Waxing

**½ Leg** | 30 minutes

**¾ Leg** | 30 minutes

**Full Leg** | 30 minutes

**Full Leg & Bikini Tidy** | 45 minutes

**Full Leg & G-string Bikini** | 45 minutes

**Bikini Tidy** | 15 minutes

**G-String** | 15 minutes

**Underarm** | 15 minutes

**½ Arm** | 30 minutes

**Full Arm** | 30 minutes

**Chest** | 30 minutes

**Back** | 30 minutes

**Lower Back** | 30 minutes

**Stomach** | 30 minutes

**Lip or Chin** | 15 minutes

### Men's Massage

#### **ESPA Deep Muscle Massage** | 60 minutes

A powerful massage designed to alleviate deep-seated tension and muscular stress by concentrating on specific areas of concern.

#### **ESPA Muscle Reviver** | 45 minutes

A condensed massage for those who suffer with tension-related headaches and neck strain.

### Men's Face

#### **ESPA Personalised Facial** | 60 minutes

This cooling, purifying facial awakens the senses and brightens the face. Perfect to enliven your skin the morning after the night before.

#### **Clarins Skin Blitz Facial** | 60 minutes

Whatever life has hit your skin with, this super-relaxing bespoke facial will target and treat it. Your face will look and feel refreshed, healthy and smooth.

### Men's Nails

#### **Manicure for Men** | 30 minutes

Treat your hands to a manicure using only the finest products to leave your hands and nails looking neat and tidy, and feeling smooth.

#### **Pedicure for Men** | 45 minutes

Hard skin removal is followed by a foot soak and a deeply relaxing foot massage. Includes cuticle work and grooming of the nails, leaving you feeling relaxed and your feet smoothed.

### Men's Waxing

**Chest** | 30 minutes

**Back** | 30 minutes

**Stomach** | 30 minutes

**Eyebrow Tidy** | 15 minutes



## Spa Days

With all of our Spa Day packages you can enjoy a day of relaxation with amazing treatments and use of the spa facilities that include our pool, hydro pool, sauna and steam rooms. If you wish to enjoy some light exercise in our gym or take part in a group exercise class this is also available to you. Towels and robes are available throughout your day.

Spa Days are available Monday to Friday. Classes are subject to availability and can only be booked on the day of your visit. Robes may only be worn around the wet facilities and in Aura Spa. Please be aware that as a family-friendly club, the two children's pools will be in use throughout your Spa Day.

### Harmony Package

Choose from one of the following  
30 minute treatments :

**Express Facial**  
**Back Massage**  
**Salt & Oil Scrub**

Followed by tea or coffee and a slice of cake.

### Serenity Package

Your choice of two of the following  
30 minute treatments:

**Express Facial**  
**Back Massage**  
**Salt & Oil Scrub**  
**Mini Manicure**  
**Mini Pedicure**

Followed by a light lunch including  
a glass of wine or soft drink.

### Tranquility Package

Your choice of one of the following  
1 hour treatments:

**ESPA or Clarins Facial**  
**Full Body Massage**

And one of the following 30 minute treatments:

**Express Manicure**  
**Express Pedicure**

Followed by a light lunch including a  
glass of wine and a gift bag to take home.

**AURA SPA**  
Castle Royle

Castle Royle Golf & Country Club  
Bath Road, Knowl Hill, Reading Berkshire, RG10 9XA  
Direct Line: 01628 820 730  
Club Reception: 01628 820 700  
Email: [castleroyale.aura@theclubcompany.com](mailto:castleroyale.aura@theclubcompany.com)

Our treatments are available  
Monday, Tuesday & Friday 9am - 8pm  
Wednesday & Thursday 9am - 10pm  
Saturday & Sunday 10am - 6pm

We also welcome non members to Aura Spa.

ESPA  JESSICA® CLARINS

LYCON CACI BEAUTYLAB

 Like us on  
**Facebook**

**PURELY MASSAGE**

ESPA Inner Calm Massage	90 minutes	£80
~with Hot Stones	105 minutes	£95
Signature Full Body Massage	60 minutes	£59
~with Hot Stones	60 minutes	£65
Back, Neck & Shoulder Massage	30 minutes	£38
~with Hot Stones	30 minutes	£45
Stress Relieving Massage	45 minutes	£49

**FACE ~ ESPA**

ESPA Skin Radiance Facial	60 minutes	£55
ESPA Advanced Skin Radiance Facial	90 minutes	£79
ESPA Re-Hydrator Facial	60 minutes	£55
ESPA Skin Purifying Facial	60 minutes	£55
ESPA Lifestage Facial	60 minutes	£55
ESPA Lift & Firm Facial	60 minutes	£55
ESPA Regenerating Facial	75 minutes	£62
ESPA Regenerating & Firming Eye Treatment	30 minutes	£35
ESPA Express Facial	30 minutes	£35

**FACE ~ CLARINS**

Clarins Tri Active New Generation Facial	90 minutes	£72
Clarins Tri Active New Generation Facial with add on treats	105 minutes	£87
Clarins Aromatic Balancer Facial	60 minutes	£55
Clarins Extra Relaxing Aromatic Facial	75 minutes	£60
Clarins Refresher Facial	30 minutes	£35

**CACI**

CACI Non-Surgical Facial Toning	60 minutes	£62
CACI Delux Non-Surgical Facial Toning	75 minutes	£75
CACI Delux Eye Lift	30 minutes	£35
CACI Jowl Lift	30 minutes	£35
CACI Hydratone	30 minutes	£35

**BEAUTYLAB BLACK DIAMOND**

Black Diamond Facial	75 minutes	£95
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**BEAUTYLAB GLYCOPEEL**

Glycopeel Facial	60 minutes	£60
Glycopeel Facial	Course of 6	£300
Glycopeel Back Treatment	30 minutes	£35
Glycopeel Hand Treatment	30 minutes	£35
Glycopeel Facial and Hand or Back Treatment	75 minutes	£75

**BODY ~ ESPA**

ESPA Back Face & Scalp Treatment	90 minutes	£72
~with Hot Stones	105 minutes	£85
ESPA Holistic Total Body Care	90 minutes	£72
~with Hot Stones	105 minutes	£85
Pre and Post Natal Treatment	75 minutes	£65
Salt & Oil Scrub	30 minutes	£35
ESPA Detoxifying Algae Wrap	60 minutes	£55
ESPA Restorative Mud Envelopment	60 minutes	£55

**BODY ~ CLARINS**

Clarins The Sun Glow	60 minutes	£45
Kissed By Mii Spray Tanning	30 minutes	£32

### EXPRESS TREATMENTS ~ CLARINS

The Clarins Refresher Facial | 30 minutes £35

### EXPRESS TREATMENTS ~ ESPA

ESPA Express Facial | 30 minutes £35

ESPA Aromatic Hair & Scalp Ritual | 30 minutes £35

ESPA Regenerating & Firming Eye Treatment | 30 minutes £35

Salt & Oil Scrub | 30 minutes £35

### NAILS WITH JESSICA NATURAL NAIL CARE

GEleration Manicure | 60 minutes £40

GEleration Pedicure | 60 minutes £46

GEleration File & Polish | 45 minutes £33

GEleration Removal | 30 minutes £12

GEleration Removal, File & Polish | 75 minutes £45

GEleration Removal & Manicure | 90 minutes £52

Jessica Manicure | 45 minutes £30

Jessica Luxury Spa Manicure | 60 minutes £34

Jessica ZEN Spa Pedicure | 60 minutes £36

~ with Heated Booties | 75 minutes £41

File & Polish (*Fingers or Toes*) | 30 minutes £22

### EYES

Eyelash Tint | 30 minutes £20

Eyebrow Tint | 15 minutes £9

Eyelash & Eyebrow Tint | 30 minutes £26

Eyebrow Shape | 15 minutes £13

Mylash Lift | 60 minutes £49

### WAX

#### Lycon Hot Wax

Lycon Bikini Tidy | 15 minutes £16

Lycon G-String | 30 minutes £22

Lycon Brazilian | 60 minutes £38

Lycon Hollywood | 60 minutes £40

Lycon Extra Patch | 10 minutes £8

Lycon Underarm | 15 minutes £16

Lycon Lip or Chin | 15 minutes £13

Lycon Eyebrows | 15 minutes £14

Lycon Sides of face | 15 minutes £13

#### Strip Waxing

½ Leg | 30 minutes £20

¾ Leg | 30 minutes £24

Full Leg | 30 minutes £29

Full Leg & Bikini Tidy | 45 minutes £39

Full Leg & G-string Bikini | 45 minutes £42

Bikini Tidy | 15 minutes £14

G-String | 15 minutes £18

Underarm | 15 minutes £14

½ Arm | 30 minutes £16

Full Arm | 30 minutes £19

Chest | 30 minutes £23

Back | 30 minutes £23

Stomach | 30 minutes £23

Lip or Chin | 15 minutes £11

**MEN'S MASSAGE**

ESPA Deep Muscle Massage	60 minutes	£59
ESPA Muscle Reviver	45 minutes	£49

**MEN'S FACE**

ESPA Personalised Facial	60 minutes	£55
Clarins Skin Blitz Facial	60 minutes	£55

**MEN'S WAXING**

Chest	30 minutes	£23
Back	30 minutes	£23
Stomach	30 minutes	£23
Eyebrow Tidy	15 minutes	£13

**MEN'S NAILS**

Manicure for Men	30 minutes	£25
Pedicure for Men	45 minutes	£30

**SPA DAYS**

Harmony Package	1 day	£72
Serenity Package	1 day	£102
Tranquility Package	1 day	£125

**BOOKING INFORMATION**

Appointments can be made by phone or in person. All treatment times set out in this tariff are there as a guideline only. Times indicated include a consultation and time to enable you to prepare for and complete your treatment.

The relaxing environment in Aura Spa is created with your wellbeing in mind, therefore we ask you to abide with club rules and switch your mobile phone off before entering the Spa.

It is with regret that we cannot accommodate babies and children in the treatment areas of Aura Spa. Think of your Spa as your personal beauty space, a tranquil place for a little me-time. The minimum age for treatments is 16, however children aged 16-18 must be accompanied by an adult. Intimate waxing is available to over 18's only.

Some treatments are not recommended for pregnant women. We advise that you wait until you've completed the first 12 weeks of your pregnancy and always seek the advice of your doctor.

Please arrive at Aura Spa reception at least 10 minutes prior to your appointment. This will give you time to unwind and get more out of the early stages of your treatment.

We require 24 hours notice to cancel or change an appointment otherwise a 50% cancellation fee will apply. If you fail to turn up without prior notice, full payment will be required.

You must inform the therapist prior to your treatment commencing if you suffer from any medical conditions, allergies, or are on any medication.

Gift vouchers can be purchased online or at the Spa. They are valid for 6 months and are non-refundable.

Please note, if you haven't had tinting in Aura before, it is essential you have a patch test at least 24 hours before your treatment.

Please note if you choose to wear the flipflops provided by Aura you will do so at your own risk, as they are not recommended as footwear.

**Direct Line:** 01628 820 730

**Club Reception:** 01628 820 700

**Email:** [castleroyale.aura@theclubcompany.com](mailto:castleroyale.aura@theclubcompany.com)

[www.castleroyale.com](http://www.castleroyale.com)

**AURA**   
**Castle Royle**

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 Bath Road, Knowl Hill  
 Reading, Berkshire RG10 9XA