



Treatment
Menu

LET US TAKE YOU ON A JOURNEY



emerge brighter

eforea spa is a place like no other, a true oasis of luxury offering the ultimate relaxation experience. A hideaway where you can find yourself emerging brighter, refreshed and reconnected.

Located at the picturesque Ageas Bowl resort, within the stunning 171- bedroomed Hilton at The Ageas Bowl, the gorgeous eforea spa is the perfect getaway from all of life's stresses. Here at eforea spa we are committed to your overall well-being. Our selection of thermal experiences, immersive treatments and luxurious journeys are designed to revive and rejuvenate mind, body and soul.

Let us take you on a journey.

EFOREA PARTNERS

We are honoured to be partnered with two industry-leading skincare and beauty brands, the creators behind our incredible range of treatments and journeys.

ELEMIS

Skincare, beauty and wellness lie at the heart of ELEMIS, the #1 Luxury British Skincare brand. Every ground-breaking treatment is an innovative blend of science with the chemistry of nature, carefully crafted by a dedicated team and encompassing the most powerful biological actives available from both 'above and below' the Earth's surface.

J JESSICA®

JESSICA NAILS is a part of world-leading brand JESSICA Cosmetics and the perfect way to easily achieve and maintain naturally beautiful nails. JESSICA Nails was started in the 1970s by Jessica Vartoughian, who pioneered natural nail care and eventually became known as The First Lady of Nails.



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eforea journey

A restorative journey through eforea's luxurious spa facilities can be enjoyed either before or after any eforea treatment.

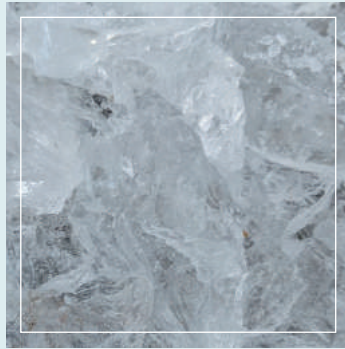
For optimum relaxation and nourishment, we recommend experiencing eforea's facilities in the following order:



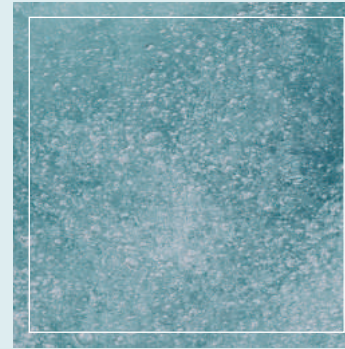
First, enjoy our soothing rainforest shower. Wash away any built up stress with immersive mood lighting and fresh rainforest scents.



Lay back and relax in our light and dark steam chambers to restore the respiratory system and ease sensory tension. In our tepidarium, gently warm your body on our heated mosaic loungers to reduce stress and deep-relax. Stimulate and strengthen your circulatory system in our bio sauna; the warm temperature allowing your skin to breathe through the removal of toxins.



The body is just as responsive to cooler temperatures as it is to heat. The crystals of ice in the eforea ice baths constrict blood vessels, helping to reduce swelling in the body, and providing a light exfoliation of the skin.



Unwind further by indulgently sinking your feet into the effervescent targeted foot spas and feel your muscles loosen and relax.



Spend time soaking in the large hydrotherapy pool with targeted jets above and below the water's surface to help target tension hot spots and aid removal of waste toxins in the muscles.



Finally, for the complete eforea experience, savour time in the large sauna chamber and the outdoor Jacuzzi, sunken into the expansive roof terrace and perfect for basking in the sunshine.

spa days

EMERGE

Adaptable for mothers-to-be after 12 weeks of pregnancy.

£129 (Mon-Thur) | £139 (Fri-Sun)

This day package is the ultimate introduction to the gorgeous eforea spa. Choose from one of our best-selling treatments and emerge feeling a brighter, rejuvenated you.

EMERGE includes a eforea pantry in the Spa Café, a complimentary robe, towel and slippers, and access to spa facilities.

Choose a bookable spa session of
09:00-13:30 | 14:00-18:00

Choose one treatment lasting 1 hour:

- Choice of any Touch ELEMIS Facial lasting 1 hour
Upgrade to an ELEMIS BIOTEC facial for an additional £10 supplement, subject to availability.
- ELEMIS Nectar Nourishing Body Wrap
- Signature Voyage Treatment
- eforea Body Balance
- eforea Recovery Massage
- JESSICA GELeration Manicure
- JESSICA GELeration Pedicure

BALANCE

£139 (Mon-Thur) | £149 (Fri-Sun)

This day package is sure to leave you feeling refreshed and rebalanced. Perfect for those who have recently embarked on a healthier lifestyle journey or perhaps are in need of an immune booster.

BALANCE includes a eforea pantry in the Spa Café, a complimentary robe, towel and slippers, and access to spa facilities.

Choose a bookable spa session of
09:00-13:30 | 14:00-18:00

Start your treatment with a 30 minute ELEMIS Deeply Cleansing Body Scrub followed by a choice of:

- A Signature Voyage Treatment
- An eforea Recovery Massage
- Any ELEMIS touch facial lasting 1 hour

ESCAPE

£169 (Mon-Thur) | £179 (Fri-Sun)

The ultimate eforea package, which promises to leave you emerging brighter, refreshed and reconnected.

ESCAPE includes a eforea pantry in the Spa Café, a complimentary robe, towel and slippers, and access to spa facilities.

Choose a bookable spa session of
09:00-13:30 | 14:00-18:00

Enjoy 2 hours of treatments, beginning with a Soothing Foot Soak, before awakening your skin with an ELEMIS Deeply Cleansing Body Scrub.

Next choose from:

- Any ELEMIS Touch Facial lasting 1 hour
- Signature Voyage Treatment
- eforea Recovery Massage

Your treatment will conclude with a foot journey.

TIME FOR TWO

⌚ 90 mins | £285 per couple (Mon-Thur)
£295 per couple (Fri-Sun).

Includes twilight spa facility access from 18:30-20:30

Perfect for a romantic escape, a baby-moon, or even a mother-daughter getaway. Indulge side-by-side, choosing from either a 1 hour Full Body Recovery Massage and a 30 minute Hands On Facial, or 1 hour Hands On ELEMIS Facial and a tension busting 30 minute Back, Neck and Shoulder Massage, in our deeply relaxing couples' treatment room.

In addition, enjoy a glass of fizz in our tranquil Spa Café after your treatments.

Add the eforea pantry dining experience for only £18.50pp

Subject to availability

spa experiences

JOURNEY

£65 (Mon-Thur) | £75 (Fri-Sun)*

JOURNEY includes access to the spa facilities in a bookable time session, eforea pantry in the Spa Café and a complimentary robe, towel and slippers.

Eforea pantry available from 12pm until 3pm.
Subject to availability

*This package is available when a 1 hour treatment is booked per person.

Choose a bookable spa session of
09:00-13:30 | 14:00-18:00

TWILIGHT

£29pp (Mon-Thur) | £39pp (Fri-Sun)

Relax and rejuvenate into the evening with eforea's Twilight spa sessions.

Arrive from 6:30pm and enjoy unlimited use of the luxury eforea facilities until 8:30pm.
Includes complimentary towel and slippers.

EXCLUSIVE

From £50 per person (Mon-Thur)
£60 per person (Fri-Sun)

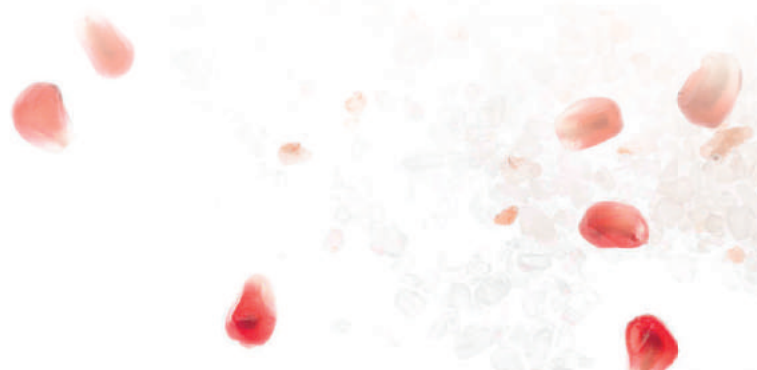
For a truly unique spa experience, the gorgeous eforea spa is available for private hire. Our unique eforea journey spa facilities and stunning treatment rooms provide an exclusive location for your special occasion or event with a glass of fizz provided on arrival from 7:30pm in the spa café.

Spa access from 8:30-10:30pm

Bespoke catering options available upon request.

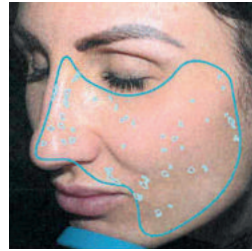
Minimum number of 10 guests.

Please contact us if you wish to add a treatment to your experience.

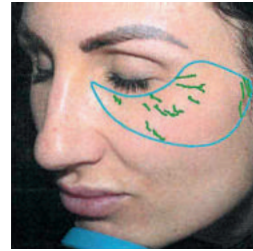


Technology | Pioneering ELEMIS BIOTEC technology works to turn back the effects of time on your skin, increasing its natural cellular energy.

Leaving you with visibly healthy, nourished and energised skin.



Spots



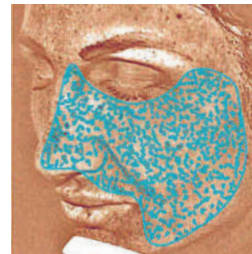
Wrinkles



Texture



Pores



Brown spots



Red areas

High Resolution Skin Analysis Consultation

⌚ 15mins | £15

(Redeemable as credit against all ELEMIS products available at eforea spa* on the day of analysis)

Allow our Skin Analysis Technology to show you exactly what stands between you and the skin you desire. Allow us to thoroughly analyse your skin type and show you how to address all of your personal skin concerns, including fine lines, sun damage and more. You'll also receive a printed report for you to take home.

Treatment Courses

Book a course of 9 treatments, and receive the 10th one for free.

ELEMIS Pro-Glow Smooth +

⌚ 50mins | £92 (Mon-Thur) | £102 (Fri-Sun)

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity.

ELEMIS Pro-Glow Brilliance +

⌚ 50mins | £92 (Mon-Thur) | £102 (Fri-Sun)

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a super-charged air massage to breathe life into your skin.

ELEMIS Pro-Glow Resurface +

⌚ 50min | £92 (Mon-Thur) | £102 (Fri-Sun)

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines.

ELEMIS Pro-Glow Genius +

⌚ 75mins | £135 (Mon-Thur) | £145 (Fri-Sun)

Harnessing the powerful benefits of all 6 ELEMIS BIOTEC 1.0 technologies, skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration.

For those wanting to focus on gently stimulating and tightening the delicate eye area, we recommend the 'speed spa eye do' treatment.

ESSENTIAL JOURNEY | FACE

Touch | The hands of a highly trained ELEMIS therapist are profoundly effective tools to promote healthy ageing. Using a combination of massage techniques from around the world, this is where instinct meets expertise with clinically proven* results.

ELEMIS Pro-Glow Smooth

Suitable for 25+

⌚ 50mins | £85 (Mon-Thur) | £95 (Fri-Sun)

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect.

ELEMIS Pro-Glow Brilliance

⌚ 50mins | £85 (Mon-Thur) | £95 (Fri-Sun)

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.

ELEMIS Pro-Glow Resurface

⌚ 50min | £85 (Mon-Thur) | £95 (Fri-Sun)

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation.

ELEMIS Pro-Glow Renewal

⌚ 50mins | £85 (Mon-Thur) | £95 (Fri-Sun)

ELEMIS' signature deep cleansing wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow.

ESSENTIAL JOURNEY | MASSAGE

eforea Hot Stone Massage

⌚ 1hr 10 mins | £99 (Mon-Thur) | £109 (Fri-Sun)

Balinese stones bathed in moisture-enriched body oil are worked deep into the muscles. With Ayurvedic inspired pressure point techniques, this treatment promotes total tranquillity throughout the body, with the additional benefit of intensely hydrated skin.

eforea Recovery Massage

⌚ 1hr | £95 (Mon-Thur) | £105 (Fri-Sun)

Designed by you and your eforea therapist, this massage uses a variety of techniques and pressures to relieve muscular tension and is followed by a stimulating Indian-inspired scalp massage.

ELEMIS Deep Tissue Massage

⌚ 1hr | £95 (Mon-Thur) | £105 (Fri-Sun)

Address muscle pain, stress relief, relaxation or balance through aromatic massage. Your therapist will work deep beneath the skin to relieve tension in the body and encourage circulation.

ELEMIS Intensely Cleansing Salt Scrub

Choose between Lime & Ginger or Frangipani

⌚ 30 mins | £55 (Mon-Thur) | £65 (Fri-Sun)

Delicately fragranced salt gently removes dead skin cells, encouraging cell regeneration. This skin is left a smooth and responsive canvas, ready to absorb the nourishing body oil for total hydration.

ELEMIS Targeted Toning Tightener

⌚ 1hr 30mins | £99 (Mon-Thur) | £109 (Fri-Sun)

A powerful blend of massage and detoxifying clay for targeted toning and tightening. Clinically proven* to reduce the appearance of cellulite after just one treatment.

Your treatment will focus on arms, hips, thighs and abdomen.

For optimum results a course of two treatments per week for four weeks is recommended.

*Clinically proven to reduce the appearance of cellulite by 59% after just one treatment.

eforea Body Balance

⌚ 1hr | £85 (Mon-Thur) | £95 (Fri-Sun)

Alleviating muscular pain and removing toxins, a detoxifying scrub is performed after a balancing back massage and calf and foot massage. A purifying back masque completes this comprehensively nourishing treatment.

Signature Maritime Face & Body Treatment

⌚ 90 mins | £105 (Mon-Thur) | £115 (Fri-Sun)

A reviving face and body treatment, using aromatherapeutic actives. The body is cocooned in a comforting wrap, followed by a deep tissue back massage. A face and eye treatment rejuvenates, accompanied by a de-stressing scalp massage.

eforea Recovery Massage

⌚ 1hr | £95 (Mon-Thur) | £105 (Fri-Sun)

Designed by you and your eforea therapist, this massage uses a variety of techniques and pressures to relieve muscular tension and is followed by a stimulating Indian-inspired scalp massage.

eforea Body Balance

⌚ 1hr | £85 (Mon-Thur) | £95 (Fri-Sun)

Alleviating muscular pain and removing toxins, a detoxifying scrub is performed before a balancing back, calf and foot massage relaxes. A purifying back masque completes this comprehensively nourishing treatment.

ELEMIS Deep Tissue Massage

⌚ 1hr | £95 (Mon-Thur) | £105 (Fri-Sun)

Address muscle pain and stress to achieve relaxation and balance through intensive massage. Your therapist will work deep beneath the skin to relieve tension in the body and encourage circulation.

All Pro glow facials are suitable for Men

Signature Marine Revive and Renew

⌚ 1hr 30mins | £105 (Mon-Thur) | £115 (Fri-Sun)

A warming blend of nourishing marine plants is drenched over the body, followed by a cocooning body wrap and de-stressing scalp treatment. Finish with an anti-aging face and eye treatment, helping to protect against signs of aging.

Signature Sail Away Massage

⌚ 1 hour | £95 (Mon-Thur) | £105 (Fri-Sun)

Embark on a journey of tranquillity. This healing massage incorporates a variety of techniques, pressures and rhythmic movements to help eliminate toxins as well as ease muscular aches and pains.

Signature Voyage Treatment

⌚ 1hr | £95 (Mon-Thur) | £105 (Fri-Sun)

Experience a full-body voyage of discovery, awakening the senses through touch and aroma. Relish a full back massage and prescribed ELEMIS Booster Facial, before concluding with a Signature Foot Cleanse to leave you relaxed and revived from top to toe.

ELEMIS Peaceful Pregnancy Massage

⌚ 1hr 10 mins | £99 (Mon-Thur) | £109 (Fri-Sun)

This unique pregnancy massage is profoundly nurturing and tranquil. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted – along with wisdom, empathy and respect.

ELEMIS Nectar Nourishing Body Wrap

⌚ 1hr | £82 (Mon-Thur) | £92 (Fri-Sun)

The velvety texture of Frangipani-fragranced Monoi Oil offers super-hydration, quenching thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

Back, Neck and Shoulder Massage

⌚ 30mins | £59 (Mon-Thur) | £69 (Fri-Sun)

This intense massage alleviates stress and revives the senses by encouraging circulation in the neck, shoulders and back.



eforea journey enhancements

ALL TREATMENTS

⌚ 30 minutes | £59 (Mon-Thur) | £69 (Fri-Sun)

SHOULDER, NECK & SCALP

Relieve stress, reduce muscle tension, oxygenate the muscles and improve blood flow in your shoulders, neck and scalp. Featuring trigger point therapy and joint stimulation, this combination of techniques will leave you feeling renewed and full of energy. The relieving of tired muscles also encourages a sense of tranquillity and balance.

HEAD & FACE

The head and face journey enhancement has been developed using deep breathing techniques to transmit an air of serenity and tranquillity. The treatment seamlessly mixes chakra stimulation, muscle relaxation and energy point activation stretching of both the spine and facial muscles. You will leave feeling realigned, creating a deep sense of balance and wellbeing.

FOOT JOURNEY

Drawing from essential and ancient methods of healing through the feet, this enhancement combines the pressing of specific reflex and energetical points along with nerve stimulation, joint activation and relaxation techniques to create a completely revitalising and luxurious treatment.

**Add any of these
enhancements to a
spa day or treatment
over 1 hour for
only £35**



FINISHING TOUCHES | SPEED SPA

JESSICA MANICURE & PEDICURE

File & Polish

⌚ 30 mins | £29

GELeration Removal

⌚ 30 mins | £10

JESSICA Manicure

⌚ 1hr | £49

ZenSpa Pedicure

⌚ 1hr | £45

Create your own treatment | £35

Begin with a nail shape and cuticle tidy, then choose 3 of the following: scrub, massage, polish, paraffin wax or heated mittens.

Upgrade your treatment to a longer lasting GELeration finish for only +£10.

WAXING

Eyebrow

⌚ 30 mins | £10

Half Leg

⌚ 30 mins | £20

Full Leg

⌚ 45 mins | £25

Bikini

⌚ 30 mins | £15

Extended Bikini

⌚ 40 mins | £20

Lip & Chin

⌚ 15 mins | £10 for both or £6 each

Eyebrow Tint | £8

Eyelash Tint | £8

Eyebrow & Eyelash Tint | £14

Please note with all semi-permanent tinting treatments a compulsory patch test is required 24 hours before.

Lash Lift | £45

This treatment is a great alternative to lash extensions or if you are just looking to improve the strength and appearance of your lashes (lasts 6-8 weeks).

Please note with lash lift treatments a compulsory patch test is required 24 hours before.

Our innovative Speed Spa treatments combine the latest in skin analysis technology from luxury British skincare brand ELEMIS, and nail care techniques from world-wide beauty brand JESSICA Nails to deliver outstanding results in record breaking time.

BIOTEC Facials

⌚ 15 minutes £46 & 30 minutes only £56

Pioneering ELEMIS BIOTEC technology works to turn back the effects of time on your skin, revealing visibly healthy, nourished and energised skin.

Firm Favourite

The only way is up. Tighten and tone with microcurrent, massage and sculpting technology.

Eye Do | ⌚ 30 minutes

Gently stimulate and tighten the delicate eye area without disturbing or damaging fragile skin.

High Resolution Skin Analysis Consultation | £15

Identify the needs of your skin through advanced clinical imagery (redeemable against ELEMIS products).

Massage

⌚ 15 minutes £28

Head First

The pressures on! Release the pressure of tension headaches and re-energise your scalp with a blissful head massage.

Past Tense

Loosen up! Melt away tension in the neck and shoulder. This targeted treatment will alleviate stress and revive senses to leave you floating on air!

Combine both Head First & Past Tense for a discounted price of £40.

The Unwinder

Cut through tension in your back, neck and shoulders to relieve sore, tired and aching muscles. Powered by hot stones, this treatment leaves you feeling recharged and energised. Please note this treatment is carried out in a shiatsu chair.

Modern Day Massage | £15

Relax and unwind whilst receiving a full body massage performed by our state-of-the-art massage chair.

Our Hands On 30-minute Back, Neck & Shoulder Massage on the main spa menu is £45.

PLEASE NOTE Speed Spa treatments will be performed over clothes and at your discretion



memberships

OFF PEAK TREATMENT £59pp per month

Limited time only - subject to availability
(A saving of up to £26)

- 1x 60 minute treatment per month bookable Tuesday - Thursday
- 10% off retail
- 20% off food and beverage in the Spa Café
- 20% off food and beverage in BEEFY'S by Lord Botham
- 20% off additional treatments

6 month minimum term

PEAK TREATMENT £69pp per month

Limited time only - subject to availability
(A saving of up to £26)

- 1x 60 minute treatment per month bookable Monday - Friday
- 10% off retail
- 20% off food and beverage in the Spa Café
- 20% off food and beverage in BEEFY'S by Lord Botham
- 20% off additional treatments

6 month minimum term

GYM ONLY £20pp per month

- Access Monday-Sunday 9am - 7:45pm
- 10% off retail
- 20% off food and beverage in the Spa Café
- 20% off food and beverage in BEEFY'S by Lord Botham
- 20% off additional treatments

6 month minimum term

TOTAL EFOREA £95pp per month

- Spa access Tuesday-Thursday in any of our spa session times (must be pre booked)
 - Gym access Mon- Sun
 - 10% off retail
 - 20% off food and beverage in the Spa Café
 - 20% off food and beverage in BEEFY'S by Lord Botham
 - 20% off any 1-hour treatment
- 6 month minimum term
Limited numbers apply, subject to availability

EFOREA INFORMATION

Booking at eforea spa

To book spa access, a spa treatment or a spa day, please call the eforea team on **02382 027093** or email spa@ageasbowl.com

Please note a valid gift voucher, debit or credit card details are required to secure your booking, however no charge will be made until prior to departure from the spa.

Please give 48 hours notice to change or cancel your booking, otherwise we will have to charge you for the full price of your treatment.

GIFT VOUCHERS

Treat yourself or a loved one to an eforea spa Gift Card, which can be used against spa facility usage, spa treatments, spa days or memberships. To purchase a Gift Card please visit us at eforea spa, call **02382 027093** or visit our website: www.ageasbowl.com/spa



eforea etiquette

- An e-consultation will be sent to you via email, and our spa reception team will contact you to complete this in advance of your treatment.
- We have updated our cleaning schedule to enhance our already high standards of hygiene, where commercial-grade cleaning products and upgraded protocols are currently in use, to ensure our guests enjoy an even cleaner and safer stay from arrival to departure.
- We ask that if you are experiencing any symptoms of Covid 19 to not come to the spa, but to contact the reception team to rearrange your appointment.
- We are currently operating on a cashless basis for hygiene reasons and so upon arrival we will ask for your payment, and we can only accept Credit/Debit cards or Apple Pay.
- All treatments are required to be booked in advance, so if you wish to book additional treatments please contact our spa reception team who would be happy to assist.
- The car park exit code will be supplied to you upon your departure.

Gift

Looking for the
perfect gift?

Why not explore the full range of
eforea gift vouchers online at
eforeaspa.giftpro.co.uk
or simply pop in and see our
friendly reception team.





emerge brighter

EFOREA SPA

Hilton at the Ageas Bowl
Botley Road, West End, Southampton, SO30 3XH
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www.ageasbowl.com/spa