



MONKS SPA

AT MACHYNYS

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For more information and to book treatments visit  machynys.com/monks-spa

SPA PACKAGES

Indulge yourself with one of our bespoke spa packages.

Your chosen spa package will include a refreshment on arrival in Fredricks lounge, use of Monks Health Club Gymnasium and Hydro Spa facilities, including Sauna, Steam, Jacuzzi, Aromatherapy Room and Relaxation Areas as well as a 2-course meal in Fredricks Restaurant.

BLISSFUL DAY

The Blissful Day includes a Monks tailored facial incorporating a relaxing hand and arm massage OR back, neck and shoulder massage.

Treatment duration: 30 minutes

REVIVAL SPA DAY

The Revival Day includes a tailored facial, incorporating a warm lime foot cleanse, oriental scalp massage and a back, hand and arm massage with warm stones.

Treatment duration: 1 hour

STRESS RECOVERY DAY

The Stress Recovery Day includes a 1hr full body muscle warming massage followed by a Monks tailored 1hr facial, incorporating a warm lime foot cleanse and a relaxing scalp massage.

Treatment duration: 2 hours

MUMS-TO-BE

Mums-to-be includes 2 of the following treatments:

- Monks Facial
- Muscle Warming Massage
- Deluxe Manicure
- Deluxe Pedicure

(A safe and relaxing pregnancy treatment, suitable for pregnancies over 12 weeks only. Please note the hydro spa facilities are not included)

Treatment duration: 2 hours (1 hour per Treatment)

TRIBE 517 DAY

Embark on a blissful journey with one of the following luxurious Tribe517 treatment:

- Botanical Flower Remedy
- Do Not Disturb
- Peace Seeker Wellbeing

Treatment duration: 1 hour

£5 supplement fee applies to all Spa Day Packages booked Friday - Sunday.
Please see Terms & Conditions

Use of towel
and robe
subject to a
£10 refundable
deposit

SIGNATURE TREATMENTS

MONKS BACK, FACE & SCALP TREATMENT

This luxury treatment consists of a salt exfoliation, warm lime mitts, a back, neck and shoulder massage, and a full Skin Specific Facial to suit your skin type.

Treatment duration: 1 hour 30 minutes

MONKS BACK RITUAL

This treatment includes a warm lime foot cleanse, an oriental scalp massage, a Lomi back massage incorporating warm stones, and a Thai leg stretch.

Treatment duration: 45 minutes

MONKS FACE RITUAL

This treatment includes a warm lime foot cleanse, a tailored facial, an oriental scalp massage and a hand and arm massage incorporating warm stones.

Treatment duration: 45 minutes

REVIVAL BACK AND FACE

This treatment includes a warm lime foot cleanse, a tailored facial, an oriental scalp massage, plus a back, hand and arm massage incorporating warm stones.

Treatment duration: 1 hour

MONKS INTENSELY CLEANSING SALT SCRUB

Lime and Ginger or Frangipani. Fragranced salt will gently slough away dead skin cells, leaving a smooth and responsive canvas which is ready to absorb deeply nourishing body oils.

Treatment duration: 1 hour



MASSAGES

MUSCLE WARMING MASSAGE

A bespoke tailored massage focusing on your individual needs. Easing tension and promoting deep relaxation, to leave you feeling restored and revived.

Treatment duration: 30 minutes | Treatment duration: 1 hour

AROMATHERAPY MASSAGE

Let the healing power of essential oils enhance your massage. The concentration of the oils works at a therapeutic level, whilst the aromas balance the mind and emotions. Specialised massage techniques intensify the benefits of the oils.

Treatment duration: 45 minutes | Treatment duration: 1 hour 15 minutes

PEACEFUL PREGNANCY MASSAGE

A safe and relaxing pregnancy ritual suitable for pregnancies over 12-weeks only. Nurture your changing body and calm your mind with our beautifully comforting treatment. Personalised to your needs and stage of pregnancy. Our skilled therapists use gentle techniques to alleviate discomfort, reduce tension and promote overall well-being.

Treatment duration: 1 hour 15 minutes

REFLEXOLOGY

Reflexology is an ancient holistic treatment with far-reaching therapeutic benefits. It relaxes, restores and revitalises, while providing fine tuning for all of the body's systems encouraging the body to function more efficiently.

Treatment duration: 1 hour

HOT STONE MASSAGE

Warm Basalt stones melt away tension as heat is slowly released into the core of the muscle.

This wonderfully warming treatment works on energy points throughout the body to rebalance and harmonise.

**Treatment duration:
45 minutes**

**Treatment duration:
1 hour 15 minutes**

LUXURY FACIALS

MONKS FACIAL

Relax and indulge in a facial experience tailored to meet your skin's unique needs. An instant revival for dull, lifeless skin as well as an excellent pre-occasion facial.

Treatment duration: 30 minutes | Treatment duration: 1 hour

ELEMIS EXPERT™ TOUCH RENEW FACIAL

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

Treatment duration: 50 minutes

ELEMIS EXPERT™ TOUCH NOURISH FACIAL

Boost skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

Treatment duration: 50 minutes



AESTHETIC FACIALS

IMAGE SKINCARE – THE O2 LIFT

This luxurious treatment infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin, leaving it luminous, refreshed and rejuvenated.

Treatment duration: 45 minutes

IMAGE SKINCARE – ORMEDIC LIFT

This balancing botanical peel utilizes fruit enzymes for gentle exfoliation, along with polypeptides to revitalize dull skin and promote youthful-looking appearance.

Treatment duration: 45 minutes

IMAGE SKINCARE – SIGNATURE LIFT

Our signature treatment gives all skin types a youthful boost. This brightening and hydrating peel delivers potent skin rejuvenation and noticeable results in just one session. It supports skin elasticity and tone for the look of firm, youthful skin.

Treatment duration: 45 minutes

SKINPEN PRECISION

SkinPen Precision is the world's leading skin remodelling (microneedling) medical device that creates temporary small microscopic channels in your skin. This simple procedure activates your body's natural skin-healing power to increase collagen and elastin, so your skin returns to a healthier-looking and youthful appearance. SkinPen targets all signs of aging including sun damage, pigmentation and acne scarring.

Watch your skin look younger and rejuvenated with SkinPen Precision.

Treatment duration:

- Full Face Rejuvenation
1 hour
- Neck Rejuvenation
30 minutes
- Decolletage Rejuvenation
30 minutes

TRIBE 517 WELLNESS TREATMENTS

BOTANICAL FLOWER REMEDY

The power of sweet botanical oils and flower absolutes combined with a full body, face and scalp treatment experience. Gentle limb stretching, foot reflex, deep shoulder waving and concentrated face and scalp massage.

Tailored for your personal needs and to connect your mind and skin on every level with our Time, Heal or Change balms to help support your anxieties, changing times and challenges in life. Experience divine scents in our naturally perfumed glossy balms.

Treatment duration: 1 hour

PEACE SEEKER WELLBEING

Cocooned with blankets, succumb to a back, neck and shoulder massage with deep rhythmical stretching and pressure points release, partnered with an active sleep infused reflex inspired foot massage.

Promote deep sleep with this unique massage, with a paste of Turmeric and pure Magnesium. Bliss!

Treatment duration: 1 hour

DO NOT DISTURB

Our Incredible body massage lying face down for a "Do Not Disturb" experience. Feel yourself drift away with warm, drizzled hypnotic sleep balm of petitgrain and black pepper for intense warming and calming sensation to the body. We will take you to the "land of nod" with cosy heated blankets and soft pillows. The ultimate Tribe Treat!

Treatment duration: 1 hour

ESSENTIALS

MONKS DELUXE MANICURE

A luxury manicure treatment that includes nail and cuticle prep, hand and arm massage, heated mitts and application of your chosen nail colour.

Treatment duration: 1 hour

1 hour 15 minutes with Gel Finish | 45 minutes Gel Application Only

MONKS DELUXE PEDICURE

This professional luxury treatment provides effective and instant softening for calluses, hard skin and cuticles. It includes nail prep, foot massage, exfoliation, thermal booties and application of your chosen colour.

Treatment duration: 1 hour

1 hour 15 minutes with Gel Finish | 45 minutes Gel Application Only

EYE TREATMENTS

- Eyebrow Tint* – **15 minutes**
 - Eyelash Tint* – **30 minutes**
 - Lash and Brow Tint* – **30 minutes**
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LASH LIFT

Elevate your lashes to new heights as we lift, curl and define your natural lashes. Immediate results that can last up to eight weeks. Wake up to effortless lashes every day. Patch test required *

Treatment duration: 1 hour

ESSENTIALS (CONTINUED)

WAXING

- EYEBROW - 15 minutes
- LIP OR CHIN - 15 minutes
- LIP AND CHIN - 15 minutes
- STANDARD BIKINI - 15 minutes
- BRAZILIAN - 30 minutes
- HOLLYWOOD - 45 minutes
- FOREARM - 15 minutes
- FULL ARM - 30 minutes
- UNDER ARM - 15 minutes
- HALF LEG - 30 minutes
- FULL LEG - 45 minutes
- MEN'S BACK - 30 minutes
- MEN'S CHEST - 30 minutes
- MEN'S BACK, CHEST & SHOULDER - 1 hour

Please note that waxing can have certain side effects such as skin removal, redness, swelling or tenderness. We advise no sun or heat treatments 24 hours before or after your treatment.

ST. TROPEZ AIR BRUSH

The bronzing mist is airbrushed on to your skin achieving fast, effective results for a perfect all over glow. Prior to the treatment, please wear dark loose clothing, no jewellery or perfume / deodorant.

Treatment duration:
15 minutes

SPA TERMS & CONDITIONS

TREATMENTS

- We advise all our guests to arrive 10 minutes before treatments commence.
- All treatment duration times include consultation, treatment and aftercare.
- All treatment prices include VAT at the current rate.
- Certain medical conditions may preclude you from some of the treatments available. Please advise of any health conditions, medication, allergies or injuries at time of booking.
- We have specifically designed treatments for expectant mothers and we will be happy to advise you of suitable treatments.

LATE ARRIVALS

- Late arrival for your appointment will constitute a reduced treatment time or appointment may be released.

SPA


- All lockers require £1 coin to operate.
- All spa guests must be aged 16 and over.
- All spa days are non-transferable and non-refundable.
- To maintain the tranquillity of the spa please ensure that your phone is on silent at all times. Please respect the privacy of others when taking photos and videos throughout the spa.





MONKS SPA

AT MACHYNYS

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