



leaf
LIFESTYLE AND BEAUTY

AWARD WINNING DAY SPA IN CHESHIRE



SPA ETIQUETTE

Cancellation Policy

To secure a booking, we will ask for a 50% payment which will go on your account. If you need to cancel, we require 24 hrs notice, 48 hrs for appointments of 2 hrs or more & 10 days for spa packages, otherwise 50% of the treatment price is charged.

Arrival Time

Please arrive 15 mins before your appointment so you can check in & enjoy your treatment without rushing. Please understand that if you are late, your treatment may have to be shortened or cancelled with the full cost charged. In the unlikely event we keep you waiting for more than 20 mins after your appointment time, there will be no charge for your treatment.

Spa Environment & Noise

As a courtesy to others, we operate a no smoking or vaping site & kindly request you keep noise to a minimum & switch off your mobile.

Children

For their safety and our insurance requirements, no children under 11 are allowed into the spa.

OUR BRANDS

We are proud to work with many of the top brands in the spa and beauty industry. We chose brands such as Jessica, Lycon, Environ, Jane Iredale & the Advanced Nutrition Programme as we firmly believe they are the best in the business. Others like ESPA chose us as they are confident we operate to the highest standards they demand and we reflect their values of natural beauty and inner calm. We are in good company with leading spas in over 50 countries.

SPA PACKAGES

Please see our website for seasonal specials. Your spa package includes snuggly robes & slippers, refreshments & use of the relaxation room.

Pure Essence Spa Package £60 1 hour

Choose **two** treatments: Back, neck & shoulder massage • ESPA essential facial • 30 minute manicure • sunlight therapy

De-stress Spa Package £90 2 hours

Leaf bespoke body massage • head **or** Thai foot massage • sunlight therapy • two course lunch.

Leaf Signature Detox Package £120 2¼ hours

A great way to energise your body after a period of frantic activity or illness: body exfoliation to remove dead skin cells & stimulate your lymphatic system • mineral mud wrap to eliminate toxins • facial massage to help lymphatic drainage • bespoke body massage • sunlight therapy • two course lunch.

Pure Bliss Relaxation Package £115 1¾ hours

Back, neck & shoulder massage with hot lava shells • signature ESPA facial • head **or** Thai foot massage • two course lunch

Lady in Waiting Spa Package £140 3¼ hours

For mums-to-be from the 12th week of pregnancy: ESPA soothing maternity massage • leaf signature ESPA facial • luxury manicure **or** zenspa luxury pedicure • sunlight therapy add two course lunch **£12**

Me & Mum Spa Package £99 for adult & teen 1½ hours

A special treat for 13-16 year olds to spa & chillax with Mum, grandma or big sister. You will share our double treatment room & enjoy: ESPA essential facial • makeover using Jane Iredale mineral make-up (suitable for teenage skin) **or** 30 minute manicure • sunlight therapy

FACIAL TREATMENTS AT LEAF

Before embarking on a course of facials, we offer a FREE consultation with one of our skincare experts who are all trained to advanced level & highly experienced. They use a skin diagnostic machine to visualise areas of poor circulation, sun damage, keratinization, dehydration, collagen loss, rosacea, sensitivity etc. Your therapist will discuss the results & what you wish to achieve before devising a facial and/or homecare plan to suit your needs & budget. There is no charge for this if you are also having a facial. If not, we charge £25 which is fully redeemable against any Environ, ESPA, Jane Iredale mineral make-up or Advanced Nutrition Programme skincare products.

We offer a clear choice of facials – a scientific results driven approach with Environ and CACI or the most effective natural, paraben free products from ESPA. For regular buyers of Environ we offer a loyalty card that gives you free facials, free 6 monthly reviews of your skin's condition & expert advice.

Total Skincare Package

£75 1¼ hrs

Includes the following:

- skin analysis with the Observ diagnostic machine
- 60 mins Environ/ESPA facial tailored to your results
- makeover with Jane Iredale skincare mineral make-up
- month's supply of ANP skincare vitamins (worth £15-£20)
- Jane Iredale discovery size skincare make up product

Leaf Signature Facial

60 mins £62 / Course of 6 £310

We use the luxury ESPA skincare range, rich in natural plant extracts & oils. Your therapist will select the most effective products for your skin's needs on the day.

ENVIRON FACIAL TREATMENTS

Environ Active Vitamin Facial

30 mins £38 / Course of 6 £190

65 mins £62 / Course of 6 £310

90 mins £80 / Course of 6 £400

We use sound waves & small electrical pulses to drive active vitamin A into the lower layers of the skin to treat: sun damage, pigmentation, wrinkles, severe dryness, scarring, rosacea, acne & high colour. The 30 mins precision facial treats 1-2 areas of concern, 65 mins treats 3, and 90 mins treats the whole face, neck & décolleté.

Add a CACI eye **or** jowl lift

15 mins £20

Add a CACI eye & jowl lift

30 mins £38

Environ Collagen Power Facial

30 mins – £38 / Course of 6 £190

65 mins – £66 / Course of 6 £330

90 mins – £86 / Course of 6 £430

This facial uses the innovative DFP 312 peptide serum, excellent for improving uneven skin texture, tightening and plumping skin, softening fine lines and creating a more youthful appearance.

Triple Lift Facial

70 mins – £80 / Course of 6 £400

95 mins – £99 / Course of 6 £495

Our most powerful anti-ageing facial combines the Collagen Power facial with CACI eye & jowl lifts. The peptides work on your skin -tightening, smoothing & plumping, while CACI works on your muscles to give a powerful lift around your eyes & jowls.

Environ Cool Peel

60 mins £68 / Course of 6 £340

This achieves smoother, brighter skin without damaging the epidermis like harsh chemical peels. Helps to calm inflammation & is especially good for scarring, textured skin, sun damage, acne & acne rosacea.

Environ No-Botox frown treatment

45 mins £95

If you're considering Botox or had it in the past, the pentapeptide Focus Frown Serum is a natural alternative, reducing muscle tension around the eyes & frown line to give a more youthful look. For best results we highly recommend using the serum at home (lasts around 8-10 weeks). As part of the facial, this serum is available at a 50% discount on the retail price.

ENVIRON FACIAL TREATMENTS

Environ Hydraboost Facial

65 mins £70

An intensive treatment for very dry & dull skin. We use small electrical pulses to drive the hyaluronic acid based serum more deeply into the skin to produce glowing and plumped skin very quickly.

Collagen Stimulation Therapy

£260 / Course of 3: £520

Derma-rolling, micro-needling, skin needling - all describe this scientifically researched & proven treatment that makes your skin naturally produce new collagen & elastin to remove or dramatically reduce scarring, fine lines, wrinkles, thread veins, stretch marks, pigmentation & enlarged pores.

CACI FACIAL TREATMENTS

Pronounced "caysee", this is the most popular non-surgical face treatment if you want to lift "the sag"! Madonna, Gwyneth Paltrow & Jennifer Lopez are big fans. We use a microcurrent to give your facial muscles a workout, reminding them to tighten up. It's a great quick fix for a special occasion. For the best results, book a course of 10 over a five week period then a maintenance treatment every 4-6 weeks.

CACI Non Surgical Facial Lift 65 mins £60/Course of 10 £460

Small electrical impulses lift & tone facial muscles, improving elasticity & reducing fine lines & wrinkles. The facial also includes a deep cleanse & tone.

CACI Non Surgical Hydratone Facial Lift

85 mins £75

This facial includes a rehydrating & plumping gel mask, very beneficial for mature skin & dark circles round the eyes.

CACI eye lift

20 mins £30 / Course of 10 £265

This lifts & firms the muscles around the eyes, particularly where eyebrows lose definition with age, & smoothes fine lines & wrinkles. This treatment also includes a cleanse and tone.

CACI jowl lift

20 mins £30 / Course of 10 £265

This targets muscle laxity around the jawline, lifting, firming & refining facial contours. We also include a cleanse & tone.

MASSAGE TREATMENTS

Leaf bespoke massage

45 mins £42/60mins £55
80mins £75

The therapist will tailor your massage exactly to your needs. She can vary the pressure & oils she uses to release tension, increase energy, ease stiffness or to help you relax & sleep. You choose whether to include scalp, face, legs, etc in your massage. Add lava shells for a deep heat massage **£10 extra**

Sports massage

45 mins £50

A specialist treatment by a qualified sports massage therapist for all runners, cyclists, rugby players, footballers & sporty people. Very beneficial if you want to improve performance, recover more quickly or build up after an injury or persistent niggle.

Hot lava shells massage

45 mins £52

We have left the hot stone age behind for a far superior experience.

Indian head massage

35 mins £35

Includes a neck & shoulder massage.

Reflexology

60 mins £55

This is a very relaxing treatment where the therapist uses her hands & thumbs to massage and apply pressure to the feet & lower legs.

Thai foot massage

35 mins £35

This traditional technique dates back over 2000 years. Both relaxing & invigorating, the therapist will use Thai foot sticks to stimulate reflex points as well as therapeutically massaging legs & feet.

ESPA HOLISTIC TREATMENTS

ESPA back, face & scalp treatment **90 mins £82**

Our ESPA 'hero' treatment. A wonderfully revitalising treatment working on the three key areas of tension. It includes back exfoliation & massage, our signature facial & a scalp massage to leave you totally relaxed & rejuvenated. This is our ultimate ESPA treatment. With a hot lava shell massage **£10 extra**

ESPA mindfulness massage **90 mins £85**

Still your busy mind with this holistic, deeply relaxing & clarifying experience. Your therapist will guide you through breathing & visualisation techniques before gently massaging reflexology points on your feet. The soothing massage is continued up through your body finishing with a re-energising scalp massage & warm rose quartz crystals on your forehead and temples. This mindfulness massage will help you to focus calmly on the present & emerge with a renewed sense of positivity.

ESPA special soothing massage **50 mins £50**

A deeply comforting & nurturing massage. You remain face up & completely supported during the treatment. Ideal for the elderly or anyone with mobility problems, aches & pains, arthritis or anxiety.

ESPA deep cleansing back treatment **50 mins £50**

A luxurious exfoliation is followed by a stimulating aromatherapy back massage. A customised mask of essential oils & marine mud is then applied while you enjoy a relaxing lower leg & foot massage. Ideal for all skin types as well as congested skin to stimulate circulation & cell renewal.

ESPA holistic body scrub **25 mins £32**

Your skin is exfoliated with an exquisite combination of plant extracts & oils (completely free of plastic microbeads), removing dead cells, stimulating your lymphatic system so your skin is smooth & soft. Perfect on its own or before a massage.

ESPA golden glow body wrap **90 mins £80**

A wonderful treatment to make your skin glow & to stimulate your body's senses. A luxury body scrub exfoliates, softens & smoothes your skin before an intensely relaxing massage. A mineral-rich, nourishing mud wrap is then applied while you enjoy a stimulating scalp massage. A lovely treatment, particularly good for eczema & psoriasis.

ESPECIALLY FOR MUMS-TO-BE

ESPA Mum-to-be body wrap

90 mins £80

This deeply nurturing body treatment is carefully designed for pregnant (12 weeks onwards) & nursing mothers, to relax your body, calm your spirit & tone your skin. Gentle exfoliation & advanced massage techniques, using natural calendula-infused oil, soothes areas prone to tension & stress during pregnancy. Next, a warm, moisture rich body mask is applied to the whole body while a relaxing scalp massage takes place. You are cocooned & supported throughout the treatment.

ESPA maternity massage

50 mins £50

This deeply comforting body massage is specially created for pregnancy to cocoon & nurture mother & baby, reduce fatigue & ease tension when shifts in posture cause aches & pains.

We also have a Lady-in-Waiting spa package on page 3.

PRECISION WAXING / FACIAL THREADING

We use Lycon hot wax for all facial & intimate waxing. This is widely regarded as the best there is & as pain free as it gets, even on sensitive skins! We also offer facial hair removal by threading, with prices as for waxing.

Lip or chin	£10	Lip & chin	£18
Eyebrow	£15	Eyebrow, lip & chin	£30
Underarm	£15	Nostrils	£10
Half leg	£24	Full leg	£31
Bikini	£15	Extended bikini	£20
G-string	£26	Brazilian / Hollywood	£37

Waxing packages

Half leg & brazilian / hollywood	£56
Full leg & brazilian / hollywood	£63
Half leg, bikini & underarm	£50
Full leg, bikini & underarm	£56

MANICURES, PEDICURES & CHIROPODY

Jessica half hour manicure **£21**

Nails are shaped, treated with a prescriptive basecoat & finished with a colour or a French polish.

Jessica luxury manicure **£33**

Includes an anti-ageing hand & arm massage before your cuticles & nails are trimmed, conditioned, shaped & finished with polish.

Jessica GELeration manicure **£37**

Your cuticles are trimmed & your nails shaped & buffed before painting with a soak-off gel for a longer lasting, hard-wearing finish that is dry instantly. Includes a hand & arm massage.

Removal of existing GELeration polish **£10**

or buy a home removal kit (enough for 3 removals)

Anti-ageing hand & arm treatment **£26**

A remedial, conditioning & anti-aging treatment for neglected hands, cuticles & nails, leaving them softer, smoother & firmer.

Jessica zenspa luxury pedicure **£42**

Starting with a nail analysis to treat your nail type, you will enjoy a luscious foot soak, exfoliation, rough skin treatment & foot massage. Your cuticles will be groomed & your nails beautifully shaped & painted with a colour of your choice

Jessica GELeration pedicure **£45**

A Jessica zenspa pedicure using a soak-off gel for a longer lasting & hard-wearing finish that is dry instantly.

Restorative foot fix **£42**

Immediate results for calluses & cracked heels. Dry skin just peels away. The treatment includes cuticle & nail trimming to restore your feet to their former splendour!

Finished with a colour of your choice **£5 extra**

Chiropody & podiatry **45 mins £35**

Jennifer Connell BSc (Hons) Pod, M.Ch.S, HPC Registered, has worked in the NHS & private practice for almost 10 years. She treats corns, calluses, verrucas, thickened & fungal nails, in-grown toe-nails, severe cracked heels, athletes foot & foot odour. She has extensive experience of treating people with diabetes.

EYEBROW & EYELASH TREATMENTS

Eyebrow tint * £12

Eyelash tint * £12

Eyebrow & eyelash tint * £12

Leaf precision brows * £48

Your eyebrows will be expertly measured, shaped & tinted & we also teach you our system for beautifully defined brows (includes a Jane Iredale Great Shape kit (RRP £26) to take home

Lash Perfect individual lash extensions * 90 mins £75

Individual eyelash extensions behave just like natural lashes to give you a thicker, flattering look. Perfect for special occasions. They are & available in various curls, lengths and thicknesses.

LVL lashes * £50

We use a setting serum to straighten your natural lashes at the root (making them look curled), & then tint them to create the appearance of mascara. LVL stands for length-volume-lift, without any extensions, adhesive or mascara. Generally last 6-8 weeks. You will be given an allergy test kit to use at home 48 hours before your appointment.

** An allergy test is required before your first treatment*

SUNLESS TANNING

We use Vita Liberata , 80% organic & free of odour, parabens, alcohol & perfume, kind & nourishing to the skin. Our manual application turns your sunless tan into an hour of relaxation .

Vita Liberata tan application only £30

with exfoliation (highly recommended) £39

SUNLIGHT THERAPY

Our unique safe sunbathing environment. Scientists agree 30 minutes sunlight a day triggers the production of vitamin D & boosts the immune system to alleviate problems such as depression, SAD, eczema, high blood pressure, cholesterol & some menopause symptoms. It is used in spas & clinics in Scandinavia, Canada & Germany.

Individual use:

1 hour £20 / 30 mins £11

2 to 4 people:

1 hour £40

MAKE-UP

We use Jane Iredale skincare mineral makeup - long lasting and very natural looking.

Make-up lesson & colour consultation	£40
(redeemable against any products bought on the day)	
Special occasion & prom make-up	30 mins £36

WEDDINGS

We use Jane Iredale skincare mineral makeup as we can get the perfect match for your skin tone, it is long lasting and perfect for photographs.

Pre-wedding bridal make-up consultation & trial	£50
Bridal wedding day make-up following trial	£45
<i>includes local travel on the wedding day</i>	

Bridal party make-up consultation & trial	£45
Bridal party wedding day make-up	£38

Complete Care Bridal Package	£395
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This package includes: pre-wedding make-up trial • bridal make-up on your wedding day • three Environ facials • Jessica gel manicure • zenspa luxury pedicure/GEL pedicure • pre-wedding waxing - full leg, intimate, underarm & eyebrow shape.

We are happy to quote for alternative wedding packages.

MASSAGES FOR MEN

Leaf bespoke massage

45 mins £42/60mins £55
80mins £75

The therapist will tailor the massage exactly to your needs. She can vary the pressure & oils she uses to release tension, increase energy, ease stiffness after sport, intense exercise or injury, or just to help you relax & sleep better. You also choose whether you include the scalp, face, legs, arms etc in your massage.

Add lava shells for a deep heat massage **£10 extra**

Sports massage

45 mins £50

A specialist treatment by a qualified sports massage therapist for all runners, cyclists, rugby players, footballers and sporty people. Very beneficial if you are looking to improve performance, recover more quickly or build up after an injury or persistent niggle.

Hot lava shells massage

45 mins £52

These are used for deep relaxation & to warm up tight muscles before carrying out a deep tissue massage using the shells

ESPA hero treatment

90 mins £82

A great revitalising treatment working on the three key areas of tension. It includes back exfoliation & massage, our signature grooming facial & a scalp massage to leave you totally relaxed & rejuvenated. Add a hot lava shell massage **£10 extra**

Indian head massage

35 mins £35

A head, scalp & neck massage with pressure point massage around the eyes

Reflexology

60 mins £55

This is a very relaxing treatment where the therapist uses her hands and thumbs to massage and apply pressure to the feet and lower legs.

Thai foot massage

35 mins £35

This traditional technique dates back over 2000 years. Both relaxing & invigorating, the therapist will use Thai foot sticks to stimulate reflex points as well as therapeutically massaging legs & feet.

WAXING FOR MEN

As quick, painless & hygienic as possible using Lycon wax, widely regarded as the best hair removal wax in the world.

Eyebrows	£15	Nostrils	£10
Underarm	£17	Arm	£15-£30
Full back	£32-£45	Shoulders	£15-£20
Chest (inc stomach)	£22-£45	Full leg	£36-£45
Half leg	£25-£31		

GROOMING TREATMENTS FOR MEN

Leaf signature grooming facial treatment **60 mins £62**
Course of 6 £310

Your therapist will select the products for your skin's specific needs that day. Your skin will be triple cleansed, exfoliated, toned, massaged & moisturised to combat ageing, giving you a healthier, younger looking complexion.

Environ active vitamin facial **65 mins £62 / 90 mins £80**
Course of 6 £310 / £400

Uses sound waves & small electrical pulses to drive highly active vitamin A into the lower layers of the skin to produce results more quickly. We can treat sun damage, pigmentation, wrinkles, scarring, rosacea, acne, broken capillaries & high colour. The 65 mins facial treats 3 areas of concern, the 90 mins treats the whole face and neck.

Men's grooming hand treatment **25 mins £26**

A deeply moisturising & restorative treatment to give you well-groomed hands, nails & cuticles. Includes anti-ageing exfoliation, hand & arm massage to soften & smooth rough, dry skin, nail cutting & shaping.

Restorative foot fix **£42**

Your feet & lower legs will be soaked, exfoliated, massaged & intensively moisturised, removing as much rough & hardened as possible. Alternatively, if you have calluses or cracked heels, we will use a special treatment so the dry thickened skin just peels away. Your nails & cuticles will also be trimmed & shaped.

OUR AWARDS

leaf opened in 2008 and since then has received national recognition from our clients & the spa and beauty industry.

- UK Finalist:** Best new salon (Professional Beauty)
- UK Finalist:** Boutique Spa of the Year (Professional Beauty)
- Winner:** UK Salon of Excellence & Gold Award Salon (International Institute of Anti-Ageing)
- Winner:** Best UK Small Spa (Candis)

You can find out what our clients say about us on Facebook, Trip Advisor and Google.

COURSE DISCOUNTS

Pay for 5 treatments & receive the 6th free. Excellent value if you need regular facials, waxing, massages or manicures.

OFFERS AND EVENTS

We run regular promotional events throughout the year. Please visit our website for details of these & our seasonal special offers, or sign up to receive our emails.

GIFT VOUCHERS

leaf gift vouchers are valid for 6 months & are available for any amount, treatment or spa package. Vouchers can be purchased in person, by phone or online & we accept PayPal & all major credit & debit cards. Your gift can be delivered either to you or the recipient in our luxury presentation wallet. Alternatively, we can send an e-voucher.

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We reserve the right to change our prices and treatments without further notice.



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