



leaf

LIFESTYLE AND BEAUTY

**National Award-Winning
Day Spa, Skin Clinic and Beauty Salon**

T: 01829 771797

Cancellation Policy & 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 & 7 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 & our insurance requirements, no children under 11 are allowed into the spa.

Unisex Treatments & Products

As all our treatments here are bespoke & tailored to personal preference such as massage pressure, skin type & aroma, they are suitable for all genders. The only treatment we are not able to offer is hair removal from male intimate areas.

We are proud to work with many of the top brands in the spa & beauty industry. We chose brands such as Jessica, Lycon, Vita Liberata, 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 high standards they demand & we reflect their values of natural beauty & inner calm. We are in good company with leading spas in over 50 countries.

Online Shop

Our skincare products, gifts & gift vouchers are available from our online shop. Please note some Environ products can only be bought online after a consultation with a trained Environ therapist due to very active levels of vitamins. If you have not bought Environ from us before, please book a free consultation, Alternatively you can do it by phone or complete our online form.

Spa Packages

Please see our website for seasonal specials. Our spa packages include the use of cosy robes & slippers & our relaxation room.

Pure Essence Spa Package 1 hour | £60

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

De-stress Spa Package 2 hours | £92

leaf bespoke body massage • head or foot massage • sunlight therapy • two course lunch.

leaf Signature Detox Package 2¼ hours | £125

A great way to energise your body after illness or frantic activity: 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 1¾ hours | £120

leaf bespoke body massage with hot lava shells • ESPA personalised facial • head or foot massage • two course lunch

Lady in Waiting Spa Package 3¼ hours | £145

For mums-to-be from the 12th week of pregnancy but you don't have to be pregnant to book this: ESPA soothing maternity massage • ESPA personalised facial • luxury manicure or zenspa luxury pedicure • sunlight therapy. Add two course lunch [£14](#)

Me & Mum Spa 1½ hours | £100 for adult & teen

A special treat for 13-16 year olds to spa & chillax with an adult. You will share a double treatment room & enjoy: ESPA essential facial • makeover using Jane Iredale skincare make-up (suitable for teenage skin) or 30 minute manicure • sunlight therapy

Total Skincare Package 1¾ hours | £75

Skin analysis with the Observ diagnostic machine • 60 mins facial tailored to your results • makeover with Jane Iredale skincare make-up • 2 months' supply of skincare vitamins (worth £15-£20) • Jane Iredale discovery size product

Complete Care Bridal Package (see page 14)

Introduction to Facials at leaf

We are serious about skin. Our skincare experts have vast experience & undergo continual professional training. We are an International Institute of Anti-Ageing Gold Standard salon & one of the few UK Salons of Excellence. We guarantee you will receive honest, expert advice & a bespoke treatment. We offer a consultation using a skin diagnostic machine to identify areas of sun damage, dehydration, rosacea, sensitivity etc. We will then devise a treatment plan to meet your concerns & budget. You may choose between two facial journeys:

Journey One: Personalised luxury facials

Personalised facials that are a relaxing, sensory experience with a hands-on facial massage using 100% natural, ESPA products.

Journey Two: Facials for specific skin concerns

A scientific, results driven approach using a microcurrent to treat specific concerns such as ageing, sagging, acne, rosacea etc

Feed, Fortify, Finish is our recommended complete solution for your skin. Good nutrition will **FEED** your skin from within but it's very unlikely to provide all the nutrients it needs. The Advanced Nutrition Programme™ supplements we stock are premium quality & specifically made to target skin concerns.

Environ skincare will **FORTIFY** your skin with active vitamin A & antioxidants. It is a "step up" product as more vitamin A is gradually introduced to give you results you have never experienced before. Regular buyers receive £30 off Environ facials (Ts & Cs apply). Please ask for an Environ loyalty card.

There's no point damaging all the good work by applying make-up that's full of chemicals & pore blocking fillers like talc. **FINISH** with Jane Iredale skincare make-up, 98% pure minerals (see page 14).

An excellent starting point to skincare at leaf is our:

Observ Skin Analysis 30 mins | £25

This charge is redeemable against any facial or product from our skincare, make-up or Advanced Nutrition Programme ranges or

Total Skincare Package 1½ hours | £75

Skin analysis with our diagnostic machine • 60 mins facial tailored to your results • makeover with Jane Iredale skincare make-up • 2 months' supply of skincare vitamins (worth £15-£20) • Jane Iredale discovery size product

Facials for Specific Skin Concerns

For Anti-ageing

Environ Youth Reset 60 mins | £65 course of 6 | £325
90 mins | £86 course of 6 | £430

Small electrical pulses drive vitamin A & peptides into the skin to help soften the appearance of fine lines, sagging skin & sun damage. 60 min facial treats 3 areas of concern, 90 min treats the whole face, neck & décolleté

Triple Lift Facial 90 mins | £99 course of 6 | £495
2 hours | £120 course of 6 | £600

Our most powerful anti-ageing facial combines the Environ Youth Reset facial with CACI eye & jowl lifts. The peptides work on skin tightening, smoothing & plumping, while CACI gives a powerful muscle lift around the eyes & jowls.

CACI Non Surgical Facial Lift 60 mins | £62
course of 10 | £460

Small electrical impulses lift & tone facial muscles, improving elasticity & reducing fine lines & wrinkles.

Environ Bright Recovery Cool Peel 60 mins | £65

A gentle lactic acid cool peel to assist with dull skin, light pigmentation & premature ageing resulting from excessive sun exposure.

For Eyes, Jowls or Forehead

For Your Eyes Only Treatment 40 mins | £46

A powerful, anti-ageing & hydrating treatment that combines a peptide & hyaluronic acid serum with a CACI muscle tightening eye lift & LED therapy. Treats dark circles, puffiness, fine lines & tired eyes.

Environ Focus Frown Treatment 45 mins | £50

As you will see better results, this facial is only available if you also use the pentapeptide Environ Focus Frown Serum at home. It helps to reduce muscle tension & frown lines around the eyes & forehead to give a more youthful look. A good alternative to injectables like Botox.

Focus Jowl Treatment 45 mins | £50

A powerful, focused sculpting & tightening treatment with LED therapy to help maintain smoother, more toned skin & to improve the appearance of an unwanted double chin.

Facials for Specific Skin Concerns

For Breakouts & Acne

Environ Deep Cleansing Facial 45 mins | £50
course of 6 | £250

This unique, deep cleansing facial gently exfoliates the skin's surface, purifies it and helps to control congestion & breakouts, leaving skin looking healthy and refreshed.

Environ Problem Skin Cool Peel 60 mins | £65
course of 6 | £325

You will need to prepare your skin with an Environ vitamin A moisturiser for 3 weeks before having this peel. This powerful therapy helps to manage acne & distressed skin by purifying, unclogging pores & dissolving impurities. Our hero treatment for problem skin.

For Dry & Dehydrated Skin

Environ Moisture Boost Facial 60 mins | £65
course of 6 | £325
90 mins | £86
course of 6 | £430

Hyaluronic acid is the hero ingredient here which helps to reduce the appearance of fine lines caused by dehydration, plumping up the deeper layers to promote glowing skin.

CACI Non Surgical Hydratone Facial Lift 65 mins | £70

This is a classic CACI lift & tone facial with the addition of a rehydrating & plumping gel mask which is very beneficial for dry, mature skin & dark circles round the eyes.

For Rosacea, Redness & Sensitive Skin

Environ Comfort & Calm Facial 60 mins | £65
course of 6 | £325
90 mins | £86
course of 6 | £480

Ideal for sensitive, irritated skin and rosacea.

Facials for Specific Skin Concerns

For Pigmentation & Dull Skin

Environ Radiance Reveal Facial 60 mins | £65
course of 6 | £325
90 mins | £86
course of 6 | £430

A targeted solution for sun damaged or pigmented skin.

Environ Vibrant-C Cool Peel 60 mins | £65

A concentrated vitamin C infused peel that is freshly mixed before use for ultimate freshness & efficacy. Proven to deliver a healthy complexion with even skin tone & texture. An excellent choice for sun-damaged, pigmented & mature skin.

For Scarring & Textured Skin

Environ Youth Renew Cool Peel 60 mins | £70
course of 6 | £350

You will need to prepare your skin with an Environ moisturiser for 3 weeks before having this gentle peel. It reduces the appearance of premature ageing, fine lines & uneven skin tone, achieving smoother, brighter skin without damaging the epidermis.

Natural & Vegan Facials

ESPA Personalised Facial 55 mins | £63
course of 6 | £315

The luxury ESPA skincare range is rich in natural plant extracts & oils. Your therapist will select the most effective products for your skin's needs on the day. Includes a double cleanse, exfoliation, facial massage, mask, scalp or arm massage & an intensive serum, if required.

ESPA Personalised Vegan Facial 55 mins | £63
course of 6 | £315

We only use the luxury ESPA products that are 100% certified natural & vegan.

ESPA Natural Face Lift 90 mins | £86
course of 6 | £430

We use the Tri-Active Advanced ProBiome product range with advanced facial massage techniques to produce the same effects as physical exercise: increased blood circulation, detoxification through lymphatic drainage, reduced stress levels & glowing skin.

Body Treatments

leaf Bespoke Massage 45 mins | £46 / course of 6 | £230
60 mins | £59 / course of 6 | £295
80 mins | £77 / course of 6 | £385

The therapist will tailor your massage exactly to your needs, varying the pressure & oils 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](#)

Hot Lava Shells Massage 45 mins | £56

A superior experience to hot stones.

Indian Head Massage 35 mins | £36

Includes a neck & shoulder massage.

Foot & Leg Massage 35 mins | £36

ESPA Back, Face & Scalp Treatment 90 mins | £86

Our ESPA 'hero' treatment. A wonderfully revitalising treatment working on the three key areas of tension. It includes back exfoliation & massage, our personalised 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 | £86

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 & 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 | £54

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 | £54

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.

Body Treatments

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 | £86

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

Clinical Massage, Cancer & Dementia Care

Clinical/Sports Massage 45 mins | £50 course of 6 | £250 55 mins | £60 course of 6 | £300

A specialist treatment by a qualified clinical & sports massage therapist. Clinical massage can aid chronic pain relief & treat scar tissue, especially after surgery. Sports massage can help after injury, to overcome a persistent niggle or improve performance.

Reflexology 60 mins | £59

A deeply relaxing treatment. Sara, our specialist therapist, who is also a qualified nurse, uses her hands & thumbs to massage & apply pressure to reflex points on the feet & lower legs. Benefits include stress & anxiety relief & improved sleep. Sara is specially trained to treat those living with cancer or dementia as well as their carers.

Reiki 60 mins | £59

Sara is also a Reiki Master & qualified nurse, Reiki is gentle, non-invasive & said to use energy flow from the therapist to the recipient. Again very beneficial for anxiety & for those living with cancer or dementia.

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 | £12

2 to 4 people: 1 hour | £42

Especially for Mums-to-Be

We offer truly bespoke & individual pregnancy treatments carried out by specially trained therapists. We have established a strong reputation in Chester & the rest of Cheshire, not only for pregnancy massages, wraps, facials & spa packages but also for intimate waxing in the later stages of pregnancy.

ESPA Mum-to-Be Body Wrap 90 mins | £86

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. A warm, moisture rich body mask is applied to the whole body then a relaxing scalp massage.

ESPA Maternity Massage 50 mins | £54

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.

Lady in Waiting Spa Package 3¼ hours | £145

For mums-to-be from the 12th week of pregnancy but you don't have to be pregnant to book this: ESPA soothing maternity massage • ESPA personalised facial • luxury manicure or zenspa luxury pedicure • sunlight therapy. Add two course lunch [£14](#)

Pre-Natal Waxing

Prices on page 11.

Unisex Waxing & 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. Although we can remove stubborn hair as short as 1mm, for the very best results, we recommend you allow 4-6 weeks after your last wax or shave. These prices are for both men's and women's waxing but please note, we do not wax male intimate areas.

Lip or Chin	£11	Lip & Chin	£20
Eyebrows	£15	Eyebrow, Lip & Chin	£32
Underarm	£15	Nostrils	£11
Half Leg	£26	Full Leg	£34
Arm	£16-£30	Shoulders	£22
Full Back	£35-£48	Chest (inc stomach)	£25-£45
Bikini	£16	Extended Bikini	£21
G-String	£28	Brazilian/Hollywood	£38

Waxing Packages

Half Leg & Brazilian / Hollywood	£59
Full Leg & Brazilian / Hollywood	£68
Half Leg, Bikini & Underarm / Eyebrow	£53
Full Leg, Bikini & Underarm / Eyebrow	£60

Beauty Treatments

Manicures & Pedicures

Jessica Express Manicure £22

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

Jessica Luxury Manicure £34

Includes an anti-ageing hand & arm treatment before your cuticles & nails are trimmed, conditioned, shaped & finished with a colour or French polish.

Jessica Geleration Manicure £38

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 Jessica Geleration Polish £10

or buy a home removal kit (enough for 3 removals). Owing to the wide range of gels & acrylic gels both here & abroad, Jessica gel remover does not remove some other brands easily or speedily. We regret we can now only remove gels that have been applied at leaf.

Grooming Hand & Arm Treatment £26

A remedial, conditioning & anti-ageing treatment for neglected hands, cuticles & nails, leaving them softer, smoother & more groomed.

Jessica Zenspa Luxury Pedicure £43

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 £43

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**

Beauty Treatments

Eyebrows & Eyelashes

Eyebrow Shape (wax / threading) £15

Eyebrow Shape & Eyebrow Tint * £27

Eyebrow Tint * £12

Eyelash Tint * £12

Eyebrow & Eyelash Tint * £22

Individual Lash Extensions * 90 mins | £76

Lash Perfect eyelash extensions behave just like natural lashes to give you a thicker, flattering look. Perfect for special occasions. Available in various curls, lengths & thicknesses.

LVL lashes * £52

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 a relaxing treatment.

Vita Liberata Tan Application only £32

With Exfoliation (highly recommended) **£42**

Make-Up

We use Jane Iredale skincare makeup - highly pigmented pure mineral powders offer superior, long-lasting coverage. It's high performance, clean & cruelty free.

Make-Up Lesson & Colour Consultation £40

Special Occasion & Prom Make-Up £36

Weddings

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

Bridal Make-Up Consultation & Trial £50

Wedding Day Make-Up Following Trial £50

includes local travel on the wedding day

Bridal Party Make-Up Consultation & Trial £45

Bridal Party Wedding Day Make-Up £45

Complete Care Bridal Package £385

This package includes: three facials • individual lashes / LVL lashes • Jessica gel manicure • zenspa luxury pedicure/GEL pedicure • wedding day make-up

We are happy to quote for alternative wedding packages.

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. Your gift can be delivered either to you or the recipient in our luxury presentation wallet. Alternatively, we can send an e-voucher by email.

Course Discounts

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

Offers & 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.

Our Awards

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

- 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)
- WINNER: Best Independent Small Spa - Cheshire (UK Enterprise Awards)
- WINNER: Best Day Spa - Cheshire (Business Excellence Awards 2020)

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

Opening Hours

Monday	9.00 - 17.00
Tuesday	9.00 - 18.00
Wednesday	9.00 - 20.00
Thursday	9.00 - 20.00
Friday	9.00 - 19.00
Saturday	9.00 - 17.00
Sunday	Closed

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



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