

## HAIR REMOVAL

### WAXING

We specialize in all waxing on both men and women. Using aromatherapy liquid hair remover for minimum discomfort and smooth results. To avoid those difficult moments at work we have devised a booking code for you.

### CODE

E1	Full leg and bikini	£35
E2	Full leg and Brazilian	£53
E3	Full leg and Hollywood	£60
E4	Half leg	£23
E5	Arm	£23
E6	Under arm	£15
E7	Abdomen from	£15
E8	Bikini line	£13
E9	French	£15
E10	Brazilian	£35
E11	Hollywood	£40
E12	An Essenza original - Showgirl	£55
E13	Lip / chin	£13
E14	Nasal	£13
E15	Ear	£13

### WAXING FOR MEN

E16	Chest	£30
E17	Back	£30

### EYESSENTIALS

Eyebrow Shape	£15
Eyelash Tint	£15
Eyebrow Tint	£10
Eyebrow shape and eyelash tint	£27
with eyebrow tint	£34
Eyelash perm including eyelash tint	£67

## TREATMENT PACKAGES

### THE DIAMOND EXPERIENCE

180 MINS £240

Diamond facial, Diamond body exfoliation, 60-minute massage, manicure.

### ESSENZA TOTAL INDULGENCE DAY SPA

180 MINS £170

Heavenly hot body wrap, 30 minute Essenza signature aromatherapy massage, Essenza signature facial and a 30 minute treatment of your choice.

### STRESS RECOVERY PACKAGE 90 MINS £85

30-minute massage, revival facial and 2x 15 minute treatments of your choice.

### JETLAG REVIVER 105 MINS £95

1-hour aromatherapy massage, revival facial and 15-minute head massage.

Essenza provide revolutionary treatments of incomparable standards where you will experience total luxury and relaxation. All treatments are carried out using our own exclusive and award-winning product ranges. For all-over body wellness... experience Essenza.

### OPENING HOURS

MONDAY - SATURDAY 12.00PM - 8.30PM

### CANCELLATION POLICY

Please note we require 24 hours notice of cancellation to avoid a 100% cancellation charge. Out-of-hours appointments are subject to availability and a surcharge and are upon request.

### GIFT CERTIFICATES

Give a gift all year round with our gift certificate, redeemable against our treatments or products.

MELIÀ | WHITE HOUSE | [www.melia-whitehouse.com](http://www.melia-whitehouse.com)  
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Sol Meliá Hotels & Resorts, everything is possible. [solmelia.com](http://solmelia.com)

# Therapy Rooms

MELIÀ | WHITE HOUSE

# Therapy Rooms

## HOT OIL RELAXATION THERAPIES

Massage techniques from around the world are used to help you relax and take the weight off your feet. Essenza oils are 100% pure essential oils, crafted especially for you, suiting your mood and improving total well-being.

### HOLISTIC MASSAGE

30 MINS £35                      1 HOUR £65

90 MINS £90

A relaxing massage that increases the oxygen flow in the blood and releases toxins from the muscles, aids circulation, and reduces both emotional and physical stress. Suggested in a regular program for stress management.

### DEEP TISSUE MASSAGE

30 MINS £35                      1 HOUR £65

90 MINS £90

Involves intensive deep tissue techniques, stretching and lymphatic drainage designed to work on tight and fatigued muscles and joints, after sports or a day of physical stress and strain.

### ESSENZA AROMATHERAPY MASSAGE

30 MINS £35                      1 HOUR £65

90 MINS £90

Combines the best of both Eastern and Western traditions. Our expert therapists personalize your experience with a blend of vitality, detox, tranquillity, or muscle warming essential oils. The treatment is a complete face, scalp and body massage.

### REFLEXOLOGY

30 MINS £35                      1 HOUR £65

90 MINS £90

Relaxing and revitalising foot massage treatment that stimulates all energy points in the body. This helps to relieve many imbalances and blockages that may occur in the body's daily functions.

### SPORTS MASSAGE

30 MINS £40                      1 HOUR £70

90 MINS £95

For the dedicated athlete it combines deep tissue techniques to release chronic tension and loosen tight muscles. For the entire body, or concentrate the treatment on specific muscle groups. Ideal pre or post training.

### HOT STONE MASSAGE

60 MINS £70

Need to melt away your stress? This special therapy uses warm stones to treat and relax your muscles and is integrated with a deep tissue massage.

### OSTEOPATHY

30 MINS £37                      1 HOUR £65

Gentle joint adjustments and advanced soft tissue techniques are used to treat problems such as back pain, headaches, trapped nerves, shoulder and knee problems. It is also extremely effective in treating postural and sports related injuries.

### PERSONAL TRAINING

1 HOUR £50 (for 1 person)    £60 (for 2 people)

Work out with our personal trainers to gain maximum results in our fully equipped fitness centre.

### BODY TREATMENTS

Let us polish you to perfection with one of our body cleaning rituals.

### DIAMOND BODY EXFOLIATION - AN ESSENZA ORIGINAL

45 MINS £75

Your body is exfoliated with the ultimate in luxury: diamond crystals. For illuminated and glowing skin.

### WARMING BODY GLOW

30 MINS £37

A complete exfoliation treatment using heat, sugar polishes and a moisturizing massage.

### HEAVENLY HOT BODY WRAP

60 MINS £70

A clay-based wrap to aid toxin elimination for cellulite reduction and body contouring. Using heat, starting with dry body brushing and concluding with a drainage massage. Includes full consultation and advice.

### THERMAL AURICULAR THERAPY/EAR CANDLING

30 MINS £30

Using ear candles of beeswax and honey, this treatment is both therapeutic and relaxing. Facial drainage massage is also included. It is beneficial for ear-ache, headache, ear noise, stress, and nervousness and can bring about clearer breathing through the nose and an improved sense of smell.

### SKINCARE

Our treatments are based around our exclusive skincare line and your skin. We believe in manual expertise and our own unique approach. Each treatment will be designed to suit you, every time you come in.

### REVIVAL FACIAL

30 MINS £37

Express skincare for those on the go or as maintenance treatments.

### ROSA RENEWAL FACIAL - AN ESSENZA ORIGINAL

45 MINS £55

For tired, dry, damaged skin this luxury treatment using our exclusive Rosa Mosqueta oil and thermal mask will replenish and restore the skin leaving it healthy and glowing.

### DIAMOND FACIAL - AN ESSENZA ORIGINAL

60 MINS £95

A celebrity favourite our exclusive diamond and crystal dust facial will leave your skin illuminated and firmed.

### ESSENZA SIGNATURE FACIAL

60 MINS £60                      90 MINS £85

1 hour of luxury designed for your skin including extraction, massage & mask.

### GLYCOLIC PEEL

45 MINS £75

A professional-strength peel to rapidly exfoliate dead cells to reveal glowing skin. Excellent for improving hyper pigmentation fine lines and refining skin texture.

### ESSENTIAL GROOMING

BREEZE MANICURE	15 MINS	£15
BREEZE PEDICURE	15 MINS	£15
ESSENZA MANICURE	35 MINS	£30
ESSENZA PEDICURE	45 MINS	£33
GENTLEMAN'S		
EXECUTIVE MANICURE	30 MINS	£27
GENTLEMAN'S		
EXECUTIVE PEDICURE	45 MINS	£30
DELUXE MANICURE	45 MINS	£37
DELUXE PEDICURE	60 MINS	£42