



HOLISTIC AND WELLBEING THERAPIES

We offer a range of wellbeing treatments which can be tailor-made to suit your concerns. We have a similar consultation process as we do within our skin clinic, whereby we liaise with you to find out what your needs and requirements are and advice a treatment plan accordingly which will allow you to get your results quicker and lead a more relaxed, stress-free lifestyle! If you are looking for a long term solution to wellbeing and relaxation, it is imperative that you are patient and allow yourself a course of treatments to get the best results.

HOLISTIC THERAPIES

Hopi Ear Candle (30 mins) £40

Hopi Ear Candling, or Thermo Auricular Therapy as it is also known, can be used to treat many conditions of the ear, nose and throat area such as: ear wax and glue ear, sore throats, hay fever, relaxing and calming effect in cases of stress, noises in the ears, ringing, tinnitus etc. The candles work on a chimney principle, drawing any impurities to the surface where they can be gently removed. They equalise the pressure in the head and ears, making them suitable for most conditions.

Hopi Ear Candle with Lymphatic Drainage (45 mins) £45

Combining the Hopi Ear Candle with the lymphatic drainage facial massage will allow a deeper cleansing of the sinuses and a better state of relaxation.

Reflexology (45 mins) £60

Otherwise known as zone therapy is an alternative treatment method involving the practice of massaging, squeezing, or pushing on specific areas of the feet which have a beneficial effect on other parts of the body to improve health.

WELLBEING MESSAGES

Express Massages (30 mins) £40 | (45 mins) £55

These massages are great for people with less time and only want the problem areas to be focused on. Swedish and Deep Tissue techniques will be applied and the pressure will vary according to personal choice.

Reflex Foot Therapy Massage (40 mins) £48

This is a foot massage, working the pressure points of the feet, melting away the stresses this muscle gets day to day! Ideal for a nice relaxing time while your feet are being tended to.

Indian Head Massage (45 mins) £55

This is excellent for the clarity of the mind as it releases the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

Swedish Full Body Massage (1 hour) £65 | (90 mins) £90

The therapist will use hands to manipulate the soft tissues of the body, particularly the muscles. It can be used for relaxation or stimulation, depending on your individual needs.

Deep Tissue Massage (1 hour) £70 | (90 mins) £95

We focus on the deeper layers of muscle tissue aiming to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas.

Thai Oil Massage (1 hour) £70

A deep body massage focusing on the meridian lines and acupressure points, stimulating the flow of vital energy for emotional and physical healing. Thai oil massage uses manipulation and stretching to ease aching muscles with firm pressure.

Hot Stone Massage (1 hour) £75 (90 mins) £100

We use basalt, volcanic stones that absorb and retain heat well - this promotes faster muscle tension release and allows a combination of hot stone and traditional massage techniques.

Lava Shells Massage (1 hour) £80 | (90 mins) £105

For the ultimate, calming massage, the Lava Shells Relax treatment is the soothing solution. As the therapist glides the marine polished sea shells smoothly over the body, you will instantly drift into a blanket of warmth, falling into a state of utter relaxation and calm.

Pregnancy Massage (45 mins) £60 | (1 hour) £75

Pregnancy is a beautiful and natural condition - nine transformative months full of excitement and joy. But there's no doubt about it, the physical and emotional changes of pregnancy can be hard to bear. Pregnancy massage effectively eases these discomforts, bringing peace and tranquillity to both mother and baby.

AA Intensive Muscle Release (1 hour) £80 | (90 mins) £105

An intensive massage works deep into stiff, tight, aching muscles, to instantly release pain and tension

AA Ultimate Aromatherapy Experience (1 hour) £80 | (90 mins) £105

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation. Stresses and strains are dissolved away.



COVE SPA'S DAY PACKAGES & RITUALS

We offer a range of pre-planned spa day packages which are set to take you on a journey of total relaxation and sensuous revitalisation. Feel free to contact us should you like to tailor make a package for you and your loved ones. Each Ritual includes time in our specialist Spa facilities at each branch; such as the Infra Red Therapy Room in St. Albans and the Thermal Suite in Hitchin and Chiswick and Finchley's Infrared Lounge/ Thermal Suite... you're sure to walk away completely relaxed and refreshed! For those that want pampering in less time, book one of our Mini Rituals online.

COVE'S MINI SPA RITUALS

Massage and File & Polish (1 hour 15 mins) £70

Step into the Infrared Lounge/ Thermal Suite to unwind and relax, before being treated to a hot stone massage helping you to melt the stresses away...you will then get a choice of a beautiful file and polish finish for either your hands or your feet...stepping out of the cove revitalised!!

Facial and File & Polish (1 hour 15 mins) £70

We will welcome you with a foot or hand ritual which will help you to relax the senses. This will then be followed by a beautiful file and polish on either your choice of hands or feet giving them an instant groomed look and feel. Your final stop will be the express facial, where your skin will get that much needed tender, love and care...

Facial & Massage (1 hour 15 mins) £70

Step into the Infrared Lounge/ Thermal Suite to begin the ritual where your mind, body and senses will start to unwind...we then provide you with an express facial of your choice incorporating a back, neck, shoulder and scalp massage! Perfect ritual when you only have an hour or so to spare...!

INFRARED THERAPY ROOM @ ST. ALBANS

1 Person: (15 Mins) £20 - (30 Mins) £35

A session in the infra-red therapy room allows for a great start to any treatment.

See the benefits below for yourself and take advantage of this unique facility:

- Pain relief & muscle relaxation
- Promotes skin tone, elasticity, pore cleansing, and healing of skin conditions such as acne, eczema, psoriasis and dermatitis
- Assists weight loss and increases metabolism
- Accelerates the breakdown of fat and cellulite
- Improves circulation to deep and superficial tissues
- Helps to boost the immune response to kill viruses and bacteria
- Accelerates wound healing from injuries and surgeries and reduces scar formation



DAY SPA RITUALS

Cove Signature Ritual (3 hours) £150

Our perfect all around ritual...one of our favourites and a must! We start your pathway to wellness by offering you our Infrared Lounge/ Thermal Suite, surrounded by candles and warmth, you can start to unwind. You will then receive a massage of your choice, using our aroma blended oils, we will tend to any tense muscles and help to melt the stresses away...You will then be treated using our exotic skincare products, to an facial taking advantage of our signature lymphatic drainage massage. Your final step to wellness will be with either a reflex foot massage or a scalp massage. You will literally feel like you're floating on earth having the most blissful few hours well spent... This is the perfect all around wellbeing spa package for a man or a woman.

Cove's Glow Ritual (3 hours) £150

Get that all around face and body glow... To prepare for your ritual, you will step into the warmth of the Infrared Lounge/ Thermal Suite. We will then introduce the body polishing and exfoliating treatment where you body will be revitalised from head to toe. This will be followed with an express massage to rehydrate your glowing skin with luxurious scented oils and aromas...The ritual will continue with a facial, using exotic products offering the unique lymphatic drainage massage. We will finish off with that much needed file and polish for the hands and feet, allowing for that perfect all around glow ready for any occasion, whether it's a party, a holiday or even just to simply get pampered!

Cove Hideaway De-Stress Ritual (2 hours 30 mins) £135

Let this hideaway ritual melt the stresses of your life away... We will start your journey with a welcoming foot ritual. You will then be led into the calming Infrared Lounge/ Thermal Suite where you will start to feel all the pressures of the day, melt away. Continuing the relaxation pathway, you will next receive a hot stone massage using basalt, volcanic stones. Your final stop will be either a foot reflex therapy massage or a soothing facial using our exotic natural ingredients. You will feel completely revitalised and full of energy!

Pampering Ritual for Madame in the Cove (3 hours) £150

Melt away with this luxurious ritual... To begin the relaxing journey, step into the Infrared Lounge/ Thermal Suite where you will begin to wind down. You will then be chaperoned to receive a Swedish full body massage using sensory aromas of your choice or an facial offering our unique lymphatic drainage facial massage. Your pathway to serenity will continue with some tender, love and care to your hands with a file and polish of your choice followed by the enjoyment of our deluxe foot ritual during which you will be given a luxury pedicure. You will walk away as if you are floating...

Pampering Ritual for Monsieur in the Cove (3 hours) £150

Relax and revitalise yourself with this great all around ritual... To begin the relaxing journey, step into the Infrared Lounge/ Thermal Suite where you will begin to wind down. This will be followed by a deep tissue full body massage, using authentic oils, tending to aching muscles, leaving you feeling totally revitalised. For that all over radiant look, we will then give you an facial, specifically designed for deep cleansing, moisturising and relaxation. Your final stop will be either an express reflex foot therapy treatment or a scalp massage to invigorate the senses. Whatever you choose, you will be sure to walk away feeling like a new man!

Mother to be Ritual in the Cove (2 hours) £100

Put your feet up and let the ritual take it's course... You will begin the pathway to wellness with a pregnancy massage, bringing peace and tranquillity to both mother and baby. You will then be chaperoned to receive a foot ritual as we know how much pressure the feet can take in these months of your life. This will lead into a deluxe pedicure with a luxury mask. This hydrating treatment will finish off with a beautiful polish of your choice, that will leave your feet feeling and looking like new. You will walk away feeling much, much lighter...

Mens Relaxing Ritual (1 hour 30 mins) £80

Where men can simply unwind, relax and rebalance... You start your relaxing journey by taking in the warmth of the Infrared Lounge/ Thermal Suite which will instantly help you to de-stress...you will then be treated to a back, neck, shoulder & scalp massage to help ease the tension and help you completely unwind ...your final sensory stop will be either the reflex foot therapy or the hopi ear candle... you will walk away feeling a refreshed man!

Lovers' Cove Ritual for TWO (2 hours) £100 per person

Relax and Pamper yourselves together, where you will get a Thai foot Ritual side by side once you've enjoyed a sip of refreshment of your choice in our Infrared Lounge/ Thermal Suite. You will then be chaperoned into the warmth of our relaxing treatment rooms, surrounded by candles and ambience, where you will be spoilt with a tantalising Thai oil full body massage. The journey will end with a scalp or foot massage...Preparing you both to continue the rest of day completely relaxed.

Cove's 'Beat the Cold' Ritual (2 hours 30 mins) £135

This warming ritual will start with a session in our Infrared Lounge/ Thermal Suite. You will then be treated to a full body Hot Stone Massage to heat & de-stress your body. Followed by a Facial to leave your skin glowing with hydration, ready for the cold days! To add a glamorous and festive touch to this Ritual, we finish with a File & Polish of your choice to the hands or feet OR you can clear away and refresh your senses with our Hopi Ear Candles finishing in a calm sensation!



3D TRILOGY LASER HAIR REMOVAL

Using the 'Power of three' levels of wavelengths, combined with the speed of results, ensures great results for most skin types. 3D-Trilogice is the latest advance in laser hair removal technology.

This powerful combination of different penetration and absorption of the safest and most comprehensive hair removal solutions available in the market today!

Micro Areas	£39	Medium Areas	£69
Middle Of Eyebrow		Extended Bikini	
Fore head		Half Leg	
Feet & Toes		Half Arm	
Hands & Fingers		Abdomen	
		Shoulders	
		Full Face	

Small Areas	£49	Large Areas	£99
Lip		Full Face & Neck	
Chin		Full Leg	
Standard Bikini		Full Arm	
Underarm		Brazilian	
Buttocks		Hollywood	
Cheeks		Chest	
Side Of Face		Back	
Neck			

EAR PIERCING

The ear-piercing system conforming to E.U standards of health and hygiene, using safe and sterile conditions.

Minimum age 10 years old – £30 including aftercare solution

The Cove's TEEN Favourites

Whilst many of our treatments are suitable for teenagers, here's a selected few of our favourites to choose from

Teenage facial	(45 mins) £60
Indian Head Massage	(45 mins) £55
Reflex Foot Therapy	(40 mins) £48

Choose any of our lovely Jessica Nail Treatments too

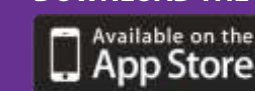
The Cove's Mother-to-be Treats

Here's a handful of our favourite pregnancy treats to choose from- for ladies over 12 weeks of pregnancy

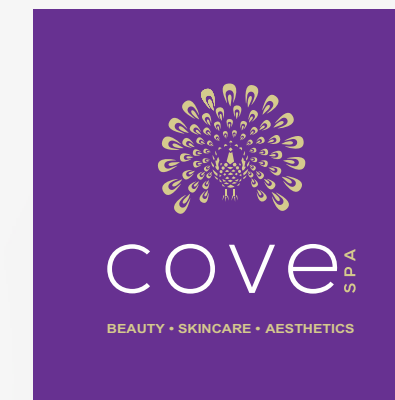
Aromatherapy Associates Rose Facial	(60 mins) £75
Pregnancy Massage	(45 mins) £60 (60 mins) £75
Mother to be Ritual	(120 mins) £100



DOWNLOAD THE COVE SPA MOBILE APP



ST ALBANS PRICE LIST



Treatments at The Cove are inspired by our passion for excellence. Our desire is that your experience goes beyond your expectations.



www.thecovespa.co.uk

COVE SPA

BEAUTY • SKINCARE • AESTHETICS



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