



**SERVICES**  
**MENU**

# Hair

*Lizze's Aspen Spa offers the perfect experience in beautifully cut and coloured hair. We will create a personalised look to suit your individuality, features and hair texture with perfectly blended colours to complement your skin tone. Complimentary consultations are offered on all services.*

## **Shampoo**

Short  
Medium  
Long

## **Blow-dry**

Short  
Medium  
Long

## **Shampoo, Haircut and Blow-dry**

Short  
Medium  
Long

## **Hair style/Up style**

Short  
Medium  
Long

## **Curling Iron**

Short  
Medium  
Long

## **Flat Iron**

Short  
Medium  
Long

## **Hair Straightening**

LuxLiss Smoothing  
Relaxing  
Brazilian Blow-out

## **HAIR SPA**

*Our hair spa consists of massaging your head with oil, followed by a hair steam. Steaming the hair helps the oil to penetrate deeper into the hair and scalp to better absorb the oil nutrients. This is followed by a hair wash and shampoo. We then apply a hair mask which will condition your hair. Our hair masks are carefully customised to suit your hair type. All these steps together, will recover the shine and moisture in your hair, which is lost due to pollution and dryness due to regular use of chemicals.*

## **Keratin Intensive Repair Therapy Mask (90 minutes)**

This mask is designed for chemically and colour treated hair. The mask hydrates and restores the hair's natural balance. It also enhances the elasticity, shine and manageability.

## **Macadamia Natural Oil Botox Mask (90 minutes)**

This mask is designed for substantially damaged hair. For the most part hair damage is permanent because hair is actually a collection of dead cells making them beyond repair. However, it is possible to go from sensitized brittle hair to smooth shiny hair.

## **COLOUR SERVICES**

Colour Regrowth  
Full Hair Colour  
Foil Highlights – Full head  
Foil Highlights – Half head





## Hands and feet

*Maintain healthy looking hands and feet, at Lizzie's Aspen Spa we offer cuticle and nail shaping, filing and polish application including French finishes. Be pampered and preened, enjoy therapy for your hands and feet. When you need a bit of pampering our manicures and pedicures are a must.*

### **Manicure (35 minutes)**

A soothing, beautifying manicure that leaves your hands looking and feeling soft and smooth, with perfectly shaped and painted nails.

### **Pedicure (50 minutes)**

Treat neglected feet to a pampering pedicure that softens and hydrates your feet and legs, with cuticles and nails tidied and buffed or painted. Your feet and legs will look and feel renewed, with nails looking neat and perfectly polished.

### **Manicure and Pedicure (90 minutes)**

#### **Classic French Manicure (45 minutes)**

A soothing, beautifying manicure that leaves your hands looking and feeling soft and smooth, with perfectly shaped and painted white tip nails.

#### **Classic French Pedicure (60 minutes)**

Treat neglected feet to a pampering pedicure that softens and hydrates your feet and legs, with cuticles and nails tidied and buffed or painted. Your feet and legs will look and feel renewed, with nails looking neat and perfectly white tip polished.

#### **French Manicure and Pedicure (105 minutes)**

#### **Royal Deluxe Pedicure (60 minutes)**

Give your feet our royal luxury state of the art treatment. The treatment involves our refreshing foot soak, soothing exfoliating and revitalizing foot masque followed by a relaxing leg and foot massage. Your feet will feel smooth and refreshed, with skin blissfully conditioned. Enjoy a feeling of total relaxation and tranquillity.

#### **Polish only (15 minutes)**

Relax while your nail colour is removed, quickly and easily. Let our skilled technicians file and shape your nails, before applying the polish of your choice. Available on both hands and feet.

# Face Treatments

## THREADING

*A loop of twisted cotton thread is rolled over the skin, trapping hairs and removing them from the follicles. Any unwanted hair from around your brows or top lip is whisked away quickly, with minimal pain and irritation to sensitive skin.*

**Eyebrows (10 minutes)**

**Upper Lip/Chin (10 minutes)**

**Full Face (15 minutes)**

**Eyebrow Tint/Bleach (10 minutes)**

Enhance your eyebrows with a semi-permanent tint. Your brows will look darker and more defined.

**Full Face Bleach (15 minutes)**

Facial bleaching is useful in oxidizing the skin by stripping off the dead skin. This is useful to enhance the younger-looking skin apart from disposing of toxins on the skin.

**Eyelash Extensions**

Eye lash extensions generally last up to two weeks and are perfect for holidays, parties or any special occasion where statement lashes are needed.

# Waxing

*Removes unwanted hair in minutes. Our therapists will quickly whip away fuzz leaving you with beautifully smooth skin.*

Upper Lip/Chin (10 minutes)

Full Face (15 minutes)

Half Arms (20 minutes)

Underarms (10 minutes)

Full Arms (25 minutes)

Half Legs (20 minutes)

Full Legs (30 minutes)

Half Back (15 minutes)

Full Back (30 minutes)

Stomach(15 minutes)

Stomach and chest (30 minutes)

Bikini (15 minutes)

Brazilian (30 minutes)

Full Body (60 minutes)

# Make up

Party

Special Occasion

Bridal

# Henna

Hands and Feet

Bridal



# Massage Therapies

*Spa experts say that a 50-minute massage is equivalent to eight hours of sleep for the body. Undoubtedly one of the most popular spa treatments of all time, massage has many benefits from relaxing tired muscles to improving circulation and relieving tension and stress. At Lizzie's Aspen Spa our personalised range of holistic and therapeutic massages is unrivalled.*

## **Anti-cellulite Massage (60 minutes)**

This massage is devised to promote the release of stored fat, while the stimulation drains toxins and increases blood circulation. Skin manipulation is used to physically break down the cellulite and stored fat. The result is an effective treatment in contouring and minimising the appearance of cellulite.

## **Aromatherapy Massage (60-90 minutes)**

This massage activates and calms your senses. Using choreographed massage movements particularly suited for stress-related conditions. It is characterised by gentle flowing strands of pressure, which leads to a state of harmony and total bliss.

## **Balinese (60-90 minutes)**

A deeply relaxing massage. This medium pressure treatment will boost circulation using a combination of gentle stretches and acupressure. It stimulates blood circulation, oxygen and energy around your body and builds a sense of calm and deep relaxation.

## **Candle Massage (90 minutes)**

Candle massages are extremely relaxing light pressure massage that will awaken your senses. A massage combining warm essences that will leave you rejuvenated.

## **Deep Tissue Massage (60-90 minutes)**

Tension is massaged away, and aching muscles soothed. A dynamic blend of essential oils is rhythmically applied to the pressure points your body needs, using firm massage. This type of massage facilitates healing by releasing contracted areas of muscles and tissues. It can help increase blood flow to the soft tissues and may reduce inflammation.

## **Hot Stone Massage (90 minutes)**

Warm smooth stones are placed on key energy points to loosen tight muscles. Whilst the deep penetrating heat from the warm stones are used to massage the body using traditional techniques to release muscular tension and balance the spirit.

## **Indian Head Massage (30-40 minutes)**

This seated treatment helps relieve tension with a relaxing head, neck and shoulder massage, reviving scalp massage, and soothing face massage. As your circulation is boosted, headaches and sinus problems are eased, thanks to the drainage techniques and pressure point stimulation.

## **Reflexology (30-60 minutes)**

This ancient therapy involves applying pressure to vital points on your feet and hands, which corresponds to parts of your body and organs and massaging them stimulates the parasympathetic nervous system to heal itself.

## **Sports Massage (60-90 minutes)**

If you've overdone it at the gym or in an exercise class, this is the treatment for you. It's also ideal to help with injury recovery as muscle pain and tightness are relieved. A firm-handed, deep tissue massage that helps the majority of minor and moderate musculoskeletal problems, ideal before or after exercise. Muscle pain and tightness are relieved as your therapist uses tailored massage techniques to release tension and restore balance.

## **Thai Massage (60 minutes)**

Thai massage is more active than other forms of massage. The therapist will stretch your body in addition to providing a massage. This is a dry massage, and no oil will be used.



# Body Treatments

*It's all in the detail – beauty treats to ensure you leave looking ob-so pristine. At Lizze's Aspen Spa we offer eyebrow shaping and tinting, eyelash tinting and extensions, as well as waxing as well as make up and henna by appointment.*

## SCRUBS

### Jojoba Polish (45 minutes)

Refine your skin with this jojoba based polish which deeply cleanses and decongests your pores of pollutants and stimulates the lymphatic system and encourages free flow.

### Jasmine Body Glow (45 minutes)

A unique body exfoliating treatment created with a mix of ground organic jasmine rice, blended with Ylan Ylang oil and pure honey to gently sweep away dry, rough skin and promote a youthful, hydrated complexion.

### Lavender Salt Scrub (45 minutes)

Exfoliate with Himalayan salt and rock salt mixed with lavender and geranium along with essential oils to cleanse and polish your skin leaving it soft and supple.

### Lemon Grass Gel Scrub (45 minutes)

This gel-based scrub has the goodness of lemongrass along with juniper berry oil and apricot which encourages skin rejuvenation. It results in a vibrant and luminescent skin texture.

## WRAPS (45 minutes)

### Heading to be given(45 minutes)

Lizze's Aspen Spa's wraps have all been designed to either hydrate, moisturise and firm the skin. It also soothes aching muscles. Some of the ingredients in the wraps are rosemary, honey, butter, clay, chocolate and eucalyptus.

### Cellulite Treatment Wrap (45 minutes)

These wraps aim to boost circulation to help flush toxins away from your skin and underlying fat cells for a smoothen bump free appearance. These wraps target the bottom hip and thigh area alone.

### Chocolate Body Wrap (45 minutes)

The ultimate treat for chocoholics, this heavenly scented body wrap sees cocoa rich formulas applied to your skin. Chocolate is known for its anti-ageing, toning and softening qualities.

### Mud/Clay Body Wrap (45 minutes)

Say goodbye to excess water impurities and dull pores. A layer of therapeutic mud or clay is lightly massaged into your skin before wrapping begins to cleanse, detoxify and firm up your skin. The therapeutic mid and clay have antistress properties.



## Facials

*Our facial treatments are specially tailored to suit your individual skin type. Whether you're looking for a nourishing treatment to alleviate dryness, a cleansing facial for perfectly clear skin or something to give your complexion a quick glow, our facials are a pampering treat that deliver visible results.*

### **Radiance Renewal Facial (50 minutes)**

This luxurious facial will rehydrate, moisturise and nourish the skin. The treatment includes deep cleansing and the application of a Lizze's Aspen Spa's mask while you enjoy a hand or scalp massage as part of your treatment. Your skin will feel revitalised, energised and smoother, with a radiant glow.

### **Signature Facial (80 minutes)**

Powered by Casmara™ formulas, this facial recharges dull, tired and stressed skin with a cocktail of antioxidants and revitalising plant extracts. Your skin will also be better protected against lifestyle and environmental aggressors that lead to premature ageing.

### **Gold Facial (60 minutes)**

When your skin isn't looking or feeling its best, treat it to the gold standard. This facial consists of a 24 carat anti-aging exfoliating scrub, a skin radiance gel, a moisturising cream and a beautifying mask. Gold is known to slow down the depletion of collagen from your skin.

## Packages

*We offer a variety of experiences through our uniquely designed packages.*

### **Indulgence Package (120 minutes)**

This package includes:

- Balinese Massage
- Manicure and Pedicure
- Wash and Blow dry.

### **The Aspen Package (150 minutes)**

This package includes:

- Any scrub of your choice
- Any wrap of your choice
- Any massage of your choice (up to 60 minutes)

### **Royal Pamper Package (240 minutes)**

This package includes:

- Any scrub of your choice
- A Candle Massage
- Our Signature Facial
- A Manicure and Pedicure

### **Bridal Package (240 minutes)**

This package includes:

- Any scrub of your choice
- Any massage of your choice (up to 60 minutes)
- Any wrap of your choice
- A Gold Facial
- A Manicure and Pedicure
- Full Body Waxing





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