



# AQUAVIE BOUTIQUE SPA

Aquavie Boutique Spa brings a touch of refined luxury to the heart of Tonbridge High Street. A eastern haven of tranquillity that expertly infuses ancient healing philosophies with results driven science. Founded by Elizabeth Caroline, one of the UK's leading wellness experts and celebrity facialist, we invite you to step into one of our eight sublime treatment suites and reward your mind, body and soul with the slightly more indulgent side of life. Why not try one of our luxurious spa treatments or a state of the art youth boosting facial. Our welcoming team of wellness experts are here to gift you with more balance, less stress and a deeper sense of inner peace.

## ORGANIC SPA FACIALS

All of our Aquavie Spa Facials incorporate our very own ethical and vegan friendly skincare line. Handcrafted with love in the heart of the West Country. All of our spa facials can be adapted for pregnant clients.

### Shizen Youth Boost Spa Facial

The haute couture of anti-ageing spa facials. Incorporating the healing properties of rose and neroli essential oils and our signature lymph drainage massage using Japanese jade facial rollers.

**60 minutes £65.00**

### Rose Kessho Spa Facial

Gentle and nurturing this facial encapsulates the soothing properties of rose, camellia and chamomile and is suitable for dry and sensitive skin types.

**60 minutes £65.00**

### Akemi Brightening Spa Facial

Brightening and decongesting this facial incorporates the antibacterial benefits of Frankincense and a mask to help control oil production within the skin.

**60 minutes £65.00**

## AWARDS

- Voted the best Health & Beauty Business 2019 in the Tonbridge Business Awards.
- Awarded The Phorest Customer Service Award for seven consecutive years.
- Named in the top ten Most Inspiring Spas in the UK and Ireland for three consecutive years.
- Named one of the UK's Best Spas in ELLE Magazine.

## PRESS

We have featured in Marie Claire, GQ, The Sun, The Daily Mail, Grazia and Glamour.

BOOK ONLINE 24/7 WITH OUR BOOKING APP (SEARCH AQUAVIE BOUTIQUE SPA IN THE PLAY STORE) OR BY VISITING

[WWW.AQUAVIE.CO.UK](http://WWW.AQUAVIE.CO.UK)

## Spa Facials Continued

### Temple Tree Healing Facial

The perfect facial for those who find themselves experiencing stress, anxiety or depression. Our Temple Tree Facial focuses on restoring equilibrium, relaxation and healing. Incorporating the deeply healing properties of the Frangipani flower (also known as the Temple Tree flower as it often adorns Buddhist Temples) and the soothing and warming experience of a Thai Compress Facial Massage.

60 Minutes - £65

75 Minutes—£78 Incorporating a warming Chakra Balancing Back Massage

### Ayurvedic Face Lift Facial

Sixty blissful minutes to lay back in one of our candle lit treatment suites and enjoy the ancient healing art of Ayurvedic Face Lift Massage. This unique facial incorporates an ayurvedic cleanse, saffron and rose facial exfoliation and dual mask and a wonderfully indulgent and supremely restorative facial massage to lift, tone and rejuvenate the skin.

60 Minutes - £65

60 Minutes with Spa Director £75

## ADVANCED ANTI-AGEING FACIALS

### Dermatude Micro-needling

Our most advanced and clinically proven youth boosting treatment that softens fine lines and wrinkles, refines open pores, improves hydration and stimulates the fibroblasts deep within the dermis to stimulate collagen production and tighten the skin. A pain free advanced aesthetic treatment performed by our Spa Director Elizabeth Caroline who is in fact the UK Ambassador for both Dermatude and A-Lift.

Hydration Dermatude Face - £75

Stemcell or Pigmentation Face £85

Hydration Face, Neck & Decolletage £98

24kt Gold Dermatude Neck and Decolletage £130 (incorporates a stemcell serum & 24kt Gold mask.)

### Elizabeth Caroline Meta-Cell Facial

The haute couture of Elizabeth Caroline youth boosting facials, incorporating both Dermatude Microneedling and Nano Current technology. A treatment to flood the skin with anti-ageing benefits driven by science. The Meta Cell Face, Neck & Decolletage Facial incorporates a tetrapeptide mask and LED Light Infusion.

60 minutes Meta Cell £130

90 minutes Meta Cell with LED £160

## **CBD Oil Treatments**

### **CBD Mood Enhancing Spa Treatments**

- **Incorporating products that are cosmeceutical graded.**
- **\* 99% PURE Hemp derived CBD Isolate.**
- **THC free (non-psychoactive. Non habit forming)**
- **Third party tested in FDA approved clinical laboratories.**
- **Completely safe for all ages and all skin types**
- **CBD is now at the forefront of research into it's medical and emotional benefits.**

### **CBD Oil Mood Enhancing Facial**

Dermaquest CBD (Cannabidiol) skincare line contains ingredients derived from Hemp and is THC free (making it a non-psychoactive and completely safe). CBD is rich in therapeutic and synergistic effects within the skin . It also acts as an ingredient booster, enhancing the age management results in this facial. Using the patented delivery system of Hydroxysomes, ensures the CBD penetration is three times more effective than traditional delivery systems used by many other brands. The release of CBD is also controlled over time, ensuring the benefits are enjoyed throughout the day or night post treatment. Hydroxysomes improve hydration and calcium uptake at a cellular level, which improves the barrier function of the skin, and accelerates rapid cell regeneration repairing damaged skin.

Perfect for all skin types including sensitive or reactive skin.

30 Minutes - £48.00

60 Minutes — £68.00

### **CBD Oil Therapeutic Massage Treatments**

CBD Oil is renowned for it's physical and emotional benefits. Often used as a holistic approach to supporting the symptoms of anxiety, depression and low mood, as well as pain management. Our CBD Massages incorporates the use of Dermaquests CBD Oil Massage Cream that's formed of 400mg of 99% Pure Hemp-Derived CBD Isolate. Our CBD Pain Management Back Massage also incorporates the application of Dermaquests CBD Pain Relief Cream which is formed of 1000mg of 99% Pure Hemp Derived CBD Isolate. A fabulous choice for those looking for the benefits of a therapeutic massage with the extra added benefits of CBD Oil.

25 minute Therapeutic Back Massage—£40.00

25 minute CBD Pain Management Massage— £45.00

## Advanced Anti-Ageing Facials Continued

### A-Lift Nano Current Facial

Superior results driven machine based facial which is clinically proven to improve the health of skin cells at a deep cellular level, increasing ATP by up to 500%. A A-Lift treatment restores the youthfulness of skin cells, enabling them to renew more effectively. It prevents the breakdown of collagen, improves protein synthesis, reduces fine lines and wrinkles and tones the skin. Optimum results are seen after a course of 6-10 treatments.

Express A-Lift Facial 25 minutes £48

A-Lift Facial 55 Minutes £67

Luxe A-Lift Facial £85 (Includes a collagen peptide mask and a shoulder & head massage.)

Course of five 55 minute A-Lifts £325 Plus receive a sixth FREE (saving £65)

### Elizabeth Caroline Advanced Peptide A-Lift & LED Infusion

Enjoy and superior A-Lift Facial with our Spa Director Elizabeth that packs the skin with an ulmighty peptide punch. A truly results driven facial that incorporates a ultrasonic exfoliation treatment, peptide and hyaluronic acid elixirs and a deeply hydrating stem cell mask. The treatment ends with a LED Light Therapy Infusion treatment to increase hydration levels by up to 600%.

75 minute £85

### Crystal Clear & Diamond Microdermabrasion

Microdermabrasion is a very effective yet gentle resurfacing treatment that stimulates cell turnover, refines pores, deeply cleanses and brightens skin. Suitable for all skin types. If you have acne prone skin we would recommend a DermaQuest Peel as an alternative resurfacing treatment. You can chose from a crystal microdermabrasion machine or a diamond machine.

Crystal Clear 60 Minutes £68 Includes a soothing, hydrating mask and a stress busting shoulder massage.

Crystal Clear 30 minutes £48

Diamond 30 minutes £48

### Dermaquest Firming Enzyme Treatment

The perfect lunch time lift with no down time. A advanced manual express facial that incorporates Dermaquests award winning lifting and firming mask. A diverse and potent collection of peptides provide skin with a visible lift and improve the appearance of fine lines, safe for all skin types including sensitive skin. Great as a stand alone treatment or to enjoy prior to an of our machine based facials.

30 minutes £48

45 minutes with LED £58

### Dermaquest Resurfacing Peels

Results driven peel treatments can tackle an array of skin concerns including open pores, pigmentation, acne, fine lines and wrinkles and dehydration. Each peel treatment is bespoke to you. Please note skin will need to be prepped for 14 days prior to a peel treatment with us, and a patch test is required.

Single Peel £95

Course of three peels £275

## **Advanced Anti-Ageing Facials Continued**

### **Crystal Clear Oxygen Facials**

The perfect pre-event facial that plumps, hydrates, lifts and brings a beautiful dewy glow to the skin. Oxygen Therapy was made famous after Madonna and Kate Middleton spoke publicly of enjoying regular oxygen facials. It's an advanced facial that floods the dermis with pure 100% oxygen and leaves skin looking noticeably plumper and more youthful. Optimum results are seen following a course of five treatments.

Oxygen Facial 45 minutes £65

Oxygen Facial 60 minutes £85 Incorporates a Collagen Mask and Stress Soothing Shoulder Massage.

Course of five 45 minute treatments £325

### **Crystal Clear Extravaganza & Crystal Clear O2 Glow**

The perfect bridal facials or for those looking for optimum brightening results. Our Extravaganza treatment incorporates the benefits of both microdermabrasion and Oxygen Therapy. And our O2 Glow incorporates Microdermabrasion, Oxygen Therapy and LED Light Therapy plus a Collagen & Peptide Mask.

60 minute Extravaganza £95

90 minute O2 Glow £120

### **Dermaplane Facials**

Dermaplane is one of our most requested treatments at the spa, an advanced clinical resurfacing treatment that uses a specialist scalpel to deeply yet gently exfoliate the skin. It also removes the fine vellus hair found on the face. This treatment is performed by senior therapists who have undergone specialist training.

45 minutes Dermaplane & Mask £55

60 minutes Dermaplane & LED Infusion £65

75 minutes Dermaplane & Oxygen Infusion £85



### **LED Infusion Facial**

LED Light Therapy is clinically proven to increase hydration levels by up to 600%, boost collagen production, refine pores, reduce inflammation and reduce both bacteria and sebum (oil) within the skin. LED Treatments can be booked as a stand alone treatment or as an add on to any other facial. This is a fabulous booster facial and is suitable to all skin types as different LED waveforms can be used to treat specific concerns.

30 minute Facial £30

45 minute Facial £45

### **DermaClear Acne Facial**

Specific for those who suffer with acne or regular breakouts, this facial is proven to reduce sebum production and bacteria levels within skin. Incorporating creams and serums for the award winning Dermaquest medically graded skincare line and blue LED Light Therapy Infusion.

75 minutes £75

## Massage Treatments

### Signature Massage

Aquavie has built the reputation of providing an excellent array of massage treatments to meet every need. All of our signature full body massage treatments are deeply restorative and incorporate a hot steam foot cleanse to ground the spirit, an aromatherapy infusion to calm the mind and a steam towel back cleanse to warm the soul. Our signature massages are of a medium pressure if you are looking for a deep pressured massage or something to treat a specific issue please refer to our more specialist massages such as deep tissue or pain management massages.

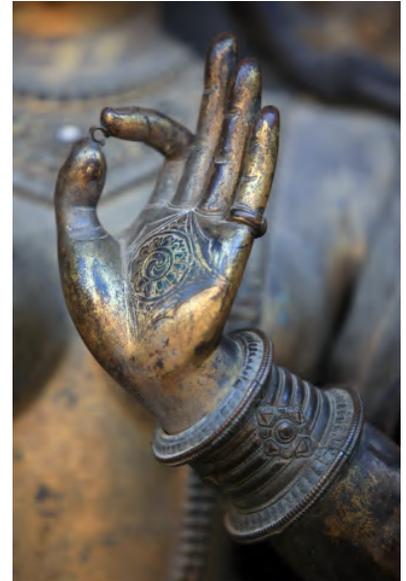
55 minute Full Body Massage £63

90 minute Full Body, Head & Face £85

25 minute Back Massage £34

45 minute Back, Face & Head £48

55 minute Spa Director Massage £68



### Deep Tissue & Pain Management Massage

Specialist Massage Treatments to target specific areas of tension and muscle constriction, using a firmer deeper pressure. Our Pain Management Massages incorporate a deeply healing infrared lamp specialist massage balm that assists with increasing micro-circulation and blood flow to constricted tissue.

55 minutes Deep Tissue Full Body £65

25 minute Deep Tissue Back Massage £38

40 minute Pain Management Back Massage £48

### Hot Lava Shells Massage

Let the warmth of the tropics soothe your body and soul with this beautifully warming and soothing massage. Beautifully polished real tiger clam shells are heated and expertly massaged over the body using a tropical blend of superior essential oils. A massage to leave you feeling balanced, restored and relaxed.

55 Full Body Massage £69

25 Back Massage £40

### Thai Compress Massage

A deeply soothing aromatic massage traditionally used in Thailand to treat sports injuries or muscular complaints. Steamed Thai Compress dumplings are expertly massaged, rolled and soothed all over the body.

75 minutes Full Body Head & Face £78

## **Massage Treatments Continued**

### **Ayurvedic Massage**

Ayurveda is an ancient Indian healing system to balance the physical, mental and emotional bodies. A deeply restorative and nourishing massage incorporating deeply healing aromatic massage blends. Ayurvedic massage is said to help increase the flow of prana (life force energy) helping to unblock energy meridians and in turn balance the body.

55 minute Full Body Massage £69

85 minute Full Body Face & Head Massage £90

### **Rose Kessho Back Massage**

Let the healing properties of organic rose oil lift the spirit and calm the mind. A soothing and nurturing back massage.

25 minute Back Massage £40

### **Temple Tree Healing Massage**

Devised specifically for the over worked and the totally stressed! Our Temple Tree Massage calls upon the deeply healing properties of the frangipani flower. Soothing, nurturing, relaxing and healing, this massage is renowned for relieving areas of stress, combatting fatigue and restoring balance between body and spirit.

45 minutes Back, Head & Face Massage £48

### **Pregnancy Massage**

Pregnancy massage can be enjoyed at the spa after the first trimester. Our Baby Buddha Pregnancy Massages are the perfect opportunity to lay back and relax in one of our candle lit rooms whilst one of our expert therapists helps ease tension from areas of the body known to be prone to restriction and holding stress during pregnancy.

55 minute Full Body £65

45 minute Massage Back, Face & Head Massage £48

45 minute Back, Lower leg & Feet Massage £48

25 minute Back Massage £34

## CANCER TOUCH THERAPY TREATMENTS



We are exceptionally proud to be one of a handful of spas across the UK that have received specialist training in Cancer Touch Therapy enabling us to offer specialist spa treatments to those who are currently living with or recovering from cancer. Our Cancer Touch Therapists have a greater understanding of cancer, the medical grading systems relating to it, medical treatments that are provided to cancer patients and the potential side effects of those treatments. This knowledge is paramount in order for us to provide safe, adaptable and deeply soothing spa treatments to all of our guests. Cancer Touch Therapy treatments are rituals that provide a window of time to disconnect from the daily stress of living with a cancer diagnosis and reconnect with the nature of stillness.

### **Catch the Breath Back Massage**

This nurturing and gentle treatment for the upper back, shoulders and head enables you to drift away in a meditative state of relaxation. The treatment uses incredibly slow, gentle and rhythmic movements to rebalance and calm the body.

25 minutes £40

### **Soothe & Nurture Facial**

A beautiful way to restore natural luminosity to the skin leaving you looking and feeling radiant. A deeply soothing and relaxing facial that incorporates the Japanese Tsubo pressure point techniques to assist the free flow of Ki energy, whilst 100% certified organic balms and oils nourish the skin.

30 minutes £40

55 minutes £65

### **Soothe & Nurture Ritual**

Combining the Soothe & Nurture Express Facial and the Catch the Breathe Back Massage this ritual enables you to enjoy both a face and body restorative treatment.

60 minutes £60

## BODY & TANNING TREATMENTS

### **Make Me Skinny Wrap**

Our hugely popular inch loss wrap works on the principle of detoxification, not water loss. This unique clay based formula draws toxins and impurities from the body providing temporary but instant inch loss. Results can last up to 7-10 days when a healthy diet and exercise regime is adhered to.

60 minutes £65

80 minutes £75 includes measurements before and after the wrap application.

### **Vita Liberata Tanning Ritual**

A full top to toe hand applied tanning ritual incorporating the organic and vegan friendly Vita Liberata Tanning Range. The treatment begins with a top-to-toe exfoliation treatment and the application of the tanning formula. The colour will develop within 6-8 hours.

45 minutes £48

### **Indonesian Full Body Exfoliation**

A tropical top-to-toe full body exfoliation treatment which is followed by a moisture quench body application. Great to enjoy prior to a Full Body Massage Treatment or as a stand alone treat.

25 minutes £48



## HOLISTIC TREATMENTS

### **Reiki Healing**

Ancient Japanese hands on healing system which balances the free flow of Ki (life force energy), balances the energy centres of the body and induces relaxation.

30 minutes £30

### **Hopi Ear Candles**

A purifying and balancing Native American derived treatment which aids ear, nose and throat complaints. Includes a deeply relaxing lymph drainage face and head massage.

Single Treatments £38

### **Calmer Karma Foot Ritual**

The perfect treat for those who enjoy a long luxurious foot massage. Incorporates a Indonesian foot soak, exfoliation, hydrating foot mask and then a long and luxurious foot massage.

45 minutes £48.00

## Holistic Treatments Continued

### Indian Head Massage

A traditional healing treatment that originates from India. This pressure point massage helps balance the energy centres of the body and releases tension from the face, head and neck.

25 minutes £38

### Reflexology

Our guesting reflexologist Sandrine runs clinic days at Aquavie on Fridays. She offers both traditional foot reflexology and also facial reflexology. Sandrine runs her own booking diary and appointments can be made with her by calling **07955 384279** or by emailing her **sdebov@hotmail.com**.

Prices start from £45

### Clinical Acupuncture

Our guesting acupuncturist Alison Arden runs clinic days at Aquavie on Wednesday through until 8.30pm. Alison is a qualified nurse who has a specific interest in treating fertility related issues with acupuncture. Alison runs her own booking diary and can be contacted by calling **07769 630690** or by emailing **enquiries@alisonardenacupuncture.com**

Prices start from £45

## LADIES AND MENS WAXING

Lip or Chin £8.50

Eyebrow Shape £13.50

Eyebrow Shape Tweezered £15

Standard Bikini £15

High Leg Bikini Hot Wax £20

Under Arm Hot Wax £15

Half Leg £18

3/4 Leg £22

Full Leg £29

Full Leg & Bikini £39

Full Leg & High Leg Bikini £43

Hollywood Kim Lawless Technique £42

Playboy Kim Lawless Technique From £32-£37

Brazilian Kim Lawless Technique £32

Mens Back Wax £25

Mens Chest Wax £25

Mens Eyebrow Wax £15

Mens Half Leg Wax £22

## HAND AND FEET TREATMENTS

### Signature Wellness Manicures & Pedicures

Sit back and relax in our luxurious eastern nail suite whilst you enjoy one of our sublime manicure or pedicure treatments. Our express treatments are designed for those who are looking for a quick lunch time tidy up, our Luxury Treatments incorporate an exfoliation and longer massage routine, and our Super Luxe Treatments are the haute couture of hand and feet treats!

\*Please bring flip-flops or open toed shoes with you if you have booked a pedicure with us. Your polish will be touch dry for some time post your treatment.

15 minute File & Paint £18

30 minute Express Manicure or Pedicure £33

40 minute Luxury Manicure or Pedicure £40

55 minute Super Luxe Manicure or Pedicure £55

### Gel Manicures & Pedicures

Our gel manicures and pedicures can stay chip free from 7-14 days (when cared for properly). Applied the same as a regular polish but dried under a UV lamp this is a longer lasting alternative to our regular Wellness Treatments. Please note if you wish to have gels removed you will need to book this in prior to your gel application appointment as extra time is required to do this.

Gel Polish Application Hands £29

Gel Polish Application Feet £33

Gel Manicure (includes massage) £37

Gel Pedicure (includes massage) £39

Gel Removal & Protein Boost Treatment £22

### Design-A-Nail-Art Gel Manicure

Receive a beautiful, bespoke nail art design with our Head Therapist Georgia. Includes cuticle work, Navy Pro Tools prep, shape and a artistic freehand nail art design of your choice.

45 minutes £38

### Mavex Medical Callus Removal Treatment

A relaxing yet results specific foot treatment that removes hard stubborn skin on the soles and heels of the feet. The treatment ends with a hydrating and soothing foot massage. Mavex is the only medically graded callus removal system available on the market and it is recommended you use the Mavex homecare products following your treatment to prolong the results.

30 minutes £33

## LASHES AND BROW ENHANCEMENTS



### Classic Eyelash Extensions

Our Classic or Hybrid Lash Extensions are suitable for those wishing to achieve a more natural looking lash enhancement. Guests are required to attend the spa with no mascara or lash extensions on that have been applied by other lash technicians (this ensures the lash extensions adhere to the natural lash effectively). We use an advanced lash mapping system to create the most complementary look that will enhance your natural eye shape. We suggest you attend the spa every 2-3 weeks for infills if you wish to keep your lashes on for a period of a few months.

2 hour Classic Eyelash Extensions £78

2 hour Hybrid Eyelash Extension £85

60 minute 2 week infills £48

90 minute 3 week infills £65

20 minute Lash Removal £20

### LVL Natural Lash Lift

A hugely popular natural lash enhancement treatment that gives the appearance of longer and more voluminous lashes without the need for extensions. Incorporates the lash lifting process, a colour boost and a deeply moisturising conditioning treatment.

60 minutes Senior therapist £55

60 minutes Spa Director £65

### HD BROWS

A unique seven step brow treatment program to gift you with beautiful high definition brows. Incorporates the HD Brows signature mapping technique and the option to bespoke blend various tints to suit your exact colouring. HD Brows is a fantastic option for those wishing to grow sparse brows or to work towards a completely different brow shape.

Single Session £35

\* Please note patch tests are required for all of our lash and brow enhancements. This needs to be performed

## SPA ETIQUETTE

All of our treatments are **inclusive** of the time it takes guests to get on and off of the treatment couch.

We kindly request 24 hours notice of cancellations, failing to do so may result in you being charged for your treatment. This includes voucher holders and no show appointments.

We regret due to insurance purposes we are unable to accommodate children under the age of 13 in the spa. Our staff do not hold any child minding qualifications and therefore young babies in prams cannot be left unattended in reception whilst you attend an appointment in a treatment room with a therapist.

In respect of other guests enjoying a tranquil experience with us we kindly request you refrain from using your mobile phone whilst in the spa.

## PRESS & CELEBRITY CLIENTS

*“Yes I expected plumper, dewier and softer skin but a treatment with Elizabeth is so much more, she made me glow inside and out.”*

Alessandra Steinherr - Beauty Direct Glamour UK

*“Elizabeth Caroline is the absolutely dream. The whole world needs to know about her”*

Mille Mackintosh - Made in Chelsea

*“Thank you for your amazing facial and healing yesterday, An Absoulte treat!”*

Sadie Frost

*“Skin is on point, it was not last week, thanks to a visit from Elizabeth Caroline”*

Ellie Goulding

*“My skin looks pretty damn amazing after a facial with the gorgeous and gifted Elizabeth Caroline”*

Lisa Snowdon

*“Elizabeth is a very gifted therapist, I felt so relaxed after a treatment with her at Aquavie. Just what I needed after a very stressful week organising a wedding!”*

Jo Fairly

Author The Beauty Bible and Co founder of Green & Blacks

*‘Just experienced the most amazing facial with Elizabeth Caroline. My skin has never looked better!’*

Kate Rooney - Beauty Director ELLE UK

*“My new Favourite facial, thank you so much Elizabeth!”*

Nicola Roberts - Girls Aloud

*“Another top class facial and sports massage with my face coach Elizabeth. I wish I lived nearer!”*

Iwan Thomas

