



EPSON

CRYO SPA & AESTHETICS





EPSOM SPA

INTRODUCTION TO EUROPEAN THERAPIES

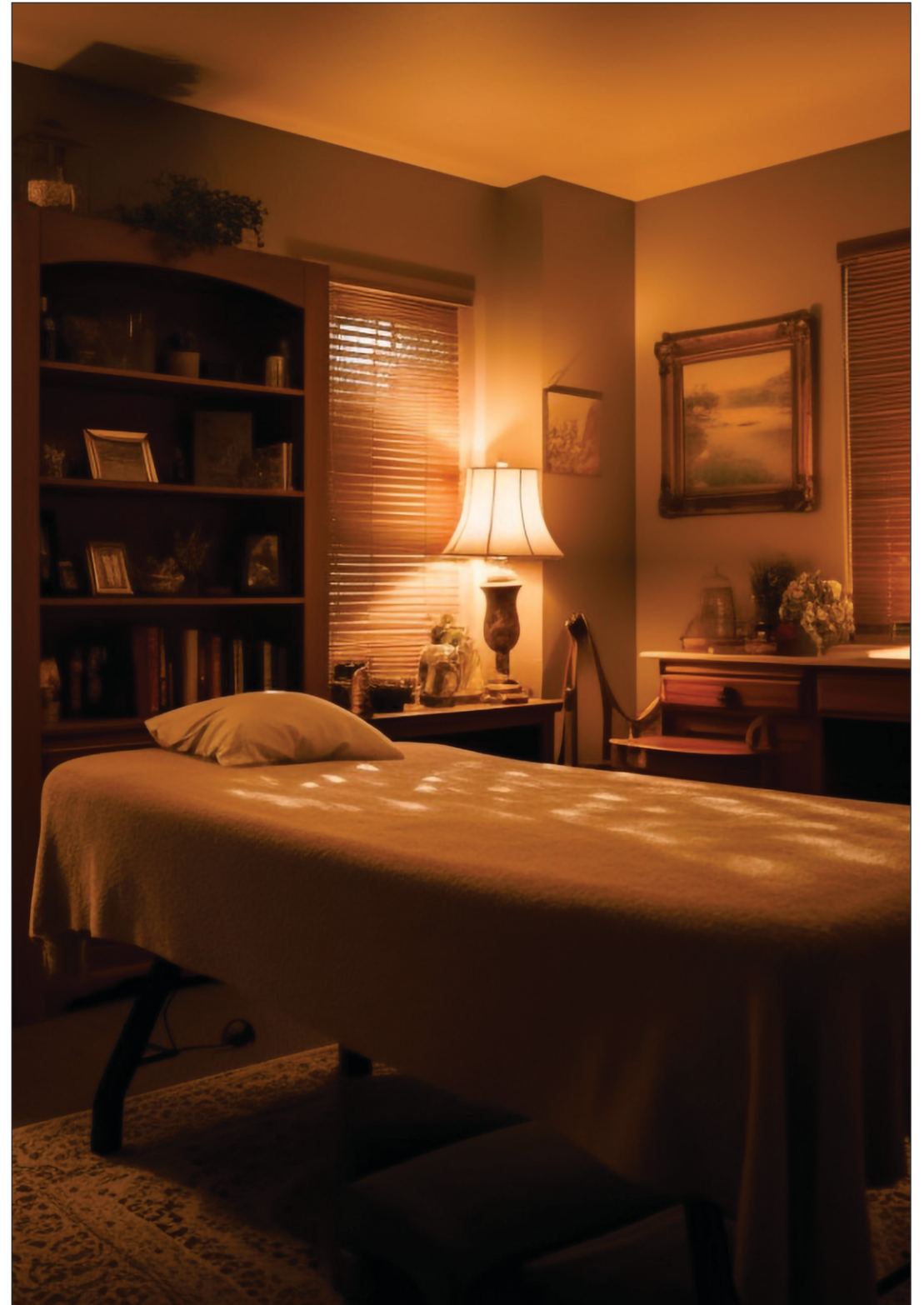
European body therapy encompass a diverse range of holistic treatments designed to promote physical relaxation, mental well-being, and overall health. Rooted in centuries-old traditions and influenced by both scientific advancements and natural healing methods. European body therapies cater to various needs, whether for stress relief, pain management, or improving circulation. Many of these treatments incorporate natural elements such as water, minerals, essential oils, and herbal extracts, reflecting Europe's strong tradition of hydrotherapy and herbal medicine. With a focus on restoring balance to the body and mind.

ABOUT US

At Epsom Cryo Spa, we specialize in cutting-edge wellness therapies designed to rejuvenate & refresh your body and mind. Our expert team combines advanced cryotherapy, soothing Epsom salt treatments and holistic spa services to promote relaxation, recovery and overall well-being.

Whether you're seeking muscle relief, skin rejuvenation or deep relaxation, our state-of-the-art treatments cater to your unique needs. Experience the perfect balance of science and serenity in our tranquil spa environment. Let us help you restore, recharge and revitalize with personalized wellness solutions.

THE EPSOM SPA SUITE



DYNAMIC BODY WORK

Results [Refresh](#) / [Relax](#) / [Balance](#)

therapeutic approach that integrates movement, stretching, and deep techniques to enhance mobility, release tension, and restore balance in the body. Inspired by traditional practices like Thai massage, Rolfing, and osteopathy, this method focuses on passive stretching, joint mobilization, and rhythmic pressure to promote flexibility and overall well-being.

60MINUTES | 90MINUTES | 120MINUTES

RELAXATION MASSAGE

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

60MINUTES | 90MINUTES

BESPOKE

Results [Discovery](#) / [Balance](#) / [Soothe](#) / [Recharge](#)

Experience a personalized wellness journey featuring your choice of Swedish, Deep Tissue or a fusion of both techniques to attend to your unique body for a truly therapeutic experience to relax, energize or rejuvenate.

60MINUTES | 90MINUTES | 120MINUTES

DEEP TISSUE

Results [Detox](#) / [Energize](#) / [Vitality](#) / [Enhance](#)

Our deep tissue massage targets chronic patterns of tension and pain through focused, therapeutic techniques. Using direct, concentrated pressure and slow strokes on specific areas of concern to release tension, alleviate muscular ache and restricted mobility while increasing energy levels.

60MINUTES | 90MINUTES | 120MINUTES



WELLNESS ADD-ONS

FOOT RELIEF

Inspired by reflexology of the feet, this energising massage enhances any body or facial treatment. As well as boosting circulation, it leaves an exquisite feeling of lightness in the legs and feet. The body and mind feel as if they are weightless.

BODY SCRUB

Ideal as a preparation for a body treatment, or to simply enjoy a radiance boost for the skin, this express scrub-peel treatment has a double action that combines both mechanical and enzyme exfoliation. A new energy is diffused into the mind and skin, which is illuminated and incredibly soft.

EPSOM SKIN LIGHT LED THERAPY

Boost your facial or body treatment with the powerful properties of red LED light. At the end of the session, skin is relaxed and repaired, and the skin's metabolism is rebalanced. Under the beneficial effect of light, the mind is soothed and harmony is restored.

IV DRIP

GLUTATHIONE

Glutathione shots boost detoxification, radiant skin, and immunity. The 'master antioxidant' neutralizes free radicals, supports liver function, and reduces pigmentation for a clearer, brighter complexion

PERSONALIZED

Personalized shots deliver tailored wellness solutions with essential vitamins, minerals, and nutrients for immunity, energy, skin glow, and stress relief, crafted to meet your unique health goals.

L-CARNITINE

L-Carnitine shots enhance fat metabolism, boost endurance, and support weight loss. Ideal for fitness enthusiasts, they promote recovery, muscle repair, and improved cardiovascular health.

EXPECTING BY BIOLOGIQUE RECHERCHE

Results Nourish / Soothe / Relax

Tailored for the 2nd and 3rd trimester of pregnancy, this nurturing massage benefits both mother and baby. Our highly qualified & certified prenatal massage therapists can help ease the discomforts that arise during this special time of change. Enjoy time to soothe backaches, stiff neck and sore legs, including a restorative foot massage and foot polish. We use an ultra-gentle organic unscented shea butter infused reparative balm formulated to rehydrate and prevent stretch marks. Take home concreta included.

60MINUTES | 90MINUTES | 120MINUTES

**BRAZILIAN LYMPHATIC MASSAGE HIGH DEFINITION
SCULPT**

The silhouette is redefined with this slimming and firming treatment. The Brazilian Lymphatic Drainage by MOVA, our exclusive signature treatment, stimulates metabolism, treats cellulite and reduces inches by eliminating toxins and water weight from the body. Relax and immerse yourself while a skilled therapist sculpts and contours your silhouette, revealing a more refined and radiant you. Results can be seen after the first session.

60MINUTES | 90MINUTES

HIMALAYAN SALT STONE MASSAGE

A therapeutic and rejuvenating massage using warm Himalayan stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

90MINUTES

BODY BALANCER

Restore serenity to body, mind and skin with this richly indulgent and deeply reviving back, neck and scalp treatment.

60MINUTES | 90MINUTES



**WELLNESS
ADD-ONS**

EPSOM SALT STONE MASSAGE

A therapeutic and rejuvenating massage using warm Himalayan stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

COMPRESSION THERAPY

Compression Therapy improves blood flow, reduces inflammation, and enhances recovery for athletes and individuals with circulation concerns.

INFRARED THERAPY

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REFLEXOLOGY

Results [Ground / Reset](#) / [Balance](#) / [Renew](#)

This ancient Eastern technique stimulates specific energy points on the feet, hands and ears that correspond to organs and structures of the body, allowing energy to flow freely and create a sense of renewed balance.

[60 MINUTES](#) | [90 MINUTES](#) | [120 MINUTES](#)

TOGETHER

Results [Align](#) / [Harmony](#) / [Balance](#) / [Nourish](#)

Experience highly personalized massage treatments for two in our Urban Suite for ultimate relaxation and reconnection

[60 MINUTES](#) | [90 MINUTES](#) | [120 MINUTES](#)

THE PRIMROSE SUITE RETREAT

During this customizable retreat for two, luxury is at its best. This private experience will include a minute personalized massage for two, amenities to enjoy privately after your treatment.

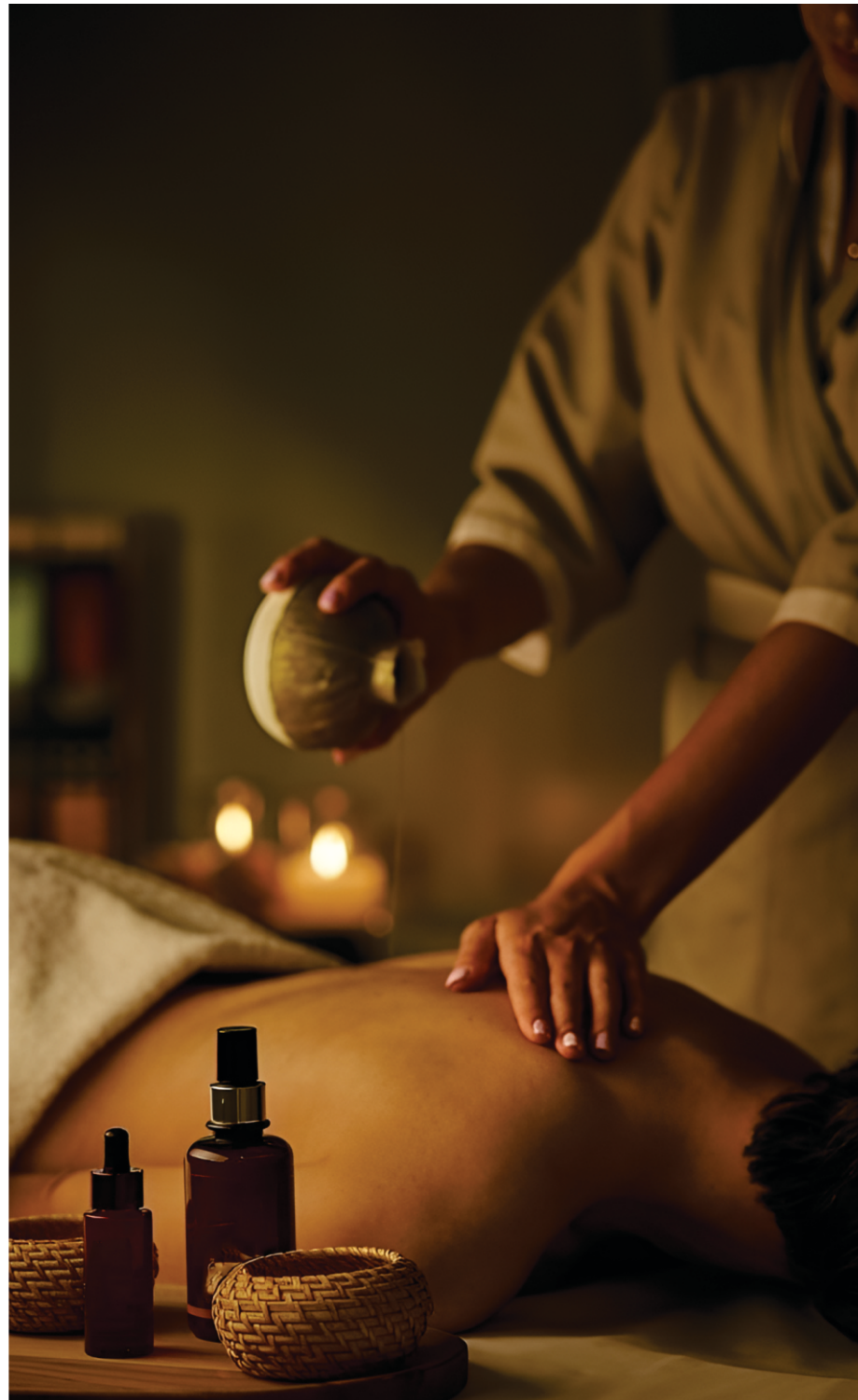
[90 MINUTES](#)

TRAVELER

Results [Detox](#) / [Recharge](#) / [Repair](#) / [Reset](#)

A stimulating reviver that improves circulation and reduces fatigue to help you make the most of your stay, whether recovering from a night out or a long flight. Begin with a detoxifying body dry brush and an energizing full-body massage with CBD essential oils. Relax with a restorative scalp massage and a cooling eye gel mask to enhance skin hydration. Complete with a tonic full of digestion boosting enzymes, anti-inflammatory phytonutrients and liver cleansing citrus, you will leave feeling rebalanced and recharged.

[90 MINUTES](#) | [120 MINUTES](#)



WELLNESS ADD-ONS

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EPSOM SALT STONE MASSAGE

A therapeutic and rejuvenating massage using warm Himalayan stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

CBD RELIEF MASSAGE

A personalized massage utilizing a unique blend of organic CBD and coconut oil. Your therapist will help ease your body and mind. On areas of your choice, a relief balm will help encourage fast-acting comfort combined with targeted attention to sore back, joints, hands, and feet with this cayenne, clove, ginger, and arnica massage.

60 MINUTES | 90 MINUTES

SLEEP + RESTORE

Results [Nourish](#) / [Balance](#) / [Replenish](#) / [Holistic](#)

Recharge your body with a stress and sleep intervention. Deep muscle relaxation and a custom blend of CBD infused essential oils to promote relaxation and improve vitality, inducing an overall feeling of wellness - a slow, flowing, and meditative experience. You will leave feeling rested, centered and energized. Take home CBD Vitality elixir included.

60 MINUTES | 90 MINUTES | 120 MINUTES

THERMO THERAPY

Thermo therapy uses heat to relieve pain, improve circulation, and promote relaxation. Heat dilates blood vessels, increases oxygen flow, and relaxes muscles, reducing stiffness and tension. It's used in physical therapy, wellness treatments, and traditional practices like saunas and hot stone therapy for muscle pain and stress.

60 MINUTES | 90 MINUTES

CRYO ENERGIZING BODY TREATMENT

Our signature cryo therapy treatment combines our state-of-the-art machine with stretches and deep massage to target areas prone to aches and pains. It increases circulation, relieves muscle tension, and provides lasting relief and relaxation, leaving you feeling energized and rejuvenated.

60 MINUTES



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EPSOM SALT STONE MASSAGE

A therapeutic and rejuvenating massage using warm Himalayan stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

NOURISHED GLOW

Reveal your smoothest, softest skin ever with this body exfoliation complete with a deeply nourishing oil application and personalized back massage.

60 MINUTES

TRANQUILLITY BODY SCRUB RITUAL

This renewing body ritual combines aromatic oils with natural exfoliants for a deep, full-body exfoliation. CBD oil, sweet orange essential oils, and amaranth oil rich in squalene and fatty acids, work together to soothe the nervous system, protect, restore, and intensely nourish the skin, promoting relaxation.

60 MINUTES | 90 MINUTES

DEEP BODY RENEWAL RITUAL

This treatment restores tone, elasticity, and hydration through full-body exfoliation and a hydrating wrap. Techniques and aromas relax the mind, leaving skin soft, smooth, and supple. A safe and restorative ritual for the entire body.

60 MINUTES | 90 MINUTES

BORMIO THERMAL MUD

This 60-minute intensive treatment utilizes thermal waters from Bormio, rich in detoxifying and anti-cellulite properties. Essential oils purify tissues, while fucus and laminaria algae promote lipolytic action. Ideal for removing toxins and restoring skin vitality, this treatment features cellulite reduction and leaves skin toned and stimulated.

60 MINUTES



WELLNESS ADD-ONS

FULL BODY DRY BRUSHING

Full-body dry brushing boosts your lymphatic system while removing the superficial impurities from your skin.

WARM + COLD STONES

Melt away tension and ease stiffness with the placement of smooth, heated and cooled Himalayan salt and basalt stones to key points on the body, leaving you renewed and deeply relaxed.

FULL SPECTRUM CBD

Revive tired and fatigued muscles with specially formulated CBD balm applied to target tight areas as a spot treatment to reduce pain and inflammation

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THE EPSOM MEN BODY SUITE



THE MEN'S MASSAGE

The ultimate male escape. Unwind in style with this rebalancing and intensely relaxing treatment that includes a full body massage using heated stones, facial massage and a soothing scalp massage.

MUSCLE RECOVERY MASSAGE

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

STRESS RELIEF MASSAGE

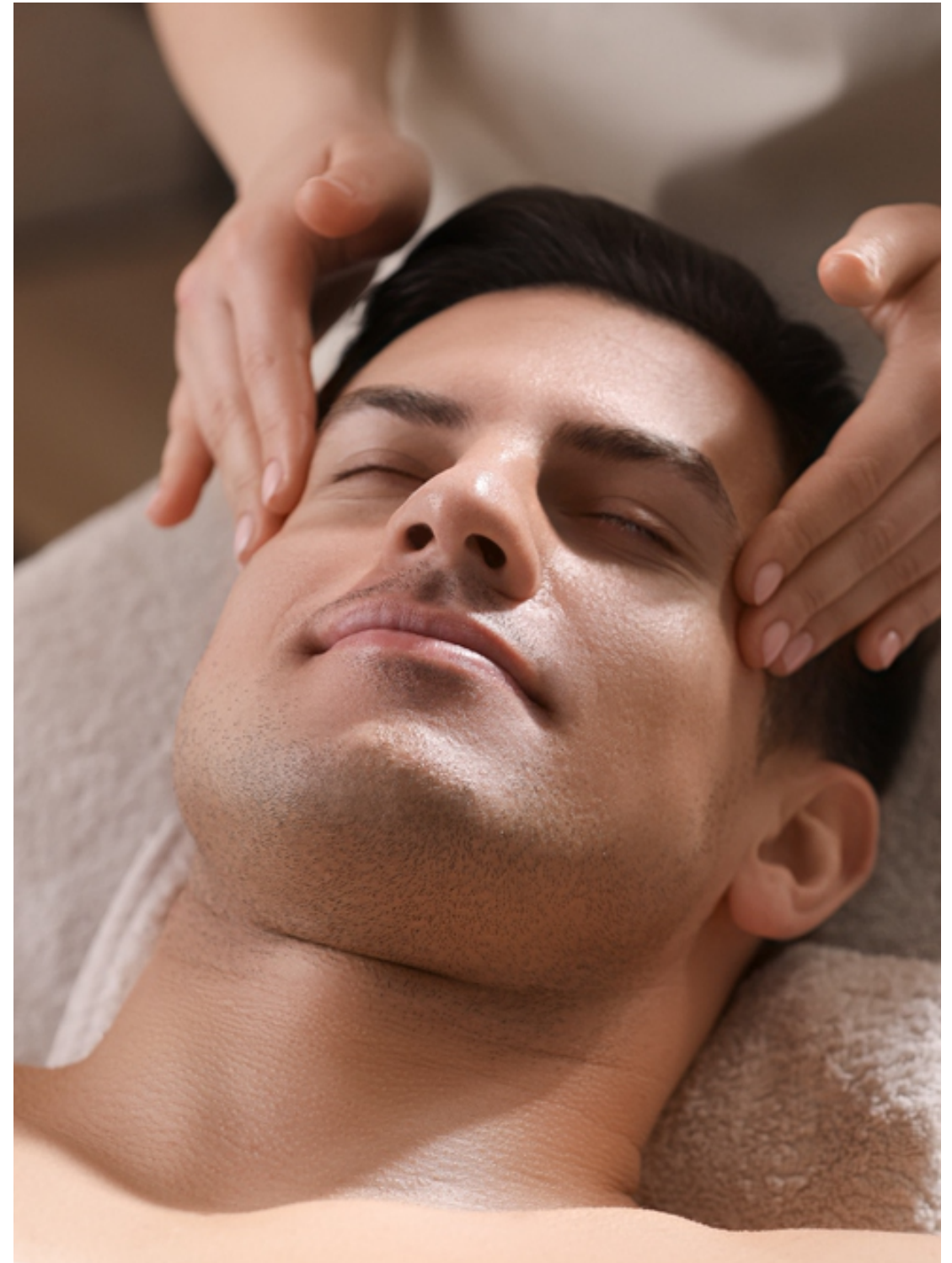
Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

POWER HOUR

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens, leaving you ready for anything.

RELAXATION MASSAGE

Unwind and de-stress with this aromatic bespoke treatment. This soothing aroma therapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.



TRAVELER REJUVENATION

A gentle remedy to ease the effects of jet lag, this specialized combination treatment includes an ultimate aroma therapy experience massage, followed by a personalized facial.

THE MEN'S FACIAL

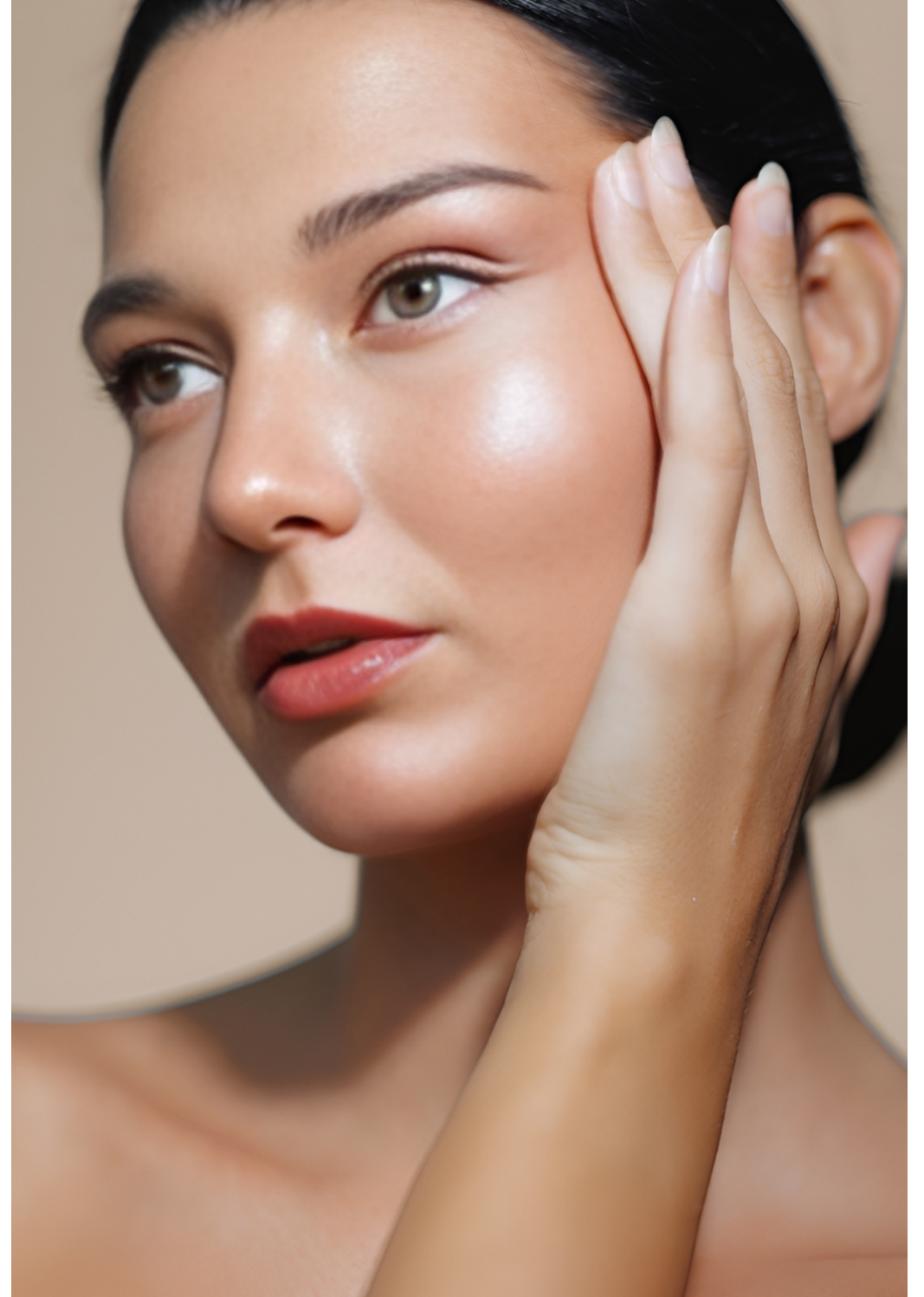
Deeply cleanses, hydrates and smooths skin, leaving your complexion instantly energized.

EPSOM ESCAPE

Allow your mind and body to be restoratively balanced by this unique remedy. Your floral journey will begin with a grounding tea ceremony to calm the spirit, followed by a facial to instantly combat the most visible signs of skin aging, smoothing fine lines.



THE EPSOM FACE RADIANCE TREATMENT



CUSTOM FACIAL

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.

INCLUDES Deep brush cleanse, skin analysis, facial exfoliation, massage, mask.

AGE-DEFYING FACIAL

Instantly combat the most visible signs of skin aging-smoothing fine lines and reviving youthful radiance to your complexion.

INCLUDES Deep brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask.

ULTIMATE RADIANCE & RENEWAL FACIAL

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion. This is a must-have treatment for immediate results prior to a special event,

INCLUDES Brush cleanse, skin cadence mask, age-defying crystal massage, lifting mask scalp message

EPSOM LIFT & BRIGHTEN FACIAL

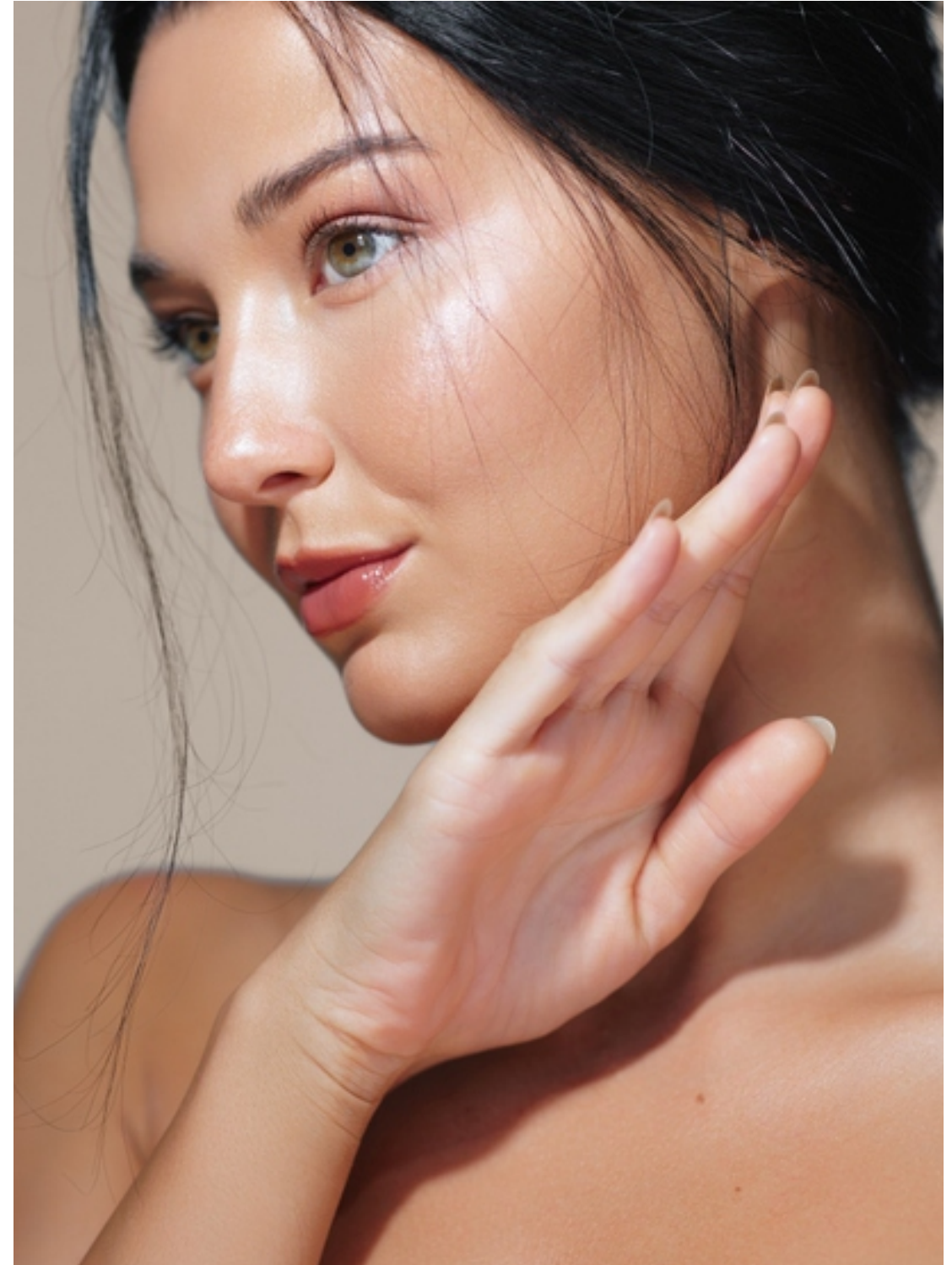
Supercharge your skin with Vitamin C-nature's most potent and proven skin brightening ingredient. Combined with our signature Alpha Beta Professional Peel System, this high-performance facial is ideal for combating sun damage, reversing signs of aging and restoring luminosity for firmer and brighter skin.

INCLUDES Cleanse, peel, LED light therapy, a double mask application and scalp message

THE METHOD FACIAL

The Method is a sophisticated facial treatment that uses the brand's patented complex to help boost cellular communication, promote circulation, firm, tone, and rejuvenate the skin.

INCLUDES Gentle skin lifting with micro-cument and an artful sculpting facial massage, LED light and scalp massage





EPSOM

CRYO SPA & AESTHETICS